

# Kentucky State Parks

Living  Well

## PLAN YOUR ADVENTURE TODAY



### *Hike the trails*

Regardless of your fitness level, there is a hike for you. Review the different trails [here](#) and take a step to improve your health.



### *Free and fun events*

Create lasting memories with family and friends at a free event at a Kentucky State Park near you. Simply search by date, location or event category [here](#) to plan your next trip.



### *Explore a cave*

There are caving opportunities at Carter Caves State Resort Park and Dale Hollow Lake State Resort Park. Click [here](#) to view guided walking tours and wild cave expeditions.



Get active outdoors to improve your health and increase your steps!