Under Order DB-01-13, visitors in developed sites must store food, garbage and other obnoxious 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 obnoxious 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.

Put trash in a bear-resistant trash can or other receptacle provided by the Forest Service.

Store food and trash in closed containers with a solid top or a closed hard-body trailer.

Hang food and trash from a tree, out of a bear’s reach, in backcountry areas where bear-resistant trash cans and vehicles are not nearby.

Food storage required

Arabian Loop Trail #622 makes a loop along the ridge top. The trail follows a ridge through native forest. Connections: Sheltowee Trace National Recreation Trail, which will bring you back to Forest Service Road 682. Follow this to return to the parking lot. An offshoot is available at the Barren Fork Horse Camp.

Belgian Loop Trail #624 follows the ridge for about one mile before descending to Barren Fork. To make a loop, cross the creek and follow the Sheltowee Trace National Recreation Trail to your left. After approximately 0.5-mile, the trail will reconnect with the Belgian Loop. The trail will make a steep climb to the ridgeline and then level out. It will follow the ridge until it meets an old logging road. Turn left onto the old logging road, which will bring you back to Forest Service Road 682. Follow this to return to the parking area. Parking is limited. At the parking area, you may continue to the end of the Flat Rock Ridge road and park there. You may also park at Barren Fork Horse Camp or the US 27 Sheltowee Trace trailhead and ride the connector trails.

Draft Trail #617 begins at Barren Fork Road 684 and ends at Sheltowee Trace National Recreation Trail, Section 30. This trail follows an old logging road and powerline before entering the forest. It crosses a drain with a wooden bridge and then ascends to the ridgeline where it connects with the Sheltowee Trace National Recreation Trail. Park trailhead to the left on 684 past the US 27 Sheltowee Trace trailhead.

Flat Rock Ridge Trail #616 follows a ridge until it descends along the cliff. The trail continues to descend until reaching the Sheltowee Trace National Recreation Trail, which follows Railroad Fork. Park at US 27 trailhead.

Barren Fork is the site of a coal mining town operated by Barren Fork Mining and Coal Company from 1881 to 1935. Here they mined what was considered some of the best quality low sulfur coal in McCreary County. Over 100 families were part of the community. This area was the site of a coal mining town operated by Barren Fork Mining and Coal Company from 1881 to 1935.

Accessibility:
- Trains do not meet accessibility standards for persons with disabilities, except for trail #621.
- Do not horse to the trees. Use picket lines and corrals to secure horses.
- Trails closed to motorized vehicles.
- Consumption of alcohol and open containers of alcohol are prohibited.

Guides like this are available at:
- usda.gov.
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You are responsible for your own safety. All outdoor activities have inherent risks and you may encounter a variety of unexpected and dangerous conditions. It is your responsibility to be informed and take precautions. Learn more at usda.gov.