

MOREHEAD'S TOP SPOTS FOR ADVENTURE & RELAXATION

Spend your days immersed in the natural beauty surrounding [Morehead, Kentucky!](#)

Enjoy lake and lush forest trails that offer escape – and space to breathe – or explore your sense of adventure by walking in Daniel Boone's footsteps through hundreds of miles of trails in the foothills of Daniel Boone National Forest.



Here are three best bets to experience this outdoor paradise.

TWIN KNOBS RECREATION AREA

Camping is the ultimate way to reconnect with nature and clear your mind. Campfires, picnics, hiking, biking, fishing and swimming abound at [Twin Knobs Recreation Area](#), featuring a 700-acre campground with nearly 200 tent and RV campsites. Plus two onsite boat ramps (Allrey and Twin Knobs) makes getting your boat on the water here a breeze!



CAVE RUN LAKE

Known as the "Muskie Capital of the South," [Cave Run Lake](#) is the perfect place to enjoy water sports, lazy days relaxing on a pontoon or houseboat, or unwinding with your toes in the sand. A top destination for boating, fishing, tubing, water-skiing and swimming, Cave Run boasts more than 8,000 acres of picturesque open water with breathtaking views. Combined with the adjoining Licking River, the lake provides year-round opportunities for fun and relaxation.



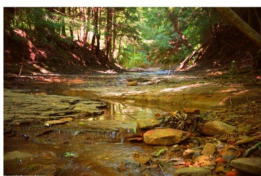
SHELTOWEE TRAIL

With more than 100 miles of multi-use trails for any age and ability, Morehead is an official Kentucky Trail Town. In fact, the [Sheltowee Trace National Recreation Trail](#) meanders right down Main Street! Whether you are looking for a relaxing afternoon hike or are an experienced hiker wanting a challenge, there is a trail here for you.



Ready to explore more? Check out these other awesome [trails in Morehead](#) right near downtown.

- The **Downtown Walking Trail** starts at the Morehead Visitor Center and travels 2.5 miles through downtown, picturesque Morehead State University and the campus of St. Claire Healthcare.
- Nestled in a peaceful forest environment within city limits, secluded **Rodburn Hollow Park** is ideal for a hike, picnic or letting your kids splash around the creek while discovering nature's treasures. Hiking trails, a playground, picnic shelter and ample parking are all available.



- Spectacular views and that invincible feeling of conquering a challenge await at **Limestone Knob**. The Sheltowee Trace National Recreation Trail leads you right to Limestone, which at 1,423 feet above sea level is the highest point in Rowan County.



- One of the most stunning views in the area comes at **Lockegee Rock** along a 0.7 mile lightly trafficked out-and-back trail located near Cloertfield, Kentucky. Tucked in a beautiful forest setting, this route is rated as a moderate-level hike.
- **Eagle Lake Loop Trail** is a 1.4 mile moderately trafficked loop trail near Morehead State University that features a beautiful lake. Rated as moderate difficulty, it will give you a brisk workout as well.

There's always [#More2Morehead!](#) Start planning your trip today at www.moreheadtourism.com.

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