The Canal Loop Trail is the premier mountain biking trail at Land Between The Lakes. Canal Loop Trail is an 11-mile single-track loop trail with 4 connectors that consist of another 3 miles of trail. It offers a variety of loops ranging from a little over 1-mile to the full 11-mile outer loop. Canal Loop Trail can be accessed from the North Welcome Station and Kentucky Lake Scenic Drive.

Canal Loop Trail receives a very high amount of use on weekends by mountain bikers and hikers, and offers many scenic overlooks of Kentucky Lake, Lake Barkley, and the Canal.

### Canal Loop Trail Rules

1. For your safety, all overnight backpackers are requested to register at North Welcome Station Trailhead.
2. Low impact camping/hiking/biking techniques should be followed at all times. Stay on the trail, even through wet areas, to help prevent soil erosion. All garbage must be packed out.
3. Mountain biking is discouraged during periods of wet trail conditions.
4. Campfires are permitted in previously used spots except during periods of high fire danger. Only dead or down materials may be used for fuel. The fire should be attended at all times and complete extinguished.
5. Horses and mountain bikes allowed on designated trails only. Motor vehicles may be used for fuel. Trail Markers are placed to better orient hikers. Please refer to map for specific location. Protect yourself from lone Star and American Dog Ticks which thrive in our area. Precautions need to be taken primarily from mid-March to through mid-October. Poison Ivy flourishes in many areas of LBL; please use caution. Properly treat all trailside water before consuming. Springs may not be flowing during July, Aug., & Sept. Plan to bring water with you. Potable water can be found at Hillman Ferry Campground and North Welcome Station.
6. **Respect the Resource**—leave plants and flowers for others to enjoy, and do not harass the wildlife!
7. Firearms are strictly prohibited except during established LBL gun hunting seasons by legally licensed hunters with permits.
8. Pets must be on a leash of 6' or less and under physical control at all times. Respect other users.
9. LBL strongly encourages users to “Call Before You Haul” to check current trail conditions at 270-924-2000 or visit us on the web at [www.lbl.org](http://www.lbl.org) under Alerts & Notices.
10. ![Help us eliminate garbage—take your trash to the Recycling Stations located at Hillman Ferry Campground or North Welcome Station.](image)

**LBL Trail Rules**

Land Between The Lakes National Recreation Area has been set aside for your recreation and education. As you explore these trails, take time to enjoy the natural beauty and learn about the natural or cultural history of this special place.
Canal Loop Trail

Legend

- Parking
- Telephone
- Trailhead
- Distance Marker
- Trail Connectors
- Recreation Area
- Canal Loop Trail
- Other Trails
- LBL Roads
- Other Roads

Canal Loop Trail Map

Emergencies
911
Non-Emergencies
270-924-2000, 8am-4:30pm M-F
or 877-861-2457 for
24-hr Dispatch

For More Information
USDA Forest Service
Land Between The Lakes
100 Van Morgan Drive
Golden Pond, KY 42211
270-924-2000 or 800-LBL-7077
www.lbl.org

Volunteer Opportunities
“Friends of LBL”
Volunteer Coordinator
270-924-2007
www.friendsoflbl.org