

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

WELCOME to the COVE SPRING PARK Walk

NORTH of FRANKFORT, KENTUCKY

This Seasonal walk is available from 12-18 June 2024 via the OSB.

This walk is also available on-site, like a regular walk, on Friday, 14 June 2024 from 8-11 am (start time).

This seasonal event is hosted by the Maumee Valley Volkssporters, an Ohio walking club. Distances offered are 5km, 7km, 10km, or 12km. This event includes forest trails with roots and rocks, some paved sections, and some grassy places. We are not aware of ticks, but check yourself afterwards. Enjoy watching for birds and other wildlife along the trails.

The **Sky Trail loop** is a 1km paved, flat loop that you can walk as many times as you wish. You will get credit for the kilometers that you complete! (example: 5 laps = 5k; 7 laps = 7k; 10 laps = 10k, etc.)

This walk event has **3 separate sections with 3 separate parking/start points!** You are encouraged to pick and choose any combination of the sections for your walking enjoyment. Add up the sections that you walk for your total distance.

There are 5 pages available, all together. Print the ones that you need.

This event is sanctioned by the American Volkssport Assn.: America's Walking Club (AVA) a partner of the Intl. Volkssport Verband (IVV) and qualifies to receive credit for the following programs:

Walking the USA, A-Z – F for Frankfort

Walking the United States (50 States) – Kentucky

Centurian Achievement Challenge

Par-for-the-Course

IVV Americas

Franklin County, Kentucky

Directions to the start point at 100 Cove Spring Rd., Frankfort, KY 40601. From I-64 west, exit left onto US60/Versailles Rd. From I-64 east, exit right onto US60/Versailles Rd. Stay straight and it becomes US421. Stay on it past Main St. It will be co-named Wilkinson Blvd. Turn right onto US127 and follow the signs to Cove Spring Park on your right. Plenty of free parking at the walk start.

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IN THE EVENT OF AN IMMEDIATE EMERGENCY CALL 911.

AFTER, CALL CRAIG GAUGER @ 419-350-4345, WALK POC.

Commented [CG1]:

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14 June walk day information:

Water and restrooms are available at the start point at 100 Cove Spring Rd. There are no restrooms at the archery range/upper loop trail. Take water with you please.

All event day walkers must come to the **Section 1 startpoint at 100 Cove Spring Rd**. even if only walking the section 2 or 3 routes, **to sign in and get their startcards and maps. Start table open 8am to 11am. Finish table open until 2pm.**

Other than the restroom info, disregard above info for OSB signups.

A trail map sign is available at the park. You can photograph it to have it with you. Be aware that the forest walks have the normal roots, rocks, and uneven ground. Could be muddy in places, if there has been recent rain. You should have a couple bottles of water with you. No reliable source in the forest.

On all routes, safety is paramount. Most of these routes are in uneven, rocky hilly terrain with tree roots. There is wildlife, which can be unpredictable. If you become injured, call 911 immediately. Contact me afterwards, so that I can make an AVA incident report: Craig Gauger 419-350-4345 or email gcauger@hotmail.com.

Upon completion of this event, be sure to log into the OSB to "finish/complete" your online registration and record your distance and special event credit. If walking without OSB at times other than day of, see Craig Gauger for event stamps.

Section 1 - Cove Spring Park

100 Cove Spring Rd – Frankfort, KY Hurst Falls 5km – rated 2B

1. Start near the restrooms off parking lot. Walk towards Hurst Waterfalls crossing the bridge. After viewing falls recross bridge and walk along the creek back towards the restrooms.
2. Cross the bridge into the woods on Raceway Spur (Yellow) Trail.
3. This is a rocky, root filled trail going up and eventually to an open meadow.
4. Left along the wood line to the stone tower.
5. Right at tower, walk along paved path (Meadow Loop) to the Children's Memorial Garden on the right.

6. After wandering around the garden area, head back to the Meadow Loop and turn right, crossing the bridge.
7. Go right at the "T" onto the blue (Spring Spur) trail all the way to the end at the overlook. Return along this trail back to that "T".
8. Pass the "T" and then right on the (Blackberry Meadow) trail. Near the top, keep the chain-link fence to your right, all the way to the end at the chain crossing the road. There are interesting features built/created by a local caretaker of the park. One looks like a mini-stone henge.
9. Go back down the Blackberry Meadow trail to the connector. Go right crossing the Boy Scout Bridge.
10. Left after the bridge onto the Upland Trail to the shelter and back to the parking lot. 5km

Directions to Upper trail and Sky Trail:

For the other 5km or to walk a 1km flat paved loop (as many times as you wish), drive back along Cove Spring Park Rd. to the highway. Turn right onto Owenton Rd, uphill. Right on Peeks Mill Rd. and right on Cedar Cove Rd. to the archery range parking start point.

If doing only the Sky Trail, you can go clockwise or counterclockwise – approx. 1 km per lap.

Count your laps – this is your distance. (example: 5 laps = 5k; 7 laps = 7k; 10 laps = 10k, etc.)

Section 2 - Cove Spring Park

100 Cedar Cove Rd – Frankfort, KY Upper trail 5km – rated 2B

Start at parking lot. Go to the paved Sky Trail.

If you are doing the 5km route:

1. Go left on the Sky Trail for about 1000’.
2. Go left onto Osage Trail. It goes up. Roots, dirt, etc.
3. Left at sign with green and yellow arrows.

4. Right on Holly Upper Trail - Holly Loop and Osage Trail signs.

5. Continue walking on the Holly Loop (don’t take side trail to the right).

6. Right on Osage Trail (up, not into the maze).

7. Come out of the woods to see the Osage Trail sign in the open field. You will see the Sky Trail to your left and a bench up ahead.

8. Go to the Sky Trail and turn right back to the parking area.

Section 3 – Wetlands area (optional)

If you wish to add 2km, there is a third route available. Depart from the Sky Trail parking and head back as if you were going to the Cove Spring Park area at Hurst Falls. On the way down the hill on Owenton Pike/US 127, there is a pull-off parking area on the right side of the highway.

1. Take the Perimeter Trail. Go to the right on the trail to Creekside Trail.

2. Follow the Creekside Trail back to the boardwalk and to where you started.

3. When you’re back at the parking area, take the Overlook Trail, the disused road up-hill (up-hill all of the way) from the parking area all the way to the end.

4. You’ll know the end when you can see Owenton Pike/US 127 and the sign that indicates a drop-off.

5. Turn around and go back to the parking area to finish.



To view this route online:

<http://www.gmap-pedometer.com/?r=7725669>

<http://www.gmap-pedometer.com/gp/bookmark/view/id/7725669>

