

## **Kentucky's Mountain Lake Corridor** **OUTDOOR RECREATION**

Almost entirely surrounded by the northern portion of the Daniel Boone National Forest, Cave Run Lake is the shimmering jewel of Kentucky's Mountain Lake Corridor. It's an area perfectly suited for the outdoor enthusiast as recreation opportunities abound at the lake and throughout the region. Visitors can appreciate its beauty whether they're on the lake or at the shore, picnicking in the woods or hitting the trails.

One way to appreciate the beauty of the lake is to get out on it. For those that sail, and have their own vessels, boats can be launched—and stored—at Scott's Creek Marina. Scott's Creek and Longbow, the two principal marinas on this part of the lake, offer other **boating** options, too, with houseboats for rent as well as pontoon boats and fishing boats. Families can rent houseboats for several nights on the water; fisherman can also choose this option. Guide services are available for the sportsman who wants some assistance in finding the best **fishing** spots. There's plenty of bass, bluegill and crappie but it's no secret that Cave Run Lake has become the "Muskie Capitol of the South." Cave Run is ranked as one of the top ten fishing locations to capture trophy muskie.

On land, the recreational opportunities are even more numerous. Winding around the lake in the Morehead Ranger District are 115 miles of trails for **hiking, biking** and **horseback riding**. The Stoney Cove Recreation Area, for instance, includes the trailhead and parking for the Shelton Trace National Recreation Trail. The trail is named in honor of Daniel Boone; Shelton (which means Big Turtle) was the name given Boone when he was adopted into the Shawnee tribe as the son of the great war chief Blackfish. Boone made several explorations through the area that is now the Daniel Boone National Forest, in search of a route from Virginia to Kentucky. Today many of the creeks, streams and landmarks bear the names given to them by "Shelton."

Plus, there are 20 miles open to **ATVs** (All Terrain Vehicles) along the designated White Sulphur ATV Trails. If you prefer more conventional transportation, take the Zilpo Scenic Byway, maintained by the Forest Service. It's a ridge-top route that offers scenic views of the forested hills of the Daniel Boone National Forest. The wide, gently curving road is a popular route to see seasonal colors and wildlife.

The Mountain Lake Corridor—and, especially, the Daniel Boone National Forest and Cave Run Lake—abounds in natural scenic beauty and **wildlife**. Visitors will find that deer, turkey, fox, black bears, bobcats, Canadian geese and even the common loon have taken up residences and elk have recently been reintroduced. Osprey and bald eagles also feed and nest in the area.

The following are just some of the outdoor recreational opportunities within the Mountain Lake Corridor:

**Daniel Boone National Forest** (859-745-3100) is located in the mountains of Southeastern Kentucky, with the northernmost portion running through the heart of the Mountain Lake Corridor. The land is generally rugged and characterized by clear streams, rocky ledges, cliffs, lakes and rivers. In this area, the jewel is undoubtedly Cave Run Lake, one of two large bodies of water found within the forest. Abundant wildlife, lush vegetation, magnificent scenery, and numerous recreation opportunities offer visitors much to enjoy. More than five million visitors come annually to backpack, camp, picnic, rock climb, boat, hunt, fish or just relax.

**Olympia State Forest** (606-674-2531), which consists of 780 acres in Bath County, has a terrain that is steep, mountainous and completely forested. Squirrel, deer, grouse and raccoon can be found here. It can be reached by an unimproved road southeast of Olympia Springs (between Olympia and Sudith on KY 36) but there are no established roads or trails within this area.

**Red River Gorge Geological Area** (606-663-2852), carved over millions of years by wind and water, is truly unique. Within the area, which extends into the southern portion of Menifee County, there are over 80 natural arches, historical sites, and miles of trails equally suited for cross-country backpacking or day-long hikes. There are magnificent views, unusual vegetation and the largest concentration of arches and rock shelters east of the Rocky Mountains. A 30-mile driving loop, known as the Red River Gorge Scenic Byway, takes you past scenic overlooks, by the Red River and through Nada Tunnel, which was hand cut in 1910.

**Cave Run Lake** (606-784-6428), located near Salt Lick, is 48 miles long and covers 8,720 acres. Formed by a dam across the Licking River that was completed in 1973, it is surrounded by the northernmost section of the Daniel Boone National Forest. In addition to 115 miles of trails, several areas accommodate primitive camping including one set aside for horse camping. Two privately owned marinas provide services on the lake. Scott Creek Marina rents houseboats, pontoon and fishing boats, while Longbow Marina rents fishing and pontoon boats. The U.S. Forest Service visitor center includes interactive displays that tell the history of the area, a small bookstore, and gift shop.

**Minor E. Clark Fish Hatchery** (606-784-6872), located off KY 801 near Cave Run Lake, is the only state-owned facility in Kentucky. Completed in 1972, the hatchery covers 300 acres and contains 111 rearing and brooding ponds, as well as an exhibition pool. Large and small mouth bass, walleye, and muskellunge are produced at the hatchery, which is open for tours.

**Pioneer Weapons Wildlife Management Area** (606-784-6428), near Salt Lick, consists of 7,610 acres in the Daniel Boone National Forest with deer, turkey, grouse, squirrel, fox and raccoon. Hunting is permitted with primitive weapons only and hunting regulations must be observed. The area includes 25 miles of hiking, biking and horse trails.

**Sheltowee Trace National Recreation Trail** (606-784-6428) is a unique trail system that runs 269 miles, the entire length of the Daniel Boone National Forest in Kentucky. The northern most section of the trail runs through the Mountain Lake Corridor,

surrounded by the northernmost section of the Forest and meandering into deep gorges and along high cliffs, streams, and rivers. Portions of the trail are multiple use, while other parts are designated for foot traffic only. Visitors should rely on trail markings and only the most experienced hikers should use the primitive wilderness trails.

**Shallow Flats Wildlife Viewing Area** (606-784-6428) is the original restoration area for giant Canadian geese on Cave Run Lake. Located near Morehead, it features a viewing platform as well as additional wetlands and fishing access to Scott Creek.

**Clifty Wilderness** (606-663-2852) provides a habitat for endangered plants and animals, with 12,642 acres of rugged topography, with cliffs, bluffs, canyons, rock shelters and creeks. Clifty, named for its towering cliff lines, was added to the National Wilderness Preservation System by Congress in 1985. Visitors can enjoy hiking, climbing, canoeing, kayaking, rafting, horse packing, bird watching and nature study. The section of the Red River that runs through Clifty Wilderness is a Kentucky Wild River, and now a National Wild and Scenic River, the first and only one in Kentucky.

**Beaver Creek Wetlands** (606-784-6428), located near Morehead, offers tremendous viewing opportunities for bird watchers. Visitors are likely to see wood ducks, Canadian geese, mallards, herons, hooded mergansers, osprey and even bald eagles.

**Wrigley Arch** (606-743-3330), located alongside the Licking River's North fork near Wrigley, is expansive enough to allow Hwy. 711 to pass through its span.

**Twin Knobs Recreation Area** (606-784-6428), near Morehead, allows visitors to enjoy a spectacular view of the lake at the beautiful beach, which does have a swimming area. Boats are permitted outside the swimming area and there is a nearby campground area that takes advantage of the lake and mountain views. RV sites are also available and boats may be anchored near many of the campsites.

**Zilpo Recreation Area** (606-768-2722), in Bath County near Salt Lick, features 172 tent and RV campsites along three miles of shoreline on Cave Run Lake. The sandy beach offers a rope-off swimming area and boats may be anchored close to many campsites.

**Old Mill Park** (606-743-3330), nestled at the river's edge in West Liberty, provides a place for visitors to picnic, exercise or simply relax in a beautiful environment. Some of its features include a rock garden with fountain, a walking trail, a roller blade track and an amphitheatre.

**Carrington Green Golf Course** (606-768-2100), located near Salt Lick, features 18 holes in the midst of breathtaking scenery.

**Eagle Trace Golf Course** (606-783-9973) in Morehead is a beautifully wooded, semi-private 18-hole golf course, which covers 6,902 yards from championship tees. This course, one of Kentucky's best, is open to the public, has a large practice range and accommodates the skill levels of all players.

**Sheltowee Golf and Country Club** (606-784-2582), set in the scenic hills of Kentucky near Morehead, is a 9-hole golf course that is as beautiful as it is challenging.

**Sunnybrook Golf Course** (606-784-7067), located in Morehead, is a 9-hole, par 33, golf course that covers 2,800 yards.

**Rudy's Ranch and Horse Camp** (606-768-6544), near Salt Lick, features over 200 miles of scenic horse trails. There are foot trails, wagon trails, a fully equipped barn as well as a show ring. Visitors can camp with or without horses. Home-cooked meals are served on weekends.