

Major Trailheads and Road Crossings

with mile markers according to the official Sheltowee Trace Trail maps by Outragegis

Trailhead / Road Crossing Name	Southbound Mile Marker	Notes
Morehead Conference Center	25	Long term parking OK. Recommended for Thru-Hikers. Park in designated Sheltowee Trace Hiker spots.
Cumberland Ranger Station / Visitor Center	36	Long term parking OK.
Stoney Cove	37	Long term parking OK.
Clear Creek Lake Trailhead / Boat Ramp	47	Long term parking OK. Do not park at shooting range.
Corner Ridge	66	Long term parking OK. RRG overnight pass required.
Bison Way	71	Long term parking OK. RRG overnight pass required. 0.8 mile connector trail.
Sheltowee Trace Suspension Bridge Trailhead	76	Long term parking OK. RRG overnight pass required. 0.4 mile connector trail.
Gray's Arch Trailhead	80	Long term parking OK. RRG overnight pass required.
Whittleton Trailhead	83	Long term parking OK. RRG overnight pass required.
Natural Bridge Lakeside Trailhead	83.5	Overnight parking NOT OK.
Hemlock Lodge	84	Long term parking OK. Ask permission from Hemlock Lodge.
Big Bend Road	88	Overnight parking NOT OK.
Heidelberg Park	108	1/2 nights parking OK.
Arvel	120	No trailhead.
Turkeyfoot	129	Long term parking OK. Park before bridge/dam/entrance to campground.
McKee	137	Long term parking OK. Park at Big Turtle trailhead.
S-Tree	147	Long term parking OK. Park at entrance to campground in the day use lot.
Wildcat	169	Long term parking OK. Park at the monument information center / gazebo parking lot.
Interstate 75 / 49er Truck Stop	173	Long term parking OK. At 49er Truck Stop, ask permission to park.
KY 80	180	Overnight parking NOT OK.
Vanhook Trailhead / KY 192	198	Long term parking OK.
Laurel River Dam	205	1/2 nights parking OK.
Cumberland Falls	219	Long term OK. Check with the resort lodge. Parking lot prone to flooding after unusually heavy rains.
Flat Rock / US 27	237	Long term parking OK. Park at Flat Rock Missionary Baptist Church closest to the Trace along the fenceline.
Yamacraw	250	Long term parking OK.
Blue Heron	*	Long term parking OK. *This trailhead is on the Kentucky Trail reroute, ~7 miles south of mile marker 254. Across the bridge.
Ledbetter Trailhead	*	Long term parking OK. *This trailhead is on the Kentucky Trail reroute, ~13 miles south of mile marker 254.
Peter's Mountain Trailhead	265	Long term parking OK.
Charit Creek Lodge Trailhead	293	Long term parking OK.
Bandy Creek	298	Long term parking OK. Park at the Big South Fork ranger station / visitor center or near the swimming pool.
Leatherwood Ford	306	Long term parking OK. Parking lot prone to flooding after unusually heavy rains.
Honey Creek Trailhead	313	Long term parking OK.
Burnt Mill Bridge	319	Long term parking OK.