Sheltowee Trace NRT #100, Section 33

This section of the Sheltowee Trace follows the Big South Fork River for 6.8 miles before reaching Yamacraw Bridge. Footing can be precarious around boulders along this section. Be sure to follow the white diamonds and turtle blazes, since connecting trails could be confusing. This section of the trail is very scenic. Allow time for side trips to waterfalls, rock shelters, old home sites, and mines. Watch for the side trails to Lick Creek Falls and Princess Falls. These are worth traveling. Be prepared for fording creeks and climbing boulders as well as facing a few short inclines. Two miles after the trail begins you will reach Alum Ford Boat Ramp and Campground, which is equipped with primitive restrooms, campsites, tables, and grills. There is no treated water source.

Begins: Yahoo Arch Trail #602 Hiking Difficulty: Moderate to Difficult
Ends: KY 92/ Yamacraw Bridge Trail Surface: Dirt
Length: 6.8 miles Connections: Lick Creek Trail; Sheltowee Trace, Sections 32 and 34
Quad: Nevelsville; Barthell Trail Use: Hiking
County: McCreary Latitude: 36.775187
Parking: Yahoo Falls Day Use Area, Longitude: -84.523263
KY 92/East side of Yamacraw Bridge

About the Big South Fork National River and Recreation Area

The free-flowing Big South Fork of the Cumberland River and its tributaries pass through 90 miles of scenic gorges and valleys containing a wide range of natural and historic features. The area offers a broad range of recreational opportunities including camping, whitewater rafting, kayaking, canoeing, hiking, horseriding, mountain biking, hunting and fishing. The US Army Corps of Engineers, with its experience in managing river basins, was charged with land acquisition, planning and development of facilities. Now completed, these lands and facilities are operated and maintained by the USDA National Park Service for the benefit and use of the public.

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.

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