

North End of North/South Trail



Land Between The Lakes National Recreation Area

January 2010



The North/South (N/S) Trail spans the entire length of Land Between The Lakes (LBL). The northern portion of the N/S Trail consists mainly of single track trails meandering from shoreline

to heavily wooded ridges. The northern portion has eight springs, three backcountry shelters for overnight camping, and a connector trail to the Nature Station. The trail leads users to scenic remote areas and developed facilities. The trail provides stretches where users walk parallel to Kentucky Lake and sweep into large bottoms offering a sense of solitude. The N/S Trail intersects many of LBL's designated roads allowing for many loop opportunities and access points to hike the trail piece by piece.

The N/S Trail is a multiple-use trail. Bikers and hikers share the northern portion of the trail.

Length: North End, 31 miles (58 miles for entire N/S Trail)

Trailheads: Golden Pond Visitor Center, North Welcome Station, Jenny Ridge Picnic Area (*Seasonal Hunting Information available here.*)

Surface Type: Single Track, Dirt, Gravel, Old Logging Roads

Difficulty Level: Easy to Moderate

Recommended Seasons: Spring, Fall (*During spring months, some portions of trail may be under water.*)

Facilities: Parking, accessible restrooms, picnic area with grills at Golden Pond Visitor Center and North Welcome Station, Backcountry and Self-Service Fee Areas along N/S Trail

Trail Markings: Hiker Trails—White Diamonds ◇

Connector/Springs Trails—Yellow Diamonds ◇

Trail Ethics: Pack it in. Pack it out! Share the trail with mountain bikers and hikers.

Trailside Camping: Overnight camping is permitted along the N/S Trail. All campsites must be at least 50 feet from the marked trail. Bury all human waste 200 feet from the marked trail. An overnight Backpacking Permit is required; free permits may be obtained at North Welcome Station, Jenny Ridge Picnic Area, and South Welcome Station Trailheads.

Safety: Trail markers are placed to better orient the hiker. Please refer to map for specific location. The Lone Star Tick and the American Dog Tick are very abundant; precautions should be taken primarily from mid-March through mid-October. Poison ivy flourishes in many areas in LBL, please use caution when not on the trail. Properly treat all trailside water before consuming. Springs may not be flowing during July, Aug., & Sept. Plan to bring water with you. Treated water can be found at North Welcome Station, Hillman Ferry Campground, Birmingham Ferry, and Golden Pond Visitor Center.

Due to the 2009 Ice Storm, trail users should be looking for overhead hazards such as snags, hanging limbs, and leaning/uprooted trees. During windy conditions, users should exercise extra caution.

LBL Trail Rules

1. For your safety, all hikers are requested to register at either the North or South Welcome Station or the Golden Pond Visitor Center.
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 completely extinguished before departure.
5. Horses and mountain bikes are allowed on designated trails only. Motor vehicles are strictly prohibited except for approved organized events.
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.
10. ♻️ Help us eliminate the cost of cleaning up garbage—take your trash to one of our Recycling Stations located at Golden Pond Visitor Center, The Homeplace, Woodlands Nature Station, and Wranglers Campground.

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



USDA Forest Service is an equal opportunity provider and employer.



Emergencies

Call 877-861-2457 or 911 for 24-hr Dispatch, or the USDA Forest Service Law Enforcement Office 270-924-2196 Mon-Fri 8am-4:30pm

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.friendsofbl.org

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