

Russell Fork River

Kayakers run the Class V water on the Russell Fork River in the Lord of the Fork race.

The Breaks Interstate Park is one of two interstate parks in America and encompasses 4,500 acres of woodland. The Breaks, home of the deepest gorge east of the Mississippi River, also rises to lofty heights where golden eagles make their home. The Towers and other rock formations, caves, flora and wildlife make the Breaks Park a unique tourist destination. The park offers hiking, bike and driving trails, picnic and recreation areas, a lake with pedal boats, a swimming pool, horseback riding and an amphitheater. A rustic lodge, cottages and a large campground are available for extended visits. The Breaks Park also has a modern conference center, restaurant, gift shop and visitor's center.

Photo by Bethany Overfield, Kentucky Geological Survey.

