



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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