You are responsible for your own safety. All outdoor activities have inherent risks and you may encounter a variety of unexpected and/or dangerous conditions. It is your responsibility to be informed and take precautions. Learn more at www.fs.usda.gov/r8.

FOOD STORAGE REQUIRED. Visitors in developed sites must store food, garbage and other odorous items that may attract bears in a bear-resistant container, inside their vehicle, or in an enclosed hard-body trailer. Backcountry campers must suspend food, garbage and odorous items at least 10 feet off the ground and four feet away from any tree or pole. All food leftovers and trash must be properly disposed of in a bear-resistant trash receptacle or other container where provided by the Forest Service.

Gates like this are available at fs.usda.gov/dbnf.
1/20/2015

Bee Rock Campground features camping units on both sides of the Rockcastle River. The Laurel County side is open all year. The Pulaski County side of the campground is open from mid April to mid October; call the London District office for exact dates.

Low lying areas are prone to flooding, so be alert for flooding when driving, camping or crossing streams in this area. Swift currents and undertows can make swimming and wading very hazardous.

Rockcastle Connector Trail #401A
This trail begins just above the boat ramp parking area at Bee Rock Campground and leads upstream 1.25-mile to the mouth of Cane Creek. There is no bridge across the creek, so hikers who wish to continue on the Rockcastle Narrows East Trail or Winding Stair Gap Trail must ford the creek. The trail lies between the cliffline and the backwaters of Lake Cumberland. It passes through mostly beech and hemlock forest.

Begins: Bee Rock Ramp
Ends: Mouth of Cane Creek
Length: 1.5 miles
Quad: Ano
County: Laurel
Closest Town: London
Parking: Bee Rock Boat Ramp
Difficulty: Easy to moderate
Surface: Dirt
Longitude: -84.319888
Longitude: 37.028372

This trail begins just above the boat ramp parking area at Bee Rock Campground and leads upstream 1.25-mile to the mouth of Cane Creek. There is no bridge across the creek, so hikers who wish to continue on the Rockcastle Narrows East Trail or Winding Stair Gap Trail must ford the creek. The trail lies between the cliffline and the backwaters of Lake Cumberland. It passes through mostly beech and hemlock forest.

Begins: Bee Rock Ramp
Ends: Mouth of Cane Creek
Length: 1.5 miles
Quad: Ano
County: Laurel
Closest Town: London
Parking: Bee Rock Boat Ramp
Difficulty: Easy to moderate
Surface: Dirt
Longitude: -84.319888
Longitude: 37.028372

This trail begins just above the boat ramp parking area at Bee Rock Campground and leads upstream 1.25-mile to the mouth of Cane Creek. There is no bridge across the creek, so hikers who wish to continue on the Rockcastle Narrows East Trail or Winding Stair Gap Trail must ford the creek. The trail lies between the cliffline and the backwaters of Lake Cumberland. It passes through mostly beech and hemlock forest.

Begins: Bee Rock Ramp
Ends: Mouth of Cane Creek
Length: 1.5 miles
Quad: Ano
County: Laurel
Closest Town: London
Parking: Bee Rock Boat Ramp
Difficulty: Easy to moderate
Surface: Dirt
Longitude: -84.319888
Longitude: 37.028372

Directions
From I-75 at London exit 38, turn west on KY 192. Proceed 18 miles to the bridge over Rockcastle River between Somerset and London.

Open Dates
Trail is open all year.

Trail Fees
None.

Restrooms
Vault toilets at campground.

Accessibility
Trail does not meet accessibility standards for persons with disabilities.

Trail is closed to motorized vehicles.

Consumption of alcohol and open containers of alcohol are prohibited.

Camping and firebuilding in rock shelters is prohibited.

No climbing or rappelling from cliffs, arches or other rock formations at Bee Rock Overlook.

No horses in Bee Rock campground.

No swimming or fishing at boat ramp.

Guides like this are available at fs.usda.gov/dbnf.
1/20/2015