

KENTUCKY and BLUE HERON

Hiking Trails and Maps

National Park Service
U.S. Department of the Interior

Big South Fork National River and
Recreation Area
Oneida, TN



YAMACRAW EAST TRAILHEAD

From US 27 in Kentucky, turn left on KY92 and continue through Stearns until you reach the Yamacraw Bridge. Parking is on the right before crossing the bridge.

Sheltowee Trace National Recreation Trail



Sheltowee or Big Turtle, was the name given to Daniel Boone when he was adopted into the Shawnee tribe as the son of the great war chief, Blackfish.

Named in honor of Boone, the 269 mile trail covers much of the land explored and settled by early pioneers in Kentucky. The trail follows the route of the Hidden Passage Trail from Pickett State Park, through a section of the Big South Fork and then enters the Daniel Boone National Forest.

Yamacraw Bridge to Yahoo Falls

8.3 miles one way

MODERATE

Hiking on the Sheltowee Trace, travel upstream along Lick Creek. The trail returns to the Big South Fork and parallels the river as it flows northward. The trail features streams, river views, and bluffs.

Yamacraw-Yahoo Falls Loop Trail

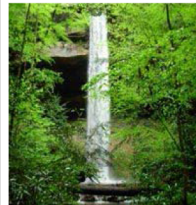
15.4 miles

MODERATE/DIFFICULT

Beginning at the Yamacraw Bridge, this moderate/difficult 15.4 mile loop trail leaves the Sheltowee Trace. It goes past Yahoo Falls and Yahoo Arch before crossing KY 700. Within the Daniel Boone National Forest it follows Negro Creek back into the Big South Fork and returns to Yamacraw Bridge.

Yahoo Falls Scenic Area

From US 27 turn onto KY 700W. Drive 4.7 miles, then turn right to enter the scenic area. A one mile loop trail will take you behind the waterfall, through a rockshelter and back to two overlooks of the falls.



Kentucky's highest waterfall, Yahoo Falls, drops 113 feet into a pool below. From this loop you can reach Yahoo Arch in 0.7 mile.

BLUE HERON TRAILHEAD

From US 27 in Kentucky at Pine Knot, prior to the pedestrian overpass, turn onto KY 1651. At Revelo, take KY 742 (Mine 18 Road) into the park. Passing the Blue Heron Campground, remain left at the fork. The Blue Heron Trailhead is on the left.

Blue Heron Loop Trail

6.5 miles

MODERATE/DIFFICULT

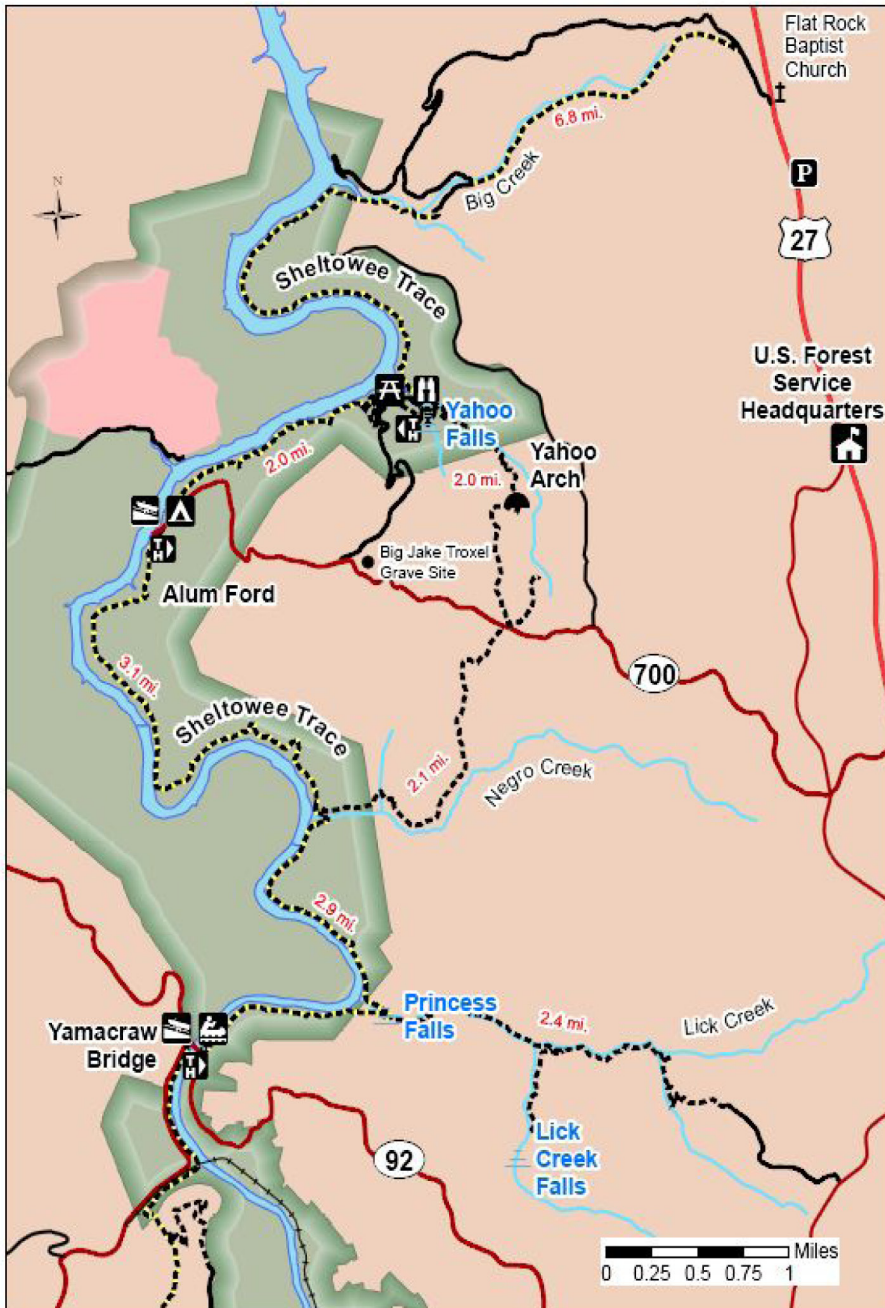
The Blue Heron Loop Trail features gorge overlooks, "Crack in the Rocks", the Blue Heron Mining Community, river views with rapids, streams and rock bluffs. The trail passes by



Devils Jump Rapid, a Class IV rapid on the Big South Fork River.

CAUTION: Do not climb out on the rocks.

YAMACRAW-YAHOO LOOP
YAHOO FALLS and YAHOO ARCH
SHELTOWEE TRACE TRAIL
(enters the Daniel Boone National Forest near Big Creek)
ALUM FORD CAMPGROUND



From the Blue Heron Loop Trail, you can also take in the views from Devils Jump Overlook and the Gorge Overlook.

Past the Blue Heron Trailhead are two parking areas for overlooks. The first leads to an overlook of Devils Jump, a serious Class IV rapid.

Devils Jump Overlook

0.1 mile one way

EASY

From the parking area, a paved trail leads to the overlook. The Blue Heron Loop Trail passes through this area.

Gorge Overlook

0.5 mile one way

EASY

There is a large parking area and a paved trail leading to the overlook. A vault toilet and picnic tables are provided at the trailhead parking area.

Catawba Overlook

1.6 miles one way **MODERATE/DIFFICULT**

In the Blue Heron Mining Community, cross the Big South Fork River on the tippie bridge. Turn left on the Kentucky Trail to reach the overlook. This trail continues beyond the overlook to Dick Gap Falls (0.6 mile) and Big Spring Falls (2.1 miles). If you rode the Big South Fork Scenic Railway into Blue Heron, you do not have time to visit this overlook. The Catawba Overlook was named for the Catawba Rhododendron that grows there. Found more frequently in the park is the Rosebay Rhododendron.



Kentucky Trail

19 miles one way **MODERATE/DIFFICULT**

Designated as a long-distance trail, the Kentucky Trail connects with the John Muir Trail near No Business Creek. It ends at a junction with the Sheltolee Trace prior to crossing Rock Creek. After joining the Sheltolee Trace you will reach the Yamacraw Bridge in 2 miles. The trail features Difficulty and Troublesome Creeks, Oil Well Branch, Big Spring Falls, and Catawba Overlook.

BEAR CREEK HIKING TRAILHEAD

From US 27 at Pine Knot take 1651 to Revelo, KY. Turn onto KY 742 and drive 3.1 miles. Look for signs for the Bear Creek Scenic Area. Turn left and drive 3.7 miles to the trail head. Before reaching the trailhead you pass the Split Bow Arch Overlook.

Split Bow Arch Loop Trail

0.6 mile one way

EASY/MODERATE

Descending to the base, the trail climbs steps underneath the arch to a narrow passageway leading back to the trailhead.



Bear Creek Overlook

0.5 mile one way

EASY



This scenic overlook is high above a large bend in the Big South Fork River. The trail crosses old fields before entering the woods and reaching the bluff top.

Buffalo Arch

0.7 mile one way

EASY/MODERATE

Buffalo Arch is located in the Daniel Boone National Forest near the Parkers Mountain trail. Drive north on TN 154, 0.3 mile past the TN/KY state line. Turn right on the gravel road and drive about 1 mile to a dirt road on the right. Park and walk down this road for 0.7 mile to Buffalo Arch.

**BLUE HERON LOOP
DEVILS JUMP OVERLOOK
GORGE OVERLOOK
CATAWBA OVERLOOK
BIG SPRING FALLS**

