Spreading across 21 counties of southern and eastern Kentucky, Daniel Boone National Forest is managed to provide the nation with a sustained yield of natural resources. More than 100 developed recreation areas and 600 miles of trail provide various outdoor opportunities.

Daniel Boone National Forest is part of the Forest Service, a federal agency under the U.S. Department of Agriculture that manages national forests.

All outdoor activities have inherent risks. 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/dbnf.

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. When camping in the backcountry hang your food at least 10 feet off the ground and four feet away from a tree.

The horse trails are open from May 15 to December 15. Mountain bike trails are open year round. Hikers may use these trails any time of year. More trails are being constructed, and some trails may be re-routed. Check with the district office for current trail information.

Cave Run Lake, located on Cumberland District of the Daniel Boone National Forest, is located 60 miles east of Lexington, Kentucky. Exits 123, 133 and 137 off Interstate 64 provide access.

Camping and firebuilding in rock shelters is prohibited. Trails are closed to horse use from Dec. 16 to May 14.

Ride only on designated horse trails, which are noted on trailhead signs. Wear safety gear, such as a riding helmet. Communicate when passing other trail users. Watch for approaching vehicles on Forest Service roads. To protect water quality, keep horses at least 100 feet from water. Do not tie horses to trees. Use a highline with tree-saver straps to tether your horse to a tree, or use designated horse tie ups. Riders must have and retain proof of a current negative Coggins test and a certificate of veterinary inspection (health certificate) for their horse.

Ride only on designated bike trails, which are noted on trailhead signs. Wear a helmet, eye protection, and gloves. Be courteous when approaching other trail users. Let them know you are coming. Maintain control of your speed at all times. Approach turns in anticipation of someone coming around the bend. Avoid erosion. Stay on the trail. Do not take shortcuts.

Put trash in a bear-resistant trash can or other receptacle provided by the Forest Service. Store food, trash and other bear attractants in a bear-resistant container. Store food and trash in closed motor vehicle with a solid top or a closed hard-body trailer.

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**Carrington Branch Trail**

Begins across from Shallow Flats Wildlife Viewing Area off KY 801. Travels 3.5 miles south along the ridge to connect with Sheltowee Trace #100. Horses must stay on marked route through emergency spillway.

**Clear Creek Lake Trail**

Accessed from Clear Creek Boat Ramp. Begins off Sheltowee Trace #100 and travels 1.0 mile south along the ridge to connect with Sheltowee Trace #100.

**Cone Trail**

Begins at Stoney Cove Trailhead. Follows the lakeshore for 6.3 miles and then connects with Sheltowee Trace National Recreation Trail #100, leading back to Cave Run Campground for a 9-mile loop. Popular loop trail with close proximity to I-64 and recreational attractions.

**Clear Creek Lake Trail Access**

From Clear Creek Lake Trailhead, follow FS 906 for 0.4 miles, then turn left onto FS 905. Continue for 0.6 miles, then turn right onto FS 904. Continue for 1.2 miles to the trailhead.

**Stagecoach Trail**

Begins at the intersection of KY 127 and KY 70. Follows Stagecoach Road for 0.4 miles, then turns left onto KY 70. Continue for 1.2 miles to the trailhead.

**Sheltowee Trace National Recreation Trail**

Begins at the Sheltowee Trace #100 Section 8 and travels south, then reconnects with the Sheltowee Trace near the Limestone Connector #109A.

**SHELTOWEE TRACE NATIONAL RECREATION TRAIL**

Begins at intersection of KY 906 and KY 907. Follows Sheltowee Trace National Recreation Trail for 0.8 miles, then turns right onto KY 907. Continue for 1.2 miles to the trailhead.

**Triplett Creek Trail**

Begins at the intersection of KY 964 and KY 965. Follows Triplett Creek Road for 0.5 miles, then turns right onto KY 964. Continue for 1.0 miles to the trailhead.

**White Sulphur Trail**

Begins at the White Sulphur Horse Camp with an easy short loop for beginners. The loop is 0.5 miles. This trail then travels south towards White Sulphur Road, paralleling the road before climbing away from White Sulphur Road and eventually intersecting with Sheltowee Trace #100 near Zilpo National Forest Scenic Byway 918.

**White Sulphur Trail Connector**

Short trail connects White Sulphur Camp to Sheltowee Trace #101. Located within the Pioneer Weapons Wildlife Management Area.

**Zilpo Connector**

Begins at the Sheltowee Trace #100 Section 8, travels south, then reconnects with the Sheltowee Trace near the Limestone Connector #109A.

**Zilpo National Forest Scenic Byway**

Begins at the Zilpo National Forest Scenic Byway #918. Continues south, crossing KY 918 to Limestone Bike Trail #109.

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**User Guide**

- **Difficulty**
  - 1.0: Easy
  - 2.0: Moderate
  - 3.0: Difficult

**Trail Use Guide**

- **Cone Trail**
  - **Difficulty:** 6.3
  - **Description:** Follows several wildlife ponds before heading west, down a ridge to the district office parking lot.

- **Limestone Bike Trail #205**
  - **Difficulty:** 6.1
  - **Description:** Continues south along the ridge to connect with Sheltowee Trace #100.

- **Limestone Bike Trail #409**
  - **Difficulty:** 2.5
  - **Description:** Continues south along the ridge to connect with Sheltowee Trace #100.

- **RY 1001 to Clear Creek Campground**
  - **Difficulty:** 8.5
  - **Description:** Continues south along the ridge to connect with Sheltowee Trace #100.

- **Sheltowee Trace National Recreation Trail**
  - **Difficulty:** 11.3
  - **Description:** Continues south along the ridge to connect with Sheltowee Trace #100.