

## Canal Loop Trail System Hiking and Biking

**Length** | ~11 miles plus 3 miles of connectors

**Trailheads** | Kentucky Lake Scenic Drive  
North Welcome Station

**Difficulty Level** | Moderate-Difficult

**Recommended Seasons** | Spring, Fall

**Facilities** | Parking, accessible restrooms,  
picnic areas, grills

**Backpacking** | Overnight camping allowed.

Get a free Backpacking Permit at  
trailhead and follow instructions.

**Canal Loop Trail | Blue ♦ | 11 mi**

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 homesites, and forest roads. Canal Loop Trail offers opportunities to access both lakes' shorelines.

**Canal Loop Trail A Connector | Yellow ♦**

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 ♦**

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

**Canal Loop Trail C Connector | Yellow ♦**

The C Connector is an interior .6-mile trail that takes users through stream sides and old homesites. The C Connector can only be accessed by traveling the Canal Loop Trail.

**Canal Loop Trail D | Yellow ♦**

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.

### Water is not available on trails.

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

[www.landbetweenthelakes.us](http://www.landbetweenthelakes.us)

## Trail Rules

1. For your safety, all overnight backpackers must register at North Welcome Station Trailhead and get a free Backpacking Permit. Tell family or friends your location. Cell service is unreliable.
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 wildlife; stay far enough away to keep you safe.
  - 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.
5. Firearms are prohibited.
6. 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.
7. Call Before You Haul: Check trail conditions at 270.924.2000 or visit our official website at [www.landbetweenthelakes.us/alerts-notice](http://www.landbetweenthelakes.us/alerts-notice).
8. 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. Leaves of three; let it be.
  - **Springs are not reliable.** Properly treat all trailside water before consuming. Potable water at Welcome Stations and Hillman Ferry Campground.
  - **For 24-hour dispatch, call 1.877.861.2457.**
  - **Call 9-1-1 in an emergency.**

## Canal Loop Trail

# Land Between the Lakes

**National Recreation Area**  
Kentucky | Tennessee



The Canal Loop Trail is the premier mountain biking trail at Land Between The Lakes.

This 11-mile single-track loop trail has 4 connectors which add 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. Trail users will enjoy many scenic overlooks of Kentucky Lake, Lake Barkley, and the Canal.

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



United States Department of Agriculture  
Forest Service



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