



Cumberland Gap National Historical Park

Day Hikes

There are over 80 miles of hiking trails within the park. Some are very strenuous and all have various grades of uphill travel. This guide describes some of the more accessible trails. They are grouped by trailhead. The mileage given is approximated and given for one way travel unless otherwise stated. The difficulty rating is based on the steepness of the trail.

Remember to take along water and wear appropriate clothing and footwear.

Visitor Center:

- *Fitness Trail - *2 mile loop* trail, easy to moderate.
- *Thomas Walker Trail to Thomas Walker parking area - *0.9 mile*, easy to moderate.
(First 0.3 mile is paved and follows beside Pinnacle road.)

Thomas Walker Parking Area:

- *Thomas Walker Trail to visitor center- *0.9 mile*, easy to moderate.
- *Object Lesson Road Trail - *0.4 mile*, easy, to Wilderness Road Trail - *0.2 mile*, easy, where you intersect with the Tri-State Trail. Along this trail to Tri-State Marker - *0.6 mile*, moderate. Return by way of Tri- State Trail and Wilderness Road Trail - *0.9 mile*, moderate.
- *Wilderness Road Trail to Saddle of Gap - *1.1 mile*, moderate.
- *Object Lesson Road Trail - *0.4 mile*, easy, to Wilderness Road Trail - *0.2 mile*, easy, to Saddle of Gap where you intersect with Harlan Road Trail - *0.3 mile* left on Harlan Road Trail to Ft. McCook, right on Pinnacle Trail to Pinnacle - *0.8 mile*, strenuous.

Ft. McCook Parking Area:

- *Up 46 steps to Ft. McCook earthworks and cannon.
- *Harlan Road Trail to Saddle of the Gap - *0.3 mile*, moderately strenuous.
- *Pinnacle Trail to Pinnacle overlook - *0.8 mile*, strenuous.
- *Harlan Road Trail to highway KY 988 - *1.6 mile*, strenuous.

Pinnacle Overlook:

- *Overlook Trail from either end of parking area - *200 yards*, easy.
- *Ft. Lyons – short walk to earthen works and cannon; easy to moderate.
- *Ridge Trail runs the length of park to White Rocks; approximately *19 miles*, moderate.





Iron Furnace Parking Area:

- *Tennessee Road - *0.3 mile* to Wilderness Road Trail. Left to Saddle of the Gap- *0.3 mile*, where you intersect with Tri-State Trail. Along this Trail to Tri-State marker - *0.6 mile*, moderate.
- *Tennessee Road, 0.3 mile to Wilderness Road Trail right to Daniel Boone Parking Area - *0.6 mile*, easy to moderate.

Daniel Boone Parking Area:

- *Wilderness Road Trail to Saddle of the Gap - *0.9 mile*, easy to moderate, to Tri-State Trail, right to Tri-State marker - *0.6 mile*, moderate.
- *Wilderness Road Trail - *0.6 mile* to Tennessee Road Trail, left to Iron Furnace - *0.3 mile*, moderate.
- *Boone Trail to Wilderness campground road - *1.6 mile*, easy to moderate.

Sugar Run Picnic Area:

- *Sugar Run Trail to Ridge Trail - *2.6 miles* , strenuous.

Wilderness Road Campground:

- *Greenleaf Nature Trail - *0.7 mile* loop, easy to moderate.
- *Greenleaf Nature Trail to Honey Tree Spur Trail - *1.1 mile*, easy to strenuous.
- *Gibson Gap Trail to Ridge Trail - *5 mile*, strenuous.
- *Lewis Hollow Trail to Skylight Cave – *1.0 mile*, moderate to strenuous.



Wilderness Campground Picnic Area:

- *Lewis Hollow connector Trail - *0.2 mile* to Lewis Hollow Trail - *0.8 mile* to Skylight Cave, strenuous.



Handicapped Accessible:

- *Thomas Walker Trail from Visitor Center to under 25 E bridge- **paved** - *0.4 mile*.
- *Pinnacle Overlook Trail from right end of Pinnacle parking area - **paved** - *200 yards*.
- *Cemetery Road – Bartlett Park picnic area - park in picnic area. Walk road by maintenance building follow **gravel road** to railroad trestle - *0.5 mile*.