



2026

TrailLink Unlimited 

Guides



**Barren River
Lake State
Resort Park**
Kentucky



Barren River Lake State Resort Park

Kentucky

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Barren River Lake Trail makes a circuit around the golf course at the Barren River Lake State Resort Park. The paved trail is mostly flat with a few hills, passing through wooded meadows and stretches of hardwood forest. Golf cart trails occasionally intersect with the bicycle and pedestrian trail but other motorized vehicles are not allowed on the trail. There are other walking/trails within the park as well.



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Barren River Lake State Resort Park

Kentucky

States: Kentucky

Counties: Barren

Length: 2.5miles

Trail end points: Barren River Lake State
Resort Park to Barren River Lake State Resort
Park

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking

Parking & Trail Access

Barren River Lake State Resort Park is located 44 miles southeast of Bowling Green. Take I-65 to the Cumberland Parkway east, to US 31E south.



Barren River Lake State Resort Park

Kentucky



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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