



Paint Creek State Park

To Bainbridge ▶

To Hillsboro ◀



Flowers are for everyone; and take 7 years to bloom. Please don't pick.

### Map Key

 Highlands Nature Sanctuary properties	 Hermitage Cabin (Zen & Eyrie Suite)
 Forest Museum & Arc Headquarters	 Leatherwood Cabin
 Ash Ayden Volunteer Center	 Ravenwood Retreat Center
 Beechcliff Retreat Center	 Whispering Springs: Chanterelle Cottage, Toadstool Suite & Earthstar Lodge

# Highlands Nature Sanctuary Hiking Trail Directions & Descriptions

Additional Arc of Appalachia Preserve Trail Maps for public access can be downloaded online at [arcofappalachia.org](http://arcofappalachia.org).

Emergency Numbers to call or text: 9am - 5pm at 937-365-1935; after hours Call Tim at 937-509-2796

See a trail maintenance issue on a trail? Let us know! Text Ethan at 513-508-8549

## 1 Forest Museum Trailhead — (3 trails)

**Trailhead closed to the public and members Nov-March.**

**Directions:** The Forest Museum is one mile south of Hwy 50 on Cave Road. The parking entrance is on your left, across from the Museum. These relatively short Museum trails are the most stunning trails in all the Sanctuary. Trails are open 9am to 5pm; April - October and are closed in the winter for safety reasons.

**Etawah Woods Trail:** 1.2 mile trail begins at Museum

**Valley of the Ancients:** 0.5 mile trail begins at Museum

**Barrier Ridge Trail:** 3.0 mile loop. A long gradual climb up to the top of Barrier Ridge with a faster descent. This is a remote, deeply forested trail. We recommend carrying this map and your cell phone since sometimes the route is difficult to find in autumn when the leaves have just fallen. The trail begins in the lower Museum parking lot south of the Museum at the park's vehicle exit on Cave Road. Look for a set of stone stairs on the right hand side of the lower parking lot, roughly halfway down.

## 2 Barrett's Rim Trailhead — 2 trails

**Directions:** Follow Cave Road away from Hwy 50 until you pass Browning Road on the right. Turn into the very next parking lot on the right—it will be graveled with a wooden fence.

**Barrett's Rim Trail:** 2.5 mile loop. A mostly level trail with one short descent and ascent. The trail follows the Rocky Fork Creek along the base of a vertical rock wall, the area often referred to as the "Jewel of the Rocky Fork Gorge."

**Roundtop Loop:** 1.75 mile loop. Roundtop winds through a rich sugar maple forest and through a chestnut oak shale barrens. A trail makes a gradual climb to the ridgetop and back down.

## 3 Cedar Run Trailhead — 1 Trail

**Directions:** Turn left onto Route 50 from Cave Road and follow Route 50 for 3 miles. After you pass Browning Road on your left, a gravel parking lot will also be on the left hand side of Route 50. The trail begins at the parking lot.

**Cedar Run Trail:** 2.5 mile loop begins by following an old farm lane into an open meadow and then enters the woods on its way to Cedar Run Gorge. Trail provides beautiful views of rock walls and fern-covered boulders along spring-fed Cedar Run. A spur leads to a small waterfall nearly hidden by a fallen rock.

## 4 Miller State Nature Preserve — 3 trails

**Directions:** Follow Cave Road south until it deadends, then turn right on Barretts Mill Road. Cross over the Rocky Fork Creek. Miller's parking lot will be on the right, midway up the first hill, and is signed. Drive or walk down the long lane to the trailhead, which begins at the second parking lot. Miller boasts classic Rocky Fork beauty with several bridges, sparkling streams, and spring flowers. Three easy trails are offered: the **Falls Trail:** 1 mile loop, the **Tuliptree:** 0.75 mile loop, and the **Arch Trail:** 0.5 mile loop.

## 5 Kamelands Trailhead — 1 trail

**Directions:** Follow Cave Road north to US 50 and turn left (west). The parking lot is exactly a .5 miles from the turn and will be on your right. Park near the old barn and walk back towards Hwy 50. On the right you will see a trail sign leading you underneath the US 50 through an old cattle tunnel and onto the Kamelands Trail.

**Kamelands Trail:** 2 mile loop, mostly level. This trail leads through rolling meadows to the wooded corridor bordering the high bluffs of Rocky Fork Creek across from the Forest Museum. This trail boasts immense ancient oaks, interesting rock formations, and an optional spur trail down to the canyon floor.

## 6 Crow Point Trailhead — 1 trail

**Directions:** Follow Cave Road north. Just before you reach its terminus with US 50, turn right onto the mowed lane and parking lot for Crow Point.

**Ashy Sunflower Trail:** 1 mile loop, mostly level. This trail runs through a planted prairie that is stunningly beautiful in early to mid August when the rare but showy Ashy Sunflower bloom. Dog Friendly - must be on an  $\geq 6$  foot leash.

## 7 Ridgeview Farm Trailhead — 1 trail

**Farm Restoration Model and American Chestnut Demonstration Orchard**

**Directions:** One mile west of Rainsboro on Highway 50, turn south onto State Rt. 753 at the blinking yellow light. After 1.8 miles, turn left at the Beaver Cemetery road sign on a gravel lane. Keep left at the fork, parking will be near the cemetery on the right.

**Ridgeview Farm's Restoration Trail.** 1.5 loop trail features educational signs interpreting the biodiversity-boosting practices that are taking place on this old farmland. The trail winds through gently rolling open fields and into a swamp forest that shelters skunk cabbage and marsh marigolds. Along the trail is an Educational Chestnut Orchard - featuring three species of chestnuts and blight resistant F-3 hybrids. Listen for orchard orioles and the rare Henslow's sparrow, Ridgeview's signature birds. This preserve exists to demonstrate that restoring biodiversity is possible on an abandoned farm.

## 8 Hozho Canyon Trailhead — 1 trail

**Directions:** Follow Cave Road north to US 50. Turn left. One mile west of Rainsboro, turn south onto State Route 753 at the blinking yellow light. Follow OH 753 2.8 miles. The mowed lot will be on your left, on a lower elevation than the road. Use caution when leaving the parking lot - this is a blind exit.

**Listening Trail:** .5 mile trail following the bluffs of the Rocky Fork with a spur down to the creek. Gorgeous views of the Rocky Fork Creek and handsome rock formations.

## 9 Maude's Cedar Narrows Trailhead — 2 trails

**Directions:** Follow Cave Road north to US 50. Turn left. One mile west of Rainsboro, turn south onto State Rt. 753 at the blinking yellow light. 2.3 miles down 753 turn right on McCoppin Mill. Follow McCoppin over the Rocky Fork Bridge. At the top of the next rise, turn left on Skeen Road. Follow Skeen around the bend. When the road straightens, (at the 0.3 mile mark), turn onto the next mowed lane to the trailhead. Look for tall hickory trees shading the lot.

**Prothonotary Trail:** 0.5 mile loop with a descent into the canyon floor and back up along the rim. Gorgeous views of the Rocky Fork Creek, rich spring wildflowers, and interesting rock formations.

**Maude's Cedar Narrows Trail:** 1.5 mile loop with a 50 foot rise and fall in elevation. Maude's comes off the right loop of Prothonotary Trail and returns directly to the trailhead parking lot. The trail follows the foot of the bluffs overlooking the Rocky Fork Creek, then up Franklin Branch tributary to admire the marvelous spring wildflower displays and rock formations. Great grassland birding on the return route.

