

Kentucky by Bicycle

Ernest Hemingway once said "It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them." It's hard to think of a better way to experience Kentucky than from the seat of a bicycle. Though you won't cover as much ground as you would in a car, you'll notice details and detours that drivers would normally pass by without a second look—the slower pace simply offers a closer connection with the world around you.



Whether you're looking for a day's getaway or a week-long tour, Kentucky has a few nationally-recognized bike-friendly routes to get you rolling.

Transamerica Trail - This Adventure Cycling Association route traverses the entire United States east to west (4,320 miles in all) but a few hundred miles of this trail cut right through the length of Kentucky, passing through Amish communities, Berea, the Daniel Boone National Forest, Mammoth Cave National Park and other top attractions. This route traverses all types of terrain, from Appalachian Mountain passes in the east to the rolling bluegrass hills near Lexington and Bardstown to the river flatlands in the west.

Underground Railroad - This is another Adventure Cycling course that flows a few hundred miles south-north, entering the state near Land Between the Lakes National Recreation Area and passing through Owensboro and Louisville before exiting near Cincinnati. This route approximates the route taken by African Americans seeking freedom from slavery during the Civil War era. It also offers plenty of historic and cultural stopping points along the way.

Kentucky also offers some smaller, more local routes that aren't part of major bikeways. The Central Heartlands Bicycle Tour, for instance, begins at Dale Hollow Lake State Resort Park on the Kentucky-Tennessee border and winds almost due north for more than 200 miles before reaching Warsaw.

The Ramblin' River Bicycle Tour begins along the mighty Mississippi and travels generally northeast following Kentucky's northern border (the Ohio River) passing through many of Kentucky's scenic river towns.

The Bluegrass Bike Tour begins northeast of Lexington and rolls southward all the way to the Tennessee state line, hitting some of the state's highlights along the way. Visit the Kentucky Horse Park and Cumberland Falls, live it up in Lexington and explore the Daniel Boone National Forest along the way.

Those looking for a shorter trip with maximum enjoyment may want to bike all or part of the Kentucky Bourbon Trail® and experience the bourbon culture. Most of these routes follow low-traffic highways and back roads, which offer additional scenery and safety. Intrepid self-supported cyclists can plan their tours around the state's many campgrounds or opt for the more comfortable places to stay along the way, including cabins, cottages, hotels, motels, bed and breakfasts and more.



Kentucky offers plenty of unique bicycle vacations for riders of all types. Start planning your freewheeling getaway today! For more information visit http://www.kentuckytourism.com/outdoor-adventure/trail_blazing/biking

JOIN TEAM BOOSTER

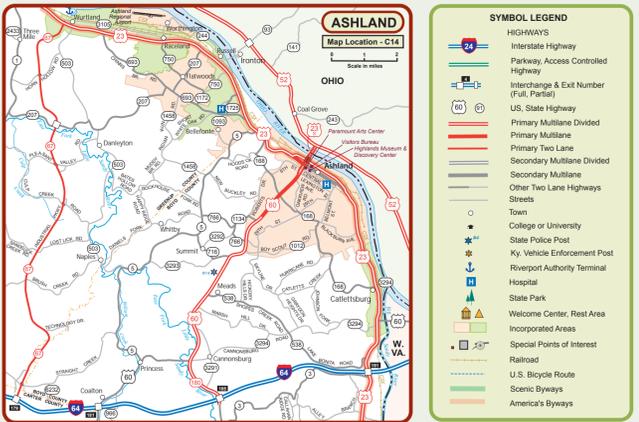
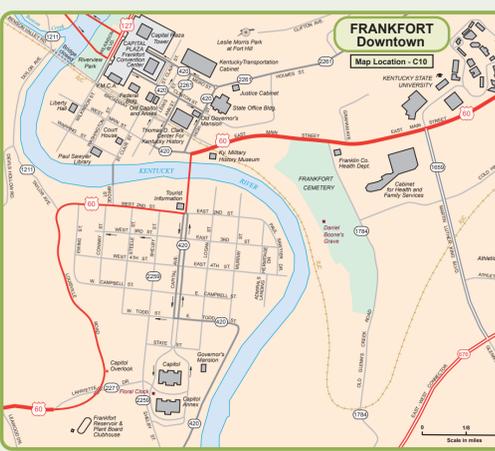
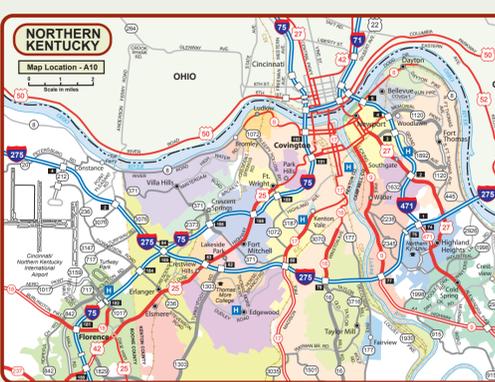
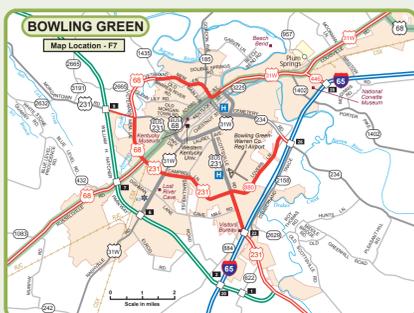
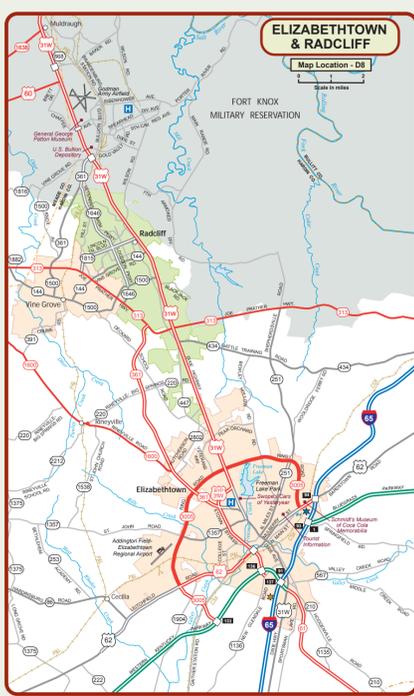
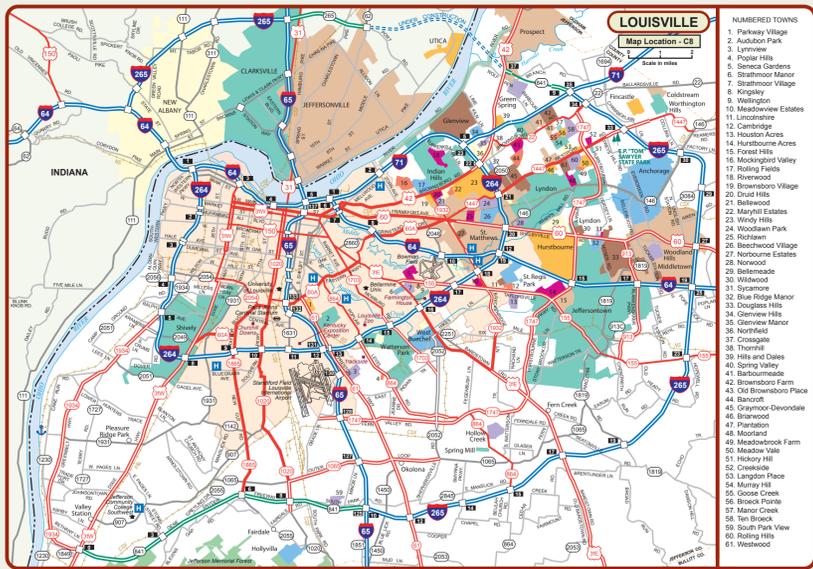
Kentucky's BOOSTER SEAT LAW REQUIRES CHILDREN LESS THAN 57 INCHES TALL AND YOUNGER THAN 8 YEARS OLD BE PROPERLY RESTRAINED IN A BELT-POSITIONING BOOSTER.

SAMMI THE SAFETY SQUIRREL | **CHIP THE CLICK-MUNK**

(511) Kentucky

The Transportation Cabinet's 511 Traffic and Travel System and WAZE are sharing real-time traffic data through the WAZE Connected Citizens program.

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We welcome you to Kentucky, a state blessed with unmatched natural beauty, a mild, four-season climate, and warm hospitality. Our excellent, modern highway system will get you to your destination quickly. However, please don't miss the chance to take a leisurely drive on some of our parkways and byways that offer spectacular scenery. Many of life's most remarkable ventures take place on "the road less traveled." Enjoy memorable experiences at some of our picturesque horse farms, or at the home of the Kentucky Derby. Seek adventure in the largest cave system in the United States. The entire family will enjoy our many cultural festivals, outstanding State Park system with hiking and camping opportunities, and outdoor adventure on our many lakes and rivers.

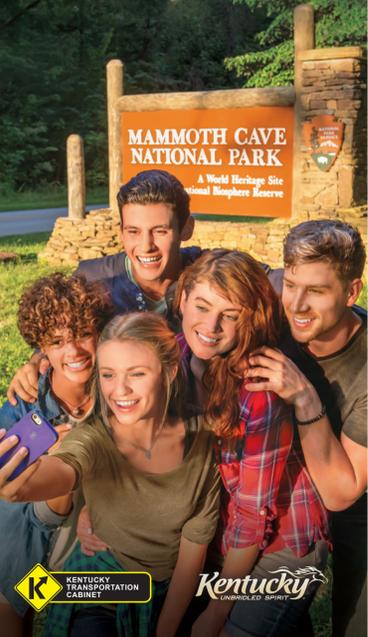
Our roads are well maintained to ensure safe and easy travel across Kentucky. Please pardon any construction delays as we expand: key bridge projects are underway to facilitate a growing economy in Metro Louisville and at the Kentucky and Barkley Lakes.

Thank you for visiting! We hope Kentucky's natural beauty and hospitality will bring you back again and again. We look forward to seeing you often.

Matt Bevin, Governor
Jenean Hampton, Lt. Governor

For Tourism Information: www.KentuckyTourism.com
Fun Facts:

- Kentucky has more miles of running water than any other state in the lower 48.
- Cumberland Falls, near Corbin, Kentucky is the only place in the Western Hemisphere to spot a moonbow on a regular basis.



100 YEARS: Let's celebrate!
Celebrate the Centennial of the National Park Service with a visit to one or more of Kentucky's national treasures.

MAMMOTH CAVE NATIONAL PARK
Officially designated on July 1, 1941 but cave tours of the world's longest cave system have been given for the last 200 years. Above ground M-CNP was designated a World Heritage site in 1981 and became the core area of an International Biosphere Reserve in 1990. In addition to a cave tour, visitors can hike, canoe/kayak, fish, take a horseback ride or participate in numerous ranger-led activities. www.nps.gov/maca

ABRAHAM LINCOLN BIRTHPLACE NATIONAL HISTORICAL PARK
Visit the memorial and symbolic cabin of Lincoln's birth. Local legend says the memorial is built on the knoll where the original cabin stood. President Theodore Roosevelt dedicated the cornerstone during the Lincoln centennial and five U.S. Presidents have visited the site. www.nps.gov/abli

CUMBERLAND GAP NATIONAL HISTORICAL PARK
Nested in the corner of southeast Kentucky, it preserves the stories of the first western expansion. From 1775 to 1810 more than 200,000 people from all walks of life passed through the "Gap" to settle the West. Today visitors can see three states from the Pinnacle overlook. www.nps.gov/cuga

BIG SOUTH FORK NATIONAL RIVER AND RECREATION AREA
www.nps.gov/biso

LAND BETWEEN THE LAKES NATIONAL RECREATION AREA
www.landbetweenthelakes.com

DANIEL BOONE NATIONAL FOREST
www.fs.usda.gov/dbnf

RED RIVER GORGE NATIONAL GEOLOGICAL AREA
www.redrivergorge.com

FORT HEIMAN, PART OF FORT DONELSON NATIONAL BATTLEFIELD
www.nps.gov/fodo

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