

# Canal Loop Trail



Land Between The Lakes National Recreation Area

January 2009

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 – Blue Diamonds ◇ – 11 miles

The Canal Loop Trail is a fast single track trail for mountain bikers with challenging hills on the Kentucky Lake portion of the trail. The trail crosses multiple creeks, old home sites, and forest roads. Canal Loop Trail offers opportunities to access both lakes shorelines.

## Canal Loop Trail A Connector – Yellow Diamonds ◇

The A Connector is a .5-mile trail, but when combined with a portion of the Canal Loop, forms a 1.4-mile loop that starts and finishes at Kentucky Lake Scenic Drive.

## Canal Loop Trail B Connector – Yellow Diamonds ◇

The B Connector is a .5-mile trail that can have loops made from either the south or the north. The trail intersects The Trace.

## Canal Loop Trail C Connector – Yellow Diamonds ◇

The C Connector is an interior .7-mile trail that takes users through stream sides and old home sites. The C Connector can only be accessed by traveling the Canal Loop Trail.

## Canal Loop Trail D Connector – Yellow Diamonds ◇

The D Connector is .8 miles long and is accessed from the North Welcome Station. This trail grants access to the Canal Loop Trail, North/South Trail, and the North End Paved Trail.

**Length:** 11-mile loop with 3 miles of connectors

**Trailheads:** North Welcome Station, Kentucky Lake Scenic Drive (*Seasonal Hunting Information available here.*)

**Surface Type:** Dirt

**Difficulty Level:** Moderate to difficult

**Recommended Seasons:** Spring and Fall

**Facilities:** Parking, accessible restrooms, picnic area with grills

**Trail Markings:** Main Loop–Blue Diamonds ◇

Connector Trails–Yellow Diamonds ◇


N/S Trail–White Diamonds ◇

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

**Backcountry Camping:** Overnight camping is permitted along the Canal Loop 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 Backcountry Camping Permit is required; permits may be purchased at North Welcome Station, Hillman Ferry Campground, and Golden Pond Visitor Center.

**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 Hillman Ferry Campground and North Welcome Station.

## 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](http://www.lbl.org) and click on Trip Planning, then Trails Update.
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.

*Discovery Packs containing field guides and other materials are available to borrow at Woodlands Nature Station.*



USDA Forest Service is an equal opportunity provider and employer.



**Emergencies**

Call 911 or the  
USDA Forest Service  
Law Enforcement Office  
270-924-2196

**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](http://www.lbl.org)

**Volunteer Opportunities**

Friends of LBL  
Volunteer Coordinator  
270-924-2007  
[www.friendsofbl.org](http://www.friendsofbl.org)

