

South End of North/South Trail



Land Between The Lakes National Recreation Area

January 2009



The North/South (NS) Trail spans the entire length of LBL. The southern portion of the N/S Trail consists mainly of old, double-track roadbeds with some single-track corridors interspersed. The trail meanders over and through heavily wooded ridges, wildlife clearings, and mature bottomland hardwood stands.

The southern portion has 8 connector trails leading to springs and 2 backcountry shelters for overnight camping. Approximately 11 miles are designated as “multiple-use” whereby hikers and equestrians share the trail. Connector trails provide access to Rushing Creek Campground and Wranglers Campground. The trail leads users to scenic remote areas, developed facilities, and across the Kentucky/Tennessee state line. The N/S Trail intersects many of LBL’s designated roads that offer several loop opportunities and access points to hike the trail piece by piece.

The N/S Trail is a multiple-use trail. On the southern portion, horseback riders and hikers share the same trail.

Length: 27 miles from South Welcome Station to Golden Pond Visitor Center (58 miles for entire N/S Trail)
Trailheads: South Welcome Station, The Homeplace, Golden Pond Visitor Center (*Seasonal Hunting Information available here.*)
Surface Type: Dirt, Gravel, Old Logging Roads
Difficulty Level: Easy to Moderate
Recommended Seasons: Spring, Fall
Facilities: Parking, accessible restrooms, picnic area with grills available at Golden Pond Visitor Center and South Welcome Station. Showers, water, and electricity available at Wranglers and Rushing Creek Campgrounds via connector trails. (Showers closed in winter months at Rushing Creek.)
Trail Markings: Hiker Trails—White blazing
Connector/Springs Trails—Yellow blazing
Trail Ethics: Pack it in. Pack it out! Share the trail with hikers and horseback riders.
Backcountry Camping: Overnight camping is permitted along the North/South 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 South Welcome Station, Piney Campground, Wranglers Campground, Rushing Creek 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 South Welcome Station, Piney Campground, The Homeplace, Rushing Creek, and Golden Pond Visitor Center.

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. Horseback riding 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 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

Volunteer Opportunities

Friends of LBL
 Volunteer Coordinator
 270-924-2007
www.friendsofbl.org

