

Kentucky

UNBRIDLED SPIRIT™

BICYCLE TOURS



WELCOME TO KENTUCKY.
You've chosen a great state for cycling!

Kentucky's scenic beauty, varied topography, and the generally temperate climate are the perfect ingredients for a great cycling adventure.

The routes in this guide crisscross Kentucky to provide as many opportunities as possible to enjoy Kentucky's landscape and tourism attractions. You'll see all eight tour routes on the state map.

All routes except the TransAmerica Trail were designated by instate cycling experts working with the Kentucky Transportation Cabinet and the Kentucky Bicycle and Bikeways Commission. For the most part, the recommended routes are along less traveled roads so as to avoid interstates, parkways and major thoroughfares.



We've named the tours as follows to provide an idea about what you'll see along the way:

Ramblin' River Tour

Bluegrass Tour

Midland Kentucky Tour

Southern Lakes Tour

Central Heartlands Tour

Mammoth Cave Tour

Kentucky's TransAmerica Bike Trail

Mississippi River Trail

Please note that the publication of these tour routes does not in any way guarantee the safety of the route for use by bicyclists. They are suggested only as more suitable than other routes for biking. You assume your own risk using these roads as you would using any roads. We've provided rules and suggested safety tips later on in this guide. Our goal is for you to have the safest and best Kentucky cycling experience possible!

Additional Maps

For Topographic Maps

Topographic and other maps are available from:
Kentucky Geological Survey
Publication Sales
228 Mining and Mineral Resources Building
University of Kentucky
Lexington, KY 40506-0107
(859) 257-3896
www.uky.edu/KGS

For Online County and State Maps

The official Kentucky Highway Map and individual county maps can be viewed at:
www.transportation.ky.gov

Climate

Kentucky has a temperate climate. The mean annual temperature ranges from 53 degrees F in the northeast to 60 degrees F in the southwest.

Annual precipitation averages 46 inches, including an average snowfall of 13.7 inches. The wettest seasons are spring and summer, and the driest is the fall.



Spring and fall usually require light wraps, especially in the evenings. Summers can be very warm and humid, and cool evenings are unusual. The chart below provides the average high and low temperatures.

<u>Month</u>	<u>Fahrenheit</u>	<u>Celsius</u>	<u>Month</u>	<u>Fahrenheit</u>	<u>Celsius</u>
January...	40/23.....	4/-5	July.....	86/66.....	30/19
February...	44/25.....	7/-4	August.....	85/65.....	29/18
March.....	54/34.....	12/1	September....	79/58.....	26/15
April.....	66/44.....	19/7	October.....	68/46.....	20/8
May.....	75/54.....	24/12	November...	54/36.....	12/2
June.....	83/62.....	28/17	December....	44/28.....	7/-2

The TransAmerica Bike Trail

More than 600 miles of the national TransAmerica Trail are in the Kentucky, running from Crittenden County at the western border to Pike County at the eastern border. Riding the back roads of the trail is a great way to view a scenic cross-section of Kentucky. For the two TransAmerica Bike Trail maps which cover Kentucky, contact Adventure Cycling, P.O. Box 8308, Missoula, MT. 59802, 406/721-1776. The maps can also be ordered from their website at www.adv-cycling.org.

Mountain Biking

There are many areas in Kentucky for mountain biking. Some of the sites include the Big South Fork National River & Recreation Area at www.nps.gov/biso or 606/367-5073, Land Between The Lakes at www.lbl.org or 270/924-2000 & KY Visitors Center, Stearns, KY 606/376-5073 (summer months), and the Daniel Boone National Forest at www.fs.fed.us/r8/boone or 859/745-3100. For more information on sites and rides, contact the Kentucky Mountain Bike Association, P.O. Box 5433, Louisville, KY 40255-0433, or www.kymba.org . For information on the mountain bike festivals at General Butler State Park in Carrollton, see www.parks.ky.gov/resortparks/gb or call 866/462-8853. Mammoth Cave National Park, 270/758-2180 or www.nps.gov/macaca, also has mountain bike trails available

Rails to Trails

Kentucky is looking to expand their miles of rail trails. The Rail to Trail Development Office receives information on all abandoned railways. Partnerships of local citizens, businesses and governmental agencies will undertake the development and management of rail trail projects. For information, contact the Kentucky Rails to Trails Council, P.O. Box 597, Lexington, KY 40588-0597, or view the website at www.kyrailtrail.org.



BICYCLES LAWS & SAFETY

Traffic laws, highway signs, rules-of-the-road, and safety requirements apply to bicycles the same as other vehicles. While all people do not ride bicycles, as a driver you must be aware of their rules and regulations. Some counties have local traffic laws called ordinances. These control the operation and parking of bicycles within city limits. As a driver, it is important for you to know what they are and to obey them at all times.

Kentucky law states that bicyclists shall:

“Be granted all the rights and be subject to all the duties” applicable to drivers of any vehicle. A bicycle is a vehicle, not a toy, and, as such, must obey the traffic rules and regulations pertaining to all highway users. Motorists should regard bicyclists as they would any other vehicle.

Bicycle Safety Standards **(601 KAR 14:020, KRS 189)**

Front Lights - Bicycles operated on a highway one-half hour after sunset to one-half hour before sunrise and at other times when atmospheric conditions render visibility as low as or lower than is ordinarily the case shall be equipped with one front light which clearly reveals substantial objects at least fifty feet ahead and which is visible for 500 feet.

Rear Lights or Reflectors - Rear lights or reflectors on the bicycle or bicyclist shall be used when operated on a highway or highway shoulder so that it is visible from the rear of the bike in the following manner:

- One red reflector or red light visible for at least 100 feet; and
- One-half hour after sunset to one-half hour before sunrise and at other times when atmospheric conditions render visibility as low as or lower than is ordinarily the case shall be equipped with one red light or flashing red light visible for at least 500 feet.

Horn or Bell - A bicycle may be equipped with a bell, horn or other device capable of making an abrupt sound. Every person operating a bicycle shall sound the bell, horn or sound device whenever necessary as a warning of the approach of the bicycle to pedestrians or other bicycles, but shall not sound the horn or sound device unnecessarily. A bicycle shall not be equipped with a siren or whistle.

Brakes - A bicycle shall not be operated on a highway or highway shoulder without brakes adequate to control the movement of and to stop the bicycle.

Seat - A bicyclist, when operating on a highway or highway shoulder, shall ride on or astride a permanently attached bicycle seat.

Passengers - A bicycle, when being operated on a highway or highway shoulder, shall not carry more than the number of persons for which the bicycle was designed or is safely equipped.

Packages - A bicycle, when being operated on a highway or highway shoulder, shall not carry a package, bundle, or article that prevents the operator from keeping at least one hand on the handle bars.

Prohibition Against Attaching to Vehicles - A bicyclist, when being operated on a highway or highway shoulder, shall not attach either the bicycle or himself to any other vehicle.

Operation of Bicycles - A bicycle shall be operated in the same manner as a motor vehicle except the following traffic conditions apply:

- A bicycle may be operated on the shoulder of a highway.
- If a highway lane is marked for the exclusive use of bicycles, the operator of a bicycle shall use the lane whenever feasible.
- No more than two bicycles shall be operated abreast in a single highway lane.



Rules for Bicyclists

- ✪ Never use lanes or shoulders of interstates, parkway, or other controlled access facilities for cycling in Kentucky.
- ✪ Use hand signals to communicate your actions to other vehicles.
- ✪ Obey the instructions of official traffic-control signals and signs. Stop at stop signs and for stop lights.
- ✪ Operate a bicycle within posted speed limits, or at a rate reasonable for existing conditions.
- ✪ **RIDE A BICYCLE ON THE RIGHT SIDE OF THE ROAD WITH TRAFFIC.**

- ✦ Yield to pedestrians in crosswalks and sidewalks, and give an audible signal (bell, horn, voice) before passing pedestrians.
- ✦ Ride in a straight line. All slower-moving vehicles, including bicycles, shall drive as closely as practical to the right-hand boundary of the highway. Extreme caution should be used when moving out into the center of the road to avoid road debris, to pass another vehicle, or to make a left turn.
- ✦ **DO NOT RIDE ON THE SIDEWALK.**
- ✦ Never park a bicycle on a sidewalk in such a way as to interfere with pedestrian traffic.
- ✦ Ride on a bike path adjacent to the roadway, if one is provided.

Rules for Motorists Concerning Bicyclists

A motorist must:

- ✦ **SHARE THE ROAD WITH BICYCLES.**
- ✦ Before passing a bicyclist, look for loose debris or obstructions that might cause a bicyclist to move into the center lane. Pass a bicyclist only when it can be done safely, and give ample room (3 feet) between your car and the bicyclist. Realize the air turbulence your vehicle can create at high speeds or in windy weather. Give the bicyclist extra room if your vehicle has extended outside rearview mirrors. Return to the lane only when you are safely clear of the overtaken bicyclist.
- ✦ Look for bicyclists. Because of their narrow profile, motorists will need to develop eye-scanning patterns to include bicyclists.
- ✦ At turns and intersections, bicyclists should signal but are not always able as both hands may be needed to control their bicycle. When turning right after passing a bicyclist, leave ample room for approaching bicyclists such that the bicyclist is not forced to stop when you slow for your turn.

- ✦ When opening your car door, check behind for approaching bicyclists.
- ✦ Use extra caution at night and avoid using high beams as they will temporarily blind the bicyclist.
- ✦ Remember, bicyclists are not special or privileged. Bicyclists have the same rights, rules, and responsibilities as all other highway users.

Safety Tips

We recommend following these general safety tips to ensure the safest ride possible. Remember, a bicycle is a legal vehicle and is subject to all the rights and responsibilities of other vehicles. You must obey all traffic laws, signs and signals.

- ✦ **ALWAYS WEAR A HELMET.**
- ✦ Use hand signals to communicate your intended actions to motorists. Establish eye contact with motorists at intersections whenever possible.
- ✦ In addition to having visible lights and reflectors in the front and rear, the night bicyclist should wear bright, reflective clothing.
- ✦ Local ordinances usually prohibit riding on the sidewalk.
- ✦ Large groups should spread out to allow motorists to pass.
- ✦ Be courteous to motorists. Smile, wave and help them to pass you in a safe manner.
- ✦ Ride defensively. Always be alert, and plan your bike route carefully.

Emergency Toll Free Number 1-800-222-5555

*Use this number to report accidents, crimes or drunk drivers.
Kentucky troopers stand ready to assist you at any time.*

Kentucky Bicycle Events

Although there are numerous cycling events held across the state each year, the following are annual “blowouts”, with something to interest every bicyclist. Please be sure to use the contact information provided for dates and times, especially before traveling long distances.

- ❖ **Mid to Late April – Dogwood Trail Ride** at Paducah. 11 mile family ride. For more information call 270/442-0751 or view the website at www.bikeworldky.com.
 - ❖ **Early Spring – White Lightning Mountain Bike Race** at Land between the Lakes. For more information call 270/362-2453 or visit the website at www.crc.org.
 - ❖ **Mid May – Little River Bicycle Tour** at Hopkinsville. A choice of routes through Western Kentucky. For more information call 270/885-0613 or email christiancountycyclingclub@hotmail.com.
 - ❖ **Late May – Horsey Hundred** Georgetown. A choice of routes throughout the Bluegrass horse farm country of Central Kentucky. For more information write to the Bluegrass Cycling Club at P.O. Box 1397, Lexington 40588-1397, or view their website at www.bgcycling.org
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- ❖ **Early June – Mammoth Cave Bicycle Tour** at Bowling Green. A choice of routes including a 62-mile roundtrip to Mammoth Cave National Park. For more information see the website at www.bglob.com
 - ❖ **Mid July – Off-Road Triathlon** at General Butler State Resort Park, Carrollton. 502/484-2998. For more information call 502/484-2998, view the website at www.bikebutler.com or contact through email, info@bikebutler.com.
 - ❖ **Mid July – Tour de Landfill** a ride through parts of Franklin, Anderson, and Shelby Counties with views of the Benson Valley Landfill. For more information email Herb Goff at herbgoff@yahoo.com
 - ❖ **Late July – Paducah Kids Triathlon** at Paducah. The ride is located in Noble Park. For more information call 270/442-0751 or view the website at www.bikeworldky.com.

Kentucky Bicycle Events (cont.)

- ❖ **Late July – Southern Kentucky Tandem Rally** rides around Bowling Green, KY. For more information view the website at www.bglob.com.
- ❖ **Early August – Ride Across Central Kentucky (RACK) Tour** in Grayson County. This tour begins in Leitchfield and has 15, 30, and 62 mile routes. Contact Rick or Joyce Embry at embrysbikeshop@yahoo.com or 270/259-3900 or contact the Grayson County Chamber of Commerce at chamberinfor@graysoncountychamber.com or 270/259-5587.
- ❖ **Mid August – Mud, Sweat & Gears!** at General Butler State Resort Park in Carrollton. A mountain bicycle festival. For more information call 502/484-2998, view the website at www.bikebutler.com, or contact through email, info@bikebutler.com.
- ❖ **Mid August – Pickin and Pedalin** at Audubon Mill Park in Henderson. In conjunction with the annual Bluegrass in the Park Folklife Festival
- ❖ **Mid August – RACK (Ride Across Kentucky)** from Paducah to Fulton (54 miles with 108 mile roundtrip option). For more information call 270/442-0751 or view the website at www.bikeworldky.com.
- ❖ **Late August – Tri County Trail Bicycle adventure Tour.** Bike tour through Ross, Fayette and Highland Counties. For more information call 740/775-9322.
- ❖ **Mid September – Tour de London.** Road Race, Criterium and Free Family Fun Ride. For more information call 606/864-2453.
- ❖ **Mid September – Misaligned Minds** at Paducah. A choice of 25, 40, 65 and 100-mile routes through scenic Western Kentucky. For more information call 270/442-0751 or view the website www.bikeworldky.com.
- ❖ **Mid September – Old Kentucky Home Bicycle Tour** from Louisville to Bardstown. Enjoy a scenic two-day ride on Kentucky back roads with a choice of routes. For more information call 502/329-1848.
- ❖ **Mid to Late September – Bike Trek to Shakertown, Pleasant Hill.** This bicycle tour of Central Kentucky's scenic back roads includes a visit



Kentucky Bicycle Events (cont.)

to Shaker Village, with a choice of two or three-day trips. For more information call 800/586-4872 or view the website at www.kylung.org .

- ❖ **Late September – Appalachian Bike Tour**, Yatesville in Lawrence County. Tour along Yatesville Lake. For more information view the website at www.appalachianbiketour.org .
- ❖ **Late September – GABRAKY**, Grand Autumn Bicycle Ride across KY. For more information, view the website at www.savethegrand.org/gabraky .
- ❖ **Early October – Red River Rally** Lexington. A roundtrip trek to the spectacular Red River Gorge area of the Daniel Boone National Forest. For more information write the Bluegrass Cycling Club at P.O. Box 1397, Lexington, KY 40588, or view the website at www.bgcycling.org/red_river.htm
- ❖ **Fall – Bald Eagle Mountain Bike Challenge** at Land between the Lakes. For more information call 270/924-2000.

Bicycle Clubs

The following contacts will provide specific routing information on their area. Simply state the day you will be in Kentucky, major corridor you are arriving on, the length of your bicycling trip and your level of riding experience.

- ❖ **Ashland Cycling Enthusiast, Inc.**, P.O. Box 573, Ashland, KY 41105, 606/922-2002 or 606/324-1826
- ❖ **Bike Butler**, 4770 Squiresville Rd, Owenton, KY 40359, www.bikebutler.com
- ❖ **Bowling Green League of Bicyclists**, www.bglob.com
- ❖ **Bluegrass Cycling Club**, P.O. Box 1397, Lexington 40588-1397, www.bgcycling.org
- ❖ **Central Kentucky bicyclists**, 316 N Columbia Ave., Campbellsville 42718, www.campbellsville.com/ckc
- ❖ **Central Kentucky Wheelman**, 1498 North Dixie, Radcliff 40160, www.ckwheelmen.org
- ❖ **Chain Reaction Cycling Club**, P.O. Box 2462, Paducah 42002-2462, 270/441-2357. www.crccl.net
- ❖ **Cincinnati Cycle Club**, P.O. Box 43441, Cincinnati, OH 45243-0441

❖ **Henderson Cycling Club**, 315 North Main Street,
Henderson, KY 42420

❖ **Tennessee Bicycle Club**, P.O. Box 1401,
Clarksville, TN 37041, 615/358-3600

❖ **Kentucky Mountain Bike Association**, P.O. Box
5433, Louisville, KY 40255-0433, www.kymba.org

❖ **Kentucky Rails to Trails Council, Inc.**, P.O. Box
597, Lexington 40588-0597, www.kyrailtrail.org

❖ **Louisville Bicycle Club**, established in 1897 as the
Louisville Wheelman, P.O. Box 35541, Louisville
40232-5541, www.louisvillebicycleclub.org

❖ **Paceliners**, c/o David Grisby, 1109 N. Main St.,
London 40741, 606/877-BIKE,
www.everybodysbikecoach.com

❖ **Pennyrile Area Cyclist**, P.O. Box 651,
Madisonville, KY 42431,
<http://www.pennyrileareacyclists.com>, email
Rutnick@charter.net

❖ **Pro-Fitness Health and Wellness Center**, 1243
South Lake Drive, Prestonsburg 41653, 606/886-8604

❖ **Southern Indiana Wheelmen**, 111 West Lewis &
Clark Parkway, Clarksville, IN 47129, 812/948-2453,
www.siwheelmen.org



Kentucky Bike Tours

For detailed information about the many interesting attractions and amenities along these routes, call **1-800-255-TRIP** or go to www.kentuckytourism.com and ask for the *Official Visitor's Guide*. For information on any of Kentucky's state parks along the route, call **1-800-255-PARK** or visit the website at www.parks.ky.gov.

Ramblin' River

Traveling east from the starting point to the route will take you along the scenic bluffs of the Mississippi River shoreline. This tour will travel along the border of the Kentucky in Hickman at the Mississippi River in far western Kentucky to the South Shore at the Ohio River in northeastern Kentucky.

Historic **Paducah** is located at the confluence of the Ohio and Tennessee rivers. It is known to many as "Quilt City USA". You are just 25 miles from Land Between the Lakes, an outdoor recreation haven situated between giant Lake Barkley and Kentucky Lake.

Amish families have settled near the river in gently rolling Crittenden County. A good stop in **Henderson** is the John James Audubon Museum and Nature Center. **Owensboro** is Kentucky's third largest city and home of the International Bluegrass Music Museum. Be sure not to miss the barbecue here!

Rough River Dam State Resort Park is a good stop for a meal overnight at the campgrounds or lodge.

Hodgenville is Abraham Lincoln's birthplace. There are several Lincoln sites in this area.

Bardstown is home to the original My Old Kentucky Home made famous by Stephen Foster. There are so many other sites to see here you may want to take the day to get in what you can.

Taylorsville Lake State Park in Spencer County offers a stop for quiet picnic along the forested shoreline. As you head north, you'll want to stop in **Shelbyville** for great antique shopping.

At **Carrollton**, overnight at General Butler State Resort Park. The resort restaurant overlooks the broad Ohio River Valley.

A side trip will take you to the metropolitan area of **Northern Kentucky**. Soak in its German heritage as you dine on a floating restaurant, tour historic churches, or visit a micro-brewery. Don't miss a riverboat ride up the Ohio.

Traveling east be sure to stop by **Augusta** and **Maysville** for a refreshing trip back in time to the days of Huck Finn.

Bluegrass

This tour through the heart of Kentucky begins in the foothills of the Appalachians at the Kentucky-Tennessee border and travels through the famed Bluegrass Region.

Your first stop is gigantic **Cumberland Falls**. It is one of the few places in the world where you can see a moon bow on a regular basis. The Cumberland Falls State Resort Park is located at the site.

London is the home of Levi Jackson Wilderness Road State Park, with the Mountain Life Museum and McHargue's Mill, and the largest display of millstones in the country.

Renfro Valley Country Music Center (www.renfrovalley.com or 1-800-765-7464) began in 1939 with John Lair's network radio broadcasts. Today stage shows feature country music and the country's brightest stars in concert.

Berea has a national reputation as the home of many professional craftspeople and artists. View featured exhibits and see some of the artisans at work at the Kentucky Artisan Center (www.kentuckyartisancenter.ky.gov). Berea is also home to Berea College (www.berea.edu or 1-859-985-3000), founded in 1855 as the South's first interracial college.

At **Fort Boonesborough State Park** tradesmen tell the story of Kentucky's second settlement as they work in the replicated fort. Daniel Boone and his men started the outpost on April 1, 1775.

Travel past picturesque horse farms and old stone fences enroute to the 1,200-acre **Kentucky Horse Park** (www.kyhorsepark.com or 1-800-678-8813) north of Lexington. This is the perfect way to learn about Kentucky's horse world. Attractions include Man O' War's gravesite, two widescreen films, a harness maker and farrier, Parade of Breeds and Hall of Champions demonstration, guided trail rides, pony rides, and the fascinating International Museum of the Horse. The park also hosts championship equestrian events.

In the late 1700's settlers, pioneers and scouts floated down the Ohio River to the landing at Limestone, now **Maysville**. The Mason County Museum recreates the story of this pioneer gateway. **Old Washington**, 5 miles south, was an outpost for pioneers traveling the Buffalo Trace. There's a film at the visitor center, antique and craft shops, and the 1788 Brodrick's Tavern.

Midland Kentucky

The Midland tour takes you west to east across the center of Kentucky. You'll begin at **Land Between the Lakes**, a World Biosphere Reserve. Attractions include the Woodlands Nature Center and Homeplace-1850. **Cadiz**, near the shores of Lake Barkley, features the Woods & Wetlands Wildlife Center with a huge aquarium and walk-through wildlife park. Lake Barkley State Resort Park offers outstanding views of the lake.

Travel to secluded **Pennyrile Forest State Resort Park** near Dawson Springs for a meal and overnight. Or continue to scenic **Lake Malone**, surrounded by 200-foot cliffs and wooded sandstone bluffs, for a great picnic spot. **Bowling Green** is home to the one and only GM Corvette Plant and the National Corvette Museum. While in the area, visit the **Lost River Cave** and go for an underground boat tour. Riverview – The Hobson House presents an elegant interpretation of Victorian family life from 1860-1890. The Green River Museum, north of Bowling Green in tiny **Woodbury**, highlights the colorful riverboat era.

Your next major touring area is dotted with caves, the largest of which is at **Mammoth Cave National Park**. Several tours are available at this World Heritage Site, but make reservations in advance. In **Horse Cave**, you'll want to see the American Cave Museum, Kentucky Caverns at Kentucky Down Under, and for outstanding entertainment, Horse Cave Theatre, Crystal Onyx Cave, Diamond Caverns and the 15 tepees at Wigwam Village, are but a few of the other area attractions.

Both **Lancaster** and **Danville** preserve Kentucky's past. In Danville visit Constitution Square State Historic Site and the McDowell House & Apothecary Shop, Kentucky's greatest Civil War battle took place in nearby Perryville. **Berea** is Kentucky's "Crafts Capital." You can tour the studios of many professional craftspeople and artists.

The spectacular **Red River Gorge** is next. This unique landscape has more than 80 natural arches and the largest concentration of rock shelters and arches east of the Rockies. A 30 mile loop features scenic overlooks and views and Red River. Natural Bridge State Resort Park is a great over night stop.

In **Prestonsburg**, ride the chairlift at Jenny Wiley State Resort Park for a panoramic mountain view. We recommend you end your tour in the **Paintsville** area, known as the birthplace of the "Coal Miner's Daughter" Loretta Lynn. Be sure to see the Mountain Homeplace, a living history village depicting the rugged life of those who lived on the Appalachian plateau in the mid-1800s.

Southern Lakes

The Southern Lakes route roughly follows the Kentucky-Tennessee border from west to east, passing by some of the best outdoor recreational areas in the eastern U.S.

Begin your tour at the mighty **Mississippi River**. Near Columbus, stop at the state park to see the massive chain and anchor used to block Union gunboat passage on the river during the Civil War.

Land Between the Lakes is a fabulous outdoor playground for unlimited outdoor fun. Developed by the Tennessee Valley Authority, LBL is a 40-mile-long peninsula between **Kentucky** and **Barkley Lakes**, with 300 miles of undeveloped shoreline. The Golden Pond Visitor Center has information and a great planetarium. LBL also offers lots of opportunities for mountain biking.

Rolling, tree-covered hills surround **Barren River Lake**. The lodges and cottages at this state resort park curve gracefully around this beautiful waterway. Nearby **Dale Hollow Lake** twists and turns through the Cumberland foothills. Both of these lakes offer fishing, boating and other activities at great resorts, including Lake Cumberland State Resort Park and Dale Hollow Lake State Park. **Lake Cumberland** is also known as one of the best striper fishing spots in the country.

The **Big South Fork National River & Recreation Area** is a **wilderness paradise**. Once heavily worked for its natural resources, the area has returned to its rugged natural beauty. Don't miss the scenic train ride to the Blue Heron Mining Community. Continue winding your way through the rugged beauty of the **Daniel Boone National Forest** over country once explored by Daniel Boone himself.

Another scenic spot is magnificent **Cumberland Falls**, the most impressive waterfall east of the Rockies, except for Niagara itself. You might want to make the state resort park here an overnight stay and hope that you'll see the magical moon bow. Continuing east, **Pine Mountain State Resort Park** also offers a lodge and cottages for a great place to relax and take in the lush mountain scenery.

Your tour ends at the Kentucky-Virginia border. You'll want to stop at **Cumberland Gap National Historical Park**, a natural passage through the Appalachian Mountains used by early colonists to move west.

Central Heartlands

The Central Heartlands tour begins near the Tennessee border at **Dale Hollow Lake**, a beautiful resort lake nestled in the Cumberland foothills. The fishing is great here! You can also enjoy boating and scuba diving.

South of **Campbellsville**, Green River Lake boasts superb muskie fishing. Campgrounds and marinas are scattered around the lake. The Atkinson-Griffin Log House at the visitor center served as a Confederate hospital after a nearby Civil War battle.

Near **Loretto**, Maker's Mark Distillery is the only operating National Historic Landmark in the country.

The Loretto Motherhouse was founded in 1812 as one of the first American women's religious communities.

South of Bardstown in **New Haven**, the Kentucky Railway Museum has a great collection of vintage coaches and other train memorabilia.

In **Bardstown**, stop to see Federal Hill, immortalized in song by Stephen Foster as My Old Kentucky Home. If you're on a summer cycling trip, save time while you're at the park to see "The Stephen Foster Story." This exciting outdoor musical includes more than 50 Foster melodies.

The visitor center has information on the many different things to see and do in the area. Since you're in the "bourbon capital of the world", a tour of Heaven Hill Distilleries is a must.

Near **Taylorsville**, the picnic area at Taylorsville Lake State Park offers a great spot for relaxing. You'll want to take time in **Shelbyville** to explore Wakefield-Scarce Galleries, with its fabulous collection of English and European antiques. For a delicious meal break, next door is the historic Science Hill Inn Dining Room.

The National Register historic district of the charming river city of **Carrollton** covers 25 blocks with 350 buildings! General Butler State Resort Park is nearby- several mountain bike festivals are held here each year. You'll finish up the tour along the Ohio River near **Warsaw**, where you can watch river traffic pass through Markland Locks & Dam.

Mammoth Cave

Your tour begins riding through rolling country-side to **Franklin**. The downtown historic district includes the Simpson County Archives & Museum in the old jail and jailer's residence, with wall drawings left by Civil War soldiers held prisoner here. A highlight of this tour is **Mammoth Cave National Park**. The park and surrounding area comprise the world's most extensive cave region. Mammoth Cave, with more than 345 miles of explored passageways, is the longest known cave system in the world! This World Heritage Site and International Biosphere Reserve supports several species of rare animal life and many types of cave formations, with the formative process still active. Above ground, there are 52,830 acres of scenic forest lands, including Kentucky's second largest tract of old-growth forest. A summertime cruise on the Miss Green River II is a great way to enjoy the scenery and wildlife.

Cycle on to **Brownsville** and "The Floyd Collins Story" outdoor drama. Entering Sand Cave in 1925, Collins became trapped. The attempted rescue of the explorer was one of the most widely reported events of the decade.

Continue to **Rough River Dam State Resort Park** overlooking a 5,000-acre lake. On KY-110 is Old Falls of Rough with circa 1870 buildings. Near Caneyville is the Pine Knob Outdoor Theatre, where you can see one of four shows: "Dock Brown-Legend of an Outlaw" and "Down in the Hoodoo Holler" involve Dock Brown, an infamous local character of the 1850; "Lard" and "Daddy Took the T-Bird Away" recreate the 1950s.

The next town is **Cloverport** founded in 1808 on one of the most beautiful stretches of the Ohio. Four miles from town off KY-992 is Tar Springs, each with a different mineral water.

The tour ends in **Hawesville**, an old river town with a spectacular view of the Ohio River. The Hancock County Museum on River Street housed in the 1901 railroad depot. The Pate House, 4 miles east on KY 334, is where 18 year-old Abraham Lincoln defended himself for operating a ferry without a license. Judge Pate was so impressed he encouraged Lincoln to study law.

Kentucky's TransAmerica Bike Trail

The Kentucky section of this national trail is more than 600 miles long. It runs west to east through the center of the state from rural Crittenden County at the Ohio River to the mountainous Pike County.

The tour takes you through rural gently rolling countryside from Kentucky's border at the Ohio River. **Rough River Dam State Resort Park** is a good stop for a meal or overnight. Another good stop is the roadside stands of the Amish who have settled in Crittenden County.

The next part of the tour continuing east from **Hodgenville** to **Bardstown** to **Springfield** to **Harrodsburg** is exceptionally rich in historical attractions. There's Old Fort Harrod, My Old Kentucky Home, "The Stephen Foster Story", Maker's Mark Distillery, Kentucky Railway Museum, and the Abraham Lincoln Birthplace National Historic Site to name just a few. A side trip north Harrodsburg leads you to Shaker Village of Pleasant Hill. You can tour, dine and overnight here in the original buildings.

Don't miss a stop in **Berea** the Crafts Capital of Kentucky. See the working studios of a variety of craftspeople including Churchill Weavers. A meal or overnight at historic Boone Tavern will make a memory.

Continue your way through the scenic **Daniel Boone National Forest**. North of the route is the beautiful **Red River Gorge**, a wild landscape of unusual vegetation and more than 80 natural arches sculpted by wind and water for 70 million years. A national recreational trail leads to some of the scenic and historic attractions within the gorge. **Natural Bridge State Resort Park** is nearby.

In **Booneville**, don't miss Pioneer Village, an original 1874 farm, and Morris Fork Crafts. A great stop for a meal or overnight is **Buckhorn Lake State Resort Park** tucked away in the mountains. **Hindman** is home to the Hindman Settlement School and Quicksand Crafts. Nearby is Carr Fork Lake.

The last part of the tour is over the challenging Cumberland Plateau of the Appalachian Mountain ending at **Breaks Interstate Park** on the KY-VA border. This magnificent, ancient gorge is inspiring.

Mississippi River Trail

The Mississippi River Trail is a ten state bike route that will offer over 3000 miles of bicycling adventure. Stretching from the headwaters in Itasca, Minnesota to St. Genevieve, Missouri to New Orleans, Louisiana the MRT will go through portions of Minnesota, Wisconsin, Iowa, Missouri, Illinois, Kentucky, Tennessee, Arkansas, Mississippi, and Louisiana. Each state will have portions of the route that weaves its way down the river into the Crescent City Tennessee opened the first segment in 1996 and Kentucky's portion should be signed and ready by August of 1997. A description of the Kentucky portion is included below.

For more information on the MRT contact: Mississippi River Trail, Inc., 858 N. Jackson, Fayetteville, AR 72701, 479-236-0938, email-teastin@lynks.com or visit the web site at www.mississippirivertrail.org.

The Kentucky portion of the Mississippi River Trail begins at the north end of the bridge connecting Cairo, Illinois with Wickliffe, Kentucky. The route follows HWY 51 to HWY 1203, to HWY 123, HWY 239, to HWY 94 to the Tennessee border. The first 5 miles has narrow bridges with fairly heavy traffic. The remainder is over flat to gently rolling country roads with very light traffic. Much of the route is designated a Kentucky Scenic Byway. Limited commercial services are available in Wickliffe, Columbus (which as a great campsite at historic Columbus Belmont State Park), and Hickman (a historic river town).

This southbound route description was provided by the Lower Mississippi Delta Development Center.

Mile 0.....Toll House Restaurant on HWY 51 at north end of Ohio River bridge. Caution: Bridge is 1.2 miles, narrow, and has fairly heavy traffic.

Mile 3.4.....Caution: Narrow bridge extending 0.7 miles.

Mile 4.9..... Wickliffe, KY (Motel, restaurants, groceries, convenience stores, camp in city park with permission.)

Mile 8.3..... Enter Carlisle County.

Mile 10.1 Turn right on HWY 1203. NOTE: If you need more supplies an alternate route is to continue on HWY 51 to the town of **Bardwell**, and turn right on HWY 123.

Mile 12.7..... HWY 1203 follows left fork of road at HWY 1308.

Mile 13.5..... HWY 1203 follows right fork of road at HWY 1741.

Mile 16.6..... Turn right on HWY 123 at stop sign

Mile 20.1..... **Burkley** community, sometimes spelled Berkley

Mile 20.9..... Enter Hickman County

Mile 23.5..... Town of **Columbus** (convenience stores).

Mile 23.6..... Turn right to enter **Columbus Belmont State Park**. Year around camping. Snack bar during the summer. HWY 123 turns left.

Mile 24.0..... HWY 123 turns right.

Mile 24.9.....Alternate route along bluff overlooking the Mississippi River. This is a nice scenic route for hybrid or mountain bike tires, but the road is chip-and-seal and may not be a good choice for road tires. To take this overlook, turn right on Bluff Road. It leads back to HWY 123 after 6.2 miles. Note that other end of this loop is named Kough Road.

Mile 32.3..... **Oakton** community.

Mile 35.5.....Turn right on HWY 239 at stop. NOTE: If you need supplies, it's only about 2 miles to continue across 235 into the town of Clinton.

Mile 39.3..... Enter Fulton County.

Mile 42.0..... Turn right on HWY 94 west at 4-way stop, through the town of **Cayce**, KY (grocery). NOTE: From Cayce to Hickman, much of HWY 94 has been upgraded with wide shoulders.

Mile 45.4.....Watch carefully for the Henson Broom Shop and Museum, maker of handmade brooms.

Mile 50.9..... Old river town of **Hickman**, KY. (Go straight on Moulton Street; then left on Wellington Street; straight on Brooklin; left on Hall Street; Hall becomes HWY 94.)

Mile 52.7..... Leaving Hickman going South on HWY 94, you may consider the alternative route of riding on the Mississippi River levee to the town of **Tiptonville**, TN (a distance of approximately 20 miles). However, this route is largely graveled. If interested, inquire locally about levee conditions.

Mile 64.2.....Tennessee state line.

For More Tourism Information

Now that you've seen the suggested routes and chosen the one you'll cycle first, we hope you'll want to know more about the many attractions you'll pass along the way.

For the toll free reservation numbers for any one of our 15 state resort parks, call **1-800-255-PARK** or make reservations online at www.parks.ky.gov.



The *Official Visitor's Guide* lists attractions as well as state parks, campgrounds, bed & breakfasts and hotels and motels. Your free copy also includes the calendar of events and fold-out highway map. Simply call: **1-800-225-TRIP**

Or write
Kentucky Department of Tourism
500 Mero Street
Frankfort, KY 40601

Share the Road

Share the Road is a safety initiative that provides awareness to Kentuckians across the Commonwealth about the importance of sharing the roads with motorists, bicyclists, runners and walkers. To help promote this initiative, the Office of Special Programs coordinates an annual Share the Road Rally that takes place in Frankfort. Bike rides, 5K runs, and safety demonstrations are just a few examples of the events that place during the rally. If you are interested in attending this event, consult the KYTC Bicycle and Pedestrian website at <http://bikewalk.ky.gov/> for more information. You can also show your support for this initiative by purchasing the Share the Road License Plate and making a voluntary contribution to the Kentucky Bicycle and Bikeway Commission.



Get Healthy Kentucky is a statewide wellness program for all residents of the commonwealth of Kentucky with a mission to provide the opportunity for all Kentuckians to make better

choices to improve their health and overall wellness.

Through the Get Healthy Kentucky website, information and valuable resources are made available to youth, teens, adults and seniors in each of the following areas: tobacco cessation, physical activity promotion and better nutrition. Additionally, resources are available to worksites interested in initiating their own worksite wellness programs. Get Healthy Kentucky also includes a Governor's Challenge program in partnership with the President's Council on Physical Fitness and Sports to encourage Kentuckians to get or stay physically active. Each individual who successfully completes a challenge is eligible to receive a recognition award from Get Healthy Kentucky. For more information visit the Get Healthy Kentucky website at <http://www.gethealthy.ky.gov>.

ANY SUGGESTIONS?

If you have any suggestions for the routes in this publication or other bike routes, we would love to hear from you. Please contact the Kentucky Transportation Cabinet's Office of Special Programs, c/o Bicycle/Pedestrian Coordinator, 200 Mero Street 6th floor, Frankfort, KY 40622. Or call 502/564-2060. This brochure, as well as other helpful bicycling information, can be viewed online at www.bikewalk.ky.gov.

*Photos were supplied by Kentucky Tourism,
www.kentuckytourism.com*