Recreation Guide

Exploring your national forest

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Dense woodlands, towering cliffs and plunging waterfalls are just a few of the natural wonders waiting for you to discover.

The Daniel Boone National Forest extends across the western plateau region of the Appalachian Mountains. Named for the adventurous pioneer who once explored these rugged lands, the forest attracts more than a million visitors each year.

The forest is divided into four ranger districts: Cumberland, London, Stearns and Redbird. You can contact the districts to learn more about camping, hiking, boating, hunting, fishing and many other outdoor opportunities.



Daniel Boone National Forest has campgrounds, picnic areas and

- The Daniel Boone National Forest has campgrounds, picnic areas and other developed recreation sites for outdoor enthusiasts to enjoy.
- Nearly 600 miles of trails, including the Sheltowee Trace National Recreation Trail, are open for hikers, horseback riders, mountain bikers and off-highway vehicle riders along designated routes.
- Cave Run Lake, Laurel River Lake and the Red River Gorge Geological Area are among the most popular attractions.
- Two wilderness areas, Clifty Wilderness and Beaver Creek Wilderness, provide quiet places to enjoy nature and solitude.
- Five wildlife management areas are managed in cooperation with the Kentucky Department of Fish and Wildlife Resources to provide abundant game and nongame populations.
- Four scenic byways transect the forest to offer breathtaking scenery and a glimpse of Kentucky's natural history.

Daniel Boone National Forest R8-RG 491

August 2017



National forest or national park?

The Daniel Boone National Forest is part of the national forest system. It spans nearly 709,000 acres across 21 counties of eastern Kentucky. National forests are managed to provide our nation with wood, clean water, fish and wildlife, outdoor recreation and more. National Parks are managed by a different agency, under the U.S. Department of Interior, primarily for the preservation of natural and cultural resources.

Caring for the land and serving people



The Forest Supervisor's office in Winchester, Ky., is an information and administrative office and is not actually in the forest. Call one of the district offices for specific information about trails and camping near the area you plan on visiting.

Cumberland Ranger District

2375 KY 801 South Morehead KY 40351 606-784-6428

Gladie Visitor Center

3451 Sky Bridge Road Hwy 715 Stanton KY 40380 606-663-8100

London Ranger District

761 S. Laurel Road London KY 40744 606-864-4163

Stearns Ranger District 3320 US 27 North Whitley City KY 42653 606-376-5323

Redbird Ranger District 91 Peabody Road Big Creek KY 40314 606-598-2192

Supervisor's Office

1700 Bypass Road Winchester KY 40391 859-745-3100

Website

www.fs.usda.gov/dbnf

In 1905, Congress established the Forest Service under the U.S. Department of Agriculture. Today, the agency manages and protects 154 national forests and 20 grasslands in 43 states and Puerto Rico. The agency's mission is to sustain the health, diversity and productivity of the nation's forests and grasslands to meet the needs of present and future generations.

Job Corps Centers

The Daniel Boone National Forest hosts three Job Corps centers – Frenchburg, Pine Knot and Great Onyx. Job Corps is an educational and vocational training program administered by the U.S. Department of Labor for young adults. Students learn a trade, earn a high school diploma or GED and get help finding a job. For more information call 1-800-733-JOBS or 1-800-733-5627.



National forest lands

The public lands that make up the Daniel Boone National Forest are interspersed with state and private lands across 21 eastern Kentucky counties.

The map areas in green represent national forest lands.

The national forest boundary lines are marked with signs and red paint. The signs are placed to represent public lands behind the signs. If you need to verify boundary line locations, contact the nearest district office.

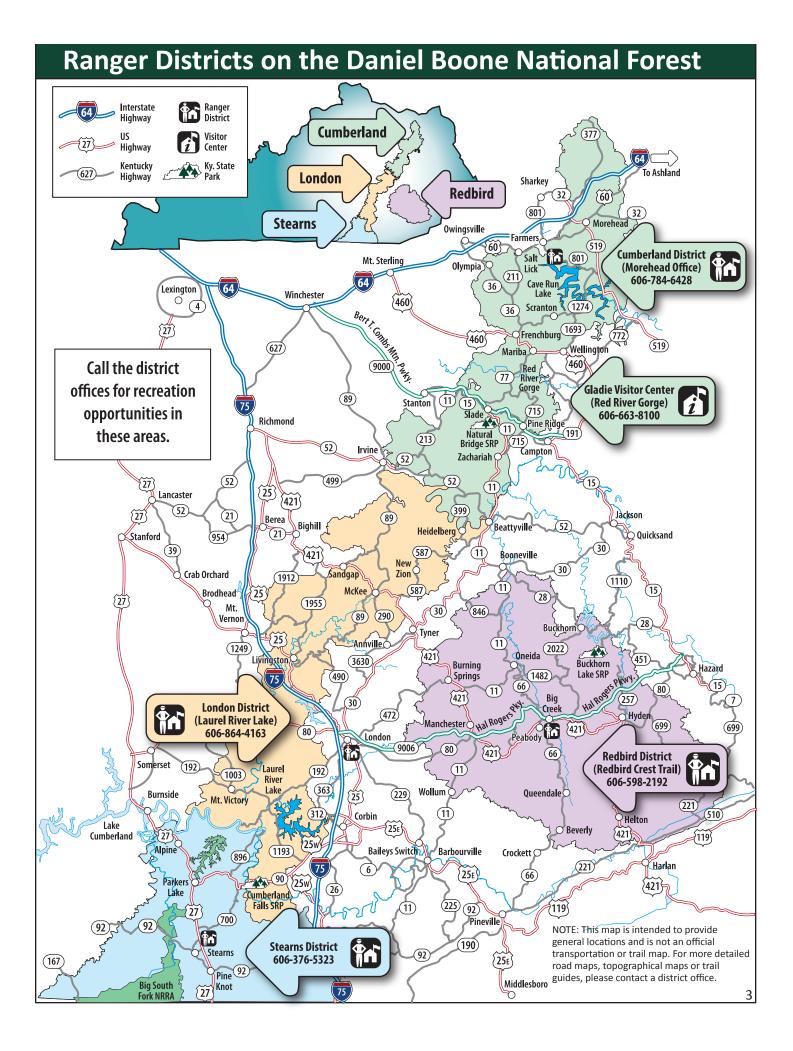




like this.

Motor Vehicle Use Maps

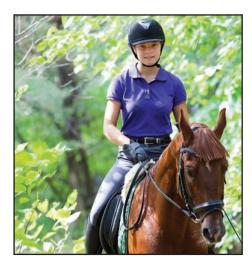
These maps show national forest roads and trails that are designated for motorized use. Forest Service travel rules and regulations identify vehicle types allowed on each route. For more information, visit the Daniel Boone National Forest website or contact a ranger district office.



Cumberland Ranger District | 2375 KY 801 S. | Morehead KY 40351 | 606-784-6428

Cave Run Lake

Cave Run Lake provides 8,270 acres of water surface for boating, fishing and other water sports. The developed campgrounds have sites for tent and RV camping. More than a dozen boat ramps provide easy lake access. A fee pass is required to use Alfrey, Claylick, Longbow, Poppin Rock and Scott Creek boat ramps. Two marinas offer boat rentals, fuel and other supplies.





Cave Run Lake

Cave Run Lake trails

A network of scenic trails are designed for multiple use. All trails are open to hikers year round. Several trails are designated for mountain bikers and horseback riders. Seasonal restrictions apply on some trails.

The White Sulphur OHV Trail, a 17mile system of connecting loops, is open to off-highway vehicles from May 1 to Nov. 30.

Clear Creek Iron Furnace

In the 1830s, Kentucky ranked third in the nation for pig iron production. This historic furnace stands as a reminder of days long past. A nearby picnic area provides a relaxing place for visitors. The area is closed during winter months, but foot travel is welcome all year.



Clear Creek Iron Furnace

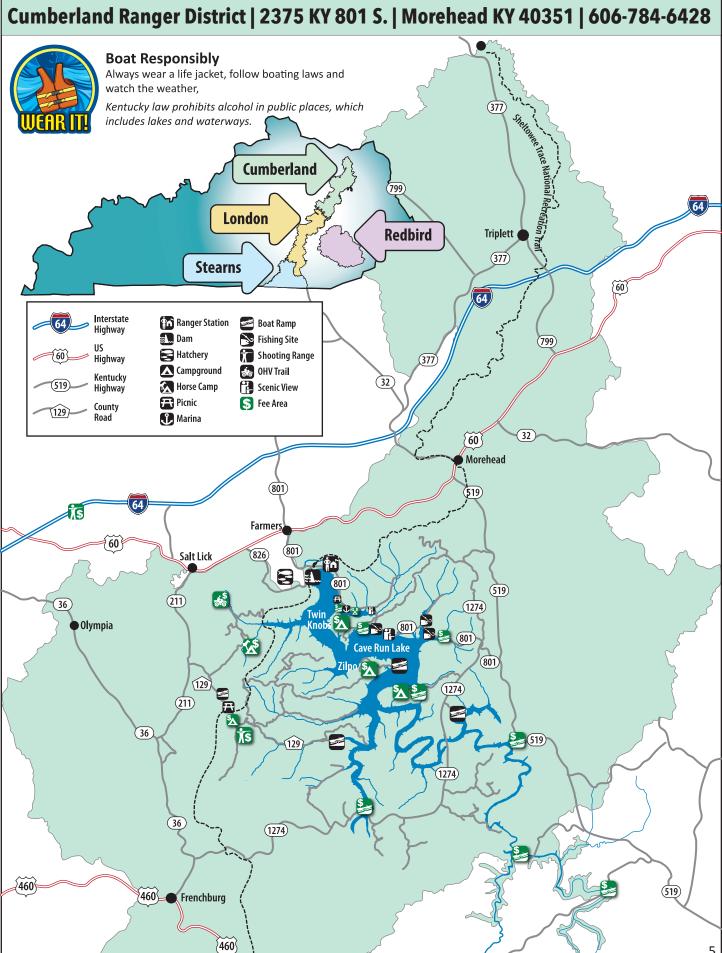
Pioneer Weapons Wildlife Management Area

This 7,610-acre tract is set aside for hunting game with primitive weapons such as muzzle-loading firearms, bows and crossbows. Hunting with modern breech-loading firearms is prohibited in this area.

Clear Creek Shooting Range

Practice your aim with modern or pioneer firearms. The facility provides four shooting tables with designated target distances. A day-use fee is required.

National Recreation Reservation System (NRRS) - For reservations, call 1-877-444-6777 or go online at www.recreation.gov. Reservations can be made for summer recreation season only. Reservation fees apply. Some picnic shelters may be reserved by calling the Cumberland Ranger District at 606-784-6428. Boat Gunnel Group Use Area Reserve through NRRS April-Sept.	• 🚯 Fee	Reservations	🕜 Pay at Site	• Tent Sites	Cabins	Picnic Tables	Picnic Shelter	Restrooms	Drinking Water	Showers	RV Sites	• G Electricity	Dump Station	Morse Camp	Horse Watering	🚺 Boat Ramp	🚼 Boat Mooring	Beach Beach
Claylick Boat-in Campground	•		•	13		•		•	•							•	٠	
Reduced rates during winter																		
Clear Creek Campground Reduced rates during winter	•		•			•		•	•									
Paragon Dispersed Camping 7 designated campsites				7				•										
Twin Knobs Campground Reserve through NRRS	•	•		199		•	•	•	•	•	•	•	•			•		•
White Sulphur Horse Camp Reduced rates during winter	•		•					•						•	•			
Zilpo Campground Cabins & some campsites may be reserved through NRRS	•	•		166	12	•	•	•	•	•	•	•	•			•		•
Billy Branch Picnic Area						•		•										
Clear Creek Picnic Area						•		•	•									
Twin Knobs Group Use Areas Picnic shelters reserved through NRRS; fees vary	•	•					•	•	•									



Gladie Visitor Center | 3451 Sky Bridge Rd. | Stanton KY 40380 | 606-663-8100



Cliffline in the Red River Gorge

Hiking trails

Nearly 70 miles of hiking trails loop and interconnect throughout the gorge. Many trails are strenuous due to rugged terrain. All official trails are blazed with white diamond-shaped markers. Motorized vehicles are prohibited.

Gladie Visitor Center

Interpretive exhibits provide a glimpse into the past and convey the wild, natural beauty of the Red River Gorge. The historic Gladie Cabin is nearby and open to the public during summer months. Visitor information, maps and permits are available at the center.

Red River Gorge

The Red River Gorge Geological Area provides breathtaking scenery and unique geological features, including hundreds of sandstone arches and miles of towering cliffs. The gorge attracts outdoor recreation enthusiasts year round.

Nada Tunnel

An interesting way to enter the gorge is through Nada Tunnel along KY 77. In the early 1900s, this one-lane tunnel was developed for railroad transport of timber from the gorge.



Gladie Visitor Center

KNOW THE RULES

- Alcohol is prohibited in public places. Under Kentucky law, alcohol consumption in public places is prohibited outside of licensed venues. Please remember that national forest lands are public lands and state laws are enforced.
- **Camping and fire-building are prohibited** at the base of a cliff or in rock shelters. Campers must be 100 feet from the base of a cliff and 300 feet from any road or trail.
- Get your permit for backcountry camping in the gorge. All vehicles must display a permit between 10 p.m. and 6 a.m. Permits are available at local stores, the Gladie Visitor Center and Forest Service office locations.
- Food storage is required in bear country. Food, trash and odorous items must be stored in bear-resistant containers or suspended off the ground when not eating or cooking. For your safety, never store food inside your tent. Cook and store odorous items at least 100 yards away from your sleeping area.



Clifty Wilderness

Clifty Wilderness

This 12,646-acre area was designated as a wilderness to preserve its wild state and natural beauty. Motorized and mechanized equipment, including bicycles and drones, are prohibited.

Koomer Ridge Campground

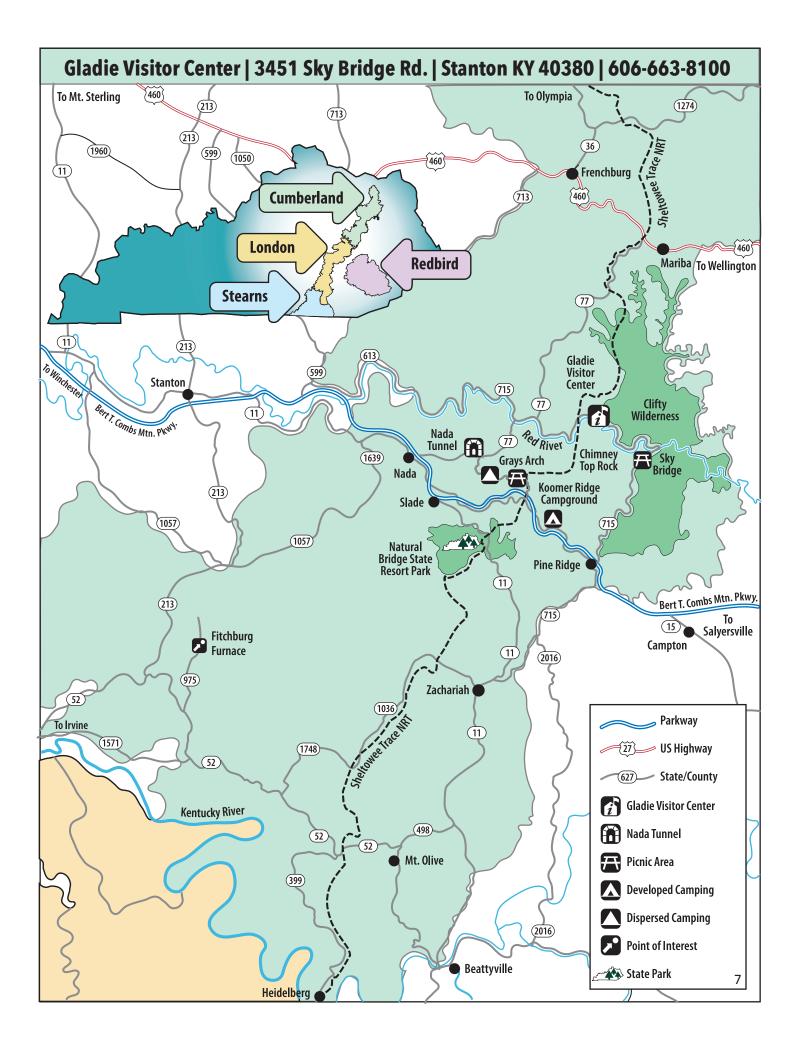
This semi-primitive campground provides more than 50 campsites for tent and trailer camping. The sites are available on a first-come, first-served basis. The campground is open year round. A camping fee is required.



Wolfe County Search and Rescue

Dangerous cliffs

- Stay away from the edge of cliffs. The rock can be slippery, especially when wet.
- Avoid setting up camp near the edge of cliffs.
- Don't hike or venture from your campsite after dark. Always use your flashlight.
- Alcohol and cliffs don't mix. Don't let drugs or alcohol ruin your adventure.



London Ranger District | 761 S. Laurel Road | London KY 40744 | 606-864-4163

Laurel River Lake

More than 5,600 acres of deep, clear water are surrounded by 200 miles of wooded shoreline and sandstone cliffs. Visitors enjoy boating, fishing, skiing, scuba diving and other outdoor activities. Several boat ramps, campgrounds, a beach area and two full service marinas provide lake access. A fee pass is required to use the boat ramps at Holly Bay, Grove, Flatwoods, Laurel Bridge and Marsh Branch. High Top and Craigs Creek provide boat ramps at no cost. The boat ramp at Holly Bay Campground is open seasonally and is for registered campers only.



Laurel River Lake

Camp Wildcat

Camp Wildcat is a Civil War battlefield site where the first engagement of troops in Kentucky took place. Interpretive signs located in a pavilion and along two trails highlight the events before, during and after the battle. One trail leads to the top of Hoosier Knob where the heat of the battle took place. The other trail follows Infantry Ridge and ends at a platform providing an overview of Hospital Rock, a rock shelter used as a hospital.

Trails

More than 100 trail miles will attract hikers, bikers, horseback riders and off-highway vehicle enthusiasts. Each trail varies in length and range of difficulty, from short day hikes to multipleday backpacking.

Access to other water bodies

Bee Rock, Mouth of Laurel and Rockcastle boat ramps are situated in the upper reaches of Lake Cumberland. The boat ramps are located immediately downstream from two Kentucky Wild and Scenic Rivers, the Rockcastle and Cumberland rivers. Camping opportunities are available at Bee Rock Campground on the Rockcastle River.

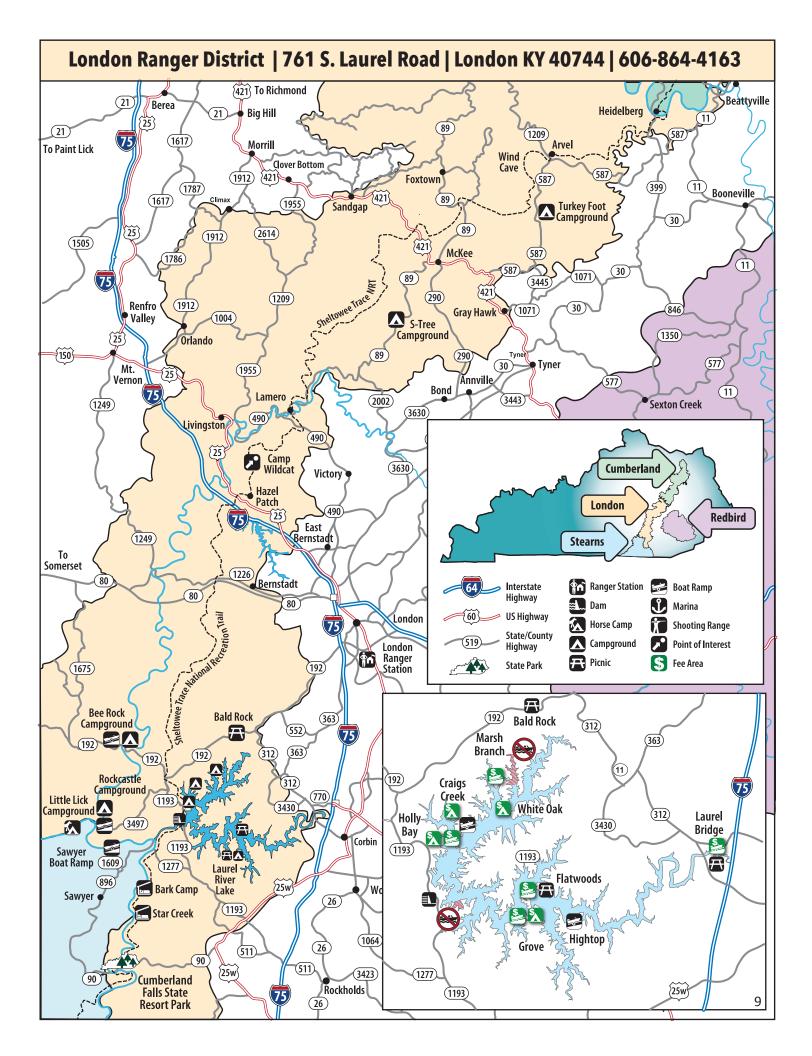
Waterfalls

Several scenic waterfalls can be found along the trails. Vanhook Falls plummets nearly 40 feet before its waters reach Cane Creek. Dog Slaughter Falls, considered one of the most scenic, is 20 feet high and nestled in a dense hemlock cove. The Bark Camp Cascades drop water over a series of low rock ledges and through massive boulders before flowing into the Cumberland River.



Bark Camp Cascades

National Recreation Reservation System: For reservations, call 1-877-444-6777 or www. recreation.gov. Reservations can be made for summer recreation season only. Reservation fees apply. Some picnic shelters may be reserved by calling the district.	😧 US Fee area	Reservations	🚺 Pay at Site	Tent Sites	Dicnic Tables	Picnic Shelter	Restrooms	Drinking Water	Bhowers	RV Sites	ቭ Dump Station	G Electricity	Morse Camp	Horse Watering	🚯 Boat Ramp	🚼 Boat Mooring
Bee Rock Campground Along Rockcastle River	•		•	28	•		•	•							•	
Craigs Creek Group Area Laurel River Lake; reserve through NRRS	•	•	•	3		•	•	•	•							
Grove Campground Laurel River Lake; some campsites may be reserved through NRRS.	•	•		56	•		•	•	•	•	•	•				
Grove Boat-in Campground Laurel River Lake	•		•	31	•		•	•								•
Holly Bay Campground Laurel River Lake; some campsites may be reserved through NRRS.	•	•		94	•		•	•	•	•	•	•			•	
White Oak Boat-in Campground Laurel River Lake	•		•	51	•		•	•								•
Little Lick Campground Pulaski County			•	6									•			
S-Tree Campground Jackson County				20	•	•	•									
Turkey Foot Campground Jackson County				15	•		•									
Rockcastle Campground Laurel County				27	•	•	•								•	



Stearns Ranger District | 3320 US 27 N. | Whitley City KY 42653 | 606-376-5323

Natural Arch Scenic Area

The scenic attraction is Natural Arch, a sandstone masterpiece sculpted by wind, water and ice that spans nearly 100 feet. The area has picnic sites, group picnic shelters, playgrounds, hiking trails and an outdoor amphitheater. A fee is required to use this area. A nearby overlook provides a panoramic view of the arch.

This region was once the home and hunting grounds of prehistoric peoples. To help preserve the area's cultural integrity, leave everything as you find it. The artifacts and cultural resources in this area are protected by state and federal laws.



Barren Fork Horse Camp



Natural Arch

Beaver Creek Wilderness

The wilderness offers solitude and adventure in a remote setting. Visitors are free to explore the scenic beauty of this unique area, but strenuous travel should be expected. The hiking trails extend across steep terrain. No developed camping facilities are available. Motorized vehicles and mechanized equipment are prohibited within wilderness boundaries.

Barren Fork Horse Camp

This popular campground is for horseback riders who enjoy the forest setting. Several interconnecting trails provide miles of riding pleasure. The campground offers 40 campsites for horse trailers and RVs up to 35 feet.

* Campgrounds are on a first-come, first-served basis. Picnic area shelters and the Natural Arch amphitheater may be reserved for a fee by calling the Stearns Ranger District at 606-376-5323.	😯 US Fee Area	Reservations*	💦 Pay at Site	Tent Sites	Picnic Tables	Picnic Shelter	Restrooms	🚺 Water (seasonal)	Grills	RV Sites	Morse Camp	Horse Watering	(()∋• Amphitheater	😵 Fishing	G Horse Trails
Barren Fork Horse Camp Pay at site or buy annual pass	•		•	40	•	•	•	•	•	•	•	•		•	•
Bell Farm Horse Camp Adjacent to Rock Creek				5	•		•		•		•	•		•	
Great Meadows Campground Adjacent to Rock Creek				18	•		•	•	•	•				•	
Alpine Picnic Area*		•			•	•	•	•	•						
Barren Fork Picnic Shelter*		•			•	•	•	•	•						
Hemlock Grove Picnic Area* Adjacent to Rock Creek		•			•	•	•		•					•	
Natural Arch Picnic Area* Pay at site or buy annual pass	•	•	•		•	•	•	•	•				•		

Shooting ranges

Get ready for hunting season or just practice your shooting skills at two locations. **Appletree Shooting Range** has two large sheltered benches and target holders at 25, 50 and 100 yards. **Keno Shooting Range** has a 25-yard pistol range and a 50-yard and 100yard rifle range. The range is fully accessible with surfaced walkways, shelters, benches, target holders and safety berms. Both shooting ranges are open year round for day use only. A fee pass is required.

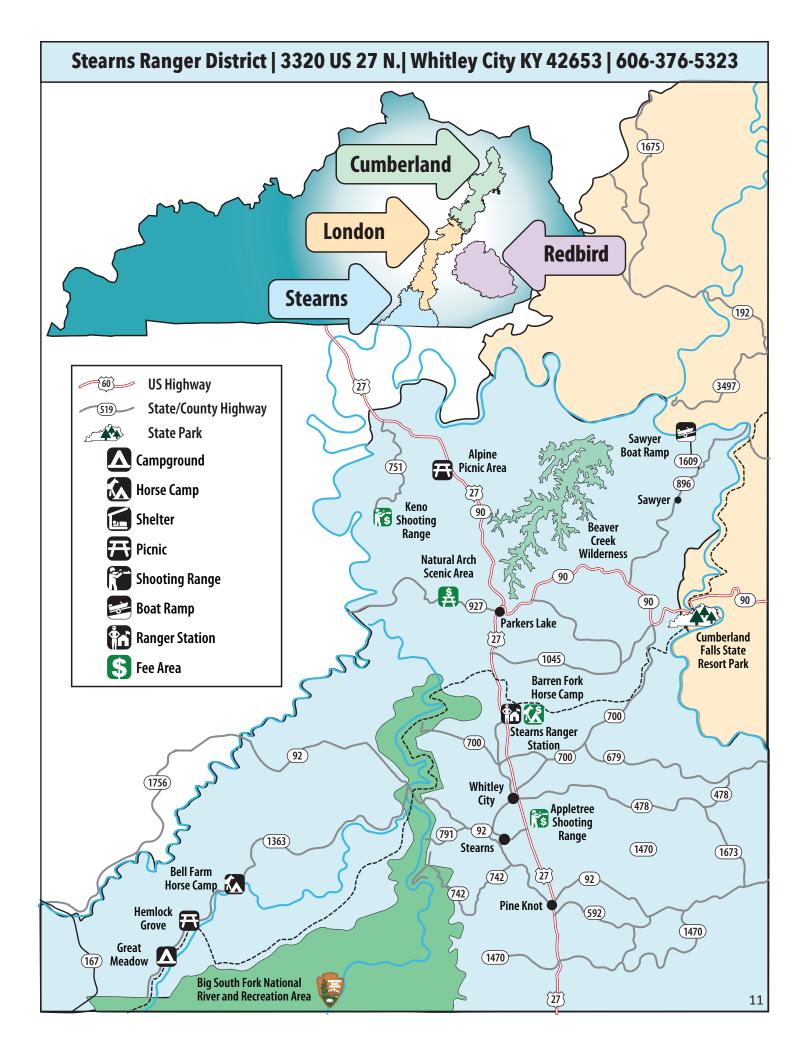


Keno Shooting Range

Beaver Creek Wildlife Management Area

Nearly 18,000 acres in the Beaver Creek watershed are cooperatively managed with the Kentucky Department of Fish and Wildlife Resources (fw.ky.gov) for sustainable wildlife populations. The habitat is mostly hardwood forest with some open fields. Hunting is permitted with a valid state hunting license and within state-designated seasons.





Redbird Ranger District | 91 Peabody Rd. | Big Creek KY 40314 | 606-598-2192



Redbird Crest Trail

Big Double Creek Picnic Area

Big Double Creek is a perfect place for family gatherings and special events. Tall shade trees line the creek that flows through this area, providing plenty of shade on a hot summer day. Each picnic site has a grill and table. Two nearby fields are available for playing ball or other outdoor sports.



Redbird district office

Historic Redbird office

The Redbird office was built in 1924 by Fordson Coal Company, a subsidiary of the Ford Motor Company. It once served as living quarters for survey crews, engineers and draftsmen. Crafted by local woodworkers and stonemasons, the building features handmade wall paneling in walnut, oak, maple and American chestnut. It is listed on the National Register of Historic Places.

Redbird Crest Trail

The Redbird Crest Trail provides nearly 100 miles of trails for hiking, horseback riding, mountain biking and off-highway vehicle use. The trail is especially popular with motorized trail riders who enjoy the adventure of riding across rugged terrain. Trailhead parking is available at three locations. The trail is open all year. A fee pass is required.



Big Double Creek

Cawood Picnic Area

Under towering hemlock trees, visitors can relax and enjoy the scenery. Each picnic site has a grill and large picnic table. Horseshoe pits provide opportunity for family fun time. Restroom facilities are conveniently located nearby. Cawood once served as a Civilian Conservation Corps camp during the 1930s.





Wear a helmet and safety gear.

Riding responsibly

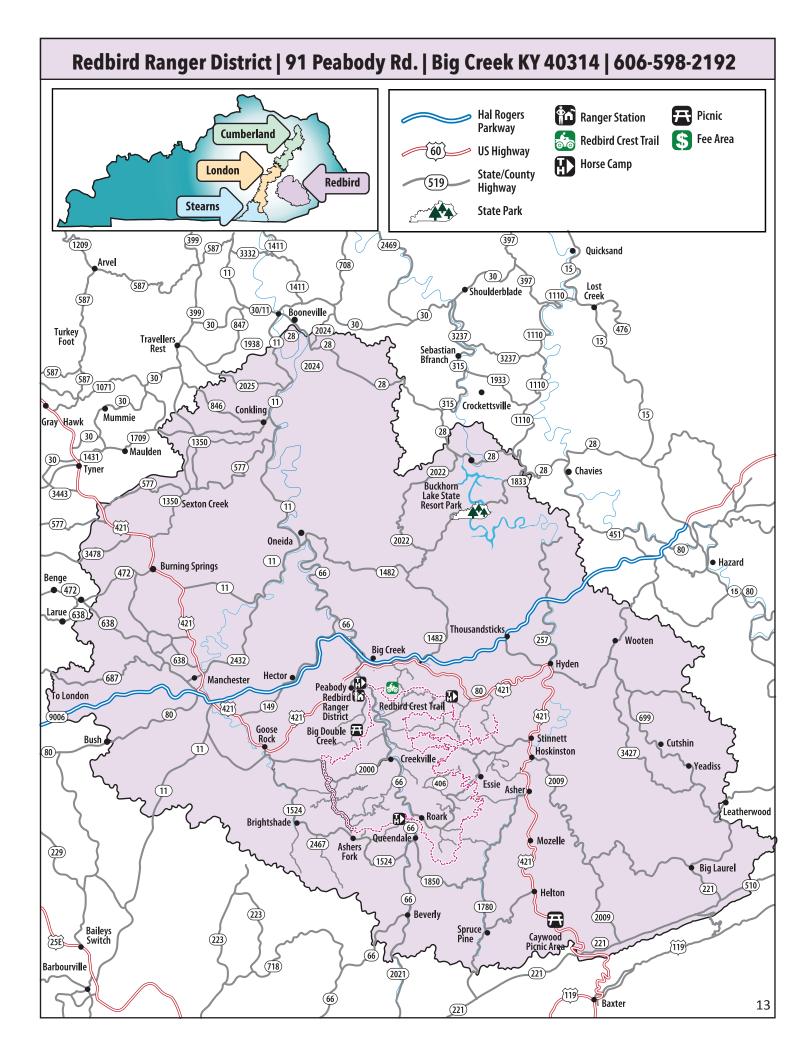
When riding off designated trails, off-highway vehicles can cause soil erosion, spread non-native invasive species, damage cultural resource sites, destroy wildlife habitat and create risks to public safety. Please ride responsibly and stay on trails designated for motorized use. Keep it safe, keep it legal, keep on trails and keep the privilege.



Elk (photo by KDFWR)

Redbird Wildlife Management Area

This 25,529-acre area is wooded with steep slopes. Wildlife openings are maintained in cooperation with the Kentucky Department of Fish and Wildlife Resources (fw.ky.gov). The area has nearly 25 miles of multipleuse trail but no developed facilities. Mobility-impaired access is available with a permit.



Managing fire

Prescribed fire

Forest Service firefighters are well trained and highly skilled at fighting wildfires. However, they also use fire as a tool to manage forest vegetation. Prescribed fire is used to improve wildlife habitat, reduce forest ground fuels, and promote forest health. These fires are planned in advance and set within established boundaries. Wind speed, humidity level and other weather conditions must be just right to conduct a prescribed fire.



Prescribed fire on the London District

Wildfires

A wildfire is unplanned and often damaging. These fires have no set boundaries for control, so firefighters must establish control lines to contain the fire. Until control lines are developed, wildfires can threaten lives and personal property.

Kentucky law prohibits open burning by private citizens within 150 feet of woodlands during state fire seasons - February 15 through April 30 and October 1 through December 15 - except between the hours of 6 p.m. and 6 a.m. or when the ground is covered with snow (KRS 149.400).

Conserving natural resources

Water, air and soil

The stewardship of these most essential resources is a basic requirement. Our national forest lands provide drinking water for 180 million

people every day. Our forests also provide clean air and fertile soils for productive land management.



Wood

Forests are more than just trees. Every day, we rely on wood products, ranging from the paper we



use to the houses we live in. The Forest Service manages national forest system lands to ensure a sustainable supply of timber for our nation's use.

Wildlife and fisheries

Our national forest lands offer important terrestrial and aquatic habitats for native plant and animal species. Forest Service biologists

monitor and manage these habitats to support healthy wildlife and fish populations.



Protecting archaeological sites



Archaeologists working in a rock shelter

The Daniel Boone National Forest has a rich archaeological heritage spanning at least 12,000 years. Native Americans were the first inhabitants of this region. While they left no written records, the land that once sustained them provides physical evidence of how they lived. Archaeologists have discovered the remains of pottery, arrowheads, stone tools and other artifacts.

From a more recent past, the evidence of early European settlements are found upon the same land. Their presence changed the way the land and its resources were used. As America grew, each new culture brought new tools and technology.

With careful study, archaeologists can see into the past and gain better understanding of the historic and prehistoric cultures that have shaped our lives today. Once these fragile resources are disturbed or destroyed, they can never be replaced. Please help preserve Kentucky's past by not disturbing or collecting artifacts.

Stopping the spread of non-native invasive species

Non-native invasive species and disease-causing pathogens can disrupt ecological functions, reduce biological diversity and degrade forest health. The Forest Service is actively responding to these threats and preparing for their potential impacts.

• Hemlock woolly adelgid (Adelges tsugae) is currently one of the greatest threats to the forest ecosystem. Originally from Asia, this insect is killing hemlock trees across the eastern United States. Treatments are ongoing to stop the adelgid spread.



Hemlock woolly adelgid



Emerald ash borer

• Emerald ash borer (*Agrilus planipennis Fairmaire*) is a woodboring beetle from Asia. Tens of millions of ash trees have already been killed by this pest, and many more ash trees are rapidly declining.

You can help stop the spread of invasive insects and protect the forest by buying your wood where you burn it.

Only use local firewood when camping or picnicking, and burn all firewood completely before leaving the recreation area. • Hydrilla (Hydrilla verticillata), a highly invasive aquatic plant from Asia, was confirmed in Cave Run Lake in September 2016. This plant threatens the recreational use of swimming beaches, boat ramps and other lake facilities. Treatments to control hydrilla are occurring in partnership with state and federal agencies.

Prevent the spread of hydrilla by cleaning your boat and all equipment after each use.

Avoid boat travel through dense beds of aquatic vegetation.



Hydrilla

Sheltowee Trace National Recreation Trail

This 323-mile trail traverses the Daniel Boone National Forest, beginning in Rowan County above Morehead, Ky., and ending in Tennessee at the **Big South Fork National River and** Recreation Area. Sheltowee, meaning "Big Turtle," was the Shawnee name given to Daniel Boone who explored this region. This trail links several developed recreation areas and offers overnight camping for through-hikers. Some trail sections are developed for multiple use, including hiking, horseback riding and off-highway vehicles. Guides are available that show the allowed use on designated trail sections.



Sheltowee Trace

Forest-wide rules

Alcohol is prohibited in public places. Under Kentucky law, alcohol consumption in public places is prohibited outside of licensed venues. Please remember that national forest lands are public lands and state laws are enforced.

Camping and fire-building are prohibited at the base of a cliff or in rock shelters. Campers must be 100 feet from the base of a cliff.

Opening/closing dates

Most campgrounds and picnic areas are closed during the winter months. Contact district offices for site-specific opening and closing dates.

Know before you go

Food storage requirements

You are required to store food, trash and odorous items as shown below. This forest-wide rule applies at all recreation sites and in the general forest area.

Never feed a bear. It's dangerous, and it's illegal.



Recreation fee passes

A fee permit is required at most campgrounds, shooting ranges, boat ramps and trails that allow motorized use. A fee permit is also required for backcountry camping in the Red River Gorge. Refer to Forest Service bulletin boards or call a district office to obtain site-specific information about passes.

National Recreation Reservation System

On the Cumberland and London districts, some developed campgrounds and group use areas have sites that may be reserved. For reservations, call 1-877-444-6777 or go online at www. recreation.gov. Reservations can be made for summer recreation season only. Reservation fees apply.

Some picnic shelters may be reserved by contacting the district office that oversees that location.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/ parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program. intake@usda.gov. USDA is an equal opportunity provider, employer and lender.



IN DEVELOPED AREAS...

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

Put food, trash and other odorous items in a bear-resistant container.



Put food and other odorous items in a food storage locker provided by the Forest Service.

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



hang from a tree.

items inside your tent.

IN THE BACKCOUNTRY...

Store your food in a bear-resistant container or