

**The Central Hardwoods Scenic Trail is a multiple-use trail. Bikers and hikers share the entire length of the trail.**

**Length:** ~11 miles total  
(2.5 miles paved on the east side beginning at Lake Barkley, and the remaining 8.5 miles compacted stone west to Kentucky Lake)

**Surface Type:** Asphalt, Compacted Stone

**Difficulty Level:** Easy to Moderate

**Recommended Seasons:** Year-round

**Facilities:** Parking, accessible restrooms, picnic area with grills, pavilion, and vending machines at Golden Pond Visitor Center; Pavilion with grills and vault toilet at Fenton

**Trailheads:** Fenton, English Hill, Golden Pond, Meredith, Sunset, Devil’s Elbow, Cumberland and parking lots

**Trailhead Information:**

**Fenton** - (located at Fenton Campground) Begin your hike at one of the first recreation areas established in Land Between the Lakes.

**English Hill** - (located on FS RD US68/KY80-B) This rise is known locally as English Hill, named for Mary and M. E. English, the family that once lived there.

**Golden Pond** - (located at Golden Pond Visitor Center) Learn more about Land Between the Lakes here. Exhibits, an observatory, and planetarium also add to your experience.

**Meredith** - (located on FS RD US68/KY80-C) Named for nearby Meredith Cemetery. The Meredith family used a jenny (female donkey) instead of horses. They used them to plow, ride, and hitch them to wagons or buggies.

**Sunset** - (located on FS RD 160 & US68/KY80) Just home from WWII in 1947, two local brothers, Conley and Lew Wallace, built the Sunset Inn (which was located here). Both served in the Pacific during WWII. Conley named it the Sunset Inn for the “setting sun” shoulder patch insignia on his 41st Infantry Division uniform.

**Devil’s Elbow** - (located on FS RD 159 & US68/KY80) In the days of steamboats, the community of Golden Pond was served by a landing on the Cumberland River known as Devil’s Elbow, so called because of the large bend in the Cumberland River here.

**Cumberland** - (located on FS RD 134 & US68/KY80) The area, named for the river and the community which had been located on the western shore of the river just north of the bridge, is now covered by Lake Barkley.

**Trail Rules**

- Trail is open from dawn to dusk only. No camping allowed.
- For your safety, let someone know where you plan to travel when recreating on Land Between the Lakes’ trails. Cell service is spotty.
- Respect the Resource:
  - Mountain biking is discouraged during periods of wet trail conditions.
  - Leave plants, flowers, and historic items behind for others to enjoy.
  - Do not harass, feed, or approach wildlife.
  - 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 and horses are strictly prohibited.
- 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.
- Call Before You Haul: Check trail conditions at 270.924.2000 or the *Alerts* page of our website: [www.landbetweenthelakes.us](http://www.landbetweenthelakes.us).
- 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 is available in our gift shops.
  - Be familiar with poison ivy and avoid it.
  - For 24-hour dispatch, call 1.877.861.2457.
  - Water is not available on trails.** Springs are not reliable. Bring water or filter lake water. Potable water is available at the Golden Pond Visitor Center.
  - Call 9-1-1 in an emergency.**
- Be a Steward of the Past:
  - Treat cultural remains with respect.
  - Tread lightly when visiting heritage sites.
  - Leave artifacts where you find them.
  - Photograph, enjoy, but do not touch fragile surfaces.

**Central Hardwoods Scenic Trail**

**LAND BETWEEN THE LAKES**  
*National Recreation Area*

KENTUCKY | TENNESSEE



The Central Hardwoods Scenic Trail spans the entire width of Land Between the Lakes, connecting Lake Barkley and Kentucky Lake. The trail also provides a direct connection to pedestrian walkways over the Kentucky Lake and Lake Barkley bridges to access local state parks. This multiple-use trail is designed for smooth surfaces, gentle grades, and trailside rest areas. Seven access points give visitors multiple opportunities to bike and hike sections of the trail.

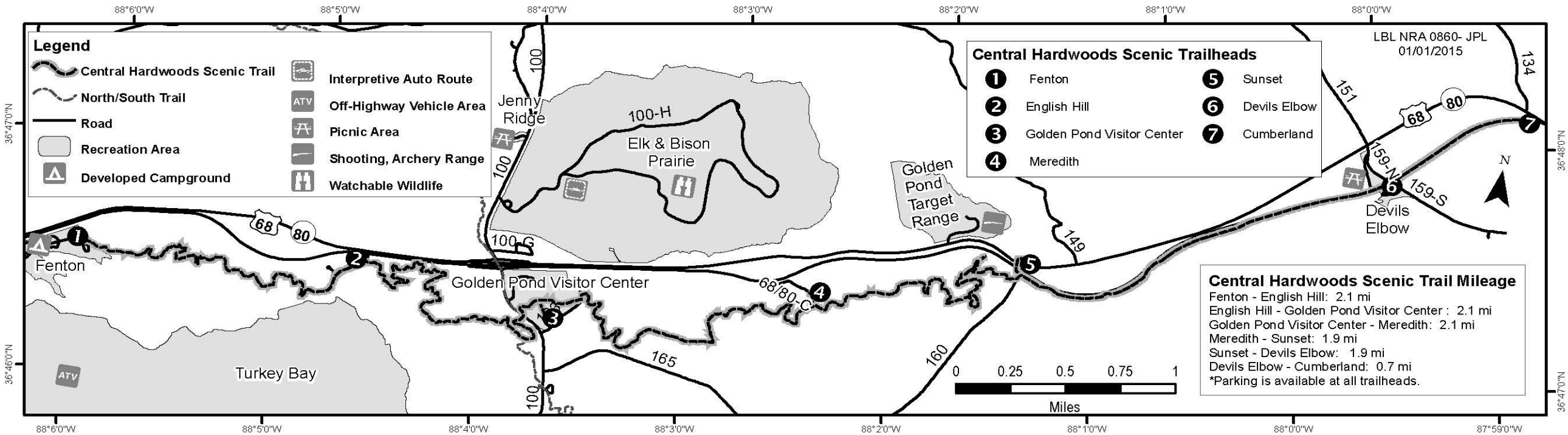
The paved eastern portion of the trail offers shoreline views of Lake Barkley as well as wildlife viewing opportunities in adjacent open areas. The central and western portions are made of compacted stone surface. Visitors will explore rolling hills and ridge tops of a central hardwood forest ecosystem and enjoy a variety of seasonal and scenic diversity. Spring and summer showcase vibrant wildflowers and a canopy provided by the hardwood trees. Fall and winter give way to an array of colors as well as deep woodland views from ridges and narrow valleys.



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# Central Hardwoods Scenic Trail

# LAND BETWEEN THE LAKES National Recreation Area



## Central Hardwoods Scenic Trail: Biking and Hiking

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**Facilities:** Parking, accessible restrooms, picnic area with grills, pavilion, and vending machines at Golden Pond Visitor Center; Pavilion with grills and vault toilet at Fenton

### Trailheads: Trail Surfaces and Difficulty Levels

1. **Fenton Campground** | Compacted stone & moderate
2. **English Hill** | Compacted stone & moderate
3. **Golden Pond Visitor Center** | Compacted stone & moderate
4. **Meredith** | Compacted stone & moderate
5. **Sunset** | Asphalt & easy
6. **Devil's Elbow** | Asphalt & easy
7. **Cumberland** | Asphalt & easy

## USDA Forest Service | Land Between the Lakes National Recreation Area

**Golden Pond Visitor Center:** 238 Visitor Center Drive | Golden Pond, KY | 42211

**General Information:** 270.924.2000

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

**Emergencies:** 9-1-1

**Forest Service Law Enforcement:** 1.877.861.2457

**Trail Closures:** 270.924.2000 and press "1" or visit the *Alerts* page of our website: [www.landbetweenthelakes.us/alerts](http://www.landbetweenthelakes.us/alerts)

**Find more maps and brochures online:** [www.landbetweenthelakes.us/maps](http://www.landbetweenthelakes.us/maps)

**Volunteer with the Friends of Land Between the Lakes:** [www.friendsoflbl.org](http://www.friendsoflbl.org)

**You are responsible for your own safety.**