

# Cumberland Gap

National Historical Park  
National Park Service  
U. S. Department of the Interior

## HIKING AND CAMPING

### MINIMUM CAMPING AND HIKING GUIDELINES:

1. Prepare Well: If unsure of your route, check with a ranger before starting your trip. Take adequate equipment and clothing for weather conditions. Wear footwear suitable for rough and rocky terrain. Take adequate food and water.

2. Campsites: Obtain a backcountry 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! Garbage which can be reduced entirely to ash may be burned in campsite fire pits. 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 100 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; it may be available in drainages nearby the other back country campgrounds.

Do everything you can to protect water sources from contamination. Boil and chemically treat all drinking water. Use of filters, boiling, or chemical treatment alone is strongly discouraged.

6. Fires: Keep fires small. Build fires only in established fire rings. Use only dead wood which is down.

7. Smoking: Smoke only where safe - around a fire or in a cleared area. Carry out butts.

8. General: Alcoholic beverages are allowed only in camp. Stay on established trails - no short cutting. Pets are allowed in the backcountry on a leash. Observe good trail etiquette.

### HIKING

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

Trails range from a short walk to the Pinnacle along paved paths to a 22-mile trail running the length of the park.

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

Dress appropriately. Comfortable boots are recommended. Two pairs of socks are often helpful.

Hats will reduce exposures as will a long-sleeved shirt. 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 1,000 feet in elevation (the visitor center is about 1,000 feet, the Pinnacle 2,400 feet, and Hensley Settlement 3,400 feet).

### HORSES

Horses are permitted on many trails within the park. Horse entry points are: Colson Lane (just east of the campground entrance in Virginia on US 58), Sugar Run (located on KY Route 988, 100 yards south of the Dark Ridge overlook), Shillalah Creek or Brownies Creek Road (ask a ranger for directions), Ewing Trail (commences outside US boundary at Civil park, north of Ewing, VA on VA Route 724). Horses are not allowed on paved trails, on the ridge trail west of Sugar Run, or within Hensley Settlement. Other trails are designated off-limits to horse use. Horses may not be ridden along road shoulders in the park. They may not be tied to trees.

### BIKES

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

### WATCH OUT!

Please do not leave children unattended.

Be aware of the possibility of falling from rocks and cliffs at all times.

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

Two species of poisonous snakes are found at Cumberland Gap -- the Timber rattle-snake, and the Copperhead. Leave them alone. Leave them and all other snakes strictly alone.

Insects are the greatest threat to comfort while hiking. Insect stings can be dangerous if received in sufficient quantities.

Check daily for ticks which may cause Lyme disease or spotted fever.

Wear repellent for gnats and mosquitoes. Contact with wasps, yellow jackets, and hornets may normally be avoided by staying on trails.

If the weather is cold, be aware of the dangers and symptoms of hypothermia and frostbite. If the weather is hot, know the dangers and symptoms of heat stroke and sunstroke.

If you have any doubts or questions, ask a ranger before setting out.

#### REPRESENTATIVE TRAIL MILEAGE:

- |               |      |
|---------------|------|
| 1. Ridge      | 15.6 |
| 2. Sugar Run  | 2.3  |
| 3. Gibson Gap | 4.8  |
| 4. Ewing      | 3.8  |

#### TRAIL DIFFICULTY:

Tri-state	Easy
Sugar Run	Easy
Pinnacle loop	Easy
Ridge	Medium
Gibson Gap	Medium
Chadwell Gap	Harder
Ewing	Harder

#### BACKCOUNTRY CAMPING

There are five backcountry campsites located in the park. For locations, see the park brochure.

**Gibson Gap:** Three (3) groups or 24 persons; **NO HORSES.**

**Chadwell Gap:** Four (4) groups or 32 persons; **NO HORSES.**

**Martin's Fork:** Eight (8) groups or 64 persons and 20 horses.

**White Rocks:** Four (4) groups or 32 persons; 8 horses.

**Hensley Horse Camp:** 20 persons and 20 horses. Camping is restricted to horse users and their horses.

#### MARTIN'S FORK CABIN

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

A per-night fee is charged for cabin use.

#### WILDERNESS ROAD CAMPGROUND

The campground is located on U.S. 58, two miles east of U.S. 25-E (Cumberland Gap Parkway). It is OPEN ALL YEAR.

#### FEES

Camping fees are charged. Reservations are not required except for group sites.

#### GENERAL

All 160 sites are suitable for tents or trailers. There are no utility hookups; however, comfort stations DO have hot showers.

Groups need reservations in advance. Reservations are not required or accepted for other sites. All campers register on arrival and check out on departure at the ranger station. A self-service pay station is in operation.

Hiking trails are nearby; during summer evenings, campfire programs may be available at the campground amphitheater. Firewood may be available near the beginning of Loop A.

An RV dump station is provided.

Please build fires only in established fire rings or grills or in portable grills.

Quiet hours begin at 10:00 p.m. and end at 6:00 p.m., but campers are always expected to be courteous to their neighbors by avoiding unnecessary loud noise.

Pets are allowed but must be kept on a leash at all times.

#### EMERGENCY TELEPHONE NUMBERS:

**DAY:** 606-248-2817 (Headquarters)  
**NIGHT:** 606-248-5766 (Rangers)  
606-248-3636 (Middlesboro Police)  
606-337-3102 (Bell Co. Sheriff)  
703-445-5495 (Park Ranger)  
615-869-4228 (Park Ranger)

**THE ADDRESS FOR THE SUPERINTENDENT IN IMMEDIATE CHARGE OF THE PARK IS:**

P.O. BOX 1848  
MIDDLESBORO, KY 40965

