



Southern & Eastern Kentucky Tourism Development Association

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A NATURAL PARADISE FOR OUTDOOR RECREATION

Lush forests, wildflower carpeted mountains, roaring waterfalls, winding country roads, scenic vistas and herds of elk offer a paradise of outdoor recreation. There's no place like the Highlands and Waterways Region of Kentucky to enjoy the best that nature has to offer. With some of America's largest man-made lakes, Kentucky has more miles of navigable water than any state in the nation except Alaska. Rich in natural resources, the area is an unspoiled playground providing a wealth of outdoor activities ranging from high-energy choices like whitewater rafting and mountain biking to more peaceful pursuits like bird watching and wildlife photography.

All the variety in the Highlands and Waterways Region means great outdoor fun for everyone in the family. You can enjoy camping and fishing, hiking and biking, boating and swimming, rock climbing and golfing, sightseeing and exploring amid some of the most beautiful scenery in the world. Or you can just kick back, relax on a front porch swing and watch the morning sun sweep the mist from mountaintops. Whatever you choose to do, you'll find that Kentucky has a wonderful way of clearing away the stress of daily life with some of the most beautiful scenery you're likely to find anywhere.

For many *boating* devotees, Kentucky is the place to be. Millions enjoy America's number one family sport, and there's plenty of room on Kentucky's vast waterways for boats of all kinds - sailboats, motorboats, houseboats, pontoons, canoes and kayaks. With more than 60,000 acres of water and 1,255 miles of shoreline, Lake Cumberland is considered one of the finest pleasure boating areas in the Eastern United States. Sheltered by tree-covered mountains and blessed with hundreds of peaceful coves, Lake Cumberland is an excellent way to escape the hectic demands of everyday life. Bring your own or rent your favorite boat from marinas across the region. Hop aboard a powerful ski boat, enjoy a dinner cruise on the Cumberland Star, or coast along the shoreline seeking to catch a whopper in a fishing boat. Houseboats can be the perfect answer for a great vacation. It's a floating hotel, a sun deck, a private restaurant, a fishing and swimming dock, and a neat way to relax on the water. Anyone who can drive a car

can skipper a houseboat. With so many waterways available, you can tie up in a secluded cove or cruise the giant lakes. Choices are abundant.

Kentucky's major river system provides tremendous *canoeing*, *kayaking* and *rafting*. Paddle down a pleasant, smooth stream or test your skills on a fast-moving mountain river with whitewater up to Class V. Some of the state's most scenic and undeveloped river sections are designated Kentucky Wild Rivers – free flowing with undisturbed shorelines and vistas. Take a raft ride on the Rockcastle River or the Big South Fork River. But beware: only the highly skilled will want to follow the Big South Fork all the way to Devil's Jump where a boulder big as a house bisects a cauldron of Class IV rapids. Other waterways such as Dale Hollow Lake are so clear that they are one of the top spots for *scuba diving*.

Fantastic *fishing* awaits anglers in this water world of lakes, creeks, ponds and rivers, all of which are teeming with fish waiting to be caught. Fishing is a relaxing pastime for some people; a challenging sport and serious test for others. No matter how you look at it, Kentucky is second to none when it comes to the variety and quality of freshwater fishing opportunities. Something is always in season for anglers. Choose where you want to fish, the type of equipment you want to use, whether you'll rent a boat and how long you want to stay. Then just do it. The fishing spots are legendary and the species caught is a long list of popular game fish, including muskie, striper, smallmouth bass, largemouth bass, crappie, brown and rainbow trout, and catfish. With its blue-green water, Lake Cumberland has become one of the nation's top striper lakes. Laurel River Lake is known for rainbow trout. Wood Creek Lake holds the state record for largemouth bass at 13 lb., 10 oz. Dale Hollow Lake holds the world record smallmouth bass catch of almost 12 pounds. Cave Run Lake is known as the Muskie Capital of the South. It's the first stop on the annual muskie pro tournament circuit each spring.

For an extra edge in fishing, try one of the wonderful guide services available. It's like taking a joyous fishing trip with an old friend – who just happens to be one of the most experienced anglers in the area.

If it's a truly down-to-earth experience you're looking for, there are plenty of places to plug in your RV or pitch a tent for a memorable *camping* experience. Public and private campgrounds are as bountiful as are the scenic views and natural wonderlands for which Kentucky is famous. Full-serve RV facilities offer full hookup, pull-through sites, sparkling clean laundries and restrooms, cable TV, heated swimming pools and a full slate of scheduled activities. For the more experienced and adventuresome camper, Kentucky has several wilderness areas that offer backcountry camping. The Daniel Boone National Forest has both camping options. Developed campgrounds are located throughout the park along the Sheltolee Trace. Camping in more remote forest areas, called "dispersed" camping, is a more rugged experience. Camping also is permitted throughout the general forest area except in designated places. State parks are great spots for campsites, as well. Located throughout the region in some of the most scenic mountain and lakeside locales, state parks are tops in beauty and activities. No matter the campground you choose, the sounds of the outdoors can lull away your cares and rejuvenate your spirit. Sleeping under the stars has never been as inviting as it is in Kentucky.

Biking is at its best in Kentucky. Winding country lanes, steep mountain roads and shaded river byways all have one thing in common - the awe-inspiring scenery for which

the Highlands and Waterways Region is famous. Beginning outside Harlan, the unchanged mountain scenery of the Little Shepherd Trail is a favorite with hikers, bikers and motorists. Folks wanting to get away from it all will love this 30-mile scenic mountain road meandering along the top of Pine Mountain. The perfect ingredients for memorable cycling adventures are here in the region. Time rolls away as you pedal through gorgeous settings, past quaint villages and onto stretches where other human beings may not be seen for miles. Bike trails roll up and down these wooded hills with picture postcard views at nearly every turn. The varied topography and the generally temperate climate make it a pleasure to shift gears and stretch your legs on a bike no matter the time of year.

Horseback riding in Kentucky is special. No wonder. The state is renowned as the "Horse Capital of the World." The wide variety of riding options ranges from pony rides to trail trips and overnight horse camping. But what makes the rides so spectacular is nature's bounty that surrounds the horse and rider. After all, this is the state where Daniel Boone and other early settlers once traveled. Some of the best trails are in the Daniel Boone National Forest. When you're in Kentucky, you're a part of history.

Kentucky is fast becoming one of the Midwest's premier **golfing** destinations. With a season that runs almost year round, you can choose from manicured greens on a gentle terrain to a challenging course carved out of rolling hills. Family oriented courses are available, as are championship-class layouts and affordable green fees. Visitors are often surprised to learn that Middlesboro County Club is the proud home of the oldest golf course in continuous play in the United States. This nine-hole private course was built in 1889 and is open to out-of-town guests. One of the region's newest courses is as beautiful as its name, Wasioto Winds. Located at Pine Mountain State Resort Park, the 18-hole championship course got its name from the Shawnee word "wasioto," which means "valley of the deer." The Indians had used that word to describe the mountainous land where the golf course now sits. The course, which includes five par-five holes and five par-threes, is basically flat with three lakes and several streams, along with six scenic bridges that crisscross the streams and lakes. Most counties have 18- and nine-hole golf courses open to the public. Whatever your golfing desires, you're sure to find a course that suits you to a tee.

Just as **rock climbing** has exploded internationally as a sport so has the popularity expanded in the Highlands and Waterways Region of Kentucky. The steep nature of the cliffs is one reason rock climbers are heading to the region. Much of the rock is not only vertical, it is also overhanging. It is this overhanging rock that is especially enticing to climbers, whetting their appetites for vertical adventure. The steeper rock is also much safer for when a climber falls on his lead rope, the climber will hit nothing but air. The spectacular rock features at the Red River Gorge have become a popular destination for rock climbers from all over the United States. Climbers also have discovered Torrent Falls Resort and its *via ferrata* European sport climbing. Adjacent to the Red River Gorge Geological Area, Torrent Falls Resort is nestled on 42 acres of majestic cliffs and gorgeous trees. It has three waterfalls, the highest at 165 feet is the tallest in Kentucky. Torrent Falls flows over a mammoth sized natural rock house, reported to be one of the largest in the area. Besides the natural beauty, Torrent Falls Resort has its *via ferrata* family climbing adventure, the first climbing venue of its type in the nation. A European system of assisted rock climbing, the *via ferrata* makes climbing accessible even to

beginners. The climbing adventure was built with the entire family in mind. Routes vary from easy and scenic to challenging for experienced rock climbers.

With some of the best state and national parks in America, hikers find Kentucky to be a premier destination for *hiking*. With miles of marked, maintained trails, it's a great place to lace up your hiking boots and hit the road for casual walks, day hikes or wilderness backpacking adventures. State parks throughout the area are brimming with hiking trails leading through some of the most gorgeous scenery in the state. The Daniel Boone National Forest, established in 1937, covers more than 694,985 acres, including portions of 21 counties. It embodies the legendary scenic beauty of eastern Kentucky.

Travel the Sheltowee Trace National Recreation Trail, a 269-mile multiple-use recreation trail that traverses the length of the Daniel Boone National Forest. The trail is named in honor of Daniel Boone. Sheltowee (meaning Big Turtle) was the name given Boone when he was adopted into the Shawnee tribe as the son of the great war-chief Blackfish.

Trails meander along high, narrow ridges and cliffs and into deep gorges along small clear streams and whitewater rivers. These diverse landforms give rise to a great variety of trees, wildflowers, birds and animals, including threatened and endangered species such as the red-cockaded woodpecker, Virginia big-eared bat, freshwater mussels, running buffalo clover and white-haired goldenrod. With thousands of miles of trails to choose from, everyone – from the casual stroller to the serious backpacker – can find a perfect trail in Kentucky.

If you like to move a little faster, the Daniel Boone National Forest is also the place for OHVs (Off Highway Vehicles). Each of the five segments of the forest—the Morehead, London, Red Bird, Somerset, and Stearns districts—offers trails for OHVs, ranging in difficulty from beginner and intermediate rugged and advanced.

Whatever your interest in wild things and wide open spaces, Kentucky public wildlife areas and nature preserves provide plenty of chances to enjoy the outdoors and glimpse a multitude of critters in stunning surroundings. *Bird and wildlife watching* come natural in the Highlands and Waterways Region. You can set out on a woodland trek or relax aboard a houseboat or on a state park bench and be amazed at the variety of species around you. Get up early in the morning to see an elk herd or sit in the dining room at a state resort park and use a printed guide available from the state park to enjoy the birds and wildlife right outside your window. Jenny Wiley, Buckhorn Lake, and Pine Mountain State Resort Parks all offer elk-watching field trips.

In the Highlands and Waterways Region of Kentucky, you will be enchanted by the abundance of sheer natural beauty that's on display year round. The region is a haven for those in search of outdoor activities and relaxing natural surroundings that appeal to all the senses. Feel the gentle mist of a cascading waterfall cool your face. See the sunlight dancing on a crystal stream. Smell a myriad of wildflowers blanketing a hilltop. Hear the song of birds as they celebrate another day. Taste the clear mountain air. And you'll know why folks return time and again to this region that speaks to the soul with its winning combination of outdoor recreation and scenic beauty.

Outdoor recreation options include:

~ With more than 60,000 acres of water and 1,225 miles of shoreline, Lake Cumberland is considered to be one of the finest fishing and pleasure boating areas in the Eastern United States. Lake Cumberland is reputed to have more bass, walleye and crappie than any other lake in America. Lake Cumberland State Resort Park covers 3,117 acres and features a marina with 100 open slips, rental fishing boats, houseboats, pontoons and ski boats. The park has a nine-hole, par-three golf course as well as miniature golf, tennis courts, horseback riding, hiking trails and a nature center. The Lure Lodge boasts an indoor swimming facility with an exercise room and hot tub. An alternative to the elegant main lodge is the cozy Pumpkin Creek Lodge, which provides a peaceful retreat. Still more secluded is the park's Wildwood Cottages in wooded settings. Lake Cumberland also has privately owned marinas with rental boats, restaurants and fishing guides, as well as rental cabins, lodges and cottages.

~ Winding through mountains and valleys of the Cumberland foothills, Dale Hollow Lake covers 32,000 acres and straddles the Kentucky and Tennessee border. The world record smallmouth bass was taken from the lake near the park's marina. Special campsites for horse owners feature hitching posts and riding trails. The 3,398-acre Dale Hollow Lake State Resort Park offers a marina with 36 open slips, rental fishing boats and pontoons, horse trails, hiking trails and a swimming pool. Also check out some of the privately owned marinas, restaurants and places to stay on Dale Hollow Lake.

~ Green River Lake covers 8,200 acres and has a marina with 200 covered slips, rental houseboats, fishing boats, ski boats and pontoons. Green River Lake State Park has 1,331 acres with camping sites, miniature golf, a paved model-aircraft strip, and hiking trail. Privately owned marinas and other businesses also provide services on the lake.

~ Cave Run Lake, which is 48 miles long and covers 8720 acres, offers great boating and fishing. It is formed by a dam across the Licking River, completed in 1973, and is surrounded by the northernmost section of the Daniel Boone National Forest. The U.S. Forest Service visitor center includes interactive displays that tell the history of the area and a small bookstore and gift shop. Winding through the forest around the lake are in the Morehead Ranger District are 115 miles of trails for hiking, cycling, and horseback riding. About 25 miles of trail are open to OHVs (Off Highway Vehicles). Several areas accommodate primitive camping, including one set aside for horse camping. The Zilpo Scenic Byway, maintained by the Forest Service, is 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. Two privately owned marinas and other businesses, including fishing guide services, accommodations for fishermen, and fishing guides and outfitters provide services on the lake. Scott Creek Marina rents houseboats, pontoon and fishing boats. Longbow Marina rents fishing and pontoon boats.

~ Minor E. Clark Fish Hatchery, 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

smallmouth bass, walleye, and muskellunge are produced at the hatchery, which is open for tours.

~ At Levi Jackson Wilderness Road State Park, you can hike in the footsteps of early Kentuckians on two historic trails - the Wilderness Road, which carried more than 200,000 settlers into Kentucky, and Boone's Trace, blazed by Daniel Boone from Cumberland Gap to the Kentucky River. Discover pioneer life in the Mountain Life Museum and McHargue's Mill, a working pioneer gristmill surrounded by a display of millstones. The state park covers 896 acres with camping sites, miniature golf, swimming pool and hiking trails.

~ General Burnside State Park, eight miles south of Somerset, covers 430 acres and is Kentucky's only island park. During the Civil War, General Ambrose Burnside and his troops patrolled what was then the Cumberland River surrounding this 400-acre island to keep watch for Confederate soldiers. Today, the water of Lake Cumberland is edged with secluded coves and is the perfect place for water sports. A scenic golf course with many trees offers a pleasant family golf outing. Nearby Burnside Marina has slips and rental fishing boats, pontoons, ski boats and houseboats.

~ Cumberland Falls State Resort Park covers 1,657 acres and offers some of the most dramatic scenery anywhere. Imagine a wall of water falling 60 feet into a boulder-strewn gorge and a magical moonbow only visible on a clear night under a full moon. Known as the "Niagara of the South," the 125-foot wide curtain of water is dramatic day or night. But it is only at night that you can see the famous moonbow, a phenomenon not found anywhere else in the Western Hemisphere. Feel the excitement of the river on a white water rafting trip that begins below the falls or take the scenic train excursion through the nearby Big South Fork National River and Recreation Area. The park covers 1,657 acres with a lodge, cottages and camping sites. The park offers fishing, horseback riding, a swimming pool and tennis court.

~ Pine Mountain State Resort Park, overlooking the valleys of the Kentucky Ridge State Forest, became Kentucky's first state park in 1924. After the Laurel Cove Amphitheater was constructed in a natural cove within the forest, the first Mountain Laurel Festival was held in 1935. This celebration is still held on the last weekend in May. Relax in the rustic lodge with private balconies or in one of the cozy cottages in the forest. Hike through the mountains on miles of trails or enjoy a game of golf on the park's 18-hole championship course, Wasioto Winds Golf Course. The links-style course includes five par-three holes and five par-fives. It also features a practice range and two putting greens. The 1,519-acre park has camping sites, miniature golf and swimming pool.

~ Buckhorn Lake State Resort Park, tucked away in the lush Eastern Kentucky mountains, is a great adventure spot. Hike down to Moonshiner Hollow after dinner in the lodge or follow the path from the lodge to the 1,200-acre mountain lake below. Situated on 856 acres, it has a marina with rental fishing boats and pontoons. It also has a beach, swimming pool, bicycle rentals, miniature golf, and tennis and volleyball courts.

~ Yatesville Lake, a tributary of the Big Sandy River, offers the best bluegill fishing in Eastern Kentucky. The 2,300-acre lake also has a fair number of bass and crappie. Pleasure boaters and anglers can access the lake from the park boat launch and full-service marina. Yatesville Lake State Park covers 39 acres.

~ With its steep cliffs and wooded coves, Paintsville Lake provides a 1,140-acre haven for water sports. Paintsville Lake State Park has a full-service marina with 84 open slips, 80 covered slips, a launching ramp and rental fishing boats, houseboats, pontoons and pedal boats. Privately owned marinas, restaurants and accommodations also provide services on the lake.

~ Jenny Wiley State Resort Park covers 1,771 acres with a lodge, cottages and camping sites. The park has a summer theater and a marina with 199 open slips and rental pontoons. The 1,100-acre Dewey Lake is a favorite for water sports. The park also has a nine-hole golf course and pro shop, swimming pool and hiking trails. The golf course is a scenic, moderately challenging nine-hole course. The first four holes are flat, but the remainder is hilly.

~ Located in the Daniel Boone National Forest, the 5,600-acre Laurel River Lake is considered one of the most beautiful in Kentucky. Its crystal-clear water, forested hills and steep cliffs provide a great setting for fishing, camping, hiking and boating.

~ With a towering elevation of 2,700 feet, Kingdom Come is Kentucky's highest state park. Resting near the Kentucky-Virginia border in the crest of Pine Mountain, the park offers breathtaking scenic vistas. The park's name was taken from John Fox Jr.'s famous Civil War novel *The Little Shepherd of Kingdom Come*, a book about Appalachian life. Some of the most extraordinary rock formations in the state are featured at this park – including Log Rock, a natural sandstone bridge, and Raven Rock, a giant monolith that soars 290 feet into the air at a 45-degree angle. The 1,283-acre park has a cave amphitheater, fishing, pedal boats, miniature golf and hiking trails.

~ At 250 acres, the Lilley Cornett Woods is the largest remaining virgin forest in the state. The woods boasts bobwhite, ruffed grouse, wild turkey, woodcock, wood duck, common egret, red-shouldered hawk, cardinal, scarlet tanager and eastern bluebird. Raccoon, beaver, muskrat, river otter, white-tailed deer and red and gray fox also live here. Elk have been reintroduced in the area.

~ Blanton Forest near Harlan is by far Kentucky's largest and most diverse old-growth forest. At nearly 2,350 acres, Blanton Forest has over 400 different species of plants that have found quiet sanctuary in the peaceful forest surroundings. Blanton Forest is the 13th largest old-growth, hardwood forest in the eastern United States. All others have been partially timbered or completely destroyed.

~ Surrounded by mountains, Carr Creek State Park has a 750-acre lake with miles of shoreline and good bass, crappie and walleye fishing. A full-service marina near the park provides lake access. The park offers camping sites and a beach and bathhouse.

~ Situated on an isolated plateau astride Brush Mountain, Hensley Settlement in Cumberland Gap National Historic Park is a remnant community of 12 scattered homesteads. White-tailed deer and wild turkey live on the plateau along with Kentucky warbler and wood frog.

~ Breaks Interstate Park, on the Kentucky-Virginia border, is known as the "Grand Canyon of the South." The park features the largest canyon east of the Mississippi – five miles long, 1,600 feet deep and 250 million years old. The Russell Fork River, a tributary of the Big Sandy, carved the gorge. The spectacular beauty of the park is showcased with 12 miles of hiking trails and four scenic overlooks. The 4,600-acre park has a lodge, cottages and campsites. It also has a nature center, swimming pool, hiking trails, boat ramp, pedal boats and whitewater rafting.

~ Natural Arch Scenic Area, west of Beaver Creek, on SR-927, is a hiking paradise. Towering above a forest woodland, Natural Arch stands as an impressive monument to the forces of nature in action. The 50-by 90-foot arch was formed by the erosion of wind, water, and ice that cut away the soft sandstone and left a hard rock cap that arches dramatically across the sky. The arch and surrounding 945 acres, once the hunting grounds of the Cherokee, were set aside to conserve the area's natural beauty.

~ A magnificent natural wonderland, Red River Gorge Geological Area has more than 80 natural sandstone arches skillfully sculpted by wind and water for over 70 million years. The gorge area has the largest concentration of rock shelters and arches east of the Rockies. A 30-mile driving loop takes you past scenic overlooks, by the Red River and through Nada Tunnel, which was hand cut in 1910.

~ At Natural Bridge State Resort Park, ancient rock forms a natural arch that is 65 feet high and 78 feet long. Take the scenic skylift or one-mile hike from the park. The 2,200-acre park sits in the Daniel Boone National Forest.

~ The Bad Branch State Nature Preserve in Whitesburg contains Kentucky's largest concentration of rare and endangered wildlife inhabitants. The rugged forest surrounding a deep gorge features a breathtaking 60-foot waterfall plunging into massive boulders.

~ The Creelsboro Natural Bridge, located off SR 379 near the historic town of Creelsboro, is a National Natural Landmark. The bridge features a 75-foot limestone arch.

~ Some of the most challenging 18-hole golf courses include StoneCrest Golf Course in Prestonsburg, Paintsville Country Club in Paintsville, Crooked Creek Golf Club in London, Eagle's Nest Country Club in Somerset, Woodson Bend Resort Golf Course in Bronston, Peninsula Golf Resort in Lancaster, Wasioto Winds Golf Course at Pine Mountain State Resort Park, and a new championship course under construction at Dale Hollow Lake State Resort Park scheduled to open in 2003.

~ Mountain Wander Kayaks near Edmonton can arrange exciting trips on the Cumberland River or Dale Hollow Lake.

~ Mountain Hunter Stables at Cliffview Resort in Rogers offers guided trail rides.

~ Kinlee Stables Riding Center in London has trail rides, riding lessons, petting zoo, romantic sunset buggy rides and hay rides in horse-drawn wagons.

~ Red River Outdoors near Slade is a family owned and operated guide and outfitting business in the Red River Gorge. Services include climbing lessons, guided climbing trips, canoe trips, caving and hiking.

~ Rockcastle Adventure Canoe Livery near London offers lake and river canoe trips for both advanced and beginner. Other services include hiking and caving trips.

~ Sheltoewe Trace Outfitters in Whitley City provides rafting, canoeing, kayaking, camping, rental cabins and Cumberland Star boat cruises. The outfitter also has a 20-foot climbing wall, perfect for a couple of hours of wholesome, simple enjoyment. With three climbing routes, there are endless possibilities for changing difficulty levels and practicing those climbing moves. All safety equipment is provided.

~ Pine Grove Shooting Sports in McKee offers a shooting and archery range.

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