Foot Traffic Only
Total length of NS Trails: Approx. 8 miles.
Surface Type: Dirt, pavement

Center Furnace Trail – 0.3 mile; 30 minutes
Easy: mainly flat; some stairs
On this interpretive trail, you will see evidence of how this busy community thrived over 150 years ago and the impact the iron industry had on the land and its people.

Hematite Trail – 2.2 miles; 1 hour, 30 minutes
Easy to Moderate: flat along woods, boardwalk, and lakeshore; some hills
Great trail for wildlife viewing including birds and plant life along the lakeshore and marshland. Trail includes a board walk and scenic overlook of the lake. Find picnic tables and toilet facilities at entrance to Hematite Lake.

Honker Trail – 4.6 miles; 3 hours
Easy to Moderate: moderate hills and ridges; flat lakeshore meadows
Marker: White Diamonds
Named after Canada geese, this loop meanders near the shoreline and through forest and fields. Look for deer, osprey, bald eagles, beavers, and Canada geese. Check out the views from the dam.

Long Creek Trail – 0.26 miles; 20 minutes
Easy: flat, paved, and accessible
Boasting a rich variety of plant life, this trail provides paved access for visitors to view a bottomland hardwood forest along a creek. The area serves as a favorite feeding and resting spot for wildlife.

Woodland Walk Trail – 0.9 miles; 1 hour
Easy to Moderate: meanders around Nature Station and provides access to Honker Lake and Trail Marker: White Paw Print Blazing
Beginning and ending at Nature Station parking lot, this trail brings you through scenic woodlands and offers several scenic lookouts onto Honker Lake. Perfect for groups.

Visit Woodlands Nature Station
3146 Silver Trail Road | Cadiz, KY 42211
270.924.2299 | Groups 270.924.2020
www.landbetweenthelakes.us
Check us out under the See and Do tab.

Trail Rules
1. For your safety, let someone know where you plan to travel when recreating on Land Between the Lakes’ trails. Cell service is spotty.
2. Nature Station Trails are open from dawn to dusk year round for hiking. Nature Station parking lot open 10am-5pm March-Nov.
3. No camping allowed in Nature Watch Areas.
4. Respect the Resource
   - 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.
5. Firearms are prohibited.
6. Call Before You Haul: Check trail conditions at 270.924.2000 or visit our official website at www.landbetweenthelakes.us under Alerts for any closures.
7. 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.
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 our gift shops.
   - Be familiar with poison ivy and avoid it. Leaves of three; let it be.
   - For 24-hour dispatch, call 1.877.861.2457.
   - Call 9-1-1 in an emergency.

Nature Station Trails
Land Between the Lakes
National Recreation Area
Western Kentucky and Tennessee

The Nature Station Trail System offers family-friendly hiking trails with easy to find trailheads and parking. Trails meander around the 8,500-acre Woodlands Nature Watch Area. This area hosts some of the best opportunities to view wildlife in the region because of the diverse terrain of prairie, wetlands, lakeshore, upland, and bottomland forests. Nature Station Trails also connect with the North/South Trail.

Close to 260 species of birds and 55 species of mammals have been documented in Land Between the Lakes. For more information on wildlife viewing and other outdoor activities, check out our official website at www.landbetweenthelakes.us under the See and Do tab.

Have fun. Be safe.
Respect the Resource.

United States Department of Agriculture
Forest Service

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