



Sheltowee Trace Section 29

Stearns District • Daniel Boone National Forest • Kentucky



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



Directions to Trail
From Whitley City, follow KY 700 east. The section begins at the junction of KY 700 and County Road 6234, 1.5 miles northeast of the Indian Creek Bridge on KY 700.



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.

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



Sheltowee Trace NRT #100, Section 29

The trail follows KY 700 south for 2.3 miles before leaving the road and descending along a wooded hillside. You will pass a small waterfall before returning to KY 700. Please be aware of traffic and exercise caution while walking on the road, since this road is narrow with a limited shoulder.

Begins:	Junction of County Road 6234 and KY 700	Hiking Difficulty:	Moderate
Ends:	Junction of KY 700 and Forest Road 6050	Trail Surface:	Road, Dirt
Length:	3.58 miles	Connections:	Sheltowee Trace Sections 28 and 30
Quad:	Cumberland Falls; Wiborg	Trail Use Allowed:	Hiking, biking
County:	McCreary	Latitude:	36.814582
Parking:	Limited, on KY 700	Longitude:	-84.370287

Trail Safety

The most effective way to prevent mishaps is to adequately prepare for the trip. Knowledge of the area, weather, terrain, limitations of your body, and a little common sense can help to ensure a safe and enjoyable trip.

1. Travel with a friend. You don't want to be by yourself in case of an emergency. Tell someone where and when you are going, when you expect to return, and how many individuals are in the party.
2. Be in good physical condition. Set a comfortable pace as you hike. A group trip should be designed for the weakest member of the group.
3. Wear appropriate clothing for the trail conditions and season.
4. Be alert for slippery areas and take your time to avoid tripping. Low hanging branches and variable terrains make running unsafe.
5. Know how to identify and be wary of ticks, stinging insects, poisonous snakes, and plants.
6. Learn basic first aid so you will know how to identify and treat injuries and illnesses. Carry a first aid kit with you. Learn to identify the symptoms of heat exhaustion, heat stroke, hypothermia, and dehydration, and know how to treat them.
7. Think before you drink! A stream or spring may look clear and pure, but it can harbor microscopic organisms that can make you sick. The simplest safeguard against disease is to never drink untreated water. Pack your water in, or purify stream water through chemical treatment.
8. Cross streams with caution. After a hard rain, even small streams may develop swift and dangerous currents. Pick your crossing carefully.



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



U.S. Department of Agriculture - Forest Service
Southern Region - Daniel Boone National Forest
<http://www.fs.usda.gov/dbnf>

USDA is an equal opportunity provider and employer.



