

## North End of North/South Trail Hiking, Backpacking, and Biking

**Length** | 31 miles

**Trailheads** | Golden Pond Visitor Center  
North Welcome Station

**Difficulty Level** | Easy - Moderate

**Recommended Seasons** | Spring, Fall

**Facilities** | Parking, Accessible restrooms,  
Picnic area with grills at Golden Pond  
Visitor Center and North Welcome  
Station, Basic/Dispersed Camping

**Trail Markings** | Hiker trails, White Diamonds  
Connector Trails, Yellow Diamonds

### Backpacking

- Overnight camping is permitted along the North/South Trail.
- All campsites must be at least 50 feet from the marked trail.
- If camping in a designated Basic Campground, each person must purchase a Basic Camping Permit.
- Learn more at [www.landbetweenthe lakes.us/rules](http://www.landbetweenthe lakes.us/rules)

### Additional Rules for North/South Trail Users

- Mountain biking is discouraged during periods of wet trail conditions.
- Horses are not allowed on the North End of North/South Trail.

### Water is not available on trails.

Springs are not reliable. Bring water or filter lake water. Potable water is available at North Welcome Station, Golden Pond Visitor Center, and Hillman Ferry Campground.

### USDA Forest Service

Land Between the Lakes National Recreation Area  
Golden Pond Visitor Center  
238 Visitor Center Drive | Golden Pond, KY | 42211  
270-924-2000 | [www.landbetweenthe lakes.us](http://www.landbetweenthe lakes.us)

## Trail Rules

1. **SAFETY ADVISORY:** Numerous downed and tornado-damaged trees have resulted in impassible sections of trail and dangerous conditions. Check the Alerts page on our website for safety information, closures, and notices before your visit.
2. Campfires permitted in previously used sites except during high fire danger. Dead or down wood may be used for fuel. Attend fire at all times and completely extinguish before leaving.
3. Respect the Resource
  - Camp at least 50 feet from marked trail. Bury all human waste 200 feet from marked trail.
  - Leave plants, flowers, and historic items behind for others to enjoy.
  - Do not harass, feed, or approach wildlife.
  - Use low-impact techniques. Please stay on trails to prevent soil erosion, even through wet areas.
  - Pack out all garbage. Recycle bins located at Golden Pond Visitor Center, Homeplace, Nature Station, and North & South Welcome Stations.
  - Motor vehicles prohibited except approved organized events.
4. Pets must be on a leash of six feet or less and under physical control at all times. Pet waste must be disposed of properly by owners.
5. Call Before You Haul: Check trail conditions at 270.924.2000 or the Alerts page of our website: [www.landbetweenthe lakes.us](http://www.landbetweenthe lakes.us).
6. Overnight camping requires purchase of a permit or nightly camping fee. Learn more: [www.landbetweenthe lakes.us/rules](http://www.landbetweenthe lakes.us/rules)
7. You are responsible for your own safety. Inherent risks exist. Be prepared for a variety of unexpected and dangerous conditions.
  - Protect yourself from Lone Star and American Dog ticks, primarily from March through October. Insect repellent available in gift shops.
  - Be familiar with poison ivy and avoid it.
  - Cell service is spotty and unreliable. Let a family member or friend know where you will be, your contact information, when you plan to arrive and return, and who is coming with you.
  - Water is not available on trails. Springs are not reliable. Bring water or filter lake water.
  - **For 24-hour dispatch, call 1.877.861.2457.**
  - **Call 9-1-1 in an emergency.**

# North End North/South Trail

LAND BETWEEN THE LAKES

*National Recreation Area*

KENTUCKY | TENNESSEE



The North/South (N/S) Trail spans the entire length of Land Between the Lakes. The northern portion consists mainly of single-track trails meandering from shoreline to heavily wooded ridges and a connector trail to the Woodlands Nature Station.

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 Forest Service roads allowing for loop opportunities and access points to hike or backpack the trail piece by piece.

This is a multiple-use trail for bikers, hikers, and backpackers.

**Have fun. Be safe.  
Respect the Resource.**



*USDA is an equal opportunity employer, lender, and provider.*

# North End | North/South Trail

## LAND BETWEEN THE LAKES National Recreation Area

