

South End of North/South Trail

Hiking, Backpacking, & Equestrian Use

Length | 27 miles

Trailheads | Golden Pond Visitor Center
Homeplace 1850s Working Farm
South Welcome Station

Difficulty Level | Easy - Moderate

Recommended Seasons | Spring, Fall

Facilities | Parking, accessible restrooms, picnic areas with grills at Golden Pond Visitor Center and South Welcome Station, Basic and Dispersed Camping

Trail Markings | Hiker Trails, White Diamonds; Connector Trails, Yellow Diamonds; Horse Trails, Brown Signs. See *Wranglers Horse Trails Map* for info.

Backpacking

- Overnight camping is permitted along the North/South Trail. 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. Learn more at www.landbetweenthe lakes.us/rules

Additional Rules for North/South Trail Users

- Mountain biking is not allowed on the South End of the North/South Trail
- Horses are allowed on certain sections of the South End of North/South Trail. A permit is required for each horse trailer entering Land Between the Lakes. Purchase permit online or at Wranglers Campground. Learn more on our website or call: 270-924-2000.

Water is not available on trails.

Springs are not reliable. Bring water or filter lake water. Potable water is available at South Welcome Station and Piney Campground.

USDA Forest Service

Land Between the Lakes National Recreation Area
South Welcome Station
1268 Woodlands Trace | Dover, TN | 37058
270-924-2000 | www.landbetweenthe lakes.us

Trail Rules

1. **SAFETY ADVISORY:** Numerous downed and tornado-damaged trees have resulted in impassible sections of trail and dangerous conditions. Check the Alerts page on our website for safety information, closures, and notices before your visit.
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, 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 prohibited except approved organized events.
4. 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.
5. Call Before You Haul: Check trail conditions at 270.924.2000 or the Alerts page of our website: www.landbetweenthe lakes.us.
6. Overnight camping requires purchase of a permit or nightly camping fee. Learn more: www.landbetweenthe lakes.us/rules
7. 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.
 - Cell service is spotty and unreliable. Let a family member or friend know where you will be, your contact information, when you plan to arrive and return, and who is coming with you.
 - Water is not available on trails. Springs are not reliable. Bring water or filter lake water.
 - **For 24-hour dispatch, call 1.877.861.2457.**
 - **Call 9-1-1 in an emergency.**

South 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 southern portion consists mainly of old, double-track roadbeds interspersed with some single-track corridors.

The trail meanders over and through heavily wooded ridges, wildlife clearings, and mature bottomland hardwood stands. The southern portion has two backcountry shelters for overnight camping.

Approximately 11 miles are “multiple-use” whereby hikers, backpackers, and equestrians share the trail. The N/S Trail intersects Forest Service roads offering several loop opportunities and access points to hike the trail piece by piece.

Have fun. Be safe.
Respect the Resource.



United States Department of Agriculture
Forest Service

USDA is an equal opportunity employer, lender, and provider.

South End | North/South Trail

LAND BETWEEN THE LAKES National Recreation Area

