

# South End of North/South Trail



Land Between The Lakes National Recreation Area

January 2011



The North/South (N/S) 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 four springs and two 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 and Wranglers Campgrounds. 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 Diamonds ◇

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

**Trailside 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 Backpacking Permit is required; free permits may be obtained at South Welcome Station, Jenny Ridge Picnic Area, and North Welcome Station Trailheads.

**Safety:** *You are responsible for your own safety.* Trail use has inherent risks. You may encounter a variety of unexpected and/or dangerous conditions. It is your responsibility to be informed and take precautions. 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. 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.

***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. 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 ext. 3, 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 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.



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

**Volunteer Opportunities**

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

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