



END – TO – END OPTIONS FOR FOOD RESUPPLY

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

This information is organized for a North to South end to end attempt. It assumes a 24 day hike of the Trace. You should set up your food drop based on your know pace for daily mileage on the Trace. All packages should be marked with “Name, Hold for Sheltowee Trace Thru Hiker” Expected date of pick up: _____. If mailed to 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.

| DAY | START | END | FOOD RESUPPLY |
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| Day 1 and 2 | Northern Terminus | Morehead Main Street | IGA on Main or Save-a-Lot on Highway 519 Fuzzy Duck and The Bakery on Main for great coffee and breakfast rolls. Normal fast food along Main or adjacent to Main. |
| Day 3 and 4 | Morehead Main Street | Highway 1274 | Contact the Cave Run Lake Chapter (crlc@sheltoweetrace.org) for names of members of the Chapter from the Bath / Menifee County that might be able to accept a food box or pick you up and take you to IGA in Frenchburg. Of course you can also hitch the three miles. |
| Day 5, 6, 7 | Highway 1274 | Natural Bridge State Park | You may send a food box to the park lodge which is only 5 minutes off the Trace. 2135 Natural Bridge Rd, Slade, KY 40376 Phone: (606) 663-2214 |
| Day 8,9, | Natural Bridge State Park | McKee Highway 421 | You can hitch a ride into town where there is a Dollar Store, IGA and Subway. You can send packages to: |

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| | | | <p>USPS Address: 320 Main St, McKee, KY 40447 Phone: (606) 287-7279</p> |
| Day 10, 11 | McKee Highway 421 | I-75 Exit 49 | <p>You can send a food drop to the STA Office in Livingston. STA, P.O. Box 360, Livingston, KY 40445 Mark "Hold for ST Thru Hiker" and date anticipated pick up. Someone from STA Office or Livingston will bring the box out to you until we get trail rerouted into town. Post Office has limited hours so best to send to STA to make sure it is available when you get near town.</p> |
| Day 12 / 13 | Exit 49 | 192 Trail Head | <p>Coordinate a food box delivery with STA member and 2016 End to Ender Dave Wesley. Contact info:</p> <p>Phone: 606.923.3136 Email: dpwesley01@gmail.com Address: 3989 Somerset Rd., London, KY 40741</p> |
| Day 14, 15, 16 | 192 Trail Head | Cumberland Falls State Resort Park | <p>Between May and Sep the Marina at Holly Bay serves hot food and has small selection of snacks and drinks. The only other option is at the end of this section at Cumberland Falls State Resort Park right on the Trace. It is a steep climb up the side trail to the Lodge to retrieve your box.</p> |

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| | | | <p>Address: 7351 Hwy 90, Corbin, KY 40701 Phone: (606) 528-4121</p> <p>or if you want to enjoy a zero at a great place just 5 miles off the Trace, contact Sheltoewe Trace Adventure Resort. They do shuttle services, have showers, zip line you can even go on a rafting adventure on the Cumberland.</p> <p>Mailing address: PO Box 1060 Whitley City, KY 42653</p> <p>Physical address: 2001 Hwy 90 Corbin, KY 40701.</p> |
| Day 17, 18 | Cumberland Falls State Resort Park | Flat Rock Baptist Church Highway 27 | <p>Best we can do right now is suggest a hitch into Whitley City where you will find a Kroger and fast food restaurant all together along highway 27.</p> <p>As of the end of May 2018, you will need to resupply in Whitley City. You will consider carrying enough food for at least 6 more days of hiking. An alternative is to purchase a few items from the small camp store at Bandy Creek over by the horse stables.</p> |
| Day 19, 20, 21 | Flat Rock Baptist Church | Bandy Creek Visitor Center | <p>At this time your best options is to purchase a few days supply from the Camp Store over by the Bandy Creek Horse Stables. .</p> |

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| Day 22, 23, 24 | Bandy Creek Visitor Center | Burnt Mill Bridge Trail Head | Do NOT Send boxes to Bandy Creek Visitor Center. There is a camp store at the Horse Stables near the Bandy Creek Visitor Center where you can purchase some items. |
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