

## Where to Go: Hiking for Beginners

Kentucky offers many resources for hiking, even for the beginner. Below you will find several trail locations that are appropriate for hikers who are new to the activity. You will find the name and location of the trail as well as what you can expect from the trail, such as if it is paved, rocky, or near water. In addition, interesting points and things to look for on the trail are listed.

Hiking can be an adventure for the mind, body, and soul. Take a hike to become more physically active, improve your health, and experience nature like never before!

### **District 1 - Northeast/Licking River**

- Trail Name: Laurel Gorge Hiking Trail
- Trail Location: Elliott County
- What to expect: The first quarter mile is handicap accessible. Trail length is 1 mile. Mostly level so easy walking.
- Things to look for: Typical mixed mesophytic forest with lots of wildflowers in the spring. Cross several streams. Nice cliff lines.

### **District 2 - Quicksand/Wilderness Trail**

- Trail Name: Whittleton Branch Trail
- Trail Location: Natural Bridge SRP
- What to expect: The first quarter mile is flat and follows creek. Then the trail narrows and becomes more rugged – somewhat steep but then levels and gets steep again in some places.
- Things to look for: One of best trails in the state for wildflowers. Midway is Whittleton Arch, not too spectacular. Look for yellow lady slippers.

### **District 3 - Louisville/Northern KY**

- Trail Name: Boone County Cliffs
- Trail Location: Boone County
- What to expect: Short sections of steep trail but once on top it is mostly level.
- Things to look for: Old growth forest, rocky outcroppings, good spring wildflowers.

### **District 4 - Ft. Harrod/Bluegrass**

- Trail Name: Red Trail
- Trail Location: Raven Run Nature Sanctuary
- What to expect: Trails traverses through fields and down through second growth woodlands to Kentucky River Overlook. There is one relatively steep section, otherwise mostly level, easy walking.
- Things to look for: Excellent spring wildflowers in mid-April. Overlook on the Kentucky River to see small palisades.

### **District 5 - Lincoln Trail/Lake Cumberland**

- Trail Name: Dog Slaughter Falls Trail
- Trail Location: East of Cumberland Falls State Park
- What to expect: This is a relatively easy trail except when you go down to Dog Slaughter Falls, and then it is steep. Typical rugged trail.
- Things to look for: At various places the stream is quite scenic. At the end of course is Dog Slaughter Falls. Pink lady slippers in the spring, not great wildflowers, but some. Some nice cliff lines.

### **District 6 - Green River/Mammoth Cave**

- Trail Name: John James Audubon State Park main trail
- Trail Location: Henderson County
- What to expect: The trail has some rolling terrain but mostly level.
- Things to look for: Some sections have possible old growth forest, lake, excellent spring wildflowers.

### **District 7 - Purchase/Pennyrile**

- Trail Name: Hillman Ferry Hiking/Biking Trail
- Trail Location: Land Between the Lakes
- What to expect: Paved trail is mostly level to rolling.
- Things to look for: Early in morning and late in evening look for deer and turkey. Fair summer wildflowers.

For more information on these trails, call the state parks listed or contact the county Extension office in the area.

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August 2005



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