Section 1: "Spring Hill", 1,112 feet
Starting from Spring Hill Farm where Phase III proposes to cross Old Frankfort coming from McConnell Springs and heading East along the stone wall on Old Frankfort until it reaches Fox Mardis Drive (LEUCG) E-9 (FINET).

Section 2: "K-9 Crossing", 889 feet
At Old Frankfort and Mardis Drive the trail turns North across the Town Branch and heads East between the Town Branch and the CSX railroad until South Forbes.

Section 3: "Pioneer Houses", 2,943 feet
At the William McConnell Pioneer Stone House currently owned by the Her Grass Stockades the trail runs South along South Forbes and crosses the CSX RR. Then crossing South Forbes to run between Town Branch and the CSX RR to the James McConnell Pioneer Stone House and on to the Norfolk Southern RR embankment.

Section 4: "Distillery District", 2,888 feet
Crossing Old Frankfort at the James McConnell Pioneer Stone House and running along the Town Branch through the historic James E. Pepper Distillery until it returns to Old Frankfort and crosses to meet Section 3 beside the Norfolk Southern RR embankment.

Section 5: "Lexington and Ohio", 5,102 feet
Passing through the raised embankment of the Norfolk Southern RR heading East along the CSX RR to a bridge crossing the Town Branch where the trail splits and runs on each side of the creek and under the Mieusser Pike Extension into the area of the Gun Street parking lot beside Rupp Arena and Heritage Hall.

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