One Last Lake, One Last Trail Town!

Section 10 is about 90% in the woods. You pick up the Trace at Clear Creek Trail Head and head into the woods where with any luck the leaves will be changing and the temps will be cool. There is a climb up to Zilpo and then you are down and over to White Sulphur Horse Camp area. Take it slow as there are multiple trails in this section on Saturday where you can easily miss a turn and be doing some extra miles. Look for the signs and directional changes to put you out on the new section of the Trace right before mile 40 on the map. This new section should add two miles to the mileage count making your final mileage 323.

The campsite on Saturday night is about 13 miles in at the intersection with what used to be the Sheltowee and is now 109A. There is a small pond there for filtering emergency water. This is a flat area and you will need to clear a spot in the woods to camp.

Sunday, you’ll have ridge line hiking over to Limestone Knob the tallest point in Rowan County then past Amburgy rock which is worth the side trip. The trail up on top is around the north side of the rock formation. From Amburgy you are on the gravel road for half-mile when you go left and down the hill to Mills Branch Road where you hit the road for one last time. On Mills Branch you follow the road and blazes painted on the road around and over to 519 then across 60 onto Main Street for the final mile back the trail head.
Section Ten Trace Notes:

Clear Creek to Morehead Conference Center Trail Head

Challenge participants please note the shuttle pick up is at 7:30 AM at Morehead Conference Center Trail Head on Main Street across from Police Station

FRIDAY NIGHT CAMPOUT: There is NO organized campout for this section. There are excellent accommodations in the Morehead area. If you wish to campout, the campground at Clear Creek is open.

Shuttle Directions: The shuttle will leave from parking lot behind the Morehead Conference Center at 7:30 a.m. It is about 45 minute ride back to the start point at Clear Creek. To get to Morehead take I-64 and exit at Flemingsburg—Morehead exit—EXIT Number 137. At the end of the ramp go into Morehead. About 3 miles into town you come to a stop light with Wendy’s restaurant on the corner. Turn here on Main Street. Two blocks on the right is a open parking lot. Please park in the front row nearest Main Street.

TRACE NOTES

Team One please note that your hike support person is Elizabeth Matera, Class of 2015 and a member of the Cave Run Chapter. She will be on hand to get shuttle going and throughout the day at crossings and at camp.

Make a note of her number: 502.435.5484

Saturday — Fall is here so the leaves should start to turn while you hike. From the trail head you are walking in the woods parallel to Clear Creek Road over to the intersection with trail 118. Here you need to continue left on the Trace through the woods and up the hill. At the top of the hill turn right in a wide area. In 200 feet go left onto the Trace and parallel Zilpo Road then down the ridge line to where you come out on the dried up back water of Cave Run Lake. At the bottom of the hill you need to be careful. White Sulphur connector trail just past Mile 42. The Trace goes straight across the rock bottom — look for the tree on the other side. Stay on the Trace — it is well marked — and avoid turns onto several old forest roads.

Right before Mile 40, look for signs directing you onto the new route of the Trace along the lake. This new reroute will add almost two miles to the day. On your map this trail is 1226. At the end of this section you come out on a gravel road. Here turn right and go down the hill. You are now in the Stoney Cove area of the lake. The Trace now goes onto the drive into the area. Up the hill to the top, you go right and cross the lake on the dam road. At the end of the road, you turn right. Cross the road (801) and in about a quarter mile you go left back onto the Trace. From here you are in the woods the rest of the day and you are about 3 miles from the campsite. The intersecting trail to the left is your clue you are home for the night.
Sunday — Pretty straight forward day. From camp you continue on the Trace straight ahead over to Limestone Knob the highest point in Rowan County then hit a gravel road for less than 5 minute before heading back onto the Trace at the corner of the gravel road. You are walking now again up and parallel to the gravel road over to Amburgy Rock area.

At the rock pause drop your packs and go north side of the rock and there is a path to the top. Worth the few moments expended. From Amburgy you go down the gravel road for half mile where you go left back into the woods and down the hillside into Mills Branch area. At Mills branch you go left on the road for the next 3 miles.

The road winds around, follow the blazes on the ground and over to Highway 519. At 519 go left and across Rte 60 over to Main. Turn right on Main and walk the mile until you see Wendy’s, Arby’s and the trail head.

Water: You should start with at least two liters of water. Water is limited along this section. The support vehicle WILL have water at Stoney Cove where you should fill up. There is only a pond at the campsite area which will require filtering. Support personnel will be on the gravel road near Amburgy for one last water fill up.

Water Obstacles / other Obstacles: Water shoes are not needed.

5 lb. Drop: The 5 lb. drop is NOT in effect.

Caution: Ticks are a problem along this section. We recommend you spray your clothes, wear long pants and shirts and take other measures to prevent tic bites. At the end of the day, please have someone check where you can’t see for ticks.

Good luck. Wishing each one of you “clear skies and mostly clear trails” for Section 9.

Please visit our webpage, go to STA Adventures page, 2016 Hiker Challenge and download the required Release of Liability, the Media Release and review the Code of Conduct please. Forms should be signed and either scan and sent in to the office or brought with you to first hike.