

Hiking Trails



BARREN RIVER STATE PARK

5 miles of trails available for guided hikes, non-guided hikes, or leisurely strolls
1850 State Park Road
Lucas, KY / 270-646-2357
www.kentuckytourism.com/outdoor-adventure/trail/paved-bike-and-hike-trail/12/

BRIGADOON STATE NATURE PRESERVE

187 acres with foot trails through ridgetops, mature forest and scenic ravines, moderately strenuous, for hiking, birding and nature photography
39 Mutter Rd / Glasgow, KY
<http://naturepreserves.ky.gov/naturepreserves/Pages/brigadoon.aspx>

NOLIN LAKE STATE PARK

9.5 Briar Creek Mountain Bike Trail featuring the Waterfall Loop (1.9 miles), Omega Loop (2.2 mile-and Campground Connector, a ½ mile "Beginner" trail.
2150 Nolin Dam Road / Bee Spring, KY
270-286-4511
<http://parks.ky.gov/parks/recreationparks/nolin-lake/default.aspx>

MAMMOTH CAVE NATIONAL PARK

97 miles of back country and front country, mixed use trails (hiking, biking, horseback riding-and the Mammoth Cave Railroad Bike and Hike Trail
1 Mammoth Cave Pkwy / Mammoth Cave, KY
270-758-2180
<http://www.nps.gov/macaplanyourvisit/trails.htm>

