Walk Across Kentucky

This nearly two-mile paved path around The Arboretum showcases the seven geophysical regions of Kentucky. As an ongoing project, the Walk currently has in place canopy trees for each of the regions and a native understory. A native prairie has also been planted along this trail. Large, informational signs describe the seven regions and detail the native plant and animal species.

Test Your Fitness

Use the chart below to measure your fitness level. Walking along the paved trails only, cover the greatest distance that you can in 12 minutes, running or walking. Be sure to warm up before beginning your walk and cool down afterwards.

Distance—Miles Covered in 12 Minutes

|------------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|

< Means "less than"; > means "more than."

The map is marked in ½-mile increments.
1. You have reached the end of the Children’s garden site (½ mile).
2. The bench on the right is in memory of Frank and Marie Schabel (½ mile).
3. You are entering the knobs region of central Kentucky and leaving the Mississippian Plateau (½ mile).
4. On the left you will see a cluster of eastern red cedar trees (½ mile).
5. You are now entering the Appalachian Plateau region, a region in eastern Kentucky (¾ mile).
6. As you enter this broad curve you will be able to see the parking lot near the Greg Page apartments (¾ mile).
7. In summer, enchanted outdoor audiences enjoy the Shakespeare festival that takes place down slope from the path (½ mile).
8. To the right is the picnic area. Nearby are large native black cherry trees and a livestock watering trough (1 mile).
9. As you enter the Bluegrass region, you will notice a sign describing this central Kentucky region (1½ mile).
10. Stay on the paved path as you pass the two wood-chip entrances to The Arboretum Woods trail (1½ mile).
11. You are entering the Shawnee Hills region of western Kentucky (1½ mile).
12. The sign along the trail describes the Mississippian Embayment region, a far western Kentucky region (1½ mile).
13. You are now back in the Shawnee Hills region, having left the Mississippian Embayment region (1½ mile).
14. You are entering the Mississippian Plateau region, a south central Kentucky region (1½ mile).
15. You have reached the end of the Walk Across Kentucky and your fitness test (1½ mile). Bear left to return to the parking lot.

Optional Arboretum Woods Trail

Use your map to spot these outstanding features along the half-mile loop.
A. The wood-chip trail entrance to The Arboretum Woods.
B. Fork in the trail; bear right.
C. Path continues across an intersecting trail.
D. American basswood tree on the right.
E. Large chinquapin oak on the right—Arboretum’s largest tree.
F. Black walnut tree on the left.
G. Path continues across an intersecting trail.
H. Very large bur oak tree on the left—Large bur oak fell during the ice storm, February 2003.
I. Fork in the Woods path, bear right.
J. End of The Arboretum Woods trail.
Special Events
Check the kiosk (near the main parking lot) and our Web site at www.uky.edu/Arboretum for updates on the frequent special events sponsored by The Arboretum.

Opportunities for Involvement
Do you like what you see? There are many ways to help support The Arboretum. Volunteers have numerous opportunities, from planting and pruning to giving tours and helping out with special events. Membership in The Friends of The Arboretum is another way to show support. Members receive a 10% discount at local gardening shops, invitations to “members only” events, and a subscription to The Friends of The Arboretum newsletter. For more information on volunteering or becoming a member, contact The Arboretum Office at (859) 257-6955. You can also visit our Web site at www.uky.edu/Arboretum or e-mail The Arboretum staff at arboretum@lsv.uky.edu.

Location
The Arboretum is located on Alumni Drive in Lexington, between Nicholasville and Tates Creek Roads.

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UK Health and Wellness Program
116A Seaton Center
Lexington, Kentucky 40506-0219
(859) 257-9355 (WELL)
www.uky.edu/HR/wellness

Dorotha Smith Gatts Visitor Center
Monday–Friday, 8:30 am–4:00 pm

For Your Safety
Run, walk, or bicycle with a partner when possible.
Avoid isolated and poorly lit areas.

Carry a phone.

Carry Identification: it is very important to have it if you have an accident.

Avoid headphones; they make you less aware of traffic sounds, dogs, and approaching strangers.

Dress to be seen by traffic.
Follow pedestrian laws.

Wear a helmet while biking.

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