



2026

TrailLink Unlimited 

Guides



**Kentucky
Lake Dam
Trail**
Kentucky



Kentucky Lake Dam Trail

Kentucky

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Not many bike trails can offer what the Kentucky Lake Dam Trail does: the paved hike-and-bike path actually travels along the crest of the Kentucky Dam wall on the Tennessee River, providing an unparalleled vantage point from which to take in the sheer scale of the dam's infrastructure, including its reservoir. At 160,000 acres, it is the largest artificial lake in the Eastern US. Thick vegetation lines the shore of the lake, hearty green in the summer and fiery hues in the Fall. The hydroelectric dam is a New Deal Era project, and trail goers can learn more about its historic power generation, transportation and recreation functions (and even get a glimpse of operations) at the Visitor Center at the end of the trail, then ride back to the start for some relaxing beach time on the lakeshore.



TrailLink
by Rails-to-Trails Conservancy

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Kentucky Lake Dam Trail

Kentucky

States: Kentucky

Counties: Marshall

Length: 1.4miles

Trail end points: Kentucky Dam Beach Parking
Lot to Visitor Center

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible

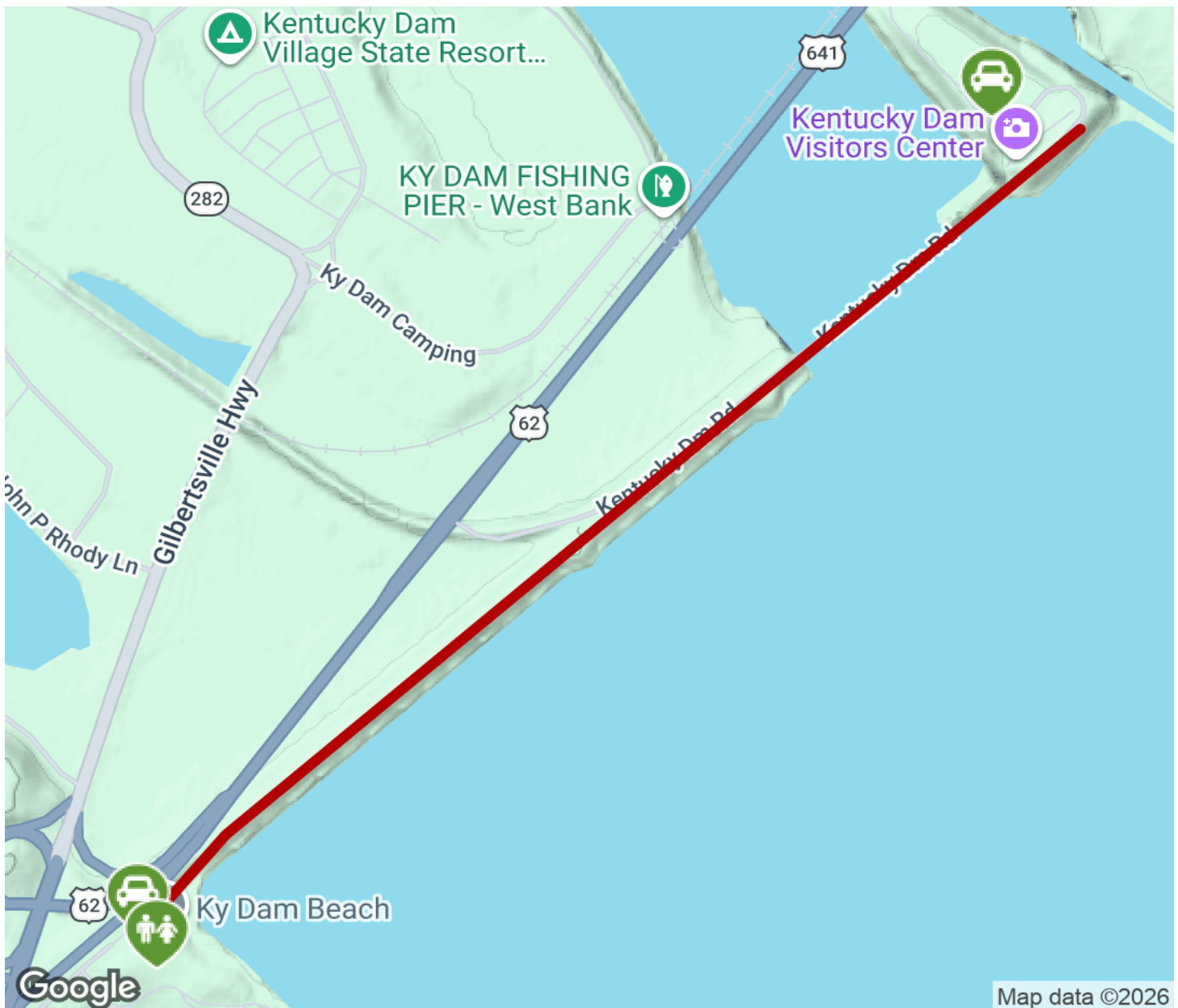
Parking & Trail Access

Park at the Kentucky Lake Beach lot on the northwest side of the reservoir, near Calvert City and Gilbertsville.



Kentucky Lake Dam Trail

Kentucky



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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