

Sheltowee Trace Resupply Options and Trail Angels

While we attempt to verify the information contained in this document, **you must make contact with these organizations, businesses, or individuals before you ship to let them know your package is coming and to confirm they still wish to handle your box.**

All packages should be marked with “Name, Hold for Sheltowee Trace Thru Hiker. Expected date of pick up: _____.”

If mailed to a Post Office, packages should be marked for General Delivery unless being sent to a specific person or organization. All packages should, again, have your name, “Hold for Sheltowee Trace Thru Hiker” and anticipated date of pick up. Please give all trail angels and volunteers an appropriate amount of notice before requesting their services.

*mile marker according to the current official Sheltowee Trace maps by Outragegis. Please refer to our list of major trailheads with their mile markers (available on the website under “hiker resources”).

Support Location	*	Name / Business	Support Offered	Contact Info
Cave Run Lake Chapter	0 - 67	CRLC Volunteers	Resupply boxes can be accepted and delivered to you on the trail. Volunteers can pick you up and take you to hotels, Kroger, Walmart, etc. in the town of Morehead or Frenchburg.	crlc@sheltoweetrace.org
Town of Morehead	25	USPS Morehead Post Office	Resupply boxes accepted- one block east of the trail.	606-784-5556 700 W 1ST ST MOREHEAD, KY 40351-9998
Town of Morehead	25	IGA, Dollar General, Save a Lot, Shell, BP, Arby's, Wendy's, Fuzzy Duck, Jimmy John's, Cook Out, Sonic, BW3s, KFC, & more.	Groceries, food, dining, & water. More food, grocery, and lodging options are available 2.5 miles north of the trail.	
Natural Bridge State Park / KY-11	84	Hemlock Lodge	Resupply boxes accepted. Water fountains. Restaurant inside lodge. Comfortable rooms.	606-663-2214 2135 Natural Bridge Road Slade, KY 40376
Natural Bridge State Park / KY-11	83.5	Daniel Boone Coffee Shop	Resupply boxes accepted and can be delivered to you on the trail. Groceries, backpacking food/supplies, fresh deli food and coffee- half a mile north of the trail. Camping, showers, and laundry are available. Text volunteer Stevie Smith for a ride to Heidelberg to skip the dog section (859-866-9200).	606-663-2549 769 Natural Bridge Rd, Slade, KY 40376

Highway 1036, 399, Cressmont to Arvel	84 to 123	Lago Linda Hideaway	Camping, shuttles, accepts food boxes. Small store and restaurant on site.	950 Blacks Ridge Rd. Beattyville, Ky 41311 606 464-2876
Town of McKee	137	USPS McKee Post Office	Resupply boxes accepted- 2 miles south of the trail.	606-287-7279 320 MAIN ST N MC KEE, KY 40447-9998
Town of McKee	137	Rite Aid, Shell, Save a Lot, Dollar General, Family Dollar, Subway, Dairy Queen, Chicken Hut	Groceries, food, dining, & water- 2 miles south of the trail.	
Greater Cumberland Area	137-237	Volunteer Kimberly Dykes	Resupply boxes can be accepted and delivered to you on the trail. Shuttle services into town / back to the trail can be provided.	606-425-6360 (Texting preferred)
London Area	137-219	Volunteer Mike Rosko	Resupply boxes can be accepted and delivered to you on the trail. Shuttling services into town / back to the trail can be provided.	610-217-0742 rhysa@gmail.com 5790 Rough Creek Rd London, KY 40744
London Area	173-192	Volunteer Dave Wesley	Resupply boxes can be accepted and delivered to you on the trail. Shuttle services into town / back to the trail can be provided.	606-923-3136 dpwesley01@gmail.com 3989 Somerset Rd., London, KY 40741
London Area	173-205	Volunteer Shannon Harris	Resupply boxes can be accepted if mailed as general delivery to the London post office. Resupplies and water can be delivered to you on the trail. Shuttle services into town / back to the trail can be provided. Solo hikers can be picked up via 4wheeler on the trail where 4-wheelers have access.	606-765-002 smckinney0031@gmail.com C/O General Delivery 1760 Highway 192 W, London, KY 40741
London Area	173-219	Volunteer Melinda Brock	Resupply boxes can be accepted and delivered to you on the trail. Shuttle services into town / back to the trail can be provided.	606-682-5122 kikchic@hotmail.com 12 Corral Ct N, London, KY 40744

Interstate 75	173	49er Truck Stop	Resupply boxes accepted. Gas station groceries available. Fresh diner food served with sit-down option. Open 24/7.	606-843-9042 707 KY-909, East Bernstadt, KY 40729
KY-80 or Vanhook Trailhead	180-198	Volunteer Raven Ellis	Resupply boxes can be accepted and delivered to you on the trail.	270-585-3420 1039 White Lily Church Rd. Somerset, KY 42501
Cumberland Falls	219	Cumberland Falls State Resort Park Lodge	Resupply boxes accepted- steep but short climb to the lodge from the trail. Lodge has comfortable rooms and a restaurant.	606-528-4121 7351 Hwy 90, Corbin, KY 4070
Cumberland Falls	219	Sheltowee Trace Adventure Resort	Resupply boxes accepted- 6 miles east of the trail. Shuttling to and from the trail available. Resort offers camping, cabins, and showers.	800-541-7238 PO Box 1060 Whitley City, KY 42653
Whitley City	237	USPS Whitley City Post Office	Resupply boxes accepted- 3 miles south of the trail.	606-376-5342 1387 N HIGHWAY 27 WHITLEY CITY, KY 42653-9998
Whitley City	237	Kroger, McDonald's, KFC, Arby's, Murf's Bistro, Huddle House, FairBridge Inn	Groceries, food, dining, lodging, & water- 3-4 miles south of the trail.	
Bandy Creek	298	Bandy Creek Camp Store	Camping supplies, pizza, & snacks. Open April through November 9am-5pm.	1-423-286-7433

Updated March 12th 2020