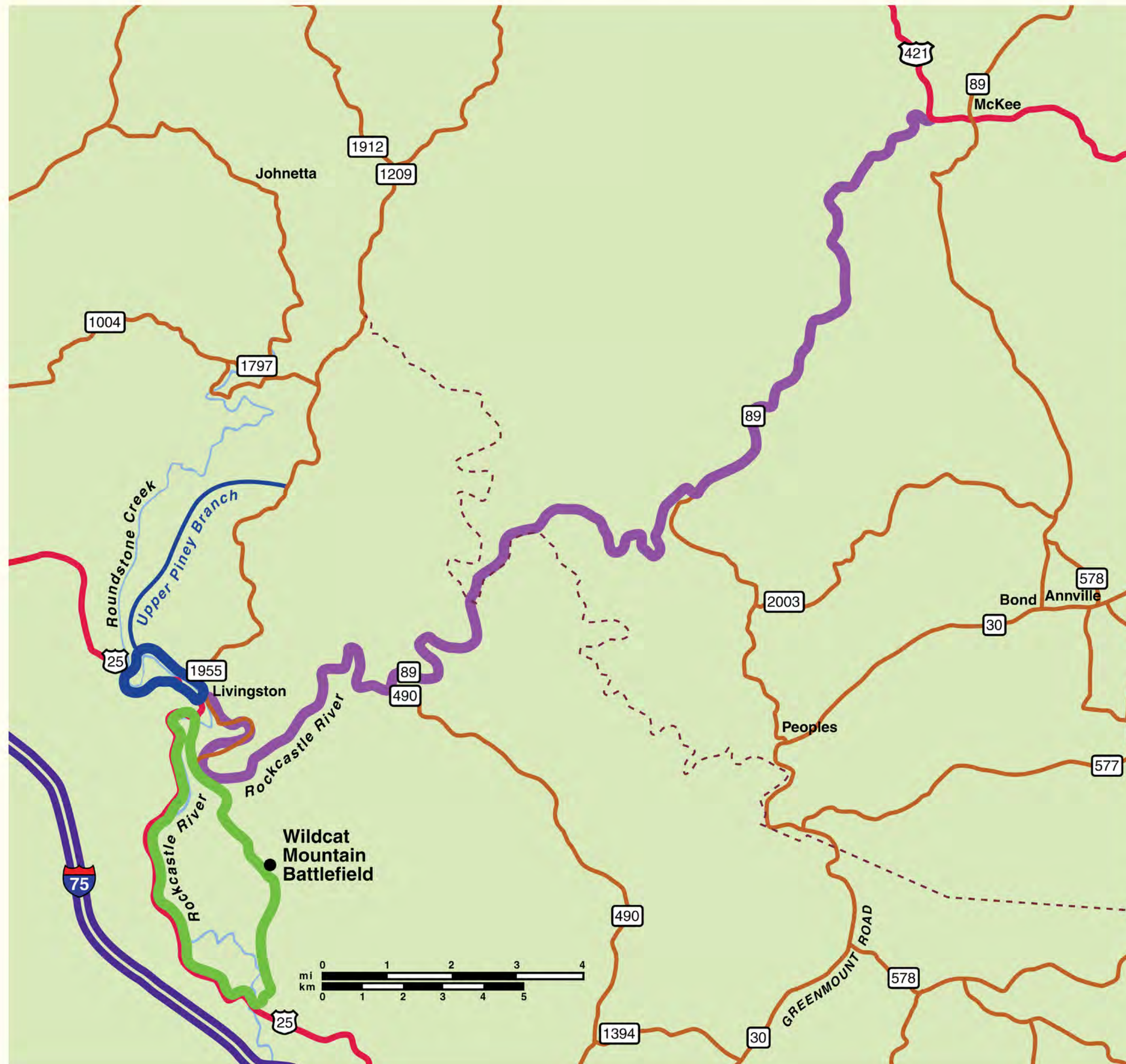




ROCKCASTLE RIDES BIKING TRAILS

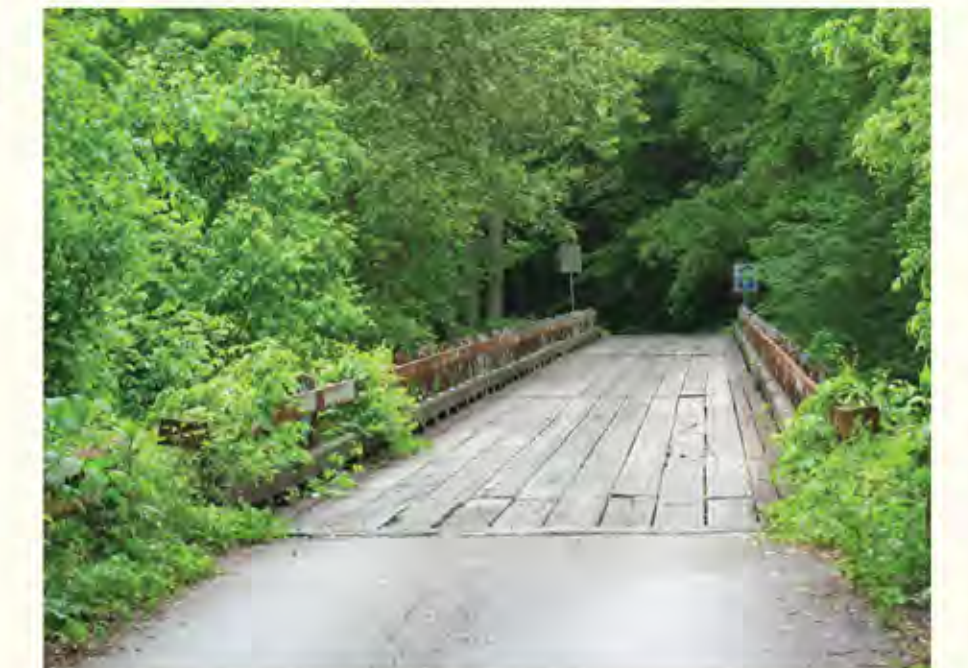


McKEE TRAIL

The canopy of the trees provides a shady and secluded route. You will follow the Rockcastle River and Indian Creek along the bike trail. The entrance to the Daniel Boone S-Tree Recreation Center provides mountain bike riders many additional trails.

Total Mileage: 26 miles one way to Hwy 421 in McKee

Directions: From the Livingston trailhead, cross the 490 bridge and turn right. Follow 490 until you come to the 490/89 juncture. Go left on Hwy 89. Hwy 89 ends at Hwy 421. You can return to the trailhead via the same roads.



WILDCAT MOUNTAIN TRAIL

Follows two historic trails. Original Wilderness Road up Wildcat Mountain to the Civil War Battlefield; the second leg is the Sheltoewe Trace. Bikers ford the Rockcastle River, which may not be passable at all times of the year.

Total Mileage: 12.5-mile Loop

Directions: From Livingston trailhead, take Hwy 25 South to historic campground – about ¼ mile south of Livingston. Ford the river (make sure you only cross when the water level is safe) and follow dirt/gravel road to the battlefield at the top of the mountain. At battlefield, turn right and descend the mountain on the Sheltoewe Trace, which will take you to Hwy 25 North. This will bring you back to the Livingston trailhead.



PINEY BRANCH TRAIL

This is a short bike run that is very wooded and scenic.

Total Mileage: 3.26-mile Loop

Directions: From the Livingston trailhead, turn right on Hwy 25 North, go to Ten Foot Hole Road and turn right. At Piney Branch, turn right, follow to 1955 and go right to the 490 bridge. Cross the 490 bridge to return to the Livingston trailhead. To add extra mileage (4 miles total), turn left at the intersection of Piney Branch and 10 Foot Hole, and ride Piney Branch to 1955 and back.

SAFETY RULES

1. Wear a helmet.
2. Be seen; be safe – wear bright clothes and have reflectors on your bike.
3. Keep an eye on the road – watch for changes in the road such as holes or rocks.
4. On secluded roads, ride with a buddy and take a cell phone.
5. On mountain bike trails, be aware of water levels and cross only when safe.
6. Ride single file on State Highway road sections.
7. Be aware of automobile traffic at all times.
8. Use common sense and caution when encountering horses. They spook easily.