



2015 TRACE NOTES

Helpful information for your adventure on Section 4 of the Hiker Challenge .

WONDERS OF THE WORLD ALONG SECTION 4



Section 4 takes you the rest of the way through the Red River Gorge and into the Whittleton Arch section of the Trace. We encourage you to take the short side trail up to the Arch.

Team 1 and 2 : Both teams on same plan
Suspension Bridge - Kentucky River Heidelberg 33 miles

WEATHER DECISION Please check our Facebook, Twitter pages and your email for any last minute weather decisions.

The Trace exists the woods onto the camp road at Whittleton Camp Ground and up and across the street to Natural Bridge area. You'll climb the Original Trail up to the Bridge or feel free to take an alternate trail. Be advised that the other trails come out at the bottom of the Arch and it may be difficult to get your pack through the squeeze.

You'll knock off two more of the road sections along this path and cross the 100 mark on your journey to end of the Trace.



Getting to the Shuttle Point By 7 AM

Getting to Friday Night Campsite

Using the Mountain Parkway— take I-64 east or west and exit onto the Mountain Parkway. Follow the parkway to the signs for Natural Bridge State Park. Take exit 33 and turn right at the end of the ramp. You are Rt 11. Drive about 15 miles on Rt. 11 toward Beattyville. Turn right onto Rt 498 at / near Hilltop Pizza. Follow 498 to intersection of Rt 52. Turn right, go about 6 miles. About one quarter mile past country store on right look for sign on post of Pine Crest Lodge. Turn right go less than 1/4 mile and park in the area to the left of drive at lodge. Look for event signs.

The best places to camp on Friday night will be in the Natural Bridge area. With the recent floods, it is doubtful the Natural Bridge State Park campgrounds will be open for Team One. Team Two should check with the campground reservation system at <http://www.reserveamerica.com/camping/natural-bridge-state-resort-park/r/campgroundDetails.do?contractCode=KY&parkId=91912>

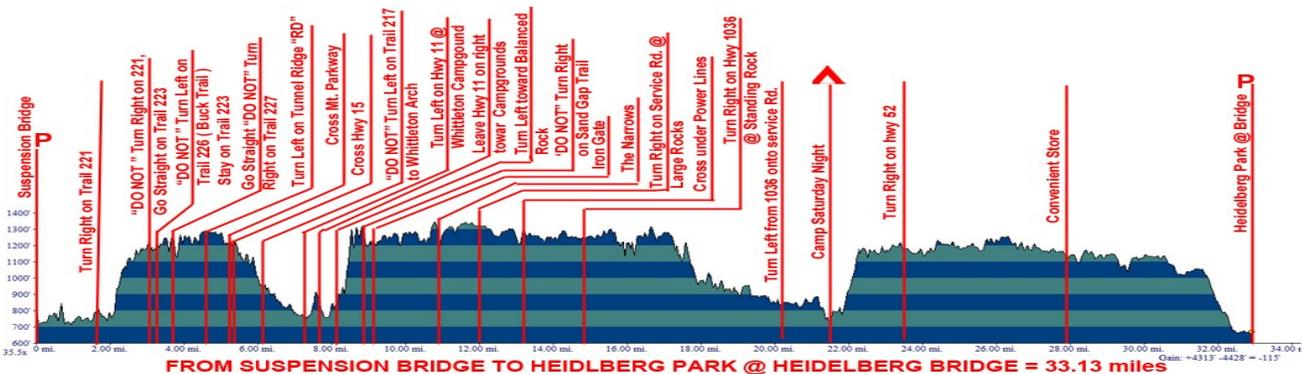
Using I-75 through Richmond — South of north on I-75. Exit at 90A or 90B depending on your direction. You exit onto Rt 421 / 25. Follow 421/25 along the by-pass around Richmond. Look for left turn to Irvine on Rt 52. Stay on Rt 52 to and thru Irvine and follow 52 toward Beattyville. When you ascend the hill on Rt 52 you will see the Trace as it goes right onto Rt 399. Pinecrest Lodge turn is on the left one mile past 399. Look for event sign on Rt 52.

The lodge at the park is full. There are several excellent motels, cabins, lodges along the road into Natural Bridge on Rt . 11.

The shuttle pick up point at Pine Crest Lodge is 30 minutes from Natural Bridge so plan accordingly. The Friday night campout fee is your responsibility.

2015 Hiker Challenge—Elevation Profile Section Two

Elevation diagram courtesy of Kaner "Rudy" Davis, Class of 2014





Section Three Trace Notes: Suspension Bridge to Ky River Heidelberg

Challenge participants please note the shuttle point is at 7 AM at Pine Crest Lodge. Red River Adventures will do the shuttle. When you finish your hike at the Ky. River we will shuttle you back to Pine Crest Lodge.

Leaving from the Shuttle Point : When you arrive at the shuttle point, a representative from the STA will direct you on where you should park. You will be transported in a van with a trailer attached for all the gear. Once you are ready, proceed to the trailer, stow your gear, and get in the shuttle. This is a 45 minutes shuttle ride back to the start point.

Starting: The start point for this Section is at the suspension bridge in the Gorge. Due to recent flooding and predicted rains in the days up to Team One's hike, you should be prepared to be dropped off short of the Suspension Bridge along Tunnel Ridge Road if the trail south of the bridge is underwater. STA personnel will scout the trail on Thursday before Team One's hike. It is possible that Team One will start at a different spot from Team Two.

What to Watch For: While in the Gorge, be aware of intersections. Look carefully for blazing before moving forward. Check your map. There are limited signs and blazes are generally painted on trees. When you come out on Tunnel Ridge road, please walk facing the traffic. Caution when you cross Rt 15 and go back into the woods. When you exit Whittleton Campground, you go left on Rt 11 for 100 meters and turn right into the overflow parking for the bridge. At the far end of the lot, there is a kiosk and a staircase down along the lake. Blazes should be evident. You cross the bridge and you are at the trail intersection up the hill. You NEED TO TAKE THE ORIGINAL TRAIL to the bridge. This will exit at the top of the bridge. Take a moment to go over and take a photo or two. There is a path south from the bridge. DO NOT GO TOWARD CHAIR LIFT THAT IS THE WRONG WAY. The path is south of the octagon pavilion on the hill above the bridge. You will be on single track now for 10 miles over the Narrows and exit onto a forest road. Turn right. Stay on this road till it exits onto a gravel road. Stay on the gravel road (Big Bend Road) till you exit onto Rt 1036 at the church. Your on the road now for the next couple hours. Stay on the road down the hill til the road turns to gravel. At the intersection of FS Road 1377 and 1036 you will turn left and go back into the woods. 1036 goes around to the right and up a step hill. For the next few miles you are on an old forest service road til you get to Big Sinking Creek. You cross the creek and on the right is the Saturday campsite.

On Sunday you hike up the gravel road and exit onto New Virginia, turn right onto Rt 52 and walk about .5 miles to intersection of Rt 399. Turn left and take the road 10 miles to Heidelberg city park where the shuttle will take you back to your vehicles. There is a small country store on the road walk into Heidelberg about halfway. You can get a sandwich there for lunch and drinks.

Water: You should start with at least two liters of water. Water is plentiful from the suspension bridge to Natural Bridge. There is no water along 1036 so make sure you leave Natural Bridge with water. There is water at the campsite but you should filter all water in this area.

Water Obstacles / other Obstacles: Bring water shoes if you have them. Big Sinking Creek could be several feet deep. This is the only water of substance you will cross if the rains let up and the Gorge can drain.

5 lb Drop: The 5 lb drop is in effect for registered Team Two members. Please DO NOT put your drop in a black garbage bag. White is prefer and if possible mark the items with your name. You will put your drop in the STA van at the start point. If needed you are permitted to "slack pack" from 1036 to camp and New Virginia to Heidelberg.

Saturday Night Camping: Saturday night camping is in the vicinity of Big Sinking Creek right on the trail. This is a large site with plenty of room for all users. If this site is flooded or too muddy from the recent rain and high water, we will use Pine Crest Lodge in the case of emergency.

Finishing: On Sunday you will have 10 miles to hike on the roads into Heidelberg. As you finish the shuttle will take you and your gear back to your vehicles at Pine Crest Lodge.

Please visit our webpage, go to STA Adventures page, 2015 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.

