Sheltowee Trace NRT #100, Section 28

This section of the trail follows along the base of the bluff and past a rock shelter. Follow the stone steps to the creek. You will pass a State Park concrete boundary marker and then an old roadbed. Go left. You will encounter more stone steps after traveling along the bluff. After following the road along the edge of the river, the national forest boundary will be announced by red paint on the trees. You have come 1.8 miles. The trail continues to follow the river and passes interesting rock houses, rock shelves, small waterfalls, and views of the river. It is approximately 3.6 miles from the national forest boundary to KY 700.

Begins: Cumberland Falls/KY 90 Bridge  
Ends: KY 700  
Length: 5.42 miles  
Quad: Cumberland Falls  
County: McCreary  
Parking: Limited, south of KY 90 Bridge and at KY 700  
Latitude: 36.835039  
Longitude: -84.339894

Cumberland Falls State Resort Park

Cumberland Falls is the second largest waterfall east of the Rockies. These dramatic falls form a 125-foot wide curtain of water that plunges 68 feet into a boulder-strewn gorge below. The mist of the Cumberland Falls creates the magic of the moonbow, only visible on a clear night during the full moon. Cumberland Falls is located within Cumberland Falls State Resort Park. Park facilities include a lodge, cabins, campground, picnic grounds and shelter, swimming pool, tennis courts, picnic area, and gift shop. Recreation opportunities include fishing, hiking, tennis, horseshoes, white water rafting, guided trail rides, playgrounds, and interpretive programs. Cumberland Falls State Resort Park is operated by Kentucky State Parks. For reservations, call 1-800-325-0063. For general information, call 1-800-255-PARK (TDD Equipped).

Storing Your Food and Trash in Bear Country

Food and trash storage is mandatory, to reduce odors that attract bears. Unless cooking or eating, store your food inside a hardtop vehicle, the trunk of a car or a bear-resistant container. Store your food garbage in the same manner where trash cans are not installed. When camping in the backcountry hang your food at least 10 feet off the ground and four feet away from a tree.