



# 2019 TRACE NOTES

Helpful information for your adventure  
on Section 5 of the Hiker Challenge.

Start Point— Heidelberg City Park - 29 Miles

End Point— Elisha Branch—Rte. 421

**WEATHER DECISION Weather Alert !!!! Unpredictable! With 4 times this month each weekend could be very different.**



## Section 5: One River Down, More Road Miles Behind You

Your journey South on the Trace takes you across 6 rivers and on Saturday you will cross the Kentucky River at Heidelberg to begin your hike. From Heidelberg to Rte. 421 you can expect a Saturday hiking on a few miles of road walking and a campsite in the backwoods. Sunday can be summarized as a whole day finally in the woods. You'll leave Lee County and briefly walk through 2 other counties before making your entrance into Jackson County where you will spend two weekends hiking through. **The 5 pound drop goes away so pack efficiently.** Expect to camp in the woods near cold, cold water right by Resurgence Cave.

**SATURDAY:** Who doesn't want to begin the day with a road walk across the Kentucky River and along a great stream. There are limited water crossings on Saturday and none on Sunday so water shoes may be extra weight. At **(MILE 110)** down 399 the Trace goes right and onto Crestmont Road. In a 2.5 miles Crestmont intersects Hale Ridge **(Mile 112.5)** to the right and Todd Road straight ahead. You want to stay on Todd Road. Todd Road is gravel and a shaded walk. On Todd Road right past **Todd Cemetery (Mile 114.5)** the Trace is back on Virgil Todd Road. The new owners of the small farm on the right have No Trespassing Signs up to discourage bad actors so just stay on the old road past the house. Watch for "Rooster" the German Shepard looking dog. He is friendly and will want to follow you. Try to discourage him but if he follows we will get him back once you get to camp.

Across the old bridge, be careful where you step and the path is mowed to the creek. Be careful here and don't slip and get wet. The trail now runs parallel to the creek on your left and climbs up and along the hillside before it goes back down to the creek. After finally crossing the stream you go up a small rise. Careful here as the path is narrow. (Yes we are hoping to get some trail work done here —you want to volunteer? You are in the woods now up the holler climbing the hill and onto an old road bed that takes you around and up on flat land. You will come to a point where there is an opening in the Trace to your right down to the road near **(Mile 118)** **This is not the trail. The road is not the trail.** The trail goes back down the hill and crosses a small stream before climbing out to Hale Ridge Road.

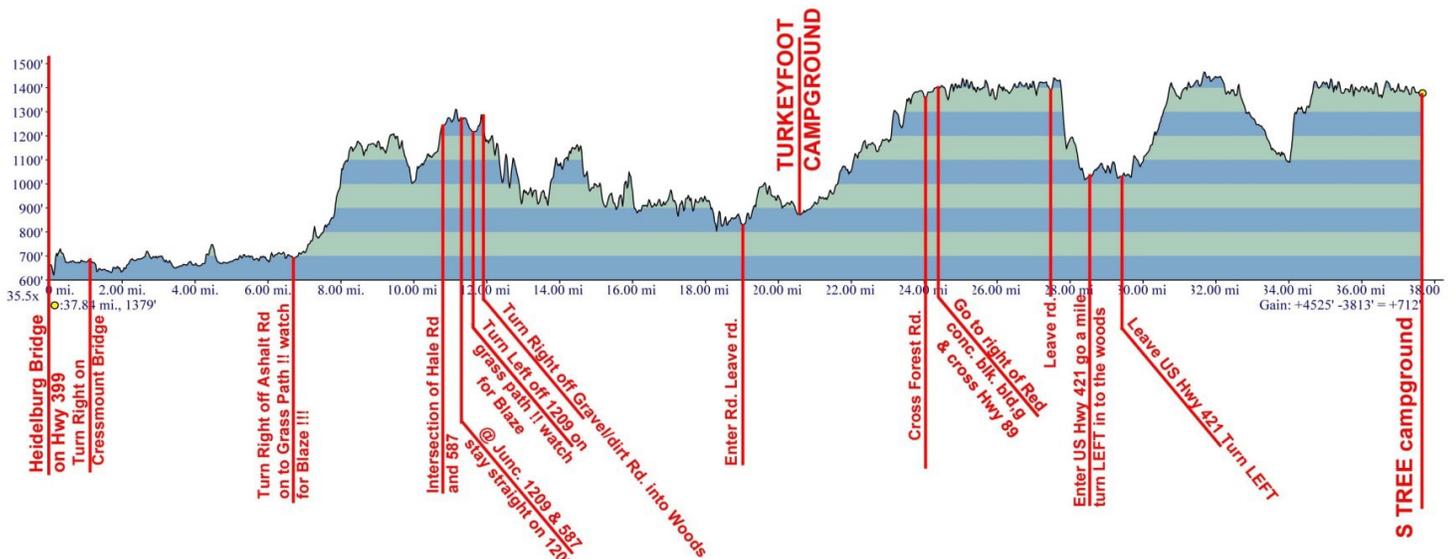
At Hale Ridge Road **(Mile 119.5)**, go left to the intersection with Highway 587 and go right toward the water tower. **WATCH FOR DOGS FROM THE TRAILER ON THE LEFT AS YOU CLIMB THE SMALL HILL ON THE**

## ROAD ON 587.

On 587 now you will intersect with 1209. 587 goes left 1209 goes straight. YOU WANT TO GO STRAIGHT. This is the former town of Arvel. Look for blazes on left side of road. As you get to the bottom of the downhill you see the NRT sign to the left (**Mile 120**). Go left into the old road, past a memorial head stone that is laying flat from being knocked over by ATV traffic. You follow this old road to the top of the hill and go left. In about 500 feet, less than 5 minutes you go right back into the woods.

You are now in the woods all the way to camp at (**Mile 126**). Enjoy the break from the sun. You will find yourself at camp when you come to War Fork Creek. There is a flat area here where you can hang or pitch your sleeping gear. Water can be drawn from this creek. There will be no water packed in by support vehicle here.

**SUNDAY:** Break camp and head up the Trace. At (**Mile 127.5**) you pop out on gravel Forest Service Road and you go left. In 500 feet the road goes round a curve and the Trace returns to the woods on the right and up the small hill. For the next mile, you will parallel the road to your left. At (**Mile 128.5**) the Trace intersects the connector trail to Turkeyfoot Campground. You will go right. There should be signs in this area. You are now on an old Forest Service road that is heavily used by ATV as they are authorized in this section and come out of the campground on weekends. The Trace climbs a hill and comes out on Lime Kiln Ridge Road (**Mile 132**). The Trace crosses over the road and you walk again parallel to the road. At the intersection you cross a new road (Foxtown Lake-Creek Rd.) and walk back in the woods for about 1000 feet before you come out on Highway 89. Cross the road and the trail is directly to your front. You are now in the woods till you get to Highway 421.



**HEIDEIBURG BRIDGE TO S TREE CAMPGROUND = 37.65 MILES**

**HEIDLBURG BRIDGE TO TURKEYFOOT CAMPGROUND = 20.74 MILES**

3.5 miles later at (**Mile 137**) you come out of the woods at Elisha Branch trail head. You got left onto the gravel road and in 5 minutes you are at the Daycare Center where you will be picked up and transported back to the trail head to retrieve your car.



## **Section Five Trace Notes:**

### **Heidelberg City Park—Highway 421 Intersection**



**Friday Night Campout:** For those coming in on Friday night you can camp at the Big Turtle Trail Head. There are trees up the hillside to hang your hammock and plenty of grass to pitch your tent. There are no restroom facilities at the location. There are several local campgrounds and bed and breakfast in the area.

**Saturday Night Camp.** The campsite for Saturday night is right along War Fork Creek at Resurgence Cave—19 miles from the start. There will not be water packed in from the support vehicle. You should be prepared to draw water from War Fork.

**Communication.** There is spotty cell service in the Todd Road and low lying areas. If you need assistance please attempt to call the hike safety team before dialing 911—unless you are bleeding and in a life-threatening situation.

**Saturday Shuttle:** The shuttle point is the Big Turtle Trail Head one mile outside McKee on Highway 421. There is a large sign—see pic to left. Shuttle pick up time is 7:00 am. It is an hour drive back to Heidelberg start point.

**Coming from the North / South:** The fastest way down for those outside the area is to come down I-75 to Berea, the second exit (Exit # 76) Turn left / right at the end of the ramp and go into town. Follow Highway 21 to the intersection with Boone Tavern. Here you want to take Highway 21 past the Hotel and on out of town. 21 intersects highway 421 at Big Hill. At the stop sign go right and head up the hill to Sand Gap and over the mountains to McKee. One mile outside of town you will see the Big Turtle Trail Head Sign.

**Water / Water Obstacles.** War Fork is the only significant water crossing during this section. There is plenty of water to draw from along the Trace. Treat water. On Sunday, if the ground is wet you will encounter mud on the Trace as this section is open to ATV use.

**5lb Drop. THE FIVE POUND DROP IS NO LONGER IN EFFECT.**

**HEAT PREPARATION:** Hydration is the key and you can't get fully hydrated if you wait til you get on the shuttle. On your way to the shuttle point drink some water or fluids to get the body heat reduction system going. Throughout the day watch for signs that you are not drinking enough. Low energy, heavy legs, stop sweating, short of breath. Stop at least once per hour more if needed and drink. The support vehicle will be along where possible with water. If at anytime you think you need to stop because of the heat, please STOP. Hopefully it is near the road where we can assist you.