



# Big South Fork 350

Explore and enjoy Big South Fork National River & Recreation Area on foot. This list highlights all 350 miles of hiking trails that await your discovery. Check off on the trails as you complete them. See how many you can say “been there, done that.”

Name of Trail	Zone	Segment Mileage	Total Trail Mileage	Date Completed
Burnt Mill Loop (John Muir & Sheltoewe Trace Trailhead)	1		4.2	
Trailhead to Honey Creek Road (clockwise)	1	2.9		
Honey Creek Road to Trailhead	1	1.3		
Confluence Access	1		0.4	
Gentleman's Swimming Hole	1		1.9	
Honey Creek Overlook	1		0.2	
Honey Creek Loop (excluding John Muir & Sheltoewe Trace)	1		2.3	
Joe Branch Loop	1		1.9	
John Muir & Sheltoewe Trace (combined)	1		15	
Honey Creek Road at Burnt Mill > Honey Creek Trailhead	1	4.1		
N. Honey Creek Loop > O & W Bridge	1	4.6		
O & W Bridge > Leatherwood Loop	1	1.8		
Leatherwood Loop > Leatherwood Ford Bridge	1	0.5		
Leatherwood Ford Bridge > Angel Falls Overlook	1	2.7		
Angel Falls Overlook > Grand Gap Loop Trailhead	1	1.3		
John Muir (not combined with Sheltoewe Trace)	1		9.6	
Grand Gap Loop > Laurel Fork Creek "The Hub"	1	8.9		
Laurel Fork Creek "The Hub" > Station Camp Crossing	1	0.8		
John Muir & Sheltoewe Trace (combined)	1		15.4	
Station Camp Crossing > River Trail West	1	2.7		
River Trail West > Maude's Crack	1	1.1		
Maude's Crack > No Business	1	0.8		
No Business > Longfield Branch	1	1.2		
Longfield Branch > Divide Road	1	8.2		
Divide Road > Rock Creek Loop	1	0.4		
Rock Creek Loop > Sheltoewe Trace continues North	1	1		

# Big South Fork

National Park Service  
U.S. Department of the Interior

National River & Recreation Area  
Kentucky & Tennessee



Name of Trail	Zone	Segment Mileage	Total Trail Mileage	Date Completed
John Muir Trail to Park Boundary	1		3.5	
Pine Creek River Access	1		0.2	
Christian Cemetery	2		2.0	
Cumberland Valley Loop	2		7.2	
North White Oak Loop > Leatherwood Overlook Trail	2	0.4		
Leatherwood Overlook > O & W Bridge	2	1.6		
O & W Bridge > Long Ridge Trail	2			
Long Ridge Trail > East Laurel Overlook	2	0.4		
East Laurel Overlook > Cumberland Valley Trailhead	2	2.5		
Cumberland Valley Trailhead > Gar Blevins Road	2	2.4		
Darrow Ridge	2		6.7	
Hick's Ridge > Sawtooth	2	1.8		
Sawtooth > Proctor Ridge	2	1.1		
Proctor Ridge > Christian Cemetery	2	1.5		
Christian Cemetery > Upper Panther Branch	2	1.6		
Upper Panther Branch > trail ends	2	0.7		
East Laurel Overlook	2		0.2	
East Rim Overlook	2		0.1	
Gar Blevins	2		2.0	
Hick's Ridge	2		1.9	
Hippy Cave	2		0.1	
Leatherwood Loop	2		2.4	
Leatherwood Overlook Spur	2		1.6	
Leatherwood Overlook Spur East	2		0.1	
Leatherwood Overlook Spur West	2		0.1	
Little Cliff	2		1.5	
Long Ridge (Mt. Helen)	2		2.2	
Mill Creek	2		0.4	
North White Oak Loop (clockwise)	2		15.9	
Bandy Creek Road > North White Oak Loop	2	1.2		
North White Oak Loop > Highway 297	2	0.9		
Highway 297 > Cumberland Valley Loop	2	1.0		
Cumberland Valley Loop > White Oak Loop connector	2	2.5		
White Oak Loop connector > North White Oak Overlook	2	2.6		
North White Oak Overlook > Gar Blevins Road	2	4.0		

# Big South Fork

National Park Service  
U.S. Department of the Interior

National River & Recreation Area  
Kentucky & Tennessee



Name of Trail	Zone	Segment Mileage	Total Trail Mileage	Date Completed
Gar Blevins Road > Cumberland Valley Loop	2	0.2		
Cumberland Valley Loop > loop connector trail	2	0.9		
loop connector trail > Highway 297	2	0.4		
Highway 297 > beginning of loop	2	0.7		
Connector Trail	2	0.3		
North White Oak Overlook Spur	2		1.2	
O & W Bridge	2		12.4	
O & W Bridge > Cumberland Valley Loop	2	2.6		
Cumberland Valley Loop > Long Ridge	2	2.4		
Long Ridge > Zenith	2	1.8		
Zenith > Little Cliff	2	1.1		
Little Cliff > Christian Cemetery	2	2.3		
Christian Cemetery > Tar Kiln	2	0.7		
Tar Kiln > Mill Creek	2	0.7		
Mill Creek > trail ends	2	0.8		
Pond Ridge (unmarked trail off of Sawtooth)	2		0.2	
Proctor Ridge	2		1.9	
Sawtooth Ridge	2		1.6	
Sunset Overlook	2		1.2	
Tar Kiln	2		2.1	
Upper Panther Branch	2		0.9	
Bandy Creek Amphitheater	3		0.1	
Bandy Creek Loop	3		1.3	
Bandy Creek Trailhead > John Litton Connector	3		0.3	
Bandy Creek Trailhead > Oscar Blevins	3		0.3	
Black House Branch	3		1.4	
Duncan Hollow Bypass (Duncan Hollow Road to Fork Ridge, Laurel Fork Creek, and John Muir Trail)	3		0.7	
Duncan Hollow > Katie Connector	3		0.4	
Fall Branch Trail	3		1.9	
Fire Tower (near Sawmill Trailhead)	3		0.3	
Fork Ridge (Charit Creek Trailhead > Duncan Hollow "The Hub")	3		3.8	
Grand Gap Loop	3		5.1	
Jack Ridge Loop	3		3.2	
John Litton Farm Loop	3		4.5	
John Smith	3		0.7	
Katie	3		1.5	
Laurel Fork - Yellow Cliff Connector	3		0.4	

# Big South Fork

National Park Service  
U.S. Department of the Interior

National River & Recreation Area  
Kentucky & Tennessee



Name of Trail	Zone	Segment Mileage	Total Trail Mileage	Date Completed
Laurel Fork Creek	3		11.0	
Sawmill Trailhead > Laurel Fork - Yellow Cliff Connector	3	0.9		
Laurel Fork - Yellow Cliff Connector > Yellow Cliff	3	1.8		
Yellow Cliff > Salt Pine Ridge	3	1.6		
Salt Pine Ridge > West Entrance	3	0.4		
West Entrance > Jack's Ridge	3	2.6		
Jack's Ridge > Black House Branch	3	0.1		
Black House Branch > Fork Ridge "The Hub"	3	3.6		
Middle Creek Nature Loop	3		3.3	
Middle Creek - Slave Falls Connector	3		0.8	
Oscar Blevins (Trailhead on West Bandy Creek Road)	3		2.1	
River Trail East (Angel Falls > Station Camp)	3		5.8	
Salt Pine Ridge	3		2.9	
Waterfront at Leatherwood Ford	3		0.3	
West Entrance	3		2.3	
West Entrance Trailhead > Laurel Fork Creek	3		1.5	
West Entrance Trailhead > Oscar Blevins	3		0.4	
Yellow Cliff	3		2.3	
Big Island Loop	4		10.3	
Trailhead > small loop junction	4	0.7		
small loop junction > large loop junction	4	0.8		
large loop junction > Big Island Road	4	1.5		
Big Island Road > Big Island Ford & Spur	4	1.9		
Big Island Ford & Spur > Station Camp Crossing	4	2.1		
Station Camp Crossing > Station Camp Road	4	1.6		
Station Camp Road > Indian Dome Rockhouse	4	1.4		
Indian Dome Rockhouse > Big Loop (end)	4	0.3		
Big Island River Ford & Spur > No Business	4		0.6	
Big Island small loop	4		1.0	
Bronco Overlook	4		1.5	
Charit Creek Lodge	4		1.0	
Charit Creek Lodge > Station Camp Creek Overlook	4		0.7	
Charit Creek Lodge > Hatfield Ridge Connector	4		0.9	
Coffee (off TN-154 near KY/TN state line)	4		0.1	
Dome Rock House	4		0.2	
Gobbler's Knob	4		4.9	
Hatfield Ridge Loop (Terry Cemetery Road > Parch Corn)	4		6.5	
Hurricane Ridge	4		0.9	

# Big South Fork

National Park Service  
U.S. Department of the Interior

National River & Recreation Area  
Kentucky & Tennessee



Name of Trail	Zone	Segment Mileage	Total Trail Mileage	Date Completed
Indian Dome Rockhouse	4		0.2	
Kentucky Trail (No Business > Laurel Hill)	4		1.5	
Long Field Branch	4		0.9	
Maude's Crack	4		1.2	
Miller Branch	4		1.9	
No Business	4		1.5	
Parch Corn Spur (Duncan Hollow > Station Camp Connector)	4		0.2	
Pilot Wines Loop	4		7.9	
Station Camp Trailhead > Shot-Off Cliff	4	5.3		
Shot-Off Cliff > Big Island Road	4	2.6		
Ranse Boyatt	4		1.0	
River Trail West	4		1.0	
Rock Creek Loop	4		2.4	
Sheltowee Trace (from John Muir Trail to Ky/TN state line)	4		0.3	
Shot-Off Cliff	4		2.3	
Slave Falls Loop	4		2.8	
Slave Falls Spur North	4		0.3	
Slave Falls Spur South	4		0.3	
Slave Falls > Twin Arches Connector	4		1.5	
Station Camp Connector (at Station Camp Campground)	4		0.1	
Station Camp Creek	4		3.1	
Station Camp Perimeter (at Station Camp Campground)	4		0.7	
Station Camp River Ford	4		0.1	
Station Camp - Duncan Hollow Connector	4		1.1	
TN/KY Connector Trail (Hurricane Ridge > Williams Creek)	4		0.8	
Three Forks (Divide Road > Gobbler's Knob)	4		0.3	
Twin Arches Connector	4		0.5	
Twin Arches Loop	4		3.6	
Twin Arches Upper Loop	4		0.4	
Watson Cemetery	4		0.9	
Alum (Sheltowee Trace to park boundary)	4		0.3	
Alum Creek	4		1.3	
Bald Knob Hill Cemetery	5		1.4	
Bear Creek Loop	5		5.9	
Bear Creek Road > Bear Creek Horse Camp	5	2.4		
Bear Creek Horse Camp > Lee Hollow Loop	5	0.4		
Lee Hollow Loop > Lee Hollow Loop	5	0.3		

# Big South Fork

National Park Service  
U.S. Department of the Interior

National River & Recreation Area  
Kentucky & Tennessee



Name of Trail	Zone	Segment Mileage	15Total Trail Mileage	Date Completed
Lee Hollow Loop > Cotton Patch Loop	5	2.3		
Cotton Patch Loop > Bear Creek Road	5	0.5		
Bear Creek Overlook	5		0.3	
Big Spring Falls	5		0.1	
Blue Heron Loop	5		6.6	
Parking Lot near River Access > Laurel Branch Horse Trail	5	0.8		
Laurel Branch Horse Trail	5	0.3		
Laurel Branch Horse Trail > Lee Hollow / Laurel Branch	5	0.9		
Lee Hollow / Laurel Branch > Trailhead at Blue Heron Overlook Road	5	2.4		
Trailhead at Blue Heron Overlook Road > Blue Heron Overlook	5	1.4		
Blue Heron Overlook > Parking Lot near River Access	5	0.8		
Blue Heron Overlook	5		0.2	
Chestnut Ridge	5		2.0	
Cotton Patch Loop	5		8.3	
Slaven Branch Trailhead > Bear Creek Loop	5	6.2		
Bear Creek Loop > Bear Creek Road	5	0.5		
Bear Creek Road > Slaven Branch Trailhead	5	1.6		
Devils Jump Overlook	5		0.1	
Dick Gap Connector (Dick Gap Trailhead to Sheltowee Trace / Kentucky Trail)	5		0.1	
Dick Gap Overlook	5		0.3	
Dick Gap Road Bypass	5		0.6	
Guy Kidd	5		1.8	
Laurel Branch	5		0.9	
Laurel Hill	5		2.8	
Beech Grove Road > Kentucky Trail	5	1.8		
Kentucky Trail > Kentucky Trail / Sheltowee Trace	5	0.4		
Kentucky Trail / Sheltowee Trace > Miller Branch	5	0.6		
Lee Hollow Loop / Bear Creek Access > Laurel Branch	5		2.5	
Lee Hollow Loop / Laurel Creek > Bear Creek Access	5		2.0	
Mine 18 Interpretive (Blue Heron Outdoor Museum)	5		1.0	
Oil Well Branch	5		1.1	
Paul T West (near Slaven Knob)	5		2.2	
Sheltowee Trace - Peter's Mountain > Laurel Hill	5		1.7	

# Big South Fork

National Park Service  
U.S. Department of the Interior

National River & Recreation Area  
Kentucky & Tennessee



Name of Trail	Zone	Segment Mileage	Total Trail Mileage	Date Completed
Sheltowee Trace / Kentucky Trail	5		15	
Laurel Hill > Watson Branch	5	4.2		
Watson Branch > Oil Well	5	2.0		
Oil Well > Oil Well	5	1.8		
Oil Well > Bald Knob-Hill	5	0.3		
Bald Knob-Hill > Big Spring Falls	5	3.3		
Big Spring Falls > Long Trail North Horse Trail	5	2.2		
Long Trail North Horse Trail > Blue Heron Tipple	5	1.1		
Sheltowee Trace	5		17.3	
Blue Heron Tipple > Watson Ridge Road South	5	2.9		
Watson Ridge Road South > Watson Ridge Road North	5	1.7		
Watson Ridge Road	5	0.1		
Watson Ridge Road > Koger Arch Trail	5	0.8		
Koger Arch Trail > Wilson Ridge Connector	5	0.5		
Wilson Ridge Connector > Yamacraw Bridge	5	1.3		
Yamacraw Bridge > Alum Trail	5	2.7		
Alum Trail > Alum Ford Campground Road	5	3.0		
Alum Ford Campground Road > Yahoo Overlook	5	1.3		
Yahoo Overlook > Cliffside Loop	5	0.3		
Cliffside Loop > Big Creek park boundary	5	2.7		
Split Bow Arch & Overlook	5		0.3	
Stoopin Oak	5		2.6	
Upper King Cemetery	5		0.2	
Watson Branch	5		1.5	
Wilson Ridge Road Connector	5		1.0	
Yahoo Arch	5		0.6	
Yahoo Falls Picnic Area	5		0.1	
Yahoo Falls trail system	5		1.9	
Yamacraw Loop	5		0.7	

## ZONES:

- Zone 1 = Rugby > Honey Creek
- Zone 2 = Honey Creek > Hwy 297
- Zone 3 = Hwy 297 > Fork Ridge Rd
- Zone 4 = Fork Ridge Rd > TN/KY State Line
- Zone 5 = Kentucky

NOTE: The only trails not included are the bike trails near Bandy Creek and horse trails that are in immediate vicinity of hiking trails.