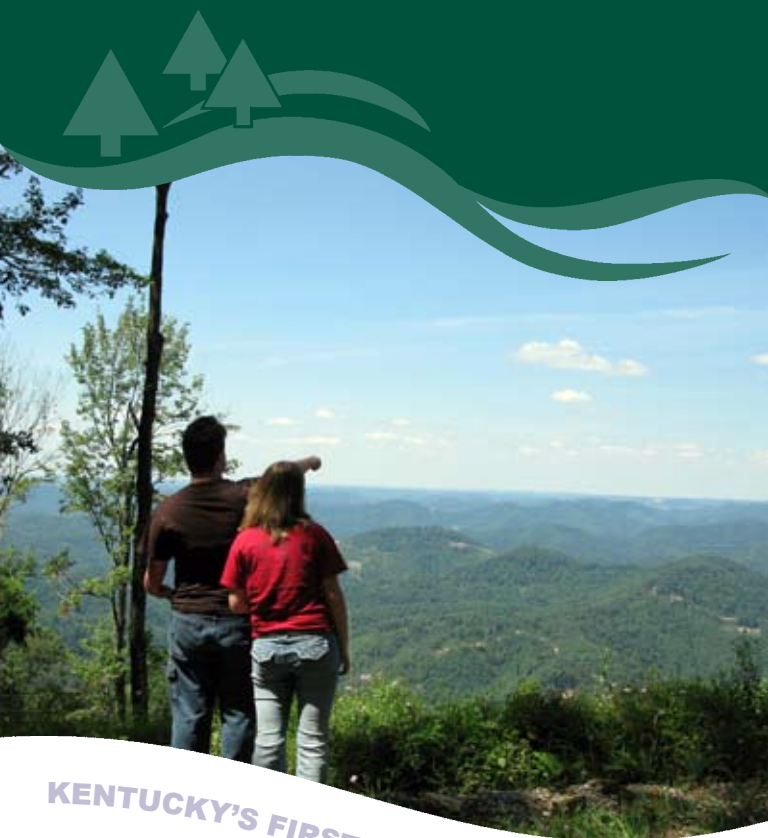


KENTUCKY STATE PARKS

# Pine Mountain State Scenic Trail



KENTUCKY'S FIRST "LINEAR" STATE PARK



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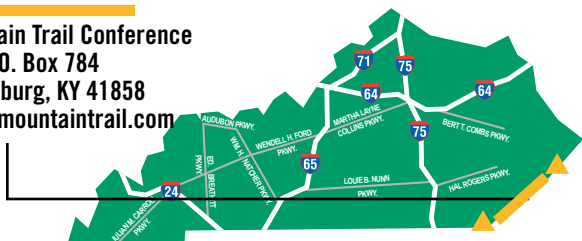
Pine Mountain State Scenic Trail is a linear state park still under development. Once completed, the trail designed for backpacking and hiking, will span approximately 120 miles from Breaks Interstate Park to Cumberland Gap National Park and pass through many natural areas such as Bad Branch State Nature Preserve, Kingdom Come State Park and Blanton Forest along the Pine Mountain range. The trail will be a means for showcasing the wild highlands and conserving the natural and cultural heritage of Appalachia for future generations.

The Pine Mountain State Scenic Trail will also be utilized as a segment of the proposed Great Eastern Trail that will link existing trails in the Appalachian Mountains into a new, long distance trail stretching from Alabama to New York.

Currently a contiguous trail from Breaks Interstate Park to US 119 is designated in two sections. The section from Breaks to US 23 is the Birch Knob section and the US 23 - US 119 is named the Highlands. Together they total 44 miles. Construction has not yet passed beyond US 119. However, if hikers wish to do so, they can hike on the Little Shepherd Trail (LST) for another 38 miles from US 119 to US 421. The LST is a narrow, 1 1/2 lane blacktop road open to vehicular traffic, though lightly traveled. From US 119 to Kingdom Come State Park is 14 miles where primitive camping and water is available.

Section Name	Length (miles)	# of Shelters	Start to Finish
Birch Knob Section	28 miles	none	Breaks to US 23
Highland Section	16 miles	2	US 23 to US 119
Little Shepherd Trail	38 miles	none	US 119 to US 421

**Pine Mountain Trail Conference**  
**P.O. Box 784**  
**Whitesburg, KY 41858**  
**[www.pinemountaintrail.com](http://www.pinemountaintrail.com)**



Directions: From Breaks Interstate Park, take KY80 west for roughly 8mi. Cross concrete bridge & turn left onto Carson Island road (gravel). Proceed 3/4 miles to trail-head.