



# Backpacking Kentucky: Your Guide to the Most Beautiful Trails in the Bluegrass

*Valerie L Askren*

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**Backpacking Kentucky: Your Guide to the Most Beautiful Trails in the Bluegrass** Valerie L Askren

*Backpacking Kentucky* is your personal guide to the best trails in the state. Written for both beginner and experienced backpackers, this book will get you off the beaten path and into the beautiful backwoods of the Bluegrass state. Endowed with a proliferation of sandstone arches, tumbling waterfalls, towering hemlocks, spring-fed creeks, and gorgeous wildflowers, Kentucky has an impressive array of overnight options for the backcountry adventurer. Each entry includes lively trail descriptions, detailed topographical maps, camping recommendations, and full-color photographs. A special section on backpacking with kids is included to get the next generation out on the trails!

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