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

Madisonville
- Lake Beshear

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

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

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

London
- Daniel Boone National Forest
- Sheltowee 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

Shelbyville
- Shelbyville Trace National Recreation Trail

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

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

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

Greenburg
- Green River Paddle Trail

Manchester
- Daniel Boone National Forest
- Redbird Crest Trail
- Beech Creek Wildlife Management Area
- Big Hickman Creek
- Goose Creek
- Swinging Bridge cycling route

Munfordville
- Green River
- Mammoth Cave National Park

McKee
- Daniel Boone National Forest
- Sheltowee Trace National Recreation Trail
- Hemlock Trail
- 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
- Boonesboro 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

MILEAGE CHART

Mileage shown does not always represent the shortest route

	BRECKINRIDGE	CARTER CAVES S.R.P.	CORBIN	DAVIS BEND S.R.P.	FERNBANK S.R.P.	FRANKFORT	GENERAL BUTLER S.R.P.	GREENBO LAKE S.R.P.	HARLAN	HARRODSBURG	HAZARD	HENDERSON	JACKSON	KENTUCKY 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	155	389	61	268	82	254	308	191	170	116	223	353	356	365	112	327	206	323	122	147	170	16	258	187	468	144	206	151	234	203	135	174	38	341	276	99	136	287	181
BARDSTOWN	193	87	72	78	181	144	206	164	171	283	193	121	208	128	155	124	76	133	40	198	62	81	172	175	185	147	146	25	151	158	45	179	176	77	75	237	56	26	44	104	131	126	115	132	173	86	210	76	88	
BARREN RIVER S.R.P.	213	93	69	147	228	179	248	129	241	184	199	219	159	218	177	213	35	123	118	150	78	128	139	132	207	51	62	136	162	123	204	254	13	158	195	145	45	114	66	143	205	128	249	288	28	188	134			
BEREA	123	42	154	14	135	82	139	213	118	301	193	66	272	81	89	96	146	208	115	37	39	88	259	262	282	69	213	215	64	43	116	126	121	107	306	66	102	33	102	69	115	53	167	39	156	75				
BLUE LICKS BATTLEFIELD S.R.P.	201	116	160	42	118	154	139	243	116	299	211	74	306	43	169	23	172	235	110	112	40	140	275	277	283	102	247	124	243	115	72	167	96	174	97	327	57	125	75	181	137	77	124	70	119	163				
BOWLING GREEN	234	155	38	168	248	191	270	96	263	146	72	216	117	217	199	219	33	86	115	148	157	86	91	127	164	226	64	68	165	206	146	218	271	32	162	168	149	72	134	65	148	211	159	247	222					
BUCKHORN LAKE S.R.P.	56	108	251	100	69	78	73	223	76	361	293	65	354	100	99	137	202	316	197	73	124	143	316	355	329	35	291	199	316	22	123	72	126	178	195	378	144	201	131	162	106	202	84	115						
CARTER CAVES S.R.P.	157	47	223	95	71	202	95	296	57	354	276	86	360	32	184	59	227	285	163	139	90	190	323	326	338	89	297	177	306	120	124	169	34	228	161	388	118	178	123	228	174	112	158							
CORBIN	109	50	168	45	151	42	152	249	125	299	222	44	336	132	49	147	160	235	164	1	88	62	243	245	257	51	213	139	254	66	81	71	182	115	188	319	155	141	71	95	19	164								
COVINGTON / NEWPORT	223	355	189	163	195	198	220	262	184	329	219	134	326	100	203	56	193	250	163	152	61	185	289	292	302	161	263	152	239	194	113	239	131	194	56	354	86	141	118	222	183									
CUMBERLAND FALLS S.R.P.	116	36	195	81	132	57	153	237	148	292	221	101	274	148	61	164	139	234	181	31	106	70	248	279	264	118	214	124	252	67	87	83	192	114	183	319	133	157	88	78										
DALE HOLLOW LAKE S.R.P.	218	61	128	119	202	144	243	162	209	238	159	177	240	224	157	187	74	164	141	89	137	78	296	216	193	160	151	87	187	157	134	174	228	52	167	265	137	91	81											
DANVILLE	142	43	115	36	154	101	180	188	144	247	163	52	252	99	108	100	119	176	81	57	35	67	215	229	229	110	160	62	184	113	8	135	150	100	88	280	40	70												
ELIZABETHTOWN	224	104	47	164	207	179	213	119	197	178	94	147	183	149	156	150	53	108	44	126	87	82	148	150	160	173	121	51	125	162	70	285	202	64	96	212	82													
FRANKFORT	174	83	127	31	145	146	171	231	133	259	175	35	263	90	166	84	132	193	54	102	31	106	227	221	241	111	201	81	196	166	148	210	148	132	48	293														
FULTON	409	272	188	313	410	351	443	164	487	48	178	208	35	363	353	361	261	115	237	302	298	279	69	58	55	384	84	218	162	263	282	386	413	192	204														
GENERAL BUTLER S.R.P.	226	132	137	193	188	198	222	219	186	279	168	132	275	136	205	156	143	201	53	155	79	155	233	242	252	148	213	192	190	188	79	232	192	144															
GLASGOW	201	80	73	133	213	157	230	121	228	178	167	87	151	195	164	200	22	121	96	118	53	128	158	142	192	96	64	139	169	151	181	191	252																
GREENBO LAKE S.R.P.	154	171	245	113	87	212	116	311	75	379	295	96	384	56	219	79	252	309	167	167	114	219	349	352	363	82	322	201	327	138	144	182																	
HARLAN	46	112	250	129	98	31	93	323	113	389	297	112	345	142	44	211	213	311	228	79	153	138	315	353	333	82	289	290	330	54	144																		
HARRODSBURG	161	12	117	49	156	113	181	199	150	247	164	31	252	101	120	109	15	178	71	66	131	76	216	229	193	122	191	64	180	127	112	174	180	115	137	280														
HAZARD	29	90	228	107	50	74	71	300	63	339	275	61	324	94	95	108	195	289	192	56	118	136	297	331	311	32	270	180	308																				
HENDERSON	337	219	96	223	233	295	357	69	325	96	33	272	133	277	303	273	120	40	141	252	213	202	96	99	110	298	71	138																					
HODGENVILLE	215	91	57	113	203	169	231	129	196	187	164	148	193	148	176	148	56	113	35	123	86	75	197	198	187	171	137																					
HOPKINSVILLE	308	181	86	241	251	258	333	24	316	78	79	267	60	272	262	279	96	34	168	211	207	161	27	55	42	293																					
JACKSON	66	118	219	62	59	107	85	291	50	349	267	35	355	59	116	107	223	288	158	85	85	158	313	332	332																							
KENLAKE S.R.P.	354	225	134	271	351	295	372	47	366	43	116	304	14	399	391	407	155	71	293	253	245	265	14	28																									
KY. DAM VILLAGE S.R.P.	360	243	125	251	356	319	382	51	346	26	167	296	29	297	311	299	161	62	195	273	236	217	38																										
LAKE BARKLEY S.R.P.	326	208	122	259	352	285	377	31	342	55	164	200	30	309	289	295	123	59	191	241	232	183																											
LAKE CUMBERLAND S.R.P.	167	47	132	101	161	125	200	184	155	255	171	163	218	168	151	167	89	184	121	88	193																												
LEXINGTON	146	72	133	25	119	119	145	205	113	264	180	59	269	64	126	62	137	194	71	75																													
LONDON	85	33	172	51	153	51	122	244	116	303	219	70	267	127	61	132	138	233	115																														
LOUISVILLE	219	126	74	169	192	154	219	164	168	223	116	132	228	137	210	133	56	153																															
MADISONVILLE	317	200	83	268	314	277	339	35	307	92	47	254	87	255	284	257	167																																
MAMMOTH CAVE N.P.	218	103	55	164	239	182	260	121	254	172	81	197	152	202	198	208																																	
MAYSVILLE	265	136	196	83	130	177	145	248	113	326	241	91	332	46	193																																		
MIDDLESBORO	89	84	223	102	105	14	135	295	58	339	271	116	318	178																																			
MOREHEAD	119	122	208	83	174	107	186	271	63	318	244	48	335																																				
MURRAY	352	234	159	284	388	311	415	57	379	42	141	328																																					
NATURAL BRIDGE S.R.P.	90	100	192	53	82	99	87	265	64	324	240																																						
OWENSBORO	308	187	41	207	300	263	326	77	290	134																																							
PADUCAH	387	258	153	278	384	346	469	73	373																																								
PAINTSVILLE	78	149	242	110	12	133	42	313																																									
PENNYRILE FOREST S.R.P.	329	206	99	229	340	288	351																																										
PIKEVILLE	43	155	278	148	27	121																																											
PINE MOUNTAIN S.R.P.	79	82	212	103	113																																												
PRESTONSBURG	57	136	253	123																																													
RICHMOND	136	54	156																																														
ROUGH RIVER DAM S.R.P.	275	148																																															
SOMERSET	118																																																

MAP LEGEND

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

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

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

HIGHWAY INFORMATION
- Interstate
- US, State Highway
- Welcome Center Rest Area
- Vehicle Enforcement Post (with Truck Rest Haven)
- Kentucky Scenic Byways — 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.kentucktyvisitor.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

KENTUCKY STATE POLICE POSTS

Emergencies and DUI hotline - (800) 222-5555

Post 1, Mayfield (270) 856-3721
Post 2, Madisonville (270) 678-3313
Post 3, Bowling Green (270) 782-2012
Post 4, Elizabethtown (270) 765-5078
Post 5, Campbellsburg (502) 532-6363
Post 6, Dry Ridge (859) 428-1212
Post 7, Richmond (859) 623-2404
Post 8, Morehead (606) 784-4127
Post 9, Pikeville (606) 433-7711
Post 10, Harlan (606) 573-3131
Post 11, London (606) 878-6622
Post 12, Frankfort (502) 227-2221
Post 13, Hazard (606) 435-6069
Post 14, Ashland (606) 928-6421
Post 15, Columbia (270) 384-4796
Post 16, Henderson (270) 826-3312

Kentucky State Police Headquarters
919 Versailles Road, Frankfort, KY 40601
(502) 782-1800

COMMERCIAL VEHICLE ENFORCEMENT

Weigh Stations (● with Rest Haven)

Region 1, Hickman Co., (270) 631-0688
Region 2, Jefferson Co., (502) 452-8983
Region 3, Scott Co., (502) 863-4559
Region 4, Laurel Co., (606) 878-2105
Region 5, Rowan Co., (606) 783-9541
Region 6, Pike Co., (606) 433-7791

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Index to Cities and Towns

County seats in capital letters
Abbreviations refer to city entrancements on reverse side

ASH = Ashland
BG = Bowling Green
ELI = Elizabethtown
FRA = Frankfort
HOP = Hopkinsville
LOU = Louisville
NKY = Northern KY
OWB = Owensboro
PAD = Paducah
RIC = Richmond/Berea

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Arlington, C9
Arlington, F1
Arlington, D5
Arlington, C9