



Sheltowee Trace National Recreation Trail



Daniel Boone National Forest
1700 Bypass Road
Winchester, KY 40391
859-745-3100



Location
Northern terminus is near Morehead, Kentucky. Southern terminus is located in the Big South Fork NRR in Tennessee.



Fees
Trail use is free, but some recreation areas along the trail charge a small fee. A recreation fee permit is required if you camp overnight in the Red River Gorge Geological Area and at Indian Creek. Most developed campgrounds and parking at some boat ramps require a fee.



Parking
At trailheads and recreation areas.



Camping
Camping is allowed on national forest lands along the trail. Developed campgrounds along the trail are Turkey Foot, S-Tree, Clear Creek, Barren Fork and Great Meadows.



Accessibility
This trail does not meet accessibility standards for persons with disabilities.



Consumption of alcohol and open containers of alcohol are prohibited.



No camping or firebuilding in rock shelters.

Guides like this are available at fs.usda.gov/dbnf.
07/02/2013



Come and explore nature along the Sheltowee Trace National Recreation Trail. This trail traverses nearly 290 miles across narrow ridges and deep ravines. The trail is open year round, so you can enjoy outdoor adventure in every season.

In the Daniel Boone National Forest, the Sheltowee Trace is considered the "backbone" of an expansive interconnecting trail system. Many other trails link to the Sheltowee Trace. Some trail connections provide loops for a short day hike, while others offer opportunities for multiple days of recreational challenge.

From north to south, the trail travels from the Knobs region to the Cumberland Plateau in southern and eastern Kentucky. Old homesteads, oil and gas wells and logging tracts can be seen along the trail, representing the remnants of past land uses that have occurred over time.

In 1979, the Sheltowee Trace was officially dedicated as part of the Daniel Boone National Forest trail system. The trail is named in honor of Daniel Boone. Sheltowee (pronounced shel-toe-ee) is the name given to Boone by Chief Blackfish of the Shawnee tribe, meaning "Big Turtle."

White diamonds bearing the image of a turtle mark the trail route. Trail junctions may also be marked with the national recreation trail symbol as shown on the map.

Hiking is allowed on the entire trail. The terrain is mostly rugged, so be prepared for strenuous travel in some areas. Horses, mountain bikes and off-highway vehicles less than 50 inches wide are permitted, but only on sections designated for those uses. Trail signs will indicate use permitted. You can customize the length and difficulty level of your trip by incorporating recreation areas and using trailhead parking lots along the route.

About the Forest

The Daniel Boone National Forest is part of the Forest Service, a federal agency under the U.S. Department of Agriculture that manages national forests and grasslands for multiple uses.

More information about regulations, fees and trail-use designations is available at district offices or on the forest website. Permits and forest maps may be purchased at district offices and some local stores near the forest. Check trailhead bulletin boards for additional trail information.

Other Agencies and Organizations

The Daniel Boone National Forest cooperates with other agencies and organizations in the management of the Sheltowee Trace.

State and National Parks

Cumberland Falls State Resort Park
Natural Bridge State Resort Park
Pickett State Park
Big South Fork NRR

800-325-0063
800-325-1710
931-879-5821
423-569-9778

Other Information

The Sheltowee Trace Association
<http://www.sheltoweetrace.org/>

606-584-7744



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

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Sheltowee Trace National Recreation Trail



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.

- Take a companion with you on the trail.
- Tell someone where you're going and when you're expected to return home.
- Carry some basic first aid items.
- Hunting is allowed on national forest lands under state regulations. Take appropriate safety precautions, like wearing safety orange, during hunting seasons.
- Cell phone service may not be available in many locations.
- Be weather wise. Prepare ahead for inclement weather.
- Carry a whistle to alert someone for help.
- Bring your own water. Stream water is unsafe to drink.
- During drought conditions, use a camp stove instead of building a campfire. Check the forest website or call the district office for information about fire restrictions.
- Camp on high ground away from rivers and streams. Water levels can rise quickly during rainstorms, causing a flash flood.
- Camp in open spaces, in areas where you will not be hit if a tree or limb falls. Look up for trees with broken limbs or tops. Do not camp under snags or dead trees.
- Watch your footing near cliffs and avoid hiking or riding the trail after dark.

Bears

With a growing population of black bears in eastern Kentucky, the Daniel Boone National Forest has issued a forest-wide food storage order. Campers in developed sites must store food, garbage and other odorous 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 odorous 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. The burning or burying of food trash is prohibited.

Never feed a bear. Once bears learn to associate food with humans, they can become aggressive for another easy meal. Feeding bears is illegal.

Reduce odors that attract bears. Store food and garbage at least 100 yards away from your campsite. Never store food or odorous items inside your tent. Cook and eat in locations away from your sleeping area.

Never approach a bear. If you encounter a bear, back away slowly. Do not run.

If a bear approaches you, make lots of noise. Remain standing upright. Never lay down to play dead or turn your back on an approaching bear.



About Firewood

Invasive pests, such as the Emerald Ash Borer, can be introduced to this forest if you bring in firewood from another location. Help prevent the spread of invasive pests by using camp stoves or purchase firewood at your destination. Burn all firewood and completely extinguish the fire before leaving your campsite.

Trailing Away

You might encounter "user-developed" trails that are not part of the official Forest Service trail system. These unofficial trails can cause confusion and lead you astray. If you think you might be lost, retrace your path and look for Sheltowee trail markers.

Etiquette

Riding horses or mountain bikes on wet trails can damage the trail. Check the weather forecast or call the local ranger station to avoid using the trail after a heavy rain.

Stay on the trail and never shortcut trail switchbacks. Avoid creating side paths off the trail.

Do not disturb trail signs or markings. Report damaged or missing trail signs and markings to the nearest district office.

Pack out all trash.

Help protect trail and water resources by camping at least 300 feet away from the trail or any water resource.



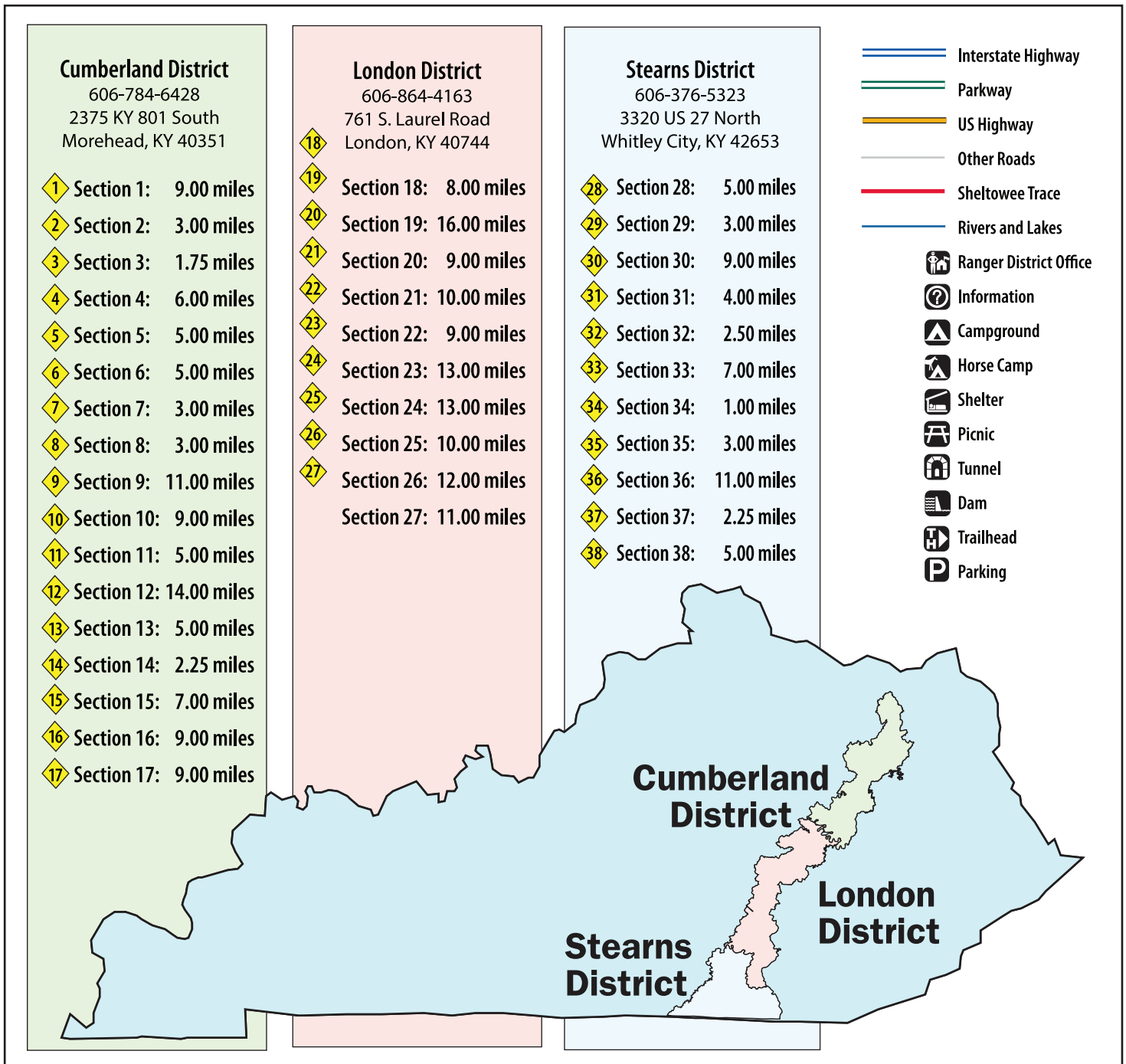
SHELTOWEE TRACE

NATIONAL RECREATION TRAIL

This map shows the general location of the Sheltowee Trace, and is not meant to be a trail or transportation map. Trail maps, Forest Visitor Maps, Motor Vehicle Use Maps and USGS topographical maps are available online and at Forest Service offices. An official Kentucky highway map is available from the Kentucky Department of Transportation. The colored portions of the map show the Daniel Boone National Forest ranger district boundaries. If you need more detailed maps or information about trail conditions, contact the ranger district.

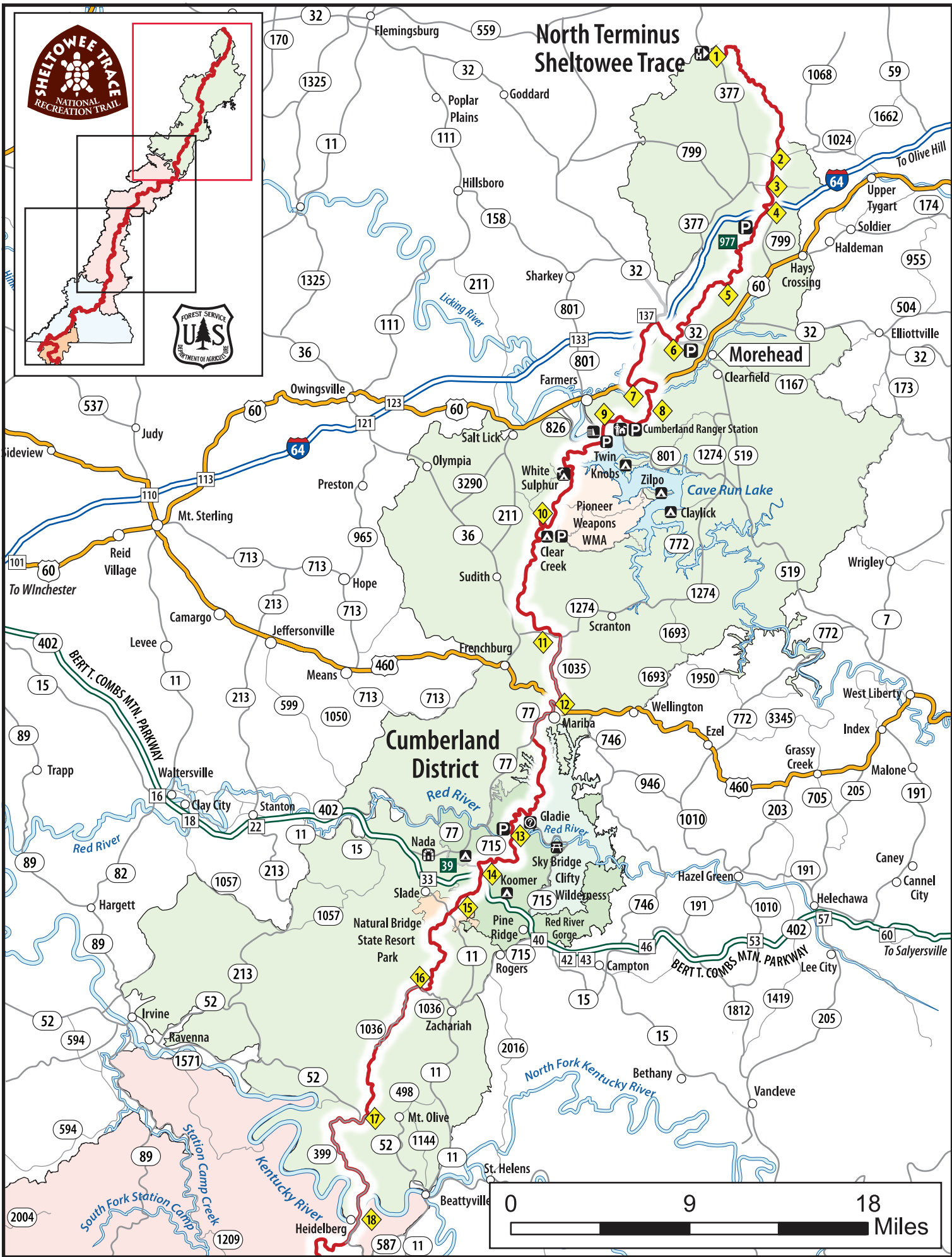
Boundaries

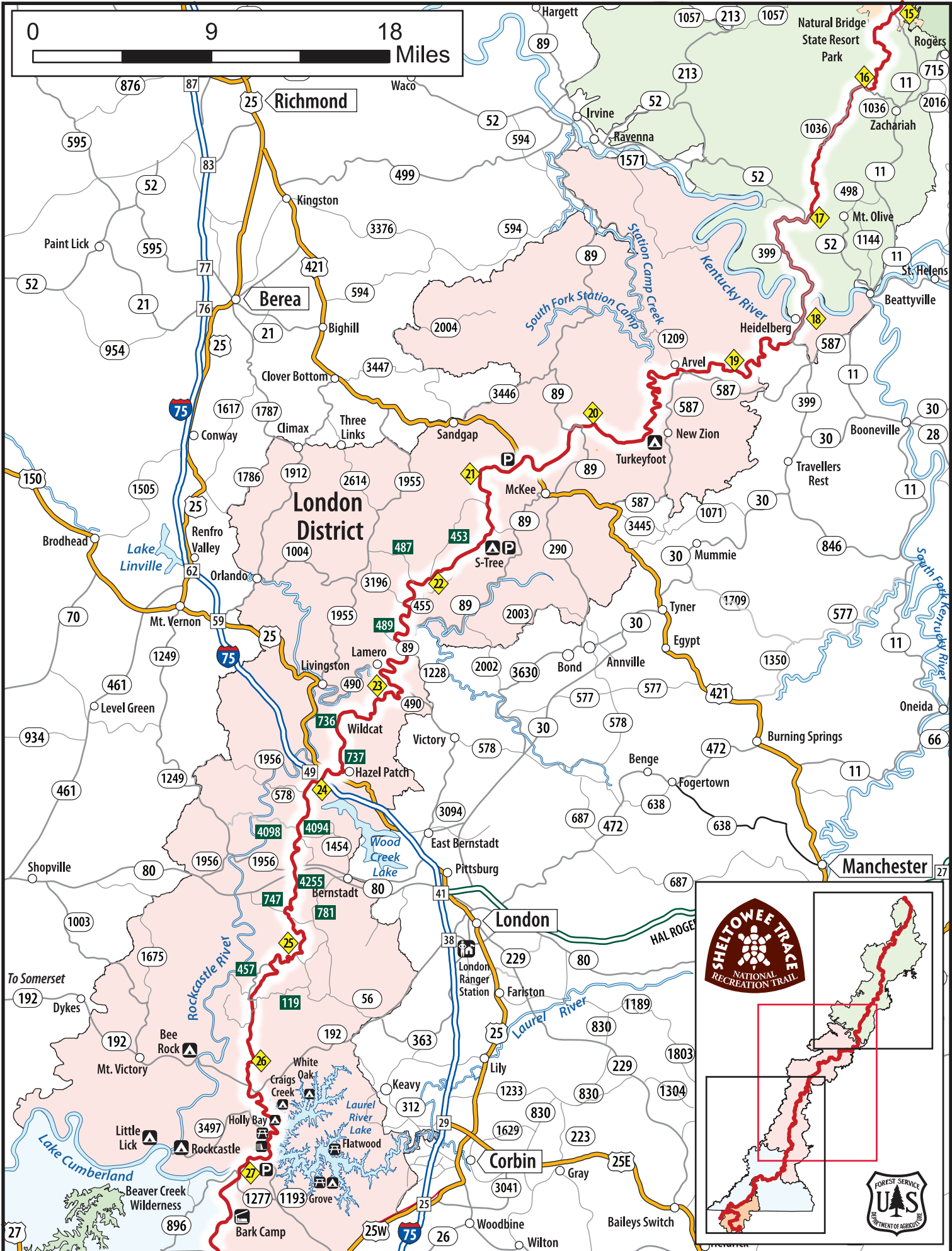
The Sheltowee Trace occasionally crosses privately owned land. Be respectful of landowner rights when crossing private rights-of-way. The land boundaries may be marked with yellow signs or red paint on trees. Maps are recommended to help determine land boundary locations. Some trail segments follow existing road corridors. The National Recreation Trail symbol or Sheltowee Trace turtle diamond will mark exit and entry points for the trail along roadways.





North Terminus Sheltowee Trace





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Richmond

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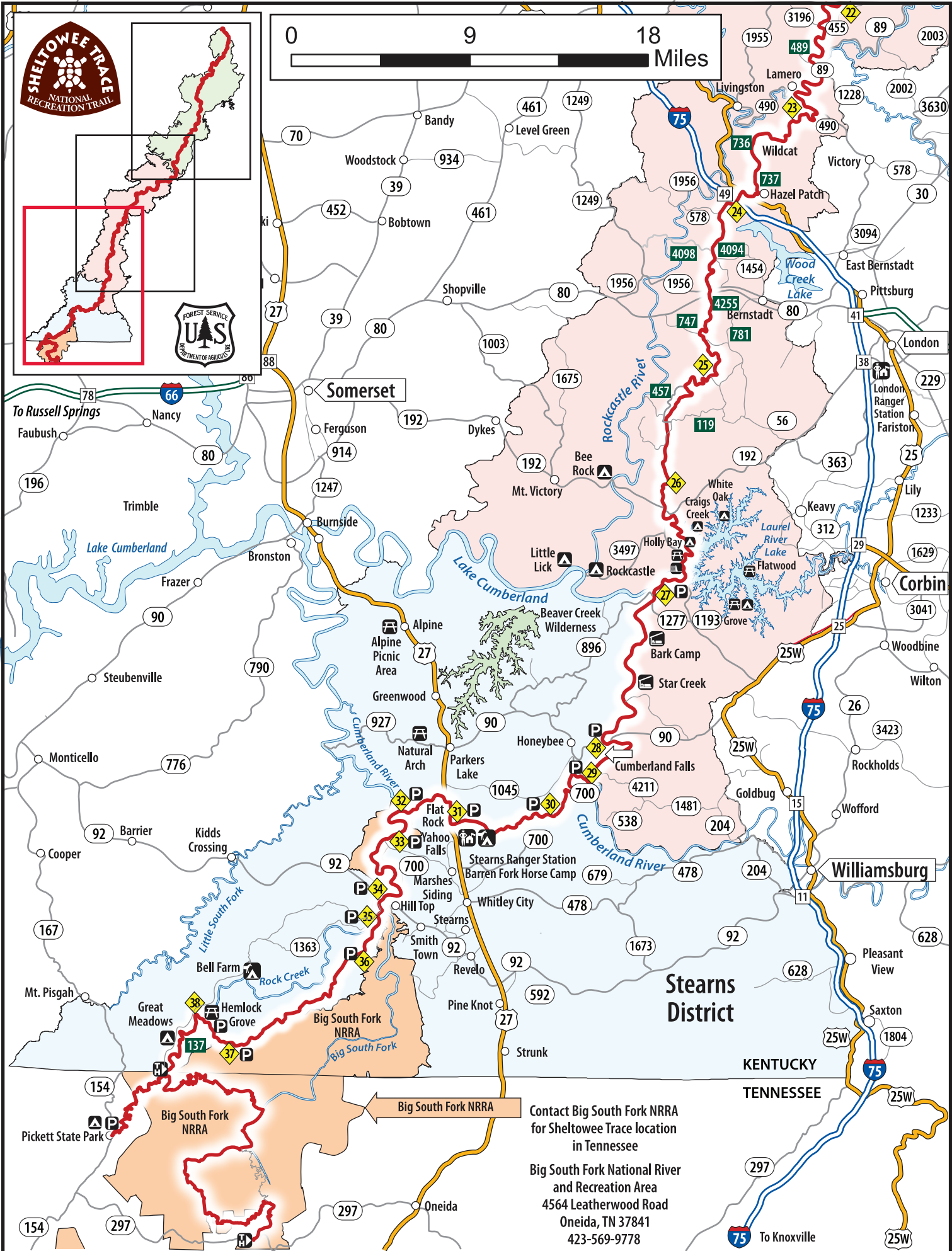
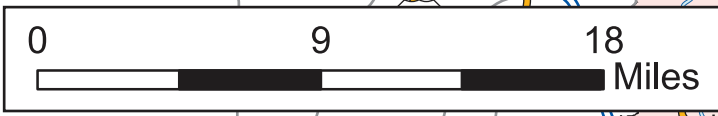
London District

London

Manchester

Corbin





Contact Big South Fork NRA
for Sheltowee Trace location
in Tennessee

Big South Fork National
River and Recreation Area
4564 Leatherwood Road
Oneida, TN 37841
423-569-9778

Big South Fork NRA

Stearns District

KENTUCKY
TENNESSEE

To Knoxville