Explore Kentucky's Trail Towns

Getting away from it all doesn't have to mean being in the middle of nowhere. Kentucky's Trail Towns put you near the best outdoor action in the state including hundreds of miles of trails for runners, hikers, cyclists, ORVs, equestrians & paddlers.

Dawson Springs
- Pennyrile State Forest
- Pennyrile Forest State Resort Park
- Tradewater River
- Jones-Keeney Wildlife Management Area
- Lake Beshear

Livingston
- Daniel Boone National Forest
- Shelterwee Trace National Recreation Trail
- Rockcastle River

Morehead
- Daniel Boone National Forest
- Shelterwee Trace National Recreation Trail
- Licking River
- Cave Run Lake
- Eagle Lake

Olive Hill
- Carter Caves State Resort Park
- Tygart's Crane Forest
- Tygart's Creek

London
- Daniel Boone National Forest
- Shelterwee Trace National Recreation Trail
- Levi Jackson State Park
- Rockcastle River
- Laurel River
- Laurel River Lake
- London-Laurel County Cycling Routes
- Wildcat Mountain ATV Park

Stearns
- Big South Fork National River & Recreation Area
- Daniel Boone National Forest
- Shelterwee Trace National Recreation Trail

Elkhorn City
- Breaks Interstate Park
- Pine Mountain State Scenic Trail (Great Eastern Trail)
- Russell Fork River
- Levisa Fork Big Sandy River

Evarts
- Black Mountain Off-Road Adventure Area
- Cumberland River

Jamestown
- Lake Cumberland State Resort Park
- Wolf Creek National Fish Hatchery
- Cumberland River
- Lake Cumberland

Greensburg
- Green River Paddle Trail

Manchester
- Daniel Boone National Forest
- Redbird Crest Trail
- Beech Creek Wildlife Management Area
- Bert T. Combs Lake
- Goose Creek
- Swinging Bridge cycling route

Munfordville
- Green River
- Mammoth Cave National Park

McKee
- Daniel Boone National Forest
- Shelterwee Trace National Recreation Trail
- US Bike Route 76
- S Tree ATV Park

Royalton
- Dawkins Line Rail Trail

Carrollton
- General Butler State Resort Park
- Kentucky River

Frankfort
- Kentucky River
- Capital View Park
- Elkhorn Creek

Columbia
- Russell Creek
- Green River

Berea
- Boone's Trace
- US Bike Route 76
- Indian Fort Mountain Trail & Pinnacles at Berea College Forest

Cumberland Lynch & Benham
- Pine Mountain State Scenic Trail (Great Eastern Trail)
- Kingdom Come State Park

KENTUCKY TRAIL TOWN

Kentucky UNBRIDLED SPIRIT

OFFICIAL HIGHWAY MAP

For information visit www.Kentucky.gov or www.Transportation.Ky.gov

0 10 20 30 40
Approximate Scale in Miles

MAP LEGEND

CONTROLLED ACCESS HIGHWAYS
- Multiplex Divided
- Multiplex Undivided
- Interstate
- Access Fully or Partially Controlled Parkway or Highway

OTHER HIGHWAYS
- Multiplex Divided
- Multiplex Undivided
- State Primary
- State Secondary
- Rural Highway

INTERSTATE & PARKWAY SYMBOLS
- Full Access Interchange
- Mileage Points
- Overall Mileage
- Partial Access Interchange
- Interchange Exit Numbers

HIGHWAY INFORMATION
- Interstate
- US, State Highway
- Welcome Center Rest Area
- Vehicle Enforcement Post (with Truck Rest Haven)
- Kentucky Scenic Byways & Trails www.transportation.ky.gov/scenic-programs
- America's Byways www.fhwa.dot.gov/byways/
- U.S. Bike Route 76 www.transportation.ky.gov/Bike-Walk

SYMBOLS
- State Resort Park
- State Park, Rail Trail
- National or State Historic Site
- Wildlife Management Area Fish Hatchery
- Civil War Point of Interest www.kentucky.com/kentucky_civil_war
- State Police Post
- College or University
- Riverport Authority Terminal
- Air Carrier, Municipal or County Airport
- Active Railroad
- Time Zone
- National Parks and Recreation Areas
- National and State Forests
- U. S. Military Reservation
- Map Inset Enlargement Areas (See opposite side for city inset maps)

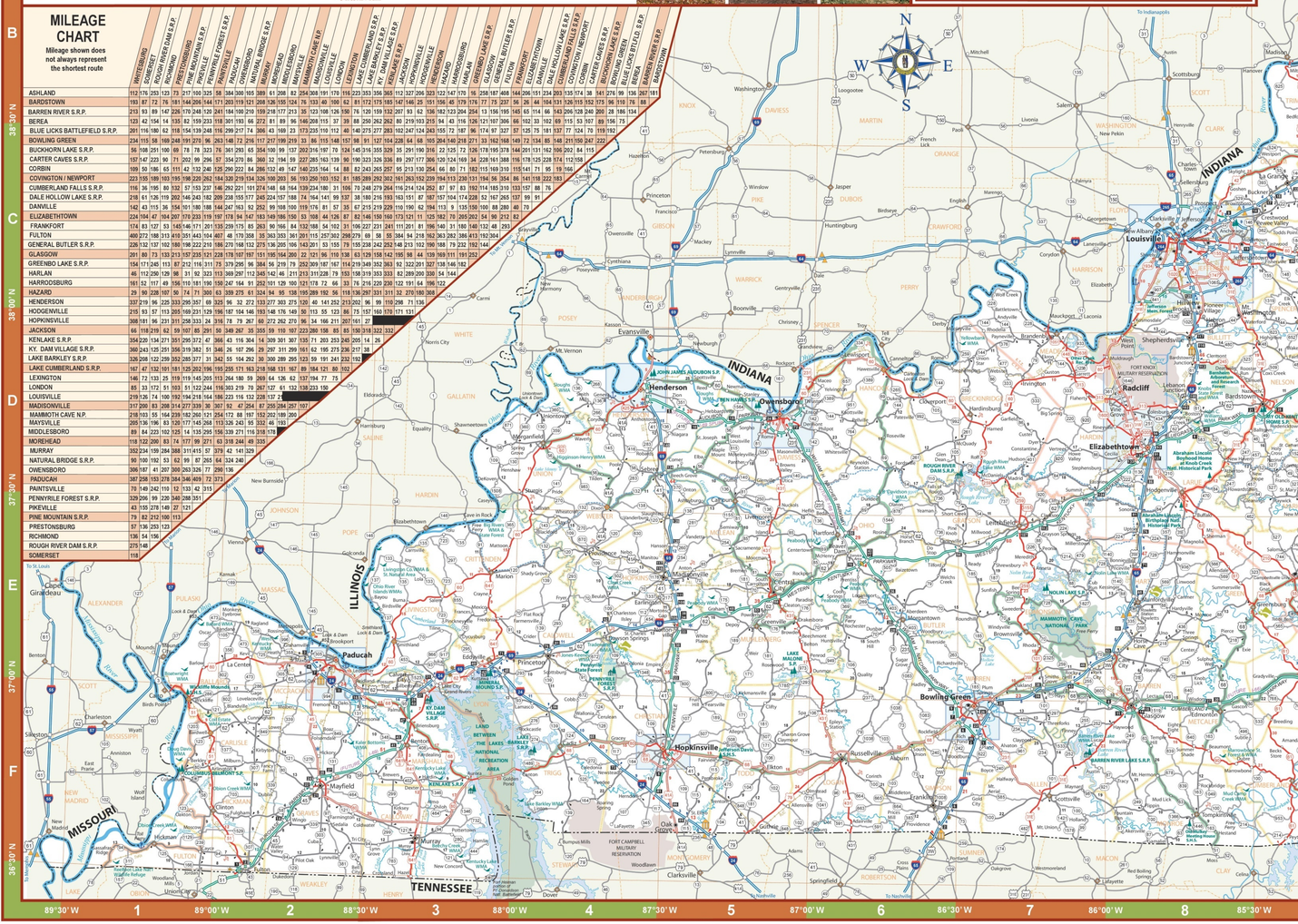
CITIES AND TOWNS BY POPULATION

County Seat		
	Covington	over 20,000
	Berea	5,000 to 20,000
	Cloverport	1,000 to 5,000
	Threekirks	100 to 1,000
	Joy	under 100
	Frankfort, State Capital	

MILEAGE CHART

Mileage shown does not always represent the shortest route

	Ashland	Bardstown	Barren River S.R.P.	Berea	Blue Licks Battlefield S.R.P.	Bowling Green	Buckhorn Lake S.R.P.	Carter Caves S.R.P.	Corbin	Covington / Newport	Cumberland Falls S.R.P.	Dale Hollow Lake S.R.P.	Danville	Elizabethtown	Frankfort	Fulton	General Butler S.R.P.	Glasgow	Greenbo Lake S.R.P.	Harlan	Harrodsburg	Hazard	Henderson	Hodgenville	Hopkinsville	Jackson	Kenlake S.R.P.	Ky. Dam Village S.R.P.	Lake Barkley S.R.P.	Lake Cumberland S.R.P.	Lexington	London	Louisville	Madisonville	Mammoth Cave N.P.	Maysville	Middlesboro	Morehead	Murray	Natural Bridge S.R.P.	Owensboro	Paducah	Paintsville	Pennyrile Forest S.R.P.	Pikeville	Pine Mountain S.R.P.	Prestonsburg	Richmond	Rough River Dam S.R.P.	Somerset
ASHLAND	112	176	253	123	73	217	100	325	58	384	300	105	389	61	208	82	254	308	191	170	116	233	353	356	365	112	327	205	323	122	147	170	16	258	187	408	144	156	251	234	203	135	174	38	141	276	99	136	267	187	88
BARDSTOWN	193	87	72	76	181	144	206	144	171	203	119	121	208	126	135	124	75	133	40	100	62	81	172	173	151	147	146	25	151	156	45	179	176	77	75	237	56	26	44	194	131	126	115	152	175	96	110	76	88	110	75
BARREN RIVER S.R.P.	213	93	89	147	228	170	248	120	241	144	149	210	159	218	177	211	38	123	168	126	106	76	120	159	132	207	93	62	136	162	123	204	254	13	156	195	165	65	114	66	145	206	128	130	200	28	186	184	154		
BEREA	123	42	154	14	135	82	159	233	118	261	180	31	193	66	272	81	89	96	146	208	115	37	39	88	250	262	262	80	219	103	215	94	43	116	126	121	107	306	66	102	33	192	69	115	93	107	89	156	75		
BLUE LICKS BATTLEFIELD S.R.P.	201	116	180	62	118	154	139	248	116	299	217	74	306	43	169	23	173	235	110	112	40	140	275	277	283	102	247	124	243	155	72	187	96	174	97	327	57	125	75	181	137	77	124	70	119	192					
BOWLING GREEN	234	115	58	169	244	191	270	96	263	146	72	216	117	217	191	219	33	86	115	148	157	58	91	127	104	228	64	68	165	204	140	218	271	33	162	168	149	72	134	65	146	211	158	247	222						
BUCKHORN LAKE S.R.P.	56	168	251	160	66	78	78	323	76	361	260	63	354	100	99	157	203	184	197	78	124	145	316	305	329	251	22	125	72	126	178	192	178	152	261	182	168	202	84	154	227										
CARTER CAVES S.R.P.	157	147	223	90	71	202	99	296	57	354	279	86	360	32	194	59	227	285	163	139	90	190	323	326	336	89	297	177	306	120	124	169	34	228	161	388	116	178	125	228	174	112	158									
CORBIN	109	50	186	65	111	42	132	240	125	290	222	84	286	132	49	147	240	235	164	14	88	82	243	265	257	95	213	130	254	66	80	71	182	115	169	310	115	141	71	95	19	164									
COVINGTON / NEWPORT	223	155	189	103	195	198	220	262	184	320	219	134	326	100	203	56	193	250	163	152	81	185	289	292	302	161	263	152	239	194	113	230	131	194	56	354	86	141	118	222	183										
CUMBERLAND FALLS S.R.P.	116	36	195	80	53	57	152	200	221	191	274	148	68	164	159	204	140	31	106	70	124	279	264	116	214	124	252	87	87	83	192	114	165	193	133	157	88	76													
DALE HOLLOW LAKE S.R.P.	218	61	126	119	202	146	243	182	209	238	155	177	245	224	157	188	74	164	141	99	137	38	180	216	193	163	151	87	187	157	104	174	228	52	167	265	137	90	79												
DANVILLE	142	43	115	36	154	101	180	188	144	247	163	92	252	99	108	100	199	176	81	57	35	67	215	219	229	110	190	62	194	113	9	135	150	100	88	280	40	70													
ELIZABETHTOWN	224	104	47	104	207	170	233	119	197	178	34	347	183	149	186	155	53	108	44	126	87	82	146	159	160	173	121	11	125	182	70	205	252	54	90	212	82														
FRANKFORT	174	83	127	53	143	146	171	201	135	239	175	81	263	90	166	44	132	188	54	192	124	201	81	196	140	31	180	140	132	48	102	87	242	42	282																
FULTON	400	272	188	313	419	351	443	104	407	48	179	358	35	363	353	361	201	115	257	302	298	279	69	58	55	384	94	218	162	363	282	386	413	192	304																
GENERAL BUTLER S.R.P.	226	132	137	102	189	198	222	210	186	270	168	132	275	136	205	106	143	201	53	155	79	155	238	242	252	148	213	102	196	108	79	232	192	144																	
GLASGOW	201	80	73	133	213	157	235	121	228	178	107	197	151	195	164	200	22	121	96	110	38	63	129	158	142	155	98	44	139	169	111	191	252																			
GREENBO LAKE S.R.P.	154	171	246	151	87	212	116	311	75	379	295	96	384	54	219	79	252	309	187	167	114	219	349	353	363	151	92	222	261	207	187	138	146	182																	
HARLAN	46	112	250	129	98	31	92	323	113	369	297	112	345	142	46	211	233	311	228	79	153	158	319	353	333	82	289	200	330	54	144																					
HARRODSBURG	161	52	117	49	156	110	181	190	150	247	164	91	252	101	129	100	121	178	72	66	33	76	216	220	230	122	191	64	196	122																							
HAZARD	29	90	228	107	55	74	71	300	63	339	275	61	324	94	95	138	195	289	192	56	118	136	297	331	311	32	270	180	268																							
HENDERSON	327	219	96	229	333	299	357	69	325	96	32	272	133	277	303	275	120	40	141	252	213	202	90	99	118	298	71	150	136																							
HODGENVILLE	215	93	57	113	203	169	231	129	196	187	164	146	193	148	176	149	59	113	55	123	86	75	157	169	170	171	131																							
HOPKINSVILLE	308	181	96	231	311	258	333	24	316	78	79	267	60	272	262	270	96	34	166	211	207	161	27																												
JACKSON	66	118	219	62	59	107	85	291	59	349	267	35	355	59	119	107	223	280	158	83	85	130	318	322	332																										
KENLAKE S.R.P.	354	220	134	271	351	295	372	47	366	43	116	304	14	309	301	307	158	71	203	253	240	205	14	26																											
KY. DAM VILLAGE S.R.P.	360	243	125	251	356	319	382	51	346	26	107	296	29	297	311	299	161	62	195	275	236	217	58																												
LAKE BARKLEY S.R.P.	326	208	122	259	352	285	377	31	342	55	104	292	30	300	289	295	123	59	191	241	232	192																													
LAKE CUMBERLAND S.R.P.	167	47	132	101	191	125	202	196	155	255	171	163	218	158	131	167	81	98	184	121	80	102																													
LEXINGTON	146	72	133	29	165	119	189	145	205	213	264	138	59	309	54	126	62	137	94	77	52																														
LONDON	85	33	172	51	103	51	122	244	116	303	219	70	267	127	61	132	138	233	150																																
LOUISVILLE	219	126	74	100	192	194	218	164	186	223	116	132	228	137	2																																				
MADISONVILLE	317	299	83	299	347	277	339	39	307	92	42	254	87	255	284	257	197																																		
MAMMOTH CAVE N.P.	218	103	55	164	239	182	260	121	254	172	88	197	152	202	189	200																																			
MAYSVILLE	205	136	196	83	120	177	145	268	113	126	240	95	332	46	193																																				
MIDDLESBORO	89	84	223	192	123	14	135	295	156	339	271	116	318	178																																					
MOREHEAD	118	122	200	63	74	177	99	271	63	318	244	49	335																																						
MURRAY	352	234	159	284	388	311	415	57	379	42	141	329																																							
NATURAL BRIDGE S.R.P.	90	100	192	53	62	99	87	265	64	324	240																																								
OWENSBORO	306	187	41	207	309	283	326	77	299	158																																									
PADUCAH	387	258	153	278	348	346	409	72	373																																										
PAINTSVILLE	70	149	242	110	12	133	42	315																																											
PENNYRILE FOREST S.R.P.	329	206	99	230	348	288	351																																												
PIKEVILLE	43	155	278	148	27	121																																													
PINE MOUNTAIN S.R.P.	79	82	212	100	113																																														
PRESTONSBURG	57	136	253	123																																															
RICHMOND	136	54	156																																																
ROUGH RIVER DAM S.R.P.	275	148																																																	
SOMERSET	118																																																		


OHIO
INDIANA
ILLINOIS
MISSOURI
TENNESSEE
VIRGINIA
WEST VIRGINIA
Louisville
Lexington
Frankfort
Cincinnati
Covington
Bowling Green
Paducah
Owensboro
Henderson
Hopkinsville
Elizabethtown
Radcliff
Nicholasville
Richmond
Ashland
Hunting-ton
Pikeville
Middlesboro
Corbin
Somerset
Mammoth Cave N.P.
Daniel Boone National Forest
Land Between the Lakes National Recreation Area
Kentucky Dam Village S.R.P.
Barkley Village S.R.P.
Lake Barkley S.R.P.
Kentucky Lake S.R.P.
Barren River Lake S.R.P.
Green River Lake S.R.P.
Lake Cumberland S.R.P.
Cumberland Falls S.R.P.
Dale Hollow Lake S.R.P.
Pine Mountain S.R.P.
Breaks Interstate Park
Big South Fork National River & Recreation Area
Fort Campbell Military Reservation
Fort Knox Military Reservation
Fort Leonard Wood Military Reservation