

Kentucky Trail Town Program Overview

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What is a Trail Town?

“A Trail Town is a destination along a long-distance trail or adjacent to an extensive trail system. Whether the trail is a hiking trail, water trail or rail trail, users can venture from the path to explore the unique scenery, commerce and heritage that each trail town has to offer. It is a safe place where both residents of the town and trail users can walk or drive to find the goods and services they need.

A Trail Town is a vibrant hub where people come together. It may have a bike shop, ice cream parlor, casual restaurants, a grocery store and quaint local shops. It should also have wide sidewalks, clean streets, bike racks, hitching posts, watering facilities and restrooms, benches and places to rest for the night. It should generously meet the needs of both trail users and town residents. A Trail Town is a friendly place that encourages trail users to visit and welcomes them with warm hospitality.”



Trail Town Case Study

Livingston, KY – pop. 226

- First Trail Town in Eastern Kentucky, received designation in 2013
- Had been experiencing economic distress due to loss of the railroad
- Downtown had many historical buildings with facades in need of improvement
- Old School was revitalized and used as apartments and a community center along with the revitalization of downtown
- There has been a focus on river users, as the Rockcastle River flows through downtown



The first Trail Town in Eastern Kentucky is nestled in Rockcastle County inside Daniel Boone National Forest. After enjoying Sheltowee Trace National Recreation Trail, Red Hill Horse Camp, numerous mountain bike trails, kayaking, fishing, camping and float trips, visitors can explore the historic Livingston School or make a short trip to soak up authentic local entertainment at Renfro Valley Entertainment Center.

MORE INFORMATION

Livingston Visitor Center
606-453-2710
www.rockcastletourism.com



★ FEATURES

PUBLIC LANDS

- Daniel Boone National Forest
- Rockcastle River

HIKE

- Sheltowee Trace National Recreational Trail
- Daniel Boone National Forest Trail Systems

BIKE

- Sheltowee Trace National Recreational Trail (sections only/mountain)

PADDLE

- Rockcastle River (class I-IV)
- Lake Univille (flat)

CLIMB

- Daniel Boone National Forest Bouldering

RIDE

- Climax Horse Camp
- Just Kik-N-It Ranch
- Red Hill Horse Camp

CAMP

- Daniel Boone National Forest
- Red Hill Horse Camp
- Rockcastle River Campground

OUTFITTERS

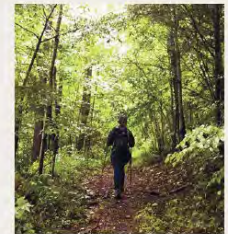
- Climax Horse Camp
- Just Kik-N-It Ranch
- Red Hill Horse Camp
- Rockcastle Outdoor Company

CAN'T MISS!

- Renfro Valley & the Kentucky Music Hall of Fame
- Rockcastle River Trading Company
- Saltpetre Cave Open House, May
- Wildcat Mountain Challenge, July

📍 DESTINATION HIGHLIGHTS

- The Sheltowee Trace Association is located within the Livingston Trail Town Visitor Center.
- Renewed purpose was given to the Livingston School as it was transformed into the Trail Town Visitor Center after decades of being closed.
- A short drive from the school is Rockcastle River Trading Company and the family home of world-renowned garden designer Jon Carrolls.
- Just up the road is Renfro Valley and the Kentucky Music Hall of Fame. Beginning in 1939, the




"Country Music Capital of Kentucky" has seen some of the biggest acts in the music world play on its stage.

Trail Town Case Study

Olive Hill, KY – pop. 1,555

- Olive Hill's Trail Town task force was completely volunteer led
- Focuses on its' history as a horse town and a river town, with many horse trail and water trails crisscrossing the city
- The town has experienced issues with flooding, making it difficult to keep businesses in the downtown core
- The downtown can now boast 9 restaurants and many other businesses dotting the Main Street



OLIVE HILL
38°18'00.3"N 83°10'29.7"W

Overflowing with small-town charm, **Olive Hill** offers big opportunities to explore Kentucky's great outdoors. Flowing right through downtown, **Tygart Creek** carves a natural gorge on both sides of the city, while **Carter Caves State Resort Park**, one of Kentucky's oldest, offers 30 miles of hiking trails over its 1,800 acres. Full of rich history, the town is today known for music, community events and its historic depot offering a glimpse of the past.

MORE INFORMATION
Carter County Tourism
606-474-5366
www.cartercountytourism.com

★ FEATURES

PUBLIC LANDS

- Carter Caves State Resort Park
- Tygarts State Forest
- Tygarts Creek

HIKE

- Carter Caves State Resort Park Trail System

BIKE

- Olive Hill Cycling Routes (road)

PADDLE

- Tygarts Creek (class I-III)
- Smoky Valley Lake at Carter Caves State Resort Park (flat)

CLIMB

- Carter Caves State Resort Park

RIDE

- Olive Hill Trail System (horse)
- Smokey Valley Farm

CAMP

- Olive Hill Depot Trail Head
- Carter Caves State Resort Park

OUTFITTERS

- Smokey Valley Farm
- Grigsby Outdoor Adventures

CAN'T MISS!

- Walker's Family Restaurant
- Tyler's Pizza
- Olive Hill Center for Arts & Education
- Fraley Festival of Traditional Music, September

📍 DESTINATION HIGHLIGHTS

- Olive Hill is home to country music legend **Tom T. Hall**.
- **Carter Caves** is the only Kentucky State Park where visitors can rock climb and rappel within the park.



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Kentucky Trail Town Guide 19

Trail Town Case Study Lessons

1. Each Kentucky Trail Town is different
2. The connection between the downtown and the trail does not need to be walkable
3. Visitors are important to communities
4. The Trail Town needs to understand trail users and customers
5. Passionate, committed leaders and volunteers play a significant role
6. Collaboration and partnerships are essential
7. The network of Kentucky Trail Towns is valuable

Trail Assets of Letcher County

Bad Branch
State Nature
Preserve

Lilley Cornett
Woods

Pine Mountain
State Scenic
Trail

Transamerica
Bike Trail
(USBR 76)

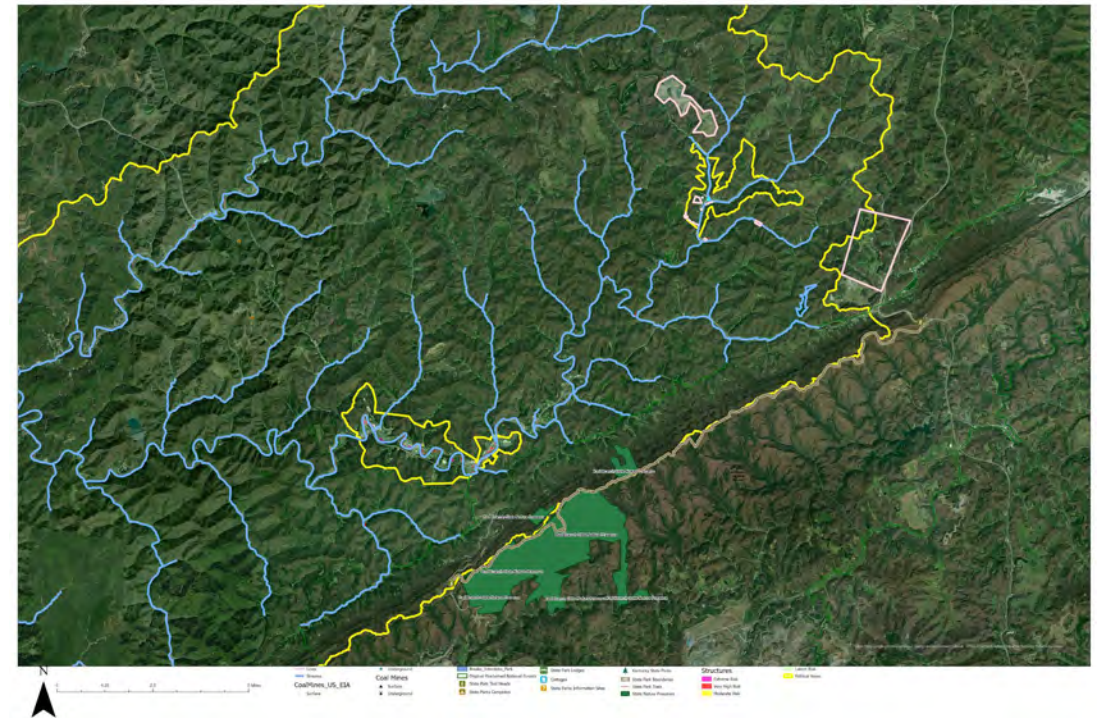
Fishpond Lake
Trails

The
Tanglewood
Trail

Goose Creek
(planned)

Thunder
Mountain
(planned)

Raven Rock
(planned)



Fleming-Neon: A Kentucky Trail Town



Come to Fleming-Neon to experience **world-class ATV trails at Goose Creek, Fishpond Lake, Thunder Mountain & More!** Featuring beautiful views of the Commonwealths of Kentucky and Virginia, experience the **rugged topography** of the **Appalachians** while adventuring through **Letcher County**.

MORE INFORMATION

Letcher County Tourism
(606)634-1814
www.discoverletcher.com



FEATURES

PUBLIC LANDS

- Bad Branch Nature Preserve
- Lilley Cornett Woods
- Kingdom Come State Park

HIKE

- Pine Mountain State Scenic Trail

RIDE

- Goose Creek ATV Trails
- Fishpond Lake ATV Trails
- Thunder Mountain ATV Trails

PADDLE

- Kentucky River
- Cumberland River

BIKE

- Raven Rock Bike Trails
- Goose Creek Bike Trails
- Letcher, Knott, & Perry

County Bike Routes

CAN'T MISS!

- Neon Lights Community Center
- The Tanglewood Trail
- Kentucky Mist Distillery



Destination Highlights

- Come every Spring to **Whitesburg** for the annual Mayfest!
- Get a taste of some locally distilled Kentucky Spirits at **Kentucky Mist Distillery** in Whitesburg.
- Hike Kentucky's longest through hike, the **Pine Mountain State Scenic Trail**, part of which passes through Letcher County
- Come get a taste of Kentucky's natural beauty and visit **Kingdom Come State Park**
- Explore cinema history in Letcher County by seeing where Tommy Lee Jones and Sissy Spacek shot Coal **Miner's Daughter**



Fleming-Neon

A Kentucky Trail Town

Sam Pauly



Trail Assets of Letcher County

Bad Branch
State Nature
Preserve

Lilley Cornett
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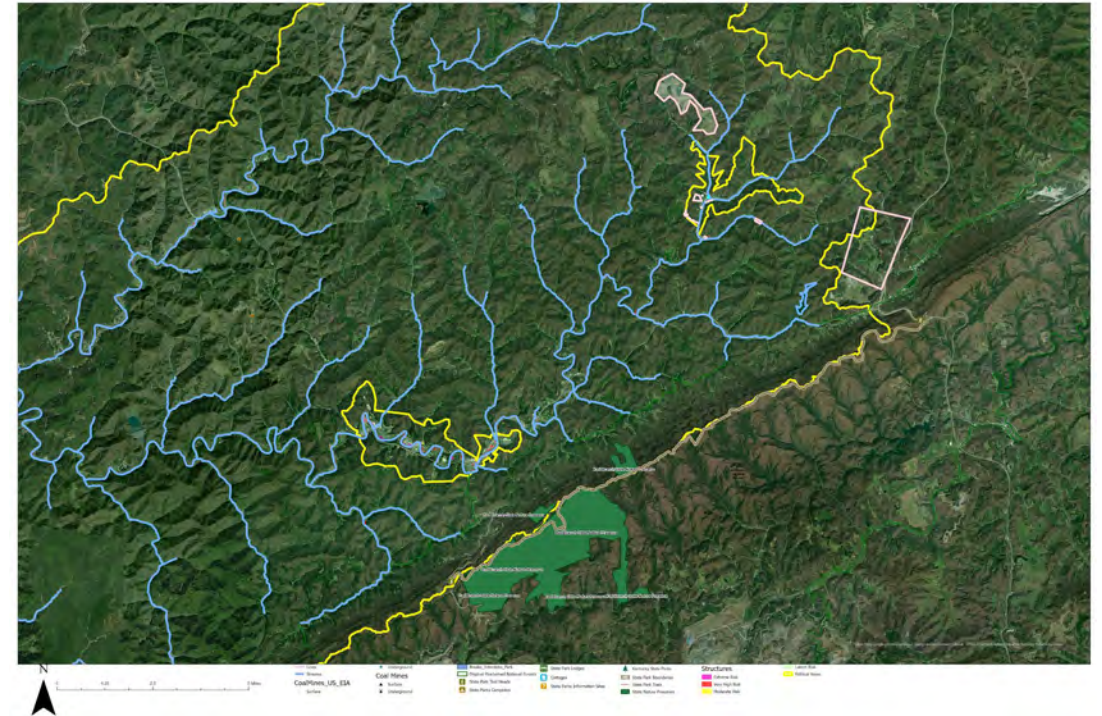
Fishpond Lake
Trails

The
Tanglewood
Trail

Goose Creek
(planned)

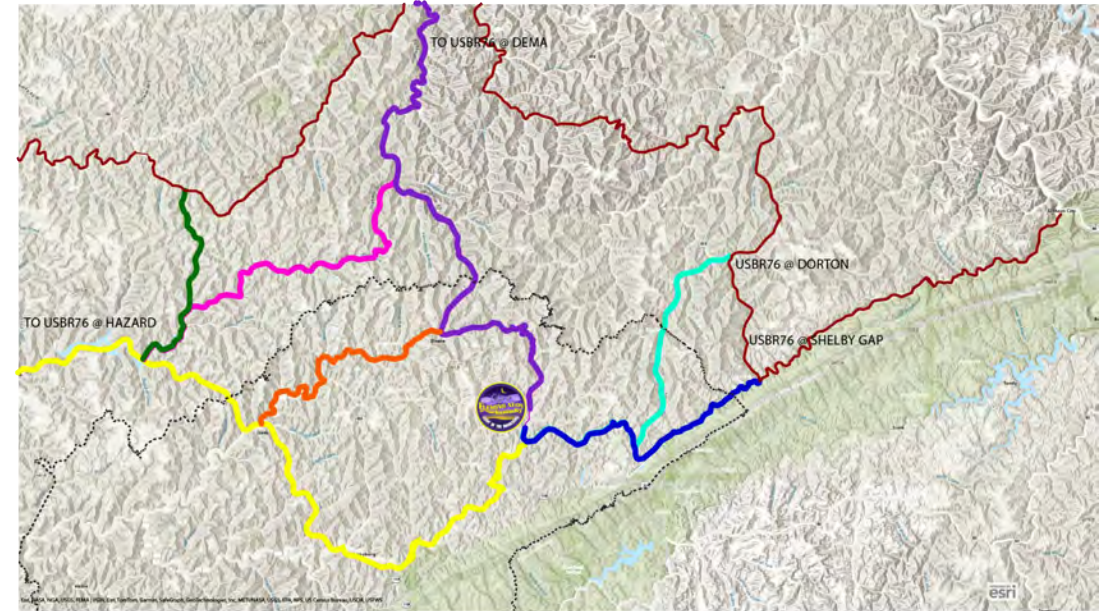
Thunder
Mountain
(planned)

Raven Rock
(planned)



Capturing Tourism from USBR-76

- Fleming-Neon to **USBR76** @:
 - Shelby Gap – 22.7 miles
 - Dorton – 27.4 miles
 - Dema – 26.9 miles
 - Hazard – 48.3 miles
- Connector Routes
 - HWY 15 to HWY 160S – 8.2 miles
 - HWY 15 to HWY 7S – 16 miles
 - Isom to Deane via 7S – 11.4 miles



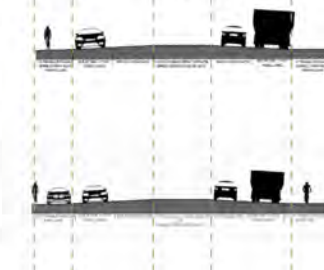
EXISTING & PROPOSED CONDITIONS ON 2
LANE HIGHWAYS
(7, 119, 160, 317, 582, 805)



RECOMMENDATIONS:

- INCREASE TRAVEL LANE WIDTH FROM 10 TO 12 FEET
- ADD PAINTED BIKE LANE ON OUTSIDE OF EACH TRAVEL LANE (4 FOOT MINIMUM, 6 FOOT PREFERRED)
- DUE TO THE NATURE OF THE AREA, THERE COULD BE SITUATIONS IN WHICH A LANE WILL NOT FIT ON BOTH SIDES. IN WHICH CASE, THERE SHOULD BE SIGNAGE INDICATING THAT CYCLISTS CAN USE THE WHOLE LANE UNTIL THE BIKE LANE CAN RESUME

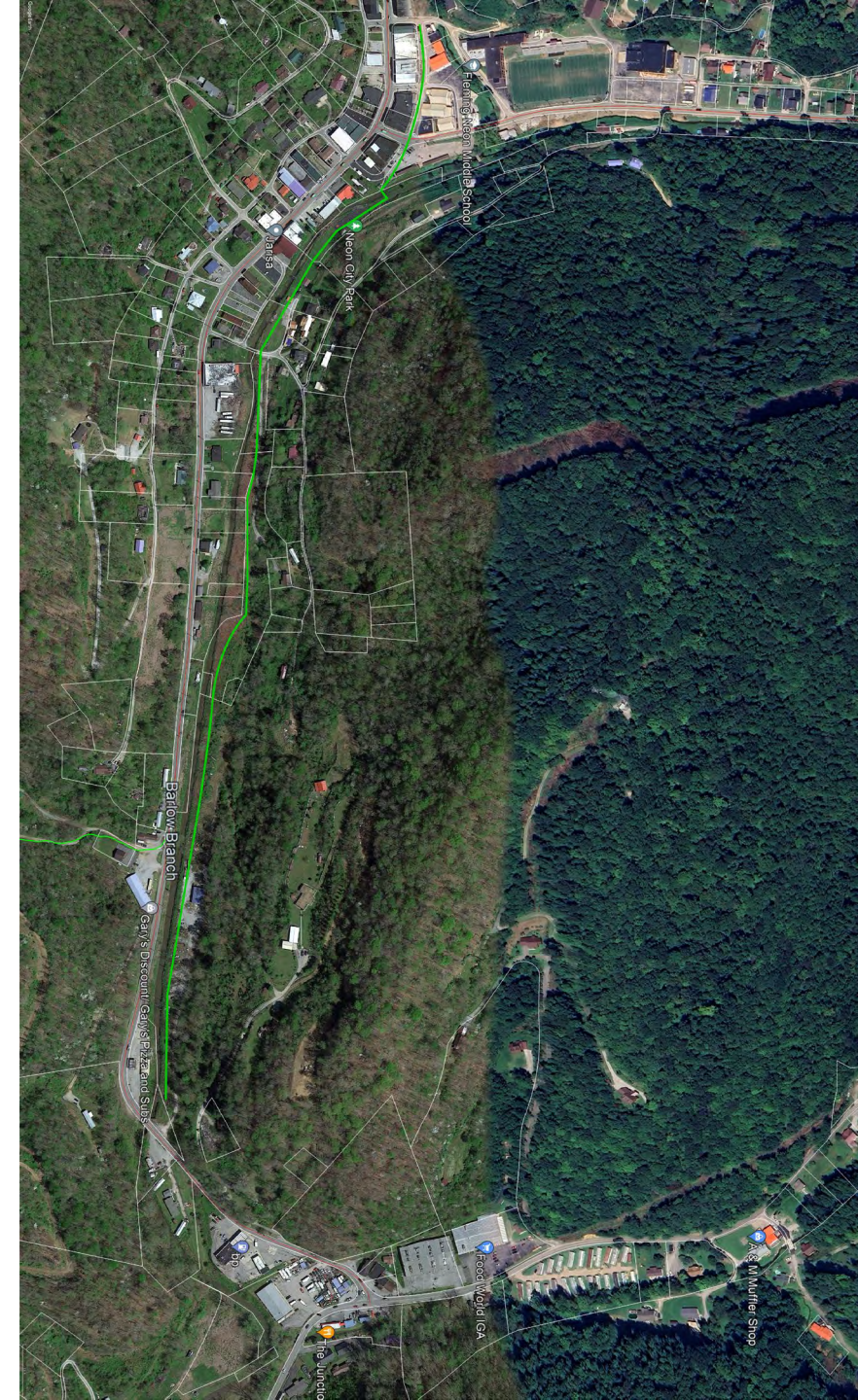
EXISTING & PROPOSED CONDITIONS ON 4+ LANE HIGHWAYS
(15, 23 119)



RECOMMENDATIONS:

- DECREASE TURN LANE WIDTH FROM 14 TO 12 FEET
- ADD 1 FOOT OF PAVING ON EITHER SIDE OF EXISTING ROAD TO CREATE A 12 FOOT USABLE SHOULDER
- ADD PAINTED BIKE LINE ON FAR SIDE OF USABLE SHOULDER
- THIS WILL PROVIDE ENOUGH SPACE FOR A CAR TO PULL OVER ON THE SHOULDER AND STILL ALLOW SPACE FOR CYCLISTS

Connecting The Junction & Downtown





Junction Park



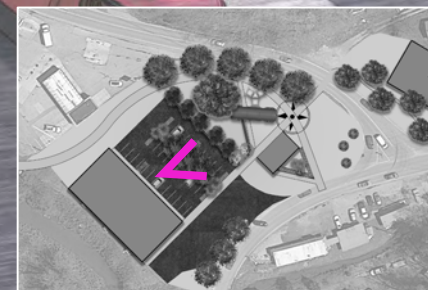




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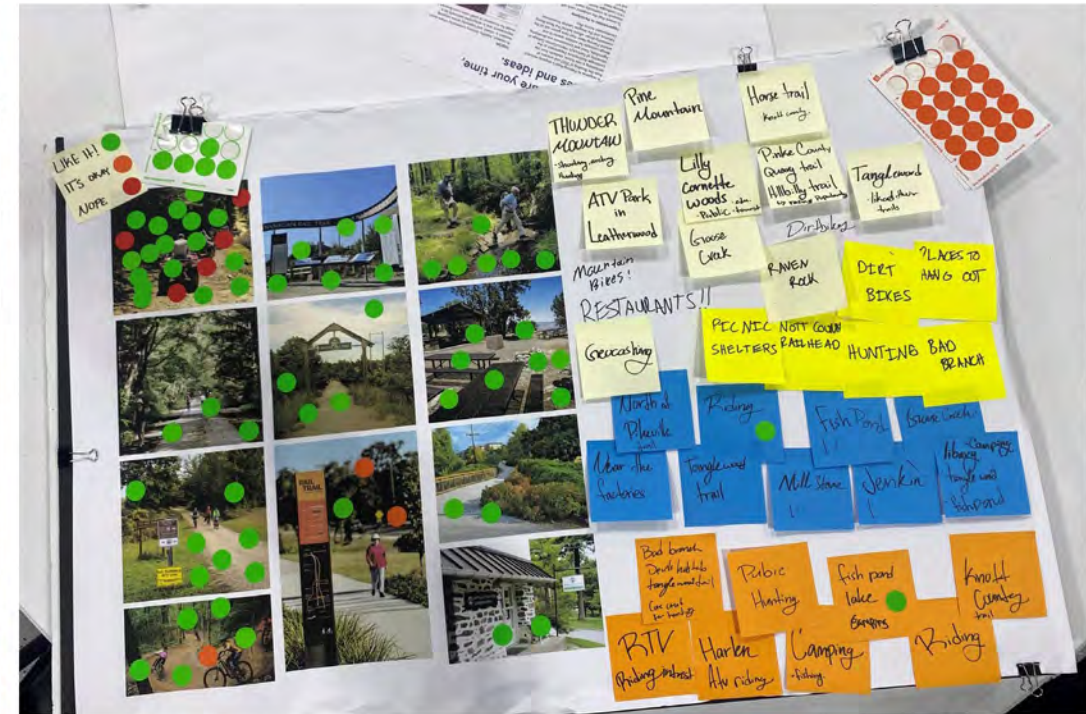


Fleming-Neon Trail Town Neon Ridge Trails

Aileena Roberts



Travel and Research



- VA Creeper Trail was an example of a successful trail town I used as a guide along with the information we gathered at the community feedback session




Looking into the past

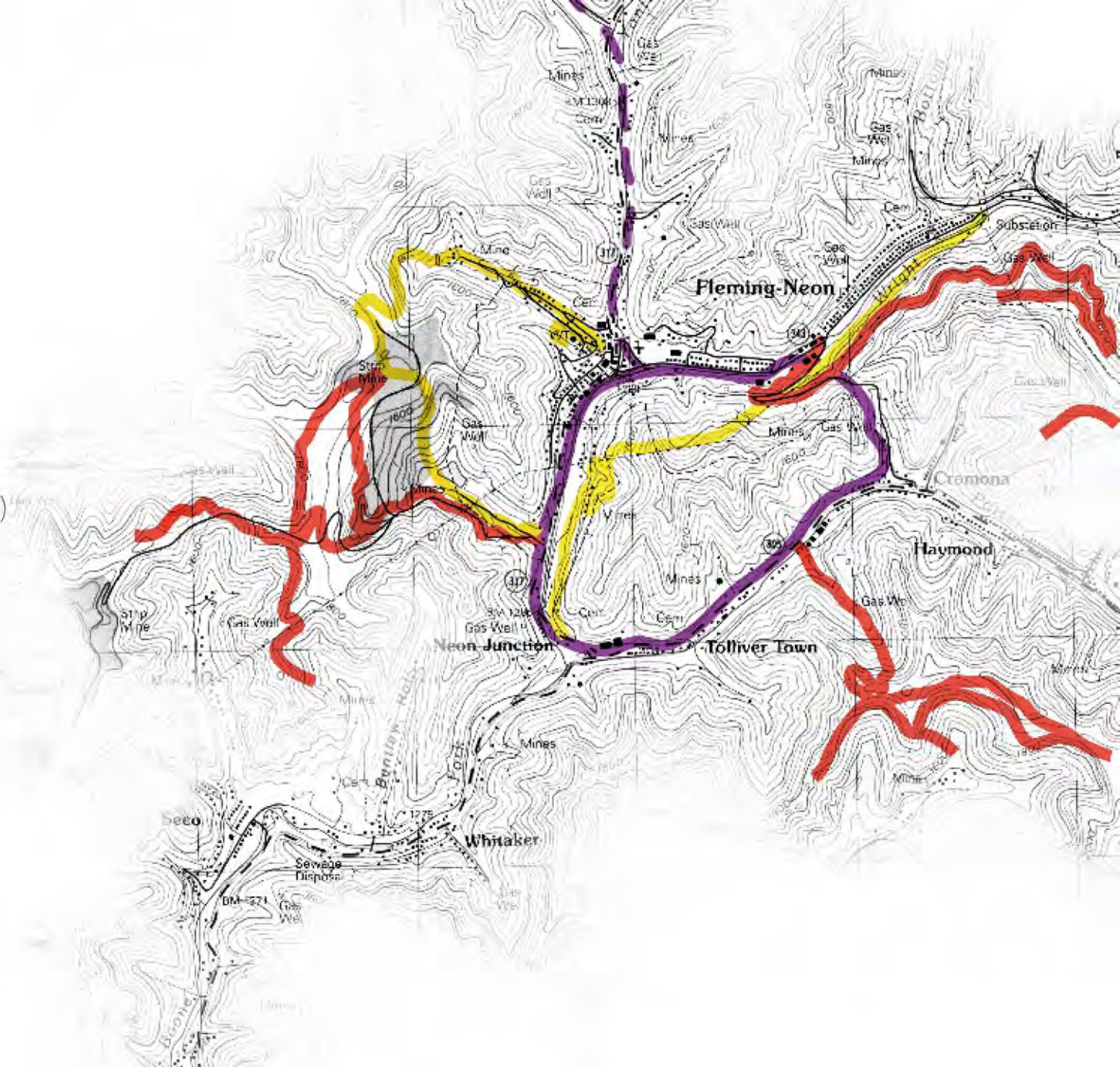
- Neon-Junction
 - Entrance into Fleming Neon
 - Close connection to local amenities
- Downtown
- Remembering Martha Carson



Mapping

- Locating where trails are, and popular destinations and mapping out the proposed trail system.

-  Existing ATV Trail
-  Martha Hill Trail approx. 1.4 miles (30 min walk)
-  Walking Trail 3.7 miles (60 min walk, 22min bike)





Neon Hub

- Renovating existing event space, option for a Visitor Center and connection to the walking trail and park

Martha Trail

- Beginner friendly hiking trail

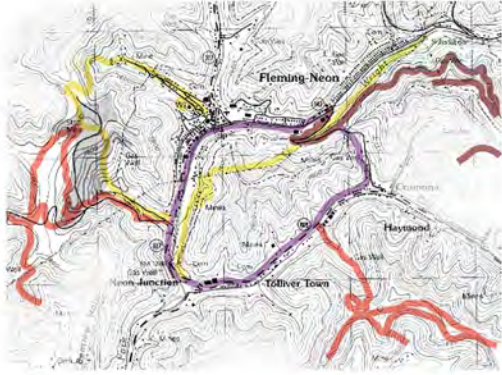
Walking Trail

- Extension of the pre-existing walking trail

Neon-Junction

- An option for Fleming-Neon Visitor Center, Office of Tourism and renovated repair shop

Walking Trail



The extended walking trail is a recreation of the last walking trail that was in place which is typically a 60-minute walk or a 22-minute bike ride. This trail is connected to local restaurants at the Junction, the IGA market, nearby residential homes, middle school, downtown, and other proposed sites.



Roadway/ Existing
buildings

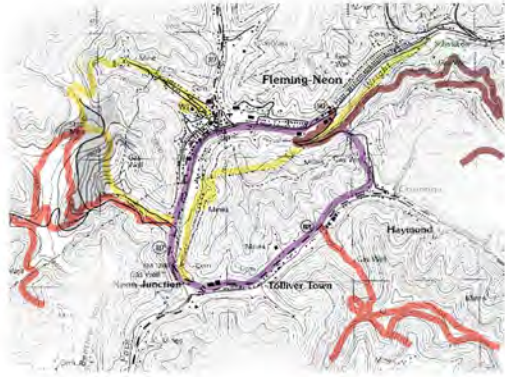
Riparian

Bike

Walk/Run/Jog

Stay

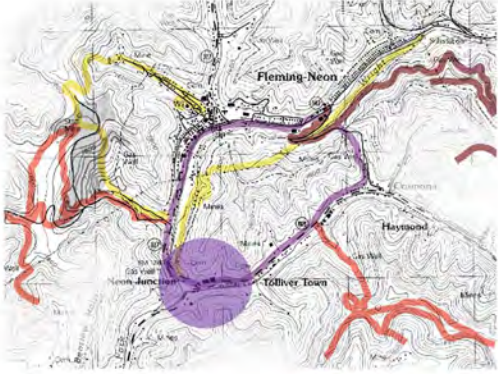
Martha Hill & ATV Trail



The Martha Hill Trail is an uphill hike is approximately 1.4 miles long. It is surrounded by nature and a view of the town between the trees.



Visitor Center & Repair Shop



This visitor center sits at the gateway to Fleming-Neon from Route 805. The plan is to renovate the existing buildings at the Junction and make it a repair shop, Visitor Center, and gathering space.



Martha Hill
Entrance

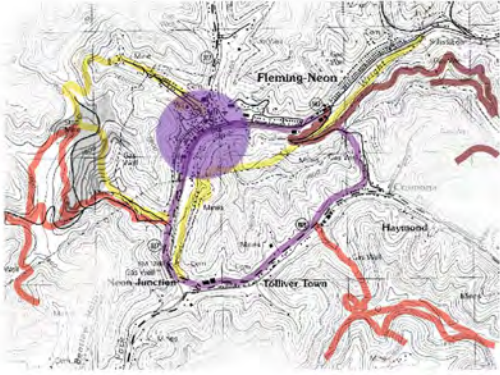
Repair Shop

Parking

Visitor Center and
Office of Tourism location

Gathering Space

Neon Hub



The Neon Community Hub is a connected space with a Visitor Center, a renovated gathering space and a direct connection to the walking trail along with a proposed renovated park nearby.



- Visitor Center

- Historic information about Fleming-Neon
- Trail Information
- Office for tourism

- Renovated Event Space

- Provide shade and seating
- Addition of plantings
- Addition of lighting (string lights/solar lamppost with planter)

- Walking Trail and Park



Signs



- Welcome to Fleming-Neon



- Martha Hill entry gate



- Historic information
- Wayfinding
- Mile Markers

Gathering Spaces



- Rest and gather spaces along trails



- Sheltered spaces



- Venue Spaces (indoor/outdoor)