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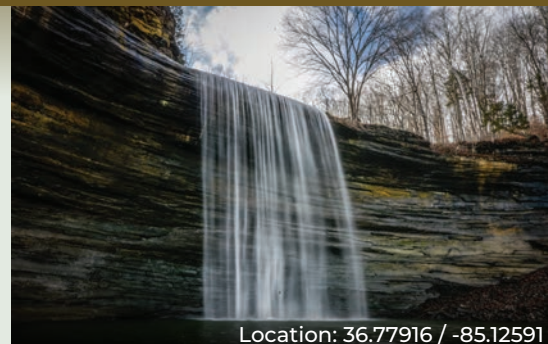
LET NATURE DIRECT YOUR PATH TO THESE AMAZING NATURAL WONDERS

The Kentucky Wildlands is home to more than 800 waterfalls, but you can experience some spectacular ones on The Kentucky Wildlands Waterfall Trail. While it's impossible to feature all our great waterfalls on one trail, you'll find these seventeen magnificent falls along forested paths, at the end of majestic mountain hikes or even on a short trek from a parking lot. On The Kentucky Wildlands Waterfall Trail, no two falls are alike. Each possesses its own unforgettable stories, legends and history that makes discovering them even more memorable and fun. Each will reward you with their own stunning backdrops, cool cascades and scenic pools and leave you awestruck, beckoning you to explore and linger a while longer. Discover the amazing natural wonders of The Kentucky Wildlands Waterfall Trail.

ACCESSING THE KENTUCKY WILDLANDS WATERFALLS

- Easy Hike
- Moderate Hike
- Difficult Hike
- Parking Available
- Limited Parking Available
- ADA accessible

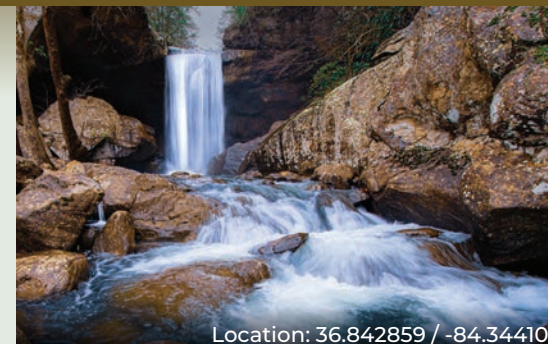
1. 76 Falls Clinton County



Location: 36.77916 / -85.12591

Located along Indian Creek, Seventy-Six Falls is believed to have been named after the nearby community of Seventy-Six. Though some think the name refers to its height before the impoundment of Lake Cumberland, that height was close to 84 feet. Regardless, the well-maintained trails, scenic bridges and picturesque views leading to Seventy-Six Falls, as well as its sheltered picnic area near the brink of the falls make it the perfect spot to spend an afternoon.

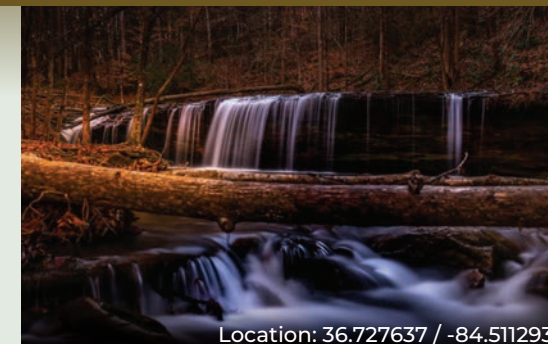
3. Eagle Falls McCreary County



Location: 36.842859 / -84.34410

Hikers taking the 1.5-mile Trail 9 to Eagle Falls will be rewarded with amazing views of Cumberland Falls from the ridgetops along with the way. After crossing a seasonal stream, the trail becomes a loop, and a spur takes you downhill to the river and falls. The latter section of the trail is rugged with considerable rock hopping required as you near the 44-foot waterfall. During high water the lower section of the trail may be under water.

5. Princess Falls McCreary County



Location: 36.727637 / -84.511293

The section of the Sheltowee Trace Trail that leads to Princess Falls takes you along Lick Creek as it parallels the Cumberland River. You'll spot many small waterfalls and interesting rock formations worth exploring along this relatively flat and easy trail, making it ideal for young hikers. Using the trailhead from the upper tier of the parking lot avoids much of the muddier trail conditions. These photogenic falls are named after Cherokee Princess Cornblossom.

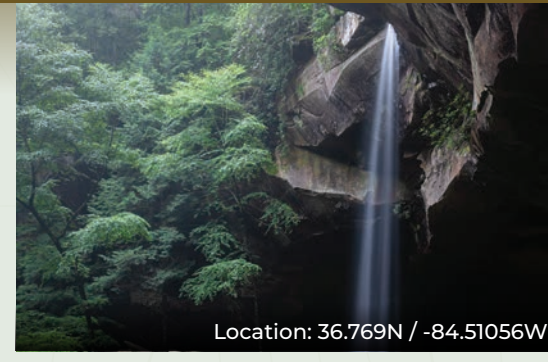
2. Mill Springs Falls Monticello



Location: 36.934217 / -84.778962

Two distinctive, beautiful 30-foot drops into Lake Cumberland emerge from springs above to create double cascades at historic Mill Springs Mill. A fully operational mill built in 1877 sits below with a 40-foot overshot water wheel, the largest of its kind in the world. Perhaps best viewed by boat on Lake Cumberland, you can also get a good view of the falls from behind the mill itself. The trail to the mill is paved, but steep and a bit uneven.

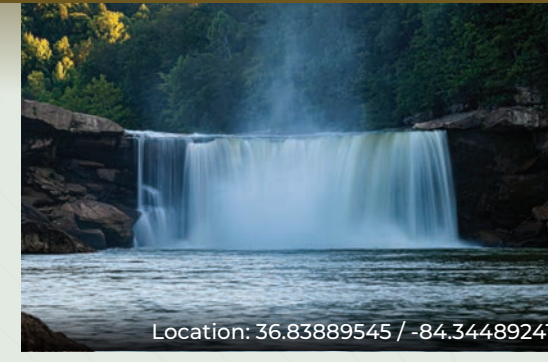
4. Yahoo Falls McCreary County



Location: 36.769N / -84.51056W

As the highest waterfall in Kentucky, 113-foot Yahoo Falls is well worth the moderately easy hike in the heart of the Big South Fork National Recreation Area. Jaw-dropping views can be found from either the base or behind the falls as they drop into the pool below and cascade in front of one of the park's largest rock houses. A network of trails surrounds the impressive falls, and the water volume is at its best in the spring.

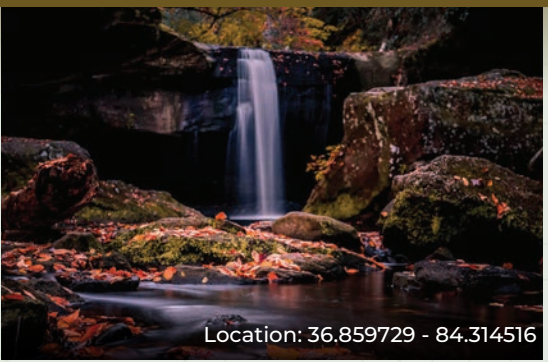
6. Cumberland Falls Whitley and McCreary County



Location: 36.83889545 / -84.34489241

Roaring Cumberland Falls at 68 feet tall and 125 feet wide certainly lives up to its "Niagara of the South" moniker. 3,600 cubic feet of water spills over sandstone cliffs into the gorge below every second to create an awe-inspiring sight and sound. View these majestic falls from above or below in Cumberland Falls State Resort Park. Visit during a full moon for the chance to witness a rare moonbow, one of only two that occur in the world.

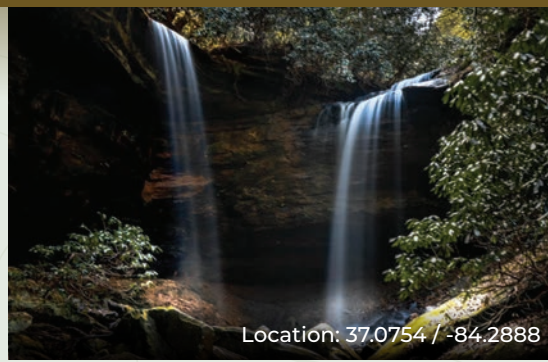
7. Dog Slaughter Falls Corbin



Location: 36.859729 - 84.314516

Dense stands of hemlock and rhododendron and massive boulders line the one-mile path to stunning Dog Slaughter Falls. A second path to the falls, twice as long as the first, is easily accessible and both are considered only moderately challenging, making them good options for families, as well as nature lovers. Upon arriving you can take in the falls from many vantage points surrounding the blue plunge pool, which also makes a gorgeous swimming hole.

9. Pine Island Double Falls London



Location: 37.0754 / -84.2888

Within the Daniel Boone National Forest lies a rare double waterfall, Pine Island Double Falls, where two powerful blue cascades meet in the middle and plunge into a pristine aquamarine pool below. You can access this impressive hidden gem via a 1.4-mile trek that follows a creek and features numerous natural wonders, such as caves, gorges, canyons and rock formations. As with most waterfalls, the best time to visit is right after a heavy rainfall.

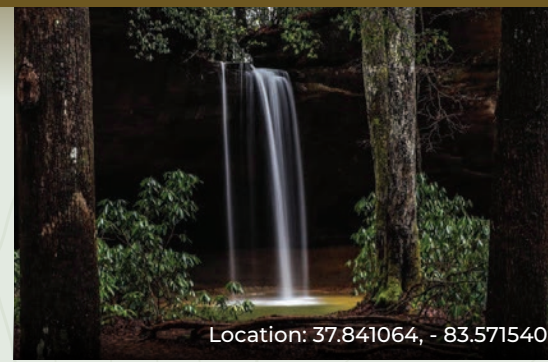
11. Anglin Falls Rockcastle



Location: 37.4998068°N -84.2171549°W

Streams trickling over rock cliffs, lush greenery and wildflowers line the way to jaw-dropping Anglin Falls, located in the wooded ravine of John B. Stephenson Memorial Forest State Park. The short 1.7-mile out-and-back hike up to Anglin Falls is mostly uphill and offers views of limestone outcroppings and small caves with a few challenging spots. It's considered a moderate route, though, taking less than an hour to complete with benches for resting along the way.

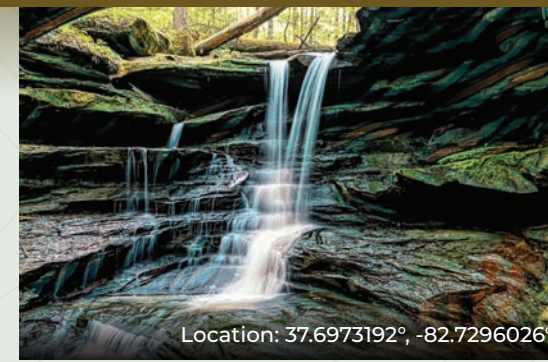
13. Copperas Falls Wolfe County



Location: 37.841064, - 83.571540

Though the trail to this gorgeous 40-foot waterfall is an unofficial one, meaning it isn't marked or maintained, it is a popular, well-worn route for hikers and campers. The 3.1 mile out-and-back trail is moderately challenging but well worth the trek. Copperas Falls unexpectedly appears like a hidden oasis with a turquoise lagoon at its base and a massive rock shelter behind it that is a known archeological site once inhabited by prehistoric Native Americans.

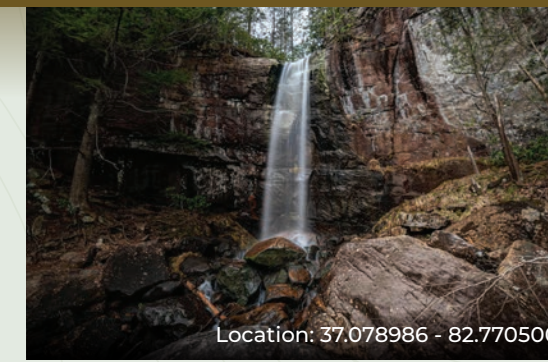
16. Jenny Wiley Falls Johnson County



Location: 37.6973192° - 82.7296026°

A short .9 mile hike out and back takes you to Jenny Wiley Falls on Little Mud Lick where courageous pioneer Jenny Wiley was once held captive by eleven Native Americans in 1789. Considered a moderately challenging route, the trail to this tranquil waterfall is known to birders, hikers and rock climbers but is quiet and secluded, making it a great spot to explore, relax and unwind. March through October are the best months for visiting.

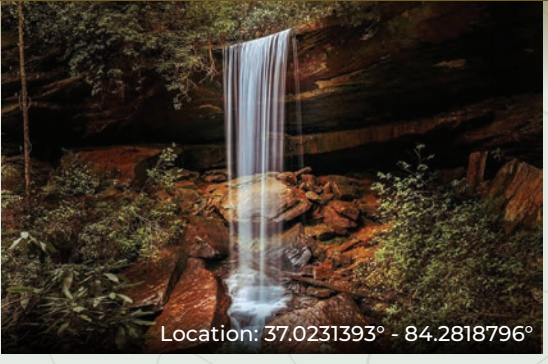
17. Bad Branch Falls Letcher County



Location: 37.078986 - 82.770500

On the south side of Pine Mountain lies Bad Branch State Nature Preserve, home to Bad Branch, a designated Kentucky Wild River and Bad Branch Falls. Impressive year-round, the 60-foot waterfall lies at the end of a moderate one-mile well-maintained trail that takes you through old timber roads, a shady gorge, and hemlock forest surrounded by sandstone cliffs. Climb over boulders, enjoy the spray and watch for rainbows in the water at the foot of the falls.

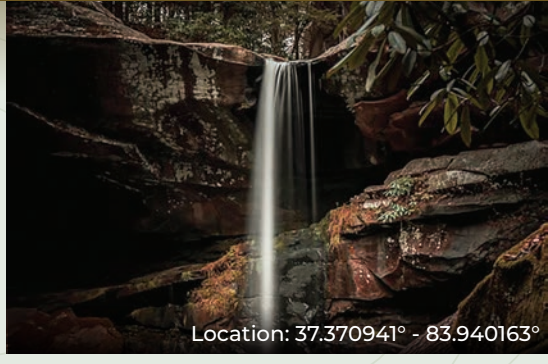
8. Vanhook Falls London



Location: 37.0231393° - 84.2818796°

Five miles out and back of incredible natural beauty and wonders can be found on the section of the Sheltowee Trace Trail that leads to Vanhook Falls. Along the way, several smaller unnamed waterfalls, high stone bluffs and the large rock slabs and formations of Cane Creek make for an unbelievably scenic hike before reaching the waterfall, which plummets into a stunning sandstone cathedral. Located in the Daniel Boone National Forest, this is one of Kentucky's most beautiful sites.

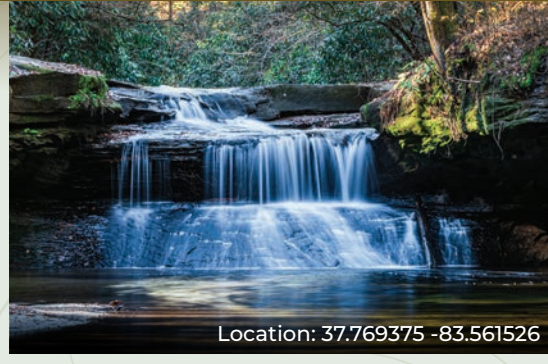
10. Flat Lick Falls Jackson / McKee



Location: 37.370941° - 83.940163°

At 33 feet tall, Flat Lick Falls makes an impressive plunge into a beautiful pool surrounded by boulders and cliffs. It's an easy walk on the 1-mile loop trail to the waterfall, but if you're feeling more adventurous just cross the creek above the waterfall and follow the trail to the base. There are multiple trails for viewing the falls, including a paved one to an overlook. The falls' deep blue pool is popular for wading or swimming.

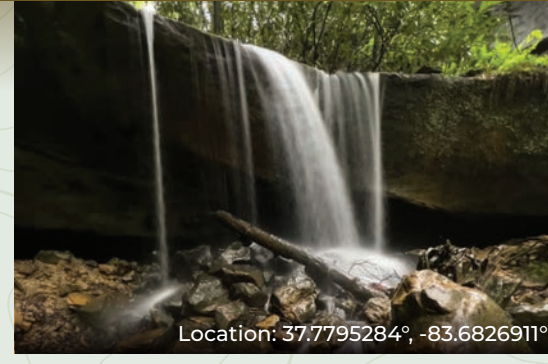
12. Creation Falls Wolfe County



Location: 37.769375 - 83.561526

Venture into the rugged Red River Gorge to Creation Falls with its family-friendly plunge pool that's great for wading. The 1.4 mile out-and-back Rock Bridge Trail is considered moderately challenging and is one of the most visually stunning trails in the Gorge. Along the way to the arch (rock bridge) for which the trail is named, you'll come upon magnificent Creation Falls. If you start the loop going clockwise, you'll descend first into the woods to a scenic creek.

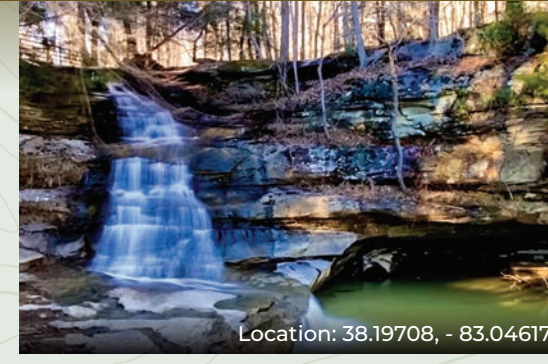
14. Whittleton Falls Wolfe County



Location: 37.795284°, -83.6826911°

One of the most naturally beautiful trails in the Red River Gorge leads you to Whittleton Branch and Whittleton Arch Falls. The 5.25-mile out-and-back trail to the falls is considered easy and is well marked and simple to navigate. Once at the incredible arch and waterfall, walk behind the falls for a unique view. The best time to visit Whittleton Arch Falls is during Kentucky's wettest season from winter through spring.

15. Lick Falls Grayson Lake State Park



Location: 38.19708, - 83.04617

Nestled within the sheer sandstone cliffs, breathtaking hidden coves and caves of beautiful Grayson Lake lies scenic Lick Falls. Rated moderately strenuous, the 3-mile looped Lick Falls Overlook Trail follows the cliff line near the lake, offering unforgettable views of Grayson Lake below on the way to the peaceful falls. Paddlers can access Lick Falls via the lake (considered the best blueway east of the Mississippi), enjoying the amazing vistas and serenity year-round.

Things To Know Before You Go

Before heading out to explore in The Kentucky Wildlands Waterfall Trail, it's a good idea to check on current trail conditions, waterfall volume and any restrictions concerning a particular waterfall's access trail. For instance, some trails are not pet-friendly, mainly for their own protection, as well as that of the local plant and animal life. Some waterfalls are also best visited during the rainier months of the year, while others are exceptional all year-round, with wintertime offering its own magical scenic backdrop.



READY FOR A LITTLE ADVENTURE?

Whether your dreams of adventure lean to scaling towering cliffs, hiking deep canyons, fishing mountain streams, cruising crystal-clear lakes, rafting whitewater, kayaking quiet rivers, off-roading or listening to some sweet bluegrass harmonies, you'll find them all in abundance in the friendly hills and hollows of the Kentucky Wildlands where the rich Appalachian culture, natural beauty and heritage flow.



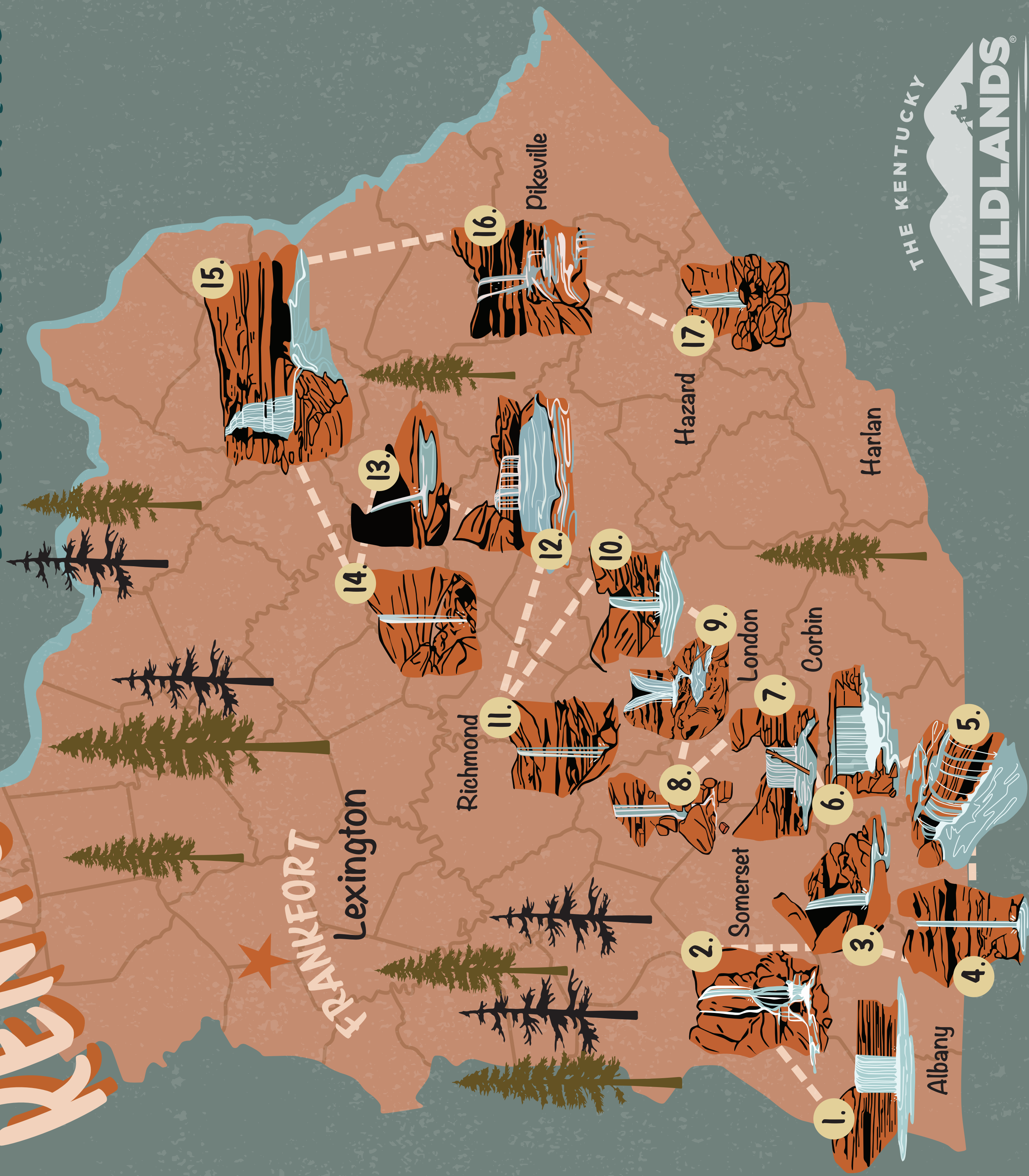
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THE KENTUCKY WILDLANDS WATERFALL TRAIL



- 1: 76 FALLS, CLINTON COUNTY ~ 2: MILL SPRINGS FALLS, MONTICELLO ~ 3: EAGLE FALLS, MCCREARY CO. ~ 4: YAHOO FALLS, MCCREARY COUNTY
- 5: PRINCESS FALLS, MCCREARY COUNTY ~ 6: CUMBERLAND FALLS, WHITLEY AND MCCREARY COUNTY ~ 7: DOG SLAUGHTER FALLS, CORBIN
- 8: VANHOOK FALLS, LONDON ~ 9: PINE ISLAND DOUBLE FALLS, LONDON ~ 10: FLAT LICK FALLS, JACKSON / MCKEE ~ 11: ANGLIN FALLS, ROCKCASTLE
- 12: CREATION FALLS, WOLFE COUNTY ~ 13: COPPERAS FALLS, WOLFE COUNTY ~ 14: WHITTLETON FALLS, WOLFE COUNTY
- 15: LICK FALLS, GRAYSON LAKE STATE PARK ~ 16: JENNY WILEY FALLS, JOHNSON COUNTY ~ 17: BAD BRANCH FALLS, LETCHER COUNTY

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