North End of North/South Trail
Hiking and Biking
Length | 31 miles
Trailheads | Golden Pond Visitor Center
North Welcome Station
Difficulty Level | Easy - Moderate
Recommended Seasons | Spring, Fall
Facilities | Parking, Accessible restrooms, Picnic area with grills at Golden Pond Visitor Center and North Welcome Station, Basic/Dispersed Camping
Trail Markings | Hiker trails, White Diamonds Connector Trails, Yellow Diamonds

Backpacking
- Overnight camping is permitted along the North/South Trail.
- Get a free backpacking permit from a trailhead and follow instructions.
- All campsites must be at least 50 feet from the marked trail.
- If camping in a designated Basic Campground, each person must purchase a Basic Camping Permit.

Additional Rules for North/South Trail Users
- Mountain biking is discouraged during periods of wet trail conditions.
- Horses not allowed on North End of North/South Trail.

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-notices.
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.

North End
North/South Trail
Land Between the Lakes
National Recreation Area
Kentucky | Tennessee

The North/South (N/S) Trail spans the entire length of Land Between the Lakes. The northern portion consists mainly of single track trails meandering from shoreline to heavily wooded ridges with three backcountry shelters for overnight camping and a connector trail to the Nature Station.

The trail provides stretches where users walk parallel to Kentucky Lake and sweep into large bottoms offering a sense of solitude. The N/S Trail intersects many Forest Service roads allowing for loop opportunities and access points to hike the trail piece by piece.

This is a multiple-use trail for bikers and hikers.

Have fun. Be safe. Respect the Resource.

**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

Updated March 2018