



Sheltowee Trace Section 28

Stearns District • Daniel Boone National Forest • Kentucky



Stearns District Office
3320 US 27 North
Whitley City, KY 42653
(606) 376-5323



Directions to Trail
This trail section trail begins on the southeast side of the bridge entering Cumberland Falls State Resort Park from KY 90.

Cumberland Falls State Resort Park



Parking
At falls area parking lot near the gift shop



Water
Drinking water is available at park.



Restrooms
Flush toilets



Camping
74 sites, some with electric and water hookup. Open April - Oct.



Picnic Area
Picnic area with tables, grills and playgrounds



For Your Safety

The mist generated by these falls can make nearby rocks, steps and trails slippery. At Cumberland Falls, please remain behind the roped area.

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	Hiking Difficulty:	Moderate
Ends:	KY 700	Trail Surface:	Dirt
Length:	5.42 miles	Connections:	Sheltowee Trace, Section 29
Quad:	Cumberland Falls	Trail Use:	Hiking, Biking
County:	McCreary	Latitude:	36.835039
Parking:	Limited, south of KY 90 Bridge and at KY 700	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.



KNOW before you **GO** 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

Guides like this are available at fs.usda.gov/dbnf. 2/25/2015



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