



2026

TrailLink Unlimited



Guides



**Lake Barkley
Bridge
Multiuse Path**
Kentucky



Lake Barkley Bridge Multiuse Path

Kentucky

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The Lake Barkley Bridge connecting Canton to the Land between the Lakes National Recreation Area was opened in Fall 2019. The bridge features four traffic lanes and a 10-foot wide, protected bike-ped path alongside the eastbound lanes of US-68/ SR-80. The trail gives non-motorized users a safe way to get across the bridge. Trail users can do what the drivers can't, however, which is slow down and really enjoy the view of Lake Barkley from the bridge's vantage point.

The new bridge echoes the Eggners Ferry Bridge, west of this, with its basket arches, shared use path and LED lighting at night. Cyclists and pedestrians can connect to the two bridges via the gravel trails in the Land Between the Lakes (LBL) Rec Area.

The multiuse pathway, also known as the Central Hardwoods Trail, includes 2.5 miles of paved trail from Lake Barkley to the Golden Pond trailhead. The remaining 8.5 miles to Kentucky Lake have a compacted stone surface. With smooth surfaces, gentle grades, and trailside rest areas, the multiuse pathway is family-friendly and accessible.

Spanning the entire width of Land Between The Lakes and crossing the Lake Barkley and Kentucky Lake bridges, the trail offers scenic views of the lakes, the central hardwood forest, fields of wildflowers, woodlands, grassy plains, rolling hills, and deep valleys. Passing through a diverse landscape with an array of ecosystems, the trail provides the opportunity to observe a variety of wildlife.

Trail amenities include parking, accessible restrooms, picnic areas, pavilions, grills, water stations, benches, and scenic overlooks. Trail access points, parking, restrooms, and water locations are all marked on the TrailLink map. The trail is open from dawn to dusk. Pets are welcome, but must remain on their leashes.

For trail status updates and alerts, check the [Land Between the Lakes National Recreation Area website here](#). For general or immediate alerts, check their dedicated [alert webpage](#).



Lake Barkley Bridge Multiuse Path

Kentucky

States: Kentucky

Counties: Marshall

Length: 11miles

Trail end points: Lake Barkley bridge (Canton)
to Eggner's Ferry Bridge (Benton)

Trail surfaces: Asphalt, Concrete, Gravel

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking, Wheelchair
Accessible

Parking & Trail Access

Parking for the trail can be found at a number of locations along the trail, including at the east end of the Lake Barkley bridge, in Canton. Another parking lot is located at the intersection of Canton Lane and the Arrowhead Trail (451 Canton Lane, Canton). For all parking options and detailed directions, see the TrailLink map.

The seven trailheads from west to east are:

Fenton Trailhead is located at Fenton Campground and was one of the first recreation areas established in LBL.

English Hill Trailhead is located on FS RD US68/KY80-B and gets its name from the family that once lived on the hill, Mary and M. E. English, after which it became locally known as English Hill.

Golden Pond Trailhead is located at Golden Pond Visitor Center, where visitors can learn more about LBL here. The visitor center has exhibits, an observatory, and a planetarium. More information can be found on the [center's website](#).

Meredith Trailhead is located on FS RD US68/KY80-C and is named for the nearby Meredith Cemetery, which in turn is named for the Meredith family—known for using a jenny (female donkey) instead of horses for plowing, riding, and hitching to wagons or buggies.

Sunset Trailhead is located on FS RD 160 & US68/KY80 and is named after the former Sunset Inn, which was built by two local brothers, Conley and Lew Wallace, after they returned home from WWII in 1947. 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.

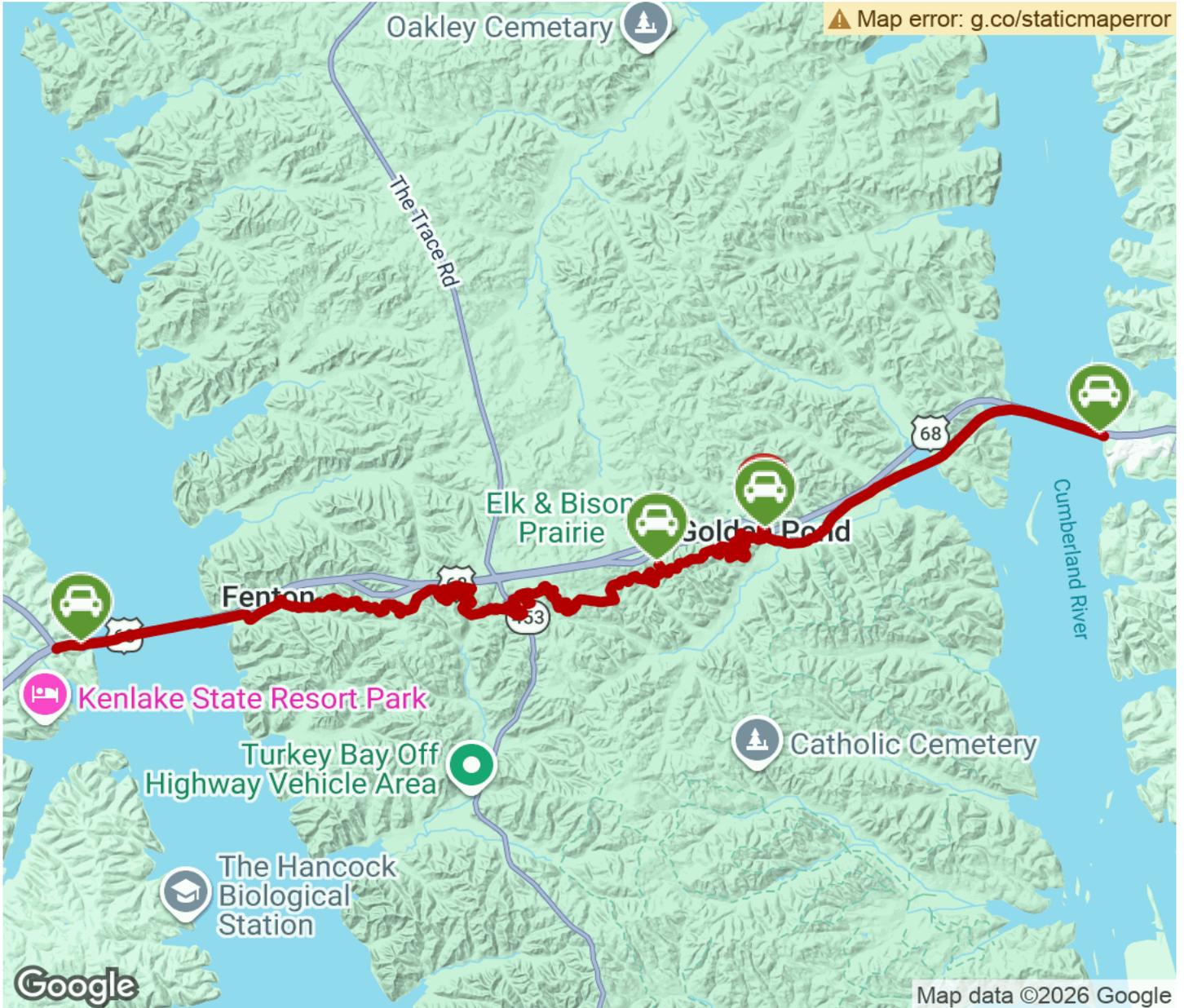
Devil's Elbow Trailhead is located on FS RD 159 & US68/KY80 and named after the landing on the Cumberland River, which served the community of Golden Pond in the days of steamboats and was known as Devil's Elbow due to the large bend in the Cumberland River here.

Cumberland Trailhead is located on FS RD 134 & US68/KY80 and shares its name with the surrounding community, which itself was named both for the river and the area now covered by Lake Barkley, but was previously located on the western shore of the river, just north of the Lake Barkley bridge.



Lake Barkley Bridge Multiuse Path

Kentucky



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
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