

# PINE MOUNTAIN TRAIL STATE PARK

Trail Guide  
and Maps

## Highland Section

Trail Distance of 14.7 Miles

[parks.ky.gov](http://parks.ky.gov)  
[pinemountaintrail.com](http://pinemountaintrail.com)



## PINE MOUNTAIN TRAIL STATE PARK: Highland Section

### About Pine Mountain Trail State Park

To promote, construct, and manage a continuous hiking trail, with related spur, connector, and access trails, to be called the Pine Mountain Trail, and to conserve the natural environment of the Trail and its adjacent lands. The Trail shall run from the Breaks Interstate Park to Cumberland Gap National Historical Park, along the Pine Mountain ridge over the summits and through the scenic points of interest, so as to render the mountain accessible, principally for primitive camping, backpacking, and hiking. The Trail shall be a means for showcasing the wild highlands and conserving the natural and cultural heritage of Appalachia for future generations.

Pine Mountain offers a wide array of recreational opportunities. We encourage you to head out on the trail and experience the beauty of Pine Mountain for yourself.

Pine Mountain represents one of the last great contiguous stretches of unfragmented forest in Kentucky. While other parts of the region have been developed, strip-mined or heavily logged, Pine Mountain remains relatively untouched. Positioned at the western edge of the Appalachian Mountains, the mountain offers commanding views of Virginia, Kentucky, West Virginia and Tennessee. If ever there was a hope of preserving an ecological legacy for future generations of Kentuckians, this is it. The mountain has remained a refuge in the face of increasing human intrusion, mainly because it is a rugged, nearly roadless mountain that is guarded by jutting sandstone cliffs, tangled rhododendron thickets and large, pre-historic land slides laden with car-sized boulders. Even when deer and turkey were driven out of most of the region, Pine Mountain remained a refuge for wildlife native to the area.

Today the mountain serves as the travel corridor for black bear re-entering the state from Virginia and Tennessee. It provides habitat for the newly restored elk, and is the home of many Kentucky species that are restricted to Pine Mountain (i.e. rose pogonia, frostweed and the largest known population of yellow wild indigo in the Commonwealth). Breached by only six roads in 110 miles, the mountain represents a significant unprotected wilderness area.

### TRAIL REGULATIONS

Trail users assume all risks in the natural areas. Be prepared.

Help preserve the park's natural resources. The following activities are prohibited:

- Carving or damaging rock formations and trees
- Hunting or disturbing wildlife
- Collecting or digging for artifacts
- Picking flowers or harming plants
- Alcoholic beverages
- Unleashed pets
- Littering
- Motorized vehicles, biking, and horseback riding
- Any activity off designated park trails
- Rappelling and rockclimbing
- Hiking after dark

### For Your Safety:

Do not hike alone.  
Wear proper clothing and footwear.  
Take a park map.

### About the Highland Section

This portion of the Pine Mountain Trail covers the highest elevations on Pine Mountain, reaching over 3200ft. at Mayking Knob. The northeast end is known for its bogs (one at the Old Meade Homeplace and another at Indian Grave Gap). The bogs are natural wetlands in the flat head-waters of streams on the mountain. They typically harbor aquatic wildflowers and mosses, and remain open without human intervention. To the center of the section, hikers will encounter old growth woodlands and Mayking Knob with limited views into Kentucky. The southwest portion of this section is known for its many incredible cliff-line views and rock formations including Box Rock, Mars Rock, High Rock, Bad Branch Gorge, the Lemon Squeezer, and Eagle Arch. Hikers will encounter different blaze marks on the trail. Pine Mountain Trail is denoted with yellow blaze marks, while Kentucky State Nature Preserves and Nature Conservancy lands are denoted with orange blaze marks. US Forest Service boundaries are denoted with red blaze marks.

#### Drive Time

- From Middlesboro, KY - 2 hours
- From Corbin, KY - 2 hours 15 minutes
- From Lexington, KY - 3 hours
- From Pikeville, KY - 40 minutes
- From Whitesburg, KY - 20 minutes
- From Wise, VA - 20 minutes
- From Abingdon, VA - 1 hour 20 minutes
- From Johnson City, TN - 1 hour 35 minutes
- From Tazewell, TN - 2 hours 10 minutes
- From Knoxville, TN - 2 hours 45 minutes

#### Shuttle Pickup

See the Pine Mountain Trail Conference website (<http://www.pinemountaintrail.com>) for more information on pickup times.

#### Hiking Time and Distance

Allow to average 2-3 miles per hour on this section, as there many up and downs along the sawtooth-type ridgeline. In total the trail extends 14.7 miles and is between US-23 and US-119.

#### Precautions

There are many side roads which can easily be mistaken for the trail route. Carefully observe the yellow blazes and do not go more than 400 yards if you have not seen one. Camping should be avoided at Mullins Pond due to the road access. Black bears are common on this section, so care should be taken to avoid cooking at the tent site and all foods and other scented items should be bear bagged. Is in any back-woods setting, snakes and yellow-jackets are common. Pay attention to your footing around cliff areas, especially during wet or icy weather. The sandstone becomes very slick.

#### Points of Interest

Old Meade Homeplace	Slip & Slide Rock
Jack Sautter Campsite	Swindall Campsite
Twin Cliffs Overlook	Box Rock
Phillips Creek Trail	Mar's Rock
Indian Grave Campsite	High Rock
Adena Spring Shelter	Bad Branch Falls
Stateline Knob	Lemon Squeezer
Wildcat Rock	Eagle Arch
Cohen Gap	Sign-In Box
Mayking Knob	Flamingo Shelter
Lost John Gap	

## PINE MOUNTAIN TRAIL STATE PARK: Highland Section

### Driving Directions to the Highland Section

#### FROM I-75 / LEXINGTON, KY:

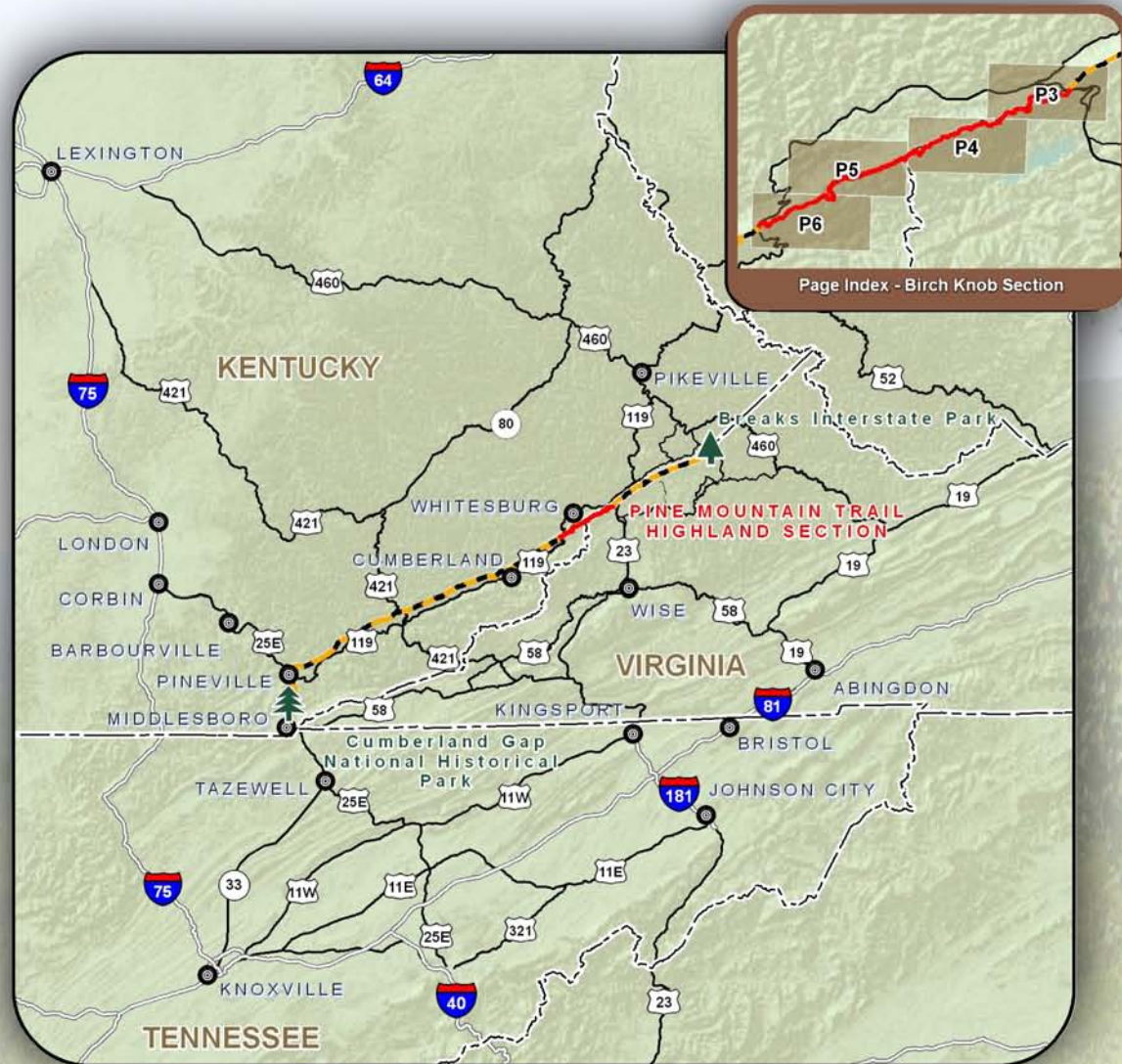
Take exit 111 onto I-64 E Winchester/Ashland  
Take exit 98 onto Mountain Pkwy E Prestonsburg/Campton  
Continue on KY-114 and take ramp onto US-23/US-460  
US-23/US-460 becomes US-23/US-119  
Continue on US-23 until you reach the Kentucky/Virginia state line

#### FROM I-77 / I-64 / CHARLESTON, WV:

From I-64, take exit 58A for US-119 S Logan/Oakwood Rd  
Merge onto US-119/WV-214  
Take ramp onto US-119  
Turn left at KY-80/US-23/US-460  
Continue on US-23  
Continue on US-23 until you reach the Kentucky/Virginia state line

#### FROM I-81:

From I-81, take exit 57B to I-26W  
Continue on I-26 / US-23  
Continue on US-23 until you reach the Kentucky/Virginia state line



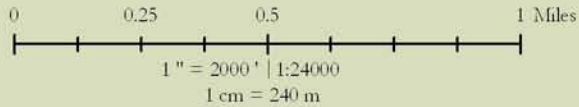


# Pine Mountain Trail

## State Park

### Highland Section P3

Sources: Kentucky Division of Geographic Information, Kentucky Department of Parks, Pine Mountain Trail Conference



- |  |                    |  |                                |
|--|--------------------|--|--------------------------------|
|  | Trailhead          |  | Pine Mountain Trail            |
|  | Parking            |  | Alternate Trail                |
|  | Campground         |  | State Line                     |
|  | Shelter            |  | County Line                    |
|  | Points of Interest |  | US Roads                       |
|  | Water Source       |  | State Roads                    |
|  |                    |  | Local Roads                    |
|  |                    |  | Railroads                      |
|  |                    |  | Trail Distances Shown In Miles |





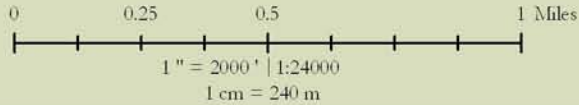
**PINE MOUNTAIN TRAIL**

# Pine Mountain Trail

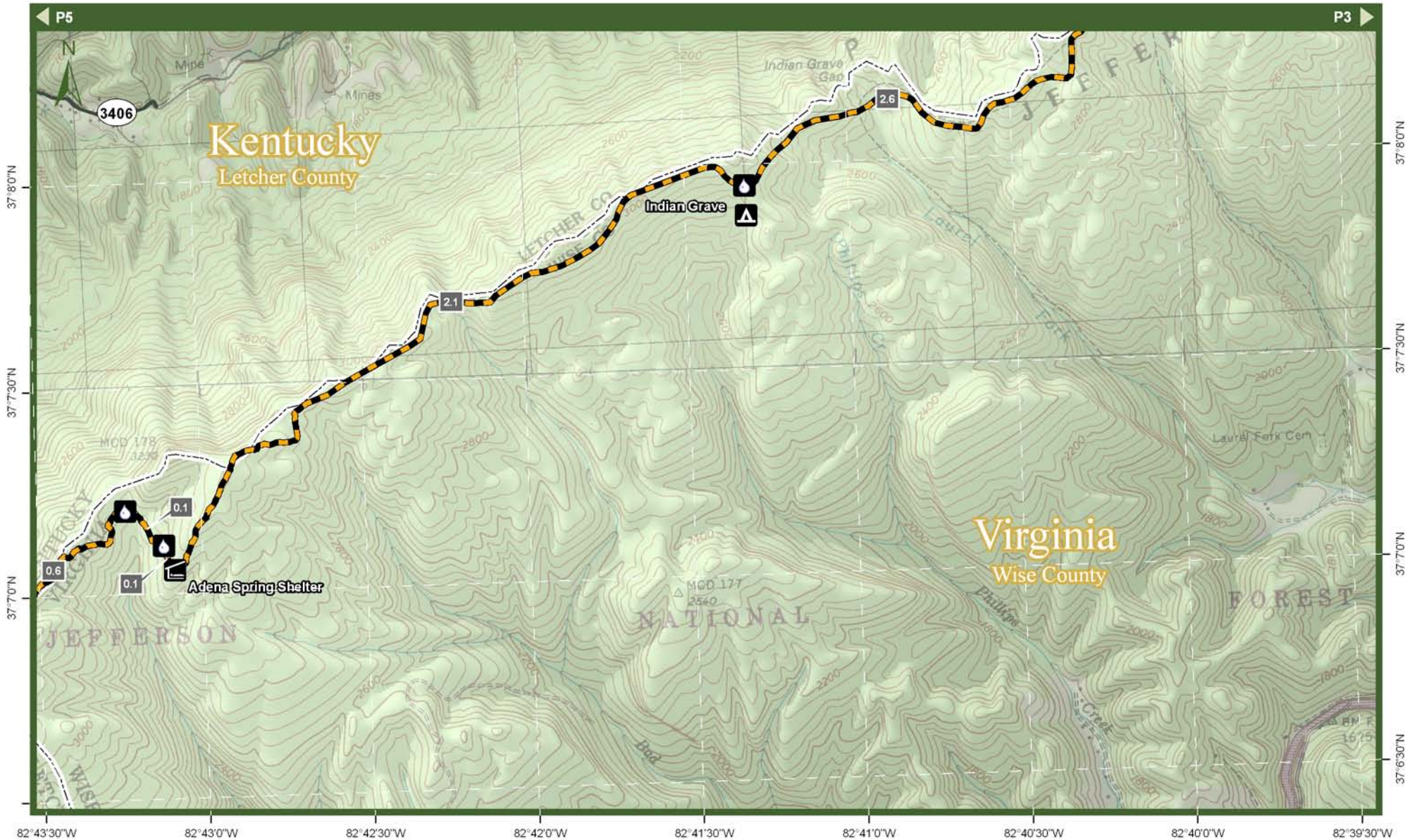
## State Park

### Highland Section P4

Sources: Kentucky Division of Geographic Information, Kentucky Department of Parks, Pine Mountain Trail Conference



- Trailhead
- Parking
- Campground
- Shelter
- Points of Interest
- Water Source
- Pine Mountain Trail
- Alternate Trail
- State Line
- County Line
- US Roads
- State Roads
- Local Roads
- Railroads
- Trail Distances Shown In Miles





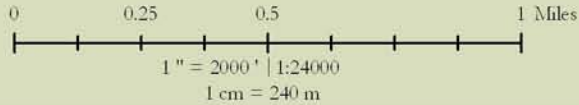
**PINE MOUNTAIN TRAIL**

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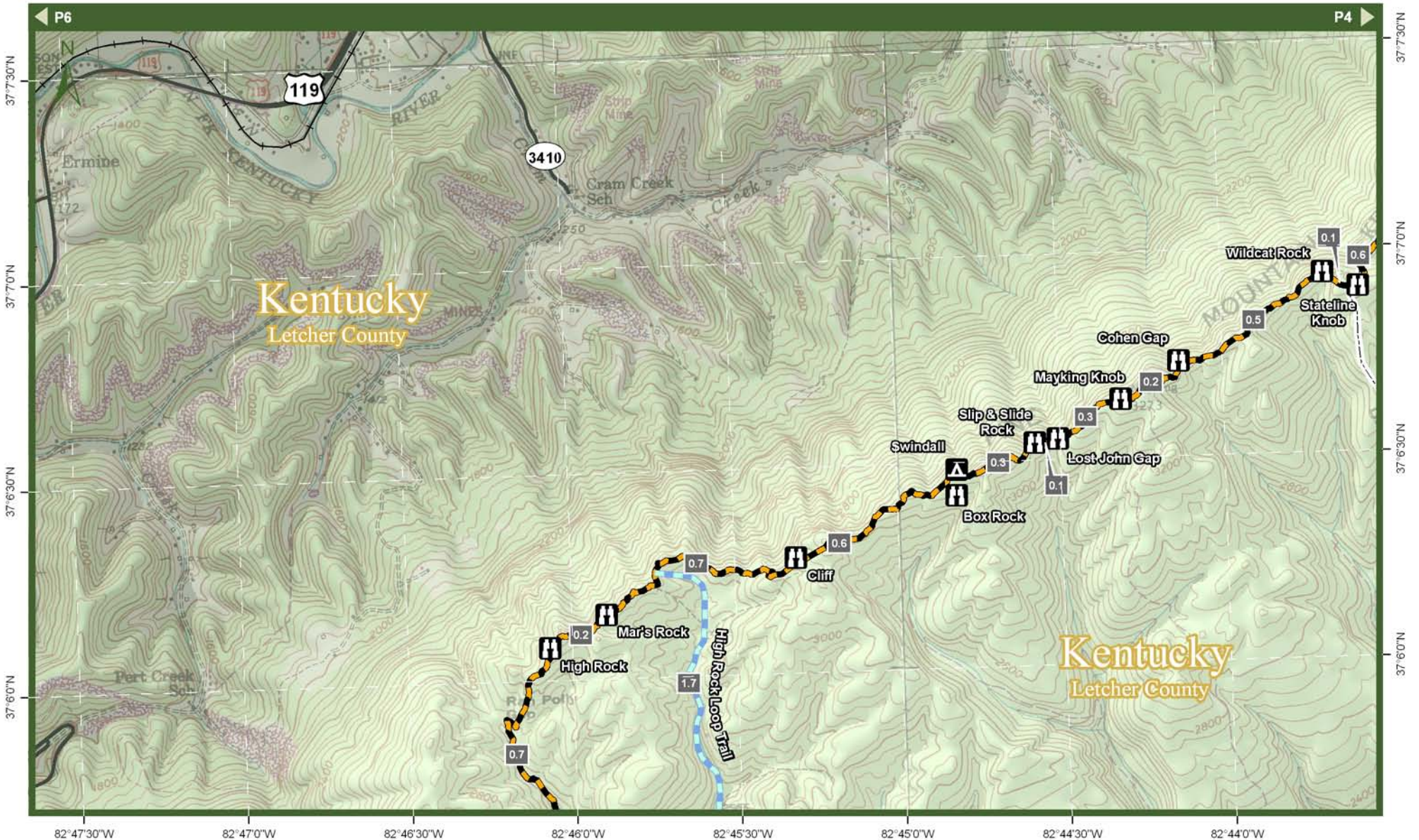
## State Park

### Highland Section P5

- Trailhead
- Parking
- Campground
- Shelter
- Points of Interest
- Water Source
- Pine Mountain Trail
- Alternate Trail
- State Line
- County Line
- US Roads
- State Roads
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Sources: Kentucky Division of Geographic Information, Kentucky Department of Parks, Pine Mountain Trail Conference



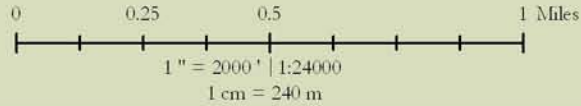


# Pine Mountain Trail

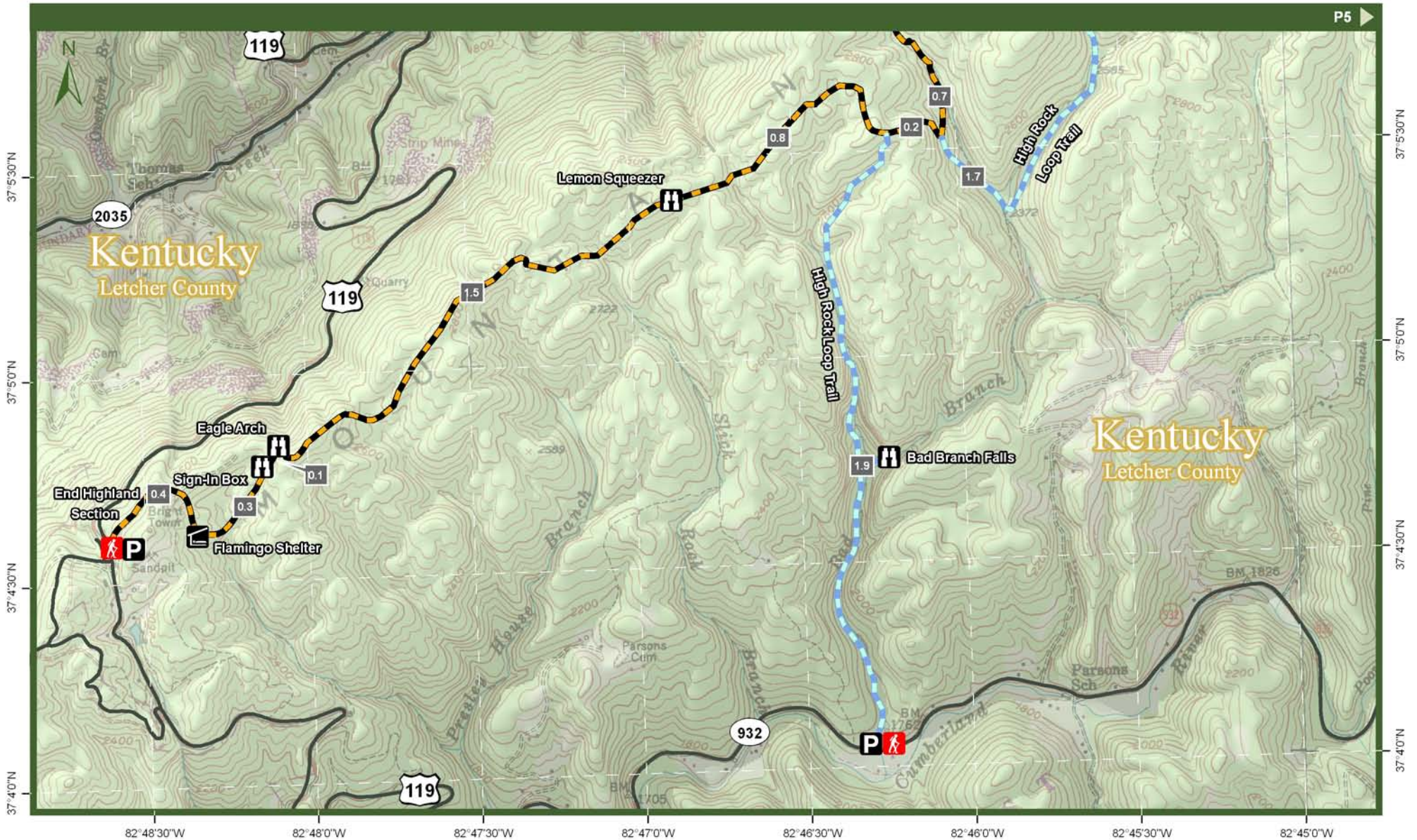
## State Park

Highland Section P6

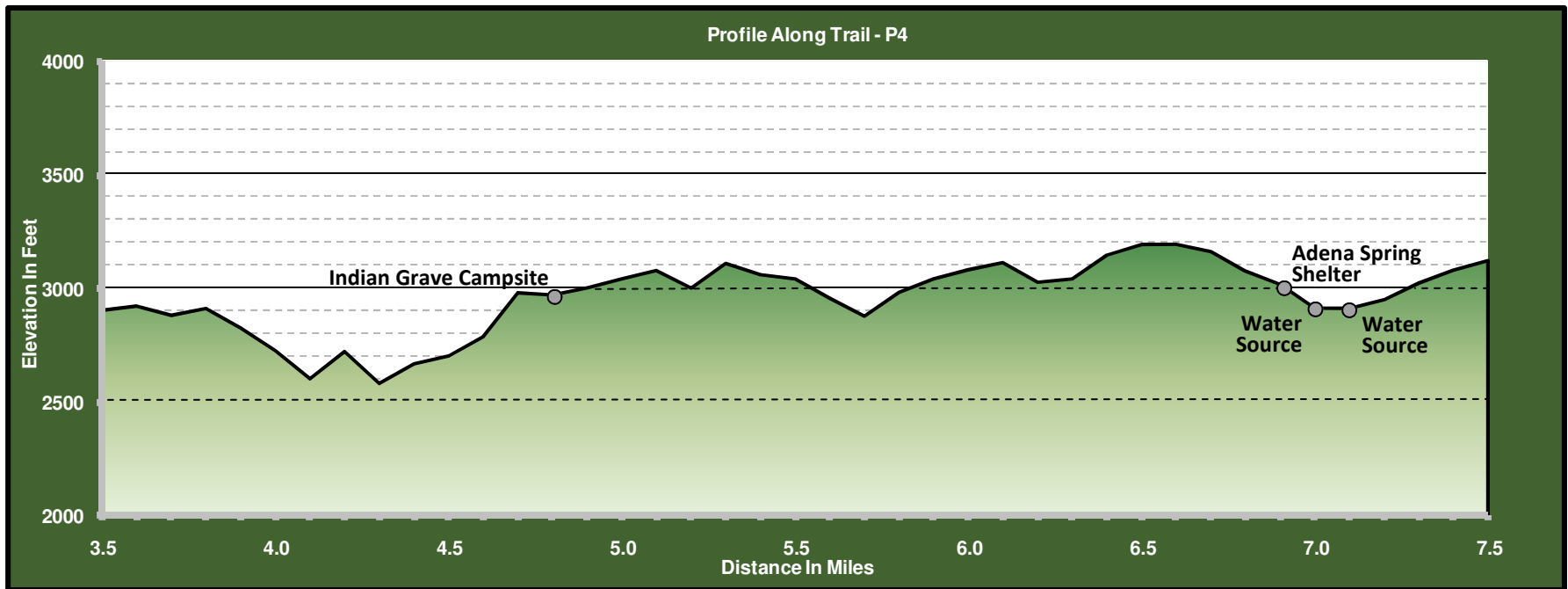
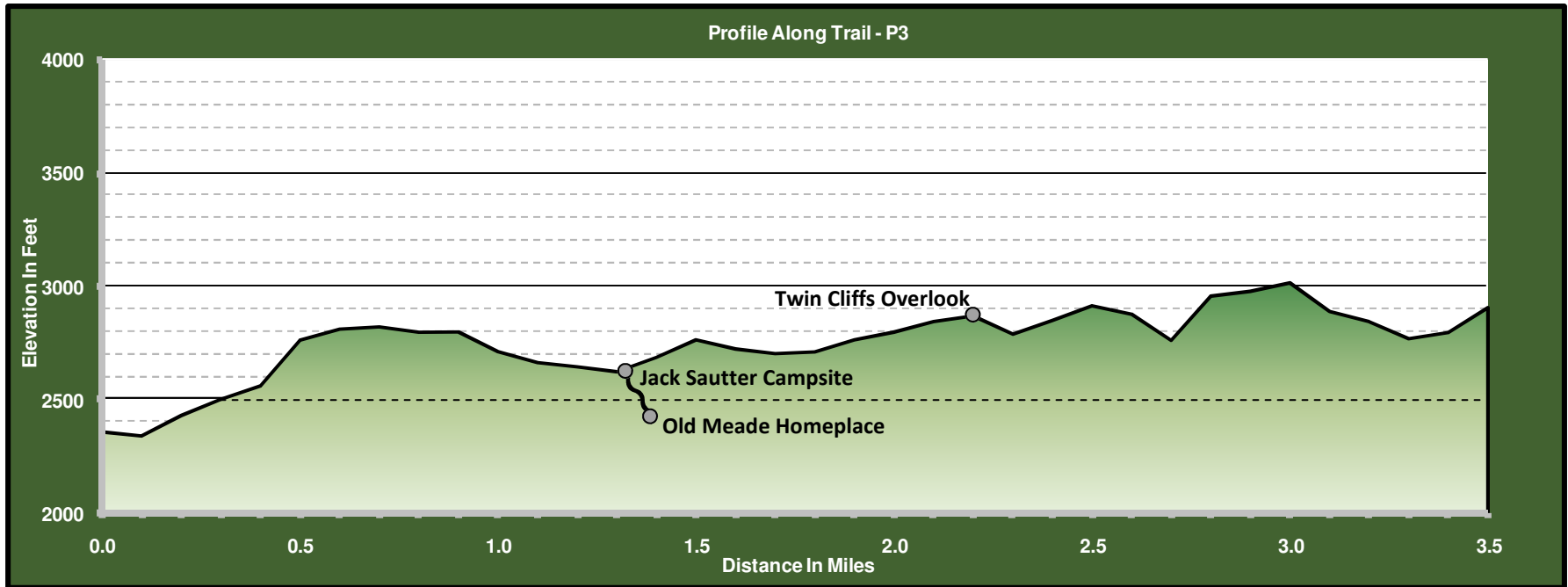
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