



# CUMBERLAND GAP NATIONAL HISTORICAL PARK



## HIKING AND CAMPING

### MINIMUM HIKING AND CAMPING GUIDELINES

1. Prepare Well: If unsure of your route, check with a ranger before starting your trip. Take adequate equipment, food, water, and clothing suitable for weather conditions and terrain.
2. Back Country Campsites: Obtain back country camping permit from the visitor center. Camp only in designated areas. Do not ditch around tents. Use a plastic ground cover.
3. Garbage: Pack it in, pack it out! Please help us by picking up litter as you encounter it.
4. Sanitation: Use established latrines if provided. Use a cat hole if there are no established latrines. Dispose of all human waste and wash water at least two hundred feet away from water sources.
5. Drinking Water: For day hikes, take enough water for the entire trip. Treated water is available at Hensley Settlement. Untreated water is found at Martin's Fork and may be available in drainages near other back country campsites.
6. Fires: Keep fires small. Build fires only in established fire rings. Use only dead wood which is down.
7. Smoking: Smoke only when safe - around a fire or in a clear area. Carry out butts.
8. General: Alcoholic beverages are allowed only in camp. Stay on established trails - no short cutting. Pets must be on leashes at all times. During summer months, please do not leave pets unattended in vehicles. Observe good trail etiquette.

### HIKING

The park contains more than fifty miles of trails and encompasses more than 20,000 acres.

No permits are needed for day hikes; however, all hikers are expected to observe applicable minimum impact hiking and camping rules.

Hypothermia can be a problem for the improperly dressed hiker, even in summer because of lower temperatures caused by rain and wind. Autumn and winter temperatures demand warmer dress. As a rule of thumb, air temperature drops three and one half to five degrees for every one thousand feet in elevation. The visitor center is 1,100 feet, the Pinnacle 2,440 and Hensley Settlement 3,400 in elevation.

### HORSES

Horses are permitted on many trails within the park. A brochure identifying those trails is available from park staff.

### BIKES

Bikes are permitted only on paved roads and designated trails. Bikes must observe all traffic regulations. They must ride in a single file and as close as possible to roadway edges. They must yield to pedestrians on off-road trails.

### MARTIN'S FORK CABIN

Martin's Fork campsite includes a one-room primitive cabin with a fireplace and six bunks. Reservations can be made by calling the visitor center at (606) 248-2817.

A per night fee is charged for cabin use. A key is issued for the cabin.

### WATCH OUT

Please do not leave children unattended.

Watch your footing to prevent falls from rocks and cliffs.

Do not feed wild animals! It creates a dependence on man, upsets feeding habits, and creates situations which may result in injury.

Two species of poisonous snakes are found at Cumberland Gap -- the Timber Rattlesnake and the Copperhead. Leave them alone.

### WILDERNESS ROAD CAMPGROUND

The campground is located on US 58 one mile from US 25E. An informational map is available at the visitor center.

### EMERGENCY TELEPHONE NUMBERS

911  
(606) 248-2817 (Headquarters)  
(606) 248-3636 (Middlesboro Police)

### For additional information contact:

Superintendent  
P.O. Box 1848  
Middlesboro, Kentucky 40965  
(606) 248-2817

**CUMBERLAND GAP NATIONAL HISTORICAL PARK  
TRAIL MILEAGE CHART**

FROM	TO	MILES
PINNACLE	SUGAR RUN TRAIL	1.7
	LEWIS HOLLOW TRAIL	1.7
	GIBSON GAP TRAIL	5.1
	INDIAN ROCK	10.5
	HENSLEY VIA INDIAN ROCK	11.0
	HENSLEY VIA RIDGE TRAIL	11.7
	CHADWELL GAP	12.4
	MARTIN'S FORK CABIN	12.6
	CHADWELL GAP TRAIL	12.8
	EWING TRAIL	15.6
	SAND CAVE TRAIL	15.8
	WHITE ROCKS CAMPSITE	16.5
	WHITE ROCKS	16.6
	CIVIC PARK	19.0
CIVIC PARK	RIDGE TRAIL	3.8
	SAND CAVE TRAIL	4.0
	WHITE ROCKS CAMPSITE	3.0
	WHITE ROCKS	3.2
	MARTIN'S FORK	7.2
	HENSLEY SETTLEMENT	8.0
CHADWELL GAP TRAIL HEAD	RIDGE TRAIL	2.1
	CHADWELL GAP CAMPSITE	2.3
	MARTIN'S FORK	2.5
	HENSLEY SETTLEMENT	3.2
WILDERNESS ROAD CAMPGROUND	GIBSON GAP	4.8
	HONEY TREE SPUR	1.1
	GREEN LEAF NATURE TRAIL	.7
WILDERNESS ROAD/ MISCHA MOKWA	EWING	21.0
WILDERNESS ROAD PICNIC AREA	SKYLIGHT CAVE	0.6
	RIDGE TRAIL	1.1
	PINNACLE	2.8
SUGAR RUN TRAIL HEAD	RIDGE TRAIL	2.2
	PINNACLE	3.9
VISITOR CENTER	FITNESS TRAIL	2.0
IRON FURNACE/ WILDERNESS ROAD	CUMBERLAND GAP PASS	.5
	TRI-STATE PEAK	1.3