Canal Loop Trail
Land Between The Lakes National Recreation Area
January 2015

The Canal Loop Trail is the premier mountain biking trail at Land Between The Lakes. Canal Loop Trail is an 11-mile single-track loop trail with 4 connectors that consist of 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, and offers many scenic overlooks of Kentucky Lake, Lake Barkley, and the Canal.

Canal Loop Trail – Blue Diamonds ◊ – 11 miles
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 home sites, and forest roads. Canal Loop Trail offers opportunities to access both lakes' shorelines.

Canal Loop Trail A Connector – Yellow Diamonds ◊
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 Diamonds ◊
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 Diamonds ◊
The C Connector is an interior .6-mile trail that takes users through stream sides and old home sites. The C Connector can only be accessed by traveling the Canal Loop Trail.

Canal Loop Trail D Connector – Yellow Diamonds ◊
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.

Canal Loop Trail Rules

1. For your safety, all overnight backpackers are requested to register at North Welcome Station Trailhead.
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. Mountain biking 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 allowed on designated trails only. Motor vehicles 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 or visit us on the web at www.LandBetweenTheLakes.US under Alerts.
10. Help us eliminate garbage—take your trash to the Recycling Stations located at Hillman Ferry Campground or North Welcome Station.

Land Between The Lakes National Recreation Area has been set aside for your recreation and education. As you explore these trails, take time to enjoy the natural beauty and learn about the natural or cultural history of this special place.

USDA Forest Service is an equal opportunity provider and employer.
Canal Loop Trail

Legend
- Parking
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- Trailhead
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- Trail Connectors
- Recreation Area
- Canal Loop Trail
- Other Trails
- LBL Roads
- Other Roads

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