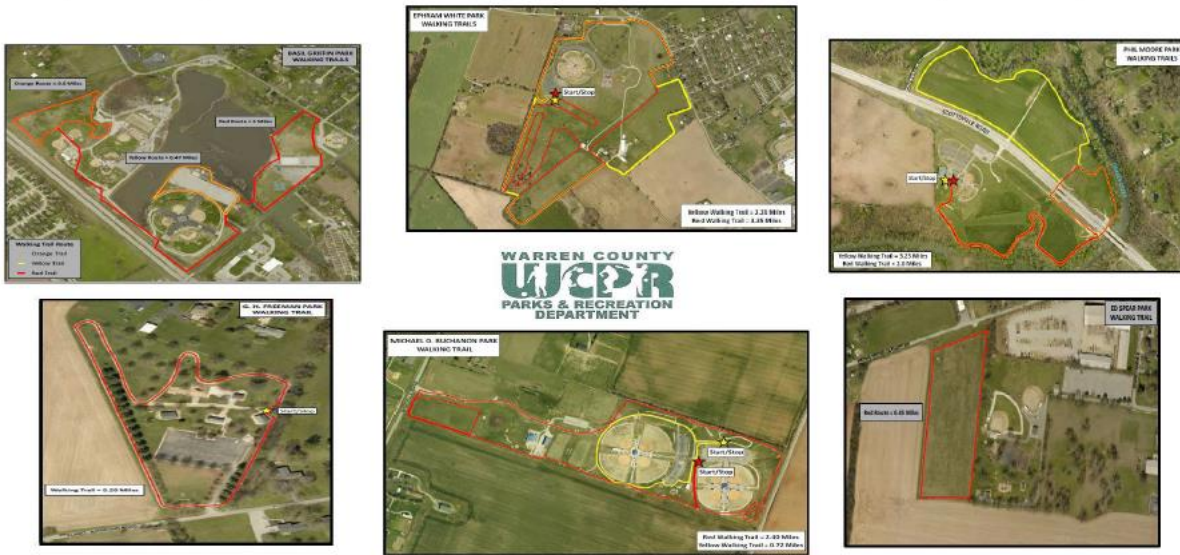


HIKING IN AND AROUND WARREN COUNTY

Warren County Parks Walking Trails

WCPRD WALKING TRAILS

PARK	TRAIL	DISTANCE	MARKING	LEVEL
Basil Griffin Park	Red Trail	3 miles	Red Post	Easy
Basil Griffin Park	Yellow Trail	0.47 miles	Yellow and Red Post	Easy
Basil Griffin Park	Orange Trail	0.60 miles	Orange and Red Post	Easy
Basil Griffin Park	Hockey Rink/Air Park	0.62 miles	Red Post	Easy
Basil Griffin Park	Paradise Playground	0.12 miles	No Marking - Check Map	Easy
Ephram White Park	Yellow Trail	2.25 miles	Along Gravel Path	Easy
Ephram White Park	Red Trail	3.35 miles	Along Gravel Path	Easy
Phil Moore Park	Yellow Trail	3.25 miles	No Marking - Check Map	Easy
Phil Moore Park	Red Trail	2 miles	No Marking - Check Map	Easy
Buchanan Park	Yellow Trail	0.72 miles	No Marking - Check Map	Easy
Buchanan Park	Red Trail	2.4 miles	No Marking - Check Map	Easy
Freeman Park	Red Trail	0.50 miles	Along Gravel Path	Easy
Ed Spear Park	Red Trail	0.45 miles	Along Gravel Path	Easy



Shanty Hollow (Warren County)

- There is a short trail along the lake
- Easy pretty flat hike
- The trail stops before it hits the rock formations

Bowling Green Park and Recreation Walking Trails

- **Kereiakes Park** - 220 Fairview Avenue
 - o You will find a trail that encompasses the park and cuts through the back wooded area, providing a natural escape during a walk or run (1.25-mile jogging trail).
 - o <https://www.bgky.org/bgpr/parks/17>
- **Lover's Lane Soccer Complex** – 385 Lovers Lane
 - o A newer addition to Lover Lane Soccer Complex is the 1.6-mile walking trail stretching around the perimeter of the park with a 0.7-mile concrete trail insulating the inner part of the park.
 - o <https://www.bgky.org/bgpr/parks/19>
- **Preston Miller Park** – 2303 Tomblinson Way
 - o The park includes a one-mile walking/running trail.
 - o <https://www.bgky.org/bgpr/parks/23>

- **Chuck Crume Nature Trail** – 2035 Nashville Road (Behind Universalist Unitarian Church)
 - o The Chuck Crume Nature Park is a hidden gem in Bowling Green. It is located off the 31W Bypass behind the Unitarian Universalist Church of Bowling Green. This location is the perfect spot for some outdoor exploration for Boy Scout Troops or other nature enthusiasts. Located here is a nature trail, perfect for a run or afternoon walk.
 - o Approximately 0.5 miles dirt trails
 - o <https://www.bgky.org/bgpr/parks/11>
- **Weldon Peete Park – Low Hollow Trail** – 1708 River Street
 - o This park offers mountain biking trails (Low Hollow Trail). The Greenways Trail also runs through this park providing a peaceful area to run, walk, or bike. Distance is 2.3 miles with a 52-foot elevation. Approximately 3 miles paved trails; approximately 3 miles single-track (hike/bike trails)
 - o <https://www.bgky.org/bgpr/parks/44>
- **Hobson Grove Park** – 1200 W. Main Avenue
 - o Nature Trail
 - o Hobson Grove Park
 - o Approx. 1.3 miles paved/unpaved trails

Other Trails in Warren County

- **Lost River Cave** – 2818 Nashville Road
 - o Experience this 1.3-mile loop trail near Bowling Green, Kentucky. Generally considered an easy route, it takes an average of 29 min to complete. This is a popular trail for hiking and walking, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime. Dogs are welcome but must be on a leash.
 - o A great natural-surface multi-use trail with shade and interesting rock formations and a zip line nearby. Please note that the surface can be muddy depending on the season although gravel has been added in places to reduce this effect.
 - o 1.3 miles of unpaved trail; Approximately 1 mile of paved trails
 - o <https://www.alltrails.com/trail/us/kentucky/lost-river-cave-and-valley-trail>
- **Baker Arboretum** – 4801 Morgantown Road
 - o One of Bowling Green's hidden gems, The Baker Arboretum and the Downing Museum were built on the outskirts of the city, overlooking downtown and the surrounding rolling hills. The Baker Arboretum serves as an educational and research facility for WKU.
 - o The collection features Conifers, Asian Maples, flowering trees and shrubs with art and sculpture gleefully woven throughout. With over 600 species and 1200 varieties or cultivars, the Baker Arboretum explores the vast palette of plants that can grow in western Kentucky.
 - o Year-round interest includes spring and summer flowers, spectacular fall foliage and the subtle beauty of the winter with the interesting shapes, colors and bark of conifers and other trees.
 - o <https://www.visitbgky.com/listings/baker-arboretum/115/>

Greenways in Warren County – Bike/Walk BG

- **Longest Continuous Segments**
 - o Historic Rail Park – Loops at Lovers (Lovers Lane Soccer Complex) = approx. 6.5 miles (left)
 - o WKU South Campus – Weldon Peete Park = approx. 7 miles (right)
- **Trails to Experience Nature**
 - o Creekwood at Jennings Creek
Approx. 0.6 miles paved trails

Total Trail Mileage in Warren County	Total Miles
Greenway Trail (Paved Shared-Use Path)	23.3
Park System Trail - City (Gravel Path)	5.69
Park System Trail - County (Gravel Path)	15.66
Bike Lanes/Share the Road (County-wide)	2.5
TOTAL MILES	47.15
<i>Greenways/Trails (Paved + Unpaved)</i>	44.65

Outside of Warren County

Baker Area Natural Loop (Logan County) OFF OF SPORTSMAN CLUB ROAD, RUSSELLVILLE, KY

- 36 miles away
- Right as you turn off of the main road onto Sportsman Club Road
- Small gravel parking area with trailhead and sign visible
- No bathrooms
- Total Distance – Computer says 1.9, my GPS said 1.7 miles
- Trail surface was mostly gravel and dirt
- Pros: Most of trail was shaded
Can loop over and over to add milage
Easy
Passed small pond
- Cons: Not well marked – had signs but not at the junctions
Goes by road a little bit

<https://www.alltrails.com/explore/trail/us/kentucky/baker-natural-area-loop?mobileMap=false&ref=sidebar-static-map>

Located in the heart of the “Big Barrens” region of central and western Kentucky, this natural area is an excellent example of remnant grassland and glade ecosystem nestled within an oak hickory forest complex. This is a 1.9-mile loop trail near Russellville, Kentucky. Generally considered an easy route, it takes an average of 42 min to complete. This trail is great for birding, hiking, and running

Located in the heart of the “Big Barrens” region of central and western Kentucky, this natural area is an excellent example of remnant grassland and glade ecosystem nestled within an oak hickory forest complex. The grassland vegetation is dominated by various prairie grasses including big bluestem and Indian grass on deeper soils and little bluestem on more shallow soils. The plant community is diverse and over 375 species of plants have been documented. The grassland wildflowers are showy throughout the summer months and include the glade and narrow-leafed coneflower, black-eyed susans, button and spiked gay feather, various sunflowers, and several rare species including cut-leaf prairie dock, Carolina delphinium, purple prairie clover and chestnut sedge. The site also includes several small limestone glades, a place where the limestone bedrock comes to the surface, and unique species like prickly pear cactus, widow’s cross, and slender heliotrope can be discovered growing it appears almost out of the rock. The forest, which covers approximately two-thirds of the area, is dominated by six species of oak and three species of hickory. This is the loop walking trail for public access constructed by the conservation district.

Reviews

- This is a nice little nature trail that's arranged in a strange matrix of block paths. The lower areas run through a grassy meadow via a gravel trail; the upper areas run through a 5-acre cedar glade forest via a dirt and grass trail. For the most part, the trail is pretty clear. As a walking path, this is pretty nice, but I wouldn't pick this as a hike when there are much nicer trails only 30 minutes northeast of here.
- If you want a decent challenge for a trail run, come check this bad boy out. It's about a 1.5 mile loop. It features gravel and dirt paths. The elevation changes will make you work. It's not a mountain range, but enough to make you use something from your reserve. I will be back for another workout soon!!

Dumont Hill on Dugas Park (Allen) 336 NORTH BEDELIA STREET, SCOTTSVILLE, KY

- 18 miles away
- Turn left at the American Flag
- Largest Parking Lot – trail is in sight
- Has had port-a-pots in past not currently – gas station down the road
- Variety of trails – Up to 4 miles
- New Trail Not on Map
- Trail is mostly gravel or paved
- Pros
 - Variety – woods, open green fields, water
 - Very well marked
 - Information boards and story trails
- Cons
 - Some of the gravel on the new trail hasn't settled and can cause loose footing

<https://www.dugaspark.org/walking-hiking-trails/>

Dumont Hill Park currently offers nearly four and one-half miles of trails with a range of surfaces and difficulty. People looking for an easy stroll can stay on the paved trail that begins at the parking lot and is just under 3/4 of a mile. Those looking for more scenery and a few hills can hit the gravel nature trail that branches off the paved trail. There are several loops that branch off from the Nature Trail, so pay attention you might end up at Bays Fork Creek, Potts Creek or peeking into the cave at Dumont Hill! With all the loops along the Nature Trail and its companion trails you can add another 2 miles to your trek. We also have several grass trails shown with their lengths on the map. These trails through the open space areas are not marked in the park, so pay attention to your route to get in the correct mileage! More trails will be added as the park develops further.

Twisted Oliver Trail (Allen) 4171 BARREN RIVER DAM ROAD, SCOTTSVILLE, KY

- 21.6 miles away
- Easy to find
- Parking lot – trailhead visible
- Pros
 - Well maintained trails in shaded area
- Cons
 - Not marked at all – tons of trails

<https://www.alltrails.com/trail/us/kentucky/twisted-oliver-trail--3>

This is a great place for families because anyone can hike it or ride it, and the parking lot at the trailhead is close and most of the trails are within ear shot.

To access the trailhead, head out of Bowling Green and follow Hwy 234 southeast out of town until it intersects with Hwy 1533 and take 1533 heading east. At Port Oliver, you'll see The Landing (4171 Barren River Dam Road, Scottsville, KY). Stop in for some refreshments!

Take a left on Barren River Dam Road, then in about 100 feet, turn right into the Port Oliver boat ramp area. Drive down the hill about 0.25 miles, then turn right on the paved road into the parking lot. There is a gravel parking lot on the right near the amphitheater where the trailhead is.

This twisty series of short tracks is not only fun with climbs and descents but has many cool wood features such as berms, bridges, skinnies, tables, and an advanced ladder! Go get Twisted! The amphitheater, steps, concrete walkways, public restrooms, and fishing are all nice features of the trail system, too.

This loop heads clockwise through the trails, starting with the first half of the [Pine Hill Loop](#), then the [Lake Loop](#), and finishing with the second half of the [Pine Hill Loop](#).

Review: It was really fun! But beware!! If you take the lake loop, it isn't marked on all trails and if you aren't prepared, it's a 3 mile walk!! It didn't bother my kids or me the least bit, but if your not used to that type of walking mileage, here is your warning! IF YOU CUT RIGHT AT THE POST FOR LAKE LOOP IT IS A 3 MILE HIKE!! But the views of the lake was fantastic!!! It took 2 kids, an 11 and 6 year old and a dog an hour to complete the 3 miles.

Brigadoom Natural Preserve (Barren) 39 MUTTER ROAD, GLASGOW KY

- 35 miles away
- Once you turn on to Mutter Road the parking area is approximately one-half mile on the left. Small gravel parking lot – trail through open roped gate
- 1.5 - 1.7 miles – a little further than the computer says
- Has a kiosk with a map of the trail
- All dirt nature trail through woods – packed earth, very primitive and untouched – lots of roots
- Not many trail signs, but trail is easy to follow – follow the owl trail markers on trees
- Moderate
- Pros
 - Pretty and easy to follow
 - Several viewpoints – can hike to the lake at the base of the ravine
- Cons
 - Erosion starting to set in going down into the ravine – tree is down over the trail

<https://www.alltrails.com/trail/us/kentucky/brigadoom-state-nature-preserve-loop/photos>

Check out this 2.3-mile loop trail near Glasgow, Kentucky. Generally considered an easy route, it takes an average of 53 min to complete. This trail is great for birding, hiking, and running, and it's unlikely you'll encounter many other people while exploring. You'll need to leave pups at home — dogs aren't allowed on this trail.

Reviews

- This is a gorgeous stand of old growth forest with majestic oaks, hickories, persimmons, pines, and more. We saw bright red partridge berries and the citronella horse balm was blooming. I recommend hiking the loop counter-clockwise which means you'll ascend the steepest part of the trail by the drainage. The trail is currently blocked by two downed trees over the drainage but still passable.

Barren River Lake State Resort (Barren) Barren River Loop Trail (36 miles away)

<https://www.alltrails.com/trail/us/kentucky/barren-river-loop>

- Distance – 2.7 miles
- Type – loop
- Elevation Gain – 180 feet
- Difficulty – easy
- Time – 57 minutes
- Check out this 2.7-mile loop trail near Lucas, Kentucky. Generally considered an easy route, it takes an average of 57 min to complete. This trail is great for hiking, and it's unlikely you'll encounter many other people while exploring.
- 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.
- **Parking and 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.
- Reviews
 - o pretty area, paved trail, but treacherous if you aren't paying attention due to tree roots under the trail.
 - o The signs are down on the trail.
 - o nice asphalt trail around a golf course, woods
 - o First leg too sunny close to the road but back side was downhill and through the woods.
 - o Trail map and path are not the same
 - o The trail is longer than 1.2 though. Ends with a view of the lake from a pretty high elevation.
 - o I didn't expect to enjoy this trail as much as I did. Despite the fact that this is basically just a trail that meanders through a golf course, it's a really nice paved walking path. Much of the trail is shaded by the woods between fairways. In this area, the trail runs beside a cascading creek. On the west side of the loop, the route runs beside the road and offers little shade.

Barren River Lake State Resort (Barren) Horse Trail (36 miles away)

<https://www.alltrails.com/explore/trail/us/kentucky/horse-trail-at-barren-river?mobileMap=false&ref=sidebar-static-map>

- Distance – 1 mile
- Type – Out and Back
- Difficulty – Easy
- Elevation Gain – 95 feet
- Time – 23 minutes
- Explore this 1.0-mile out-and-back trail near Lucas, Kentucky. Generally considered an easy route, it takes an average of 23 min to complete. This trail is great for hiking and horseback riding, and it's unlikely you'll encounter many other people while exploring. Dogs are welcome, but must be on a leash.
- This is a quick and easy hike that leads to some amazing views of the Barren River. This trail is intended to be multi-use and is shared by horseback riders and hikers.
- Reviews - Maybe better for horses than hikers. Pretty high density of spiderwebs. Trail is there but you have to cross through an overgrown area. Follow the map and tick check. Not much of a payoff at end unless you go well past the end of the trails recording

Barren River Lake State Resort (Barren) Peter's Creek Loop (36 miles away)

<https://www.alltrails.com/explore/trail/us/kentucky/peter-s-creek-loop-at-barren-river?mobileMap=false&ref=sidebar-static-map>

- Distance – 2.8 mile
- Type – out and back
- Difficulty –
- Elevation Gain – 190 fee
- Time – more easy than moderate
- Check out this 2.8-mile out-and-back trail near Lucas, Kentucky. Generally considered a moderately challenging route, it takes an average of 1 h 0 min to complete. This trail is great for hiking, and it's unlikely you'll encounter many other people while exploring.
- 1.2-mile looped trail with a soil surface, this trail is an easy-moderate rated trail, with a 200+ year old white oak, a variety of wildflowers, Southern ground cedar and pachysandra, hiking along Peter's creek, a variety of old farm remnants.
- Reviews
 - o Nice loop trail. Some pavement but once you drop off to do the loop it is all nicely maintained and in the woods. More easy than intermediate

Barren River Lake State Resort (Barren) Connell Nature Trail (36 miles away)_Barren River Lake State Park, 1149 State Park Rd, Lucas, KY 42156

- 1-mile looped nature trail with a soil and root surface, easy to moderate trail rating, features include an old farm cistern, views of the beach, seasonal streams, wildflowers, ferns, deciduous trees, and a large paw paw patch.

Barren River Lake State Resort (Barren) Lindsey Nature Trail (36 miles away) 1880 Narrows Road Glasgow, KY 42141

- Barren River Lake is one of the most picturesque places in Kentucky for hiking. From the Narrows Campground, you'll be straight onto the **Lindsey Nature Trail**. The one-mile loop meanders through a wooded area on a cliff top with fantastic lake views.

Mammoth Cave National Park (Edmonson) 33 miles away

Front Country Trails

TRAIL NAME	DISTANCE	DIFFICULTY	STARTS
DIXON CAVE TRAIL	0.5 MILES	EASY	PICNIC AREA
GREEN RIVER BLUFF TRAIL	1.3 MILES	MODERATE	PICNIC AREA
ECHO RIVER SPRING TRAIL	1 MILE	EASY	GREEN RIVER FERRY
RIVER STYX SPRING TRAIL	0.4 MILES	MODERATE	HISTORIC ENTRANCE
CEDAR SINK TRAIL	1 MILE	MODERATE	CEDAR SINK TRAILHEAD
TURNHOLE BEND NATURE TRAIL	0.4 MILES	MODERATE	TURNHOLE BEND TRAILHEAD

Dixon Cave – 0.5 miles

- Starts At – Picnic Area
- Length – 0.5 miles / 0.7 Km
- Difficulty – easy – moderate (many stairs)
- The Dixon Cave Trail is an easy hike down to the Dixon Cave entrance and leads to the Historic Entrance of Mammoth Cave.
- Dixon Cave was the original entrance to Mammoth Cave until it collapsed. Although the Dixon Cave entrance collapsed, it is home to a specific endangered bat species. Here they find sanctuary for hibernation during the winter months.

- You will want to park in the Visitor Center parking lot, walk up the road to the picnic area, take your first left, and walk until the concrete ends at a trail sign and stairs. Here is where the Dixon Cave Trail begins.
- There are many stairs here. Once you have reached the bottom, turn left. You will immediately see another set of steps and two lookouts on your left – this is Dixon Cave.

Green River Bluff Trail –

- Starts At – Picnic Area
- Length – 1.3 miles / 2.1 Km
- Difficulty – moderate
- The Green River Bluffs Trail is a moderate hike along the bluffs and down to the Green River.
- You will want to park in the Visitor Center parking lot and walk up the road to the picnic area, continue straight on the paved road, and you will see the trailhead on the right.
- This trail will take you through the woods and high up on the bluffs to a scenic overlook of the Green River. You will continue along the river slowly descending to the river’s edge.
- To return to the Visitor Center, take the River Styx Spring Trail.
- If you want a shorter hike, take the Dixon Cave Trail (first left) and up the stairs to the picnic area

Echo River Spring Trail –

- Starts At – Green River Ferry
- Length – 1.0 miles / 1.6 Km
- Difficulty – easy
- The Echo River Spring Trail is an easy hike on stone and concrete paths. You will view the Echo River Spring that feeds into the Green River with more views through the forest.
- You will want to park at the Green River Ferry. There is limited parking here and will be busy during the summer. If you can’t park there, you can still access this trail from many others around the Visitors Center.
- Starting at the Green River Ferry parking lot, the trail takes you around the spring and over a couple of boardwalks. Continue on the path where it ends at the River Styx Spring Trail. You will also get to view an old water building on this trail.
- **TRAVEL TIP:** If you are parked at the Green Ferry River parking lot, you may want to turn this hike into a loop, so you return to your vehicle. The “loop” will be the following trails: Echo River Spring Trail, Sinkhole Trail (view White’s Cave), River Valley Trail, back to Echo River Spring Trail (under 2 miles roundtrip).

River Styx Spring Trail

- Starts At – Historic Entrance
- Length – 0.4 miles / 0.7 Km
- Difficulty – moderate
- The River Styx Spring Trail is a moderate hike down a hill from the Historic Entrance.
- You will want to park at the Visitor Center, walk behind the Visitor Center, behind Shelter A, to find the Historic Entrance pathway. Continue straight for the River Styx Trail.
- This trail will take you down through the forest to the River Styx Spring lookout, where the river exits Mammoth Cave from underground and connects to the Green River.
- **TRAVEL TIP:** Loop this hike by taking the Echo River Spring Trail to the Sunset Point Trail (first left) zig-zagging your way up to Sunset Point, by the Old Guide’s Cemetery on the Heritage Trail, behind the lodge, and back to the Visitor Center.

Cedar Sink Trail

- Starts At – Cedar Sink Trailhead
- Length – 1.0 mile / 0.7 Km
- Difficulty – moderate (many stairs)

- You will find the Cedar Sink Trail about 10 minutes southwest of the Visitor Center. Instead of parking at the Visitor Center, take Brownsville Road, and follow the signs to Cedar Sink Trailhead.
- The trailhead will be on your left with a few parking spots.
- This moderate trail is lollipop-shaped that leads you down into a gigantic sinkhole and back out. You will find several long staircases to help you down and out.

Turnhole Bend Nature Trail

- Starts At – Turnhole Bend Trailhead
- Length – 0.4 mile / 0.6 Km
- Difficulty – moderate (some stairs)
- You will also take Brownsville Road to the Turnhole Bend Nature Trail. It is not far from the Cedar Sinkhole Trail.
- You will find this trailhead on your left with a few parking spots.
- This short, moderate trail begins with stairs and then loops around with views of two glorious sinkholes.
- **TRAVEL TIP:** Be sure to use the bathroom before going to the Cedar Sink Trail or the Turnhole Bend Nature Trail. There may not be a portajohn (portable restroom) at either of these trailheads.

Backcountry Trails

<https://www.nps.gov/macaplanyourvisit/backcountry-trails.htm>

Trail	Starts at	Mi.			
Big Hollow Trail North Loop	Big Hollow TH	5.3	Maple Springs Campground Trail	Maple Springs Trail	0.2
Big Hollow Trail North Loop Shortcut	Big Hollow Trail North Loop	0.1	McCoy Hollow Trail	Temple Hill TH/ Wet Prong Trail	6.4
Big Hollow Trail South Loop	Big Hollow Trail North Loop Junction	3.7	McCoy Hollow Campsite Trail	McCoy Hollow Trail	0.1
Blair Springs Hollow Trail	Collie Ridge Trail/ Wet Prong Trail	1.8	Miles-Davis Cemetery Trail	Sal Hollow Trail	0.4
Bluffs Campsite Trail	Sal Hollow Trail	0.6	Mill Branch Trail	Maple Springs Trail/Collie Ridge Trail	3.0
Buffalo Creek Trail	Maple Springs TH	4.4	Raymer Hollow Trail	Mill Branch Trail/ Collie Ridge Trail	6.2
Collie Ridge Trail	Lincoln TH	3.8	Raymer Hollow Campsite Trail	Raymer Hollow Trail	0.1
Collie Ridge Campsite Trail	Collie Ridge Trail	0.7	Sal Hollow Trail	Maple Springs TH	8.6
Dry Prong Trail	Buffalo Creek Trail	2.4	Sal Hollow Campsite Trail	Sal Hollow Trail	0.1
Ferguson Campsite Trail	Blair Springs Hollow Trail	0.5	Second Creek Campsite Trail	First Creek Trail	0.2
First Creek Trail	First Creek TH/Temple Hill TH	6.3	Stables Trail	Collie Ridge Trail	0.2
First Creek Campsite 1 Trail	First Creek Trail	0.3	Three Springs Campsite Trail	McCoy Hollow Trail	0.1
First Creek Campsite 2 Trail	First Creek Trail	0.1	Turnhole Bend Trail	Buffalo Creek Trail	1.8
Homestead Campsite Trail	Dry Prong Trail	0.3	Wet Prong Trail	First Creek TH/ Collie Ridge Trail	4.6
Maple Springs Trail	Maple Springs TH	1.0	White Oak Trail	White Oak TH	2.5

Mammoth Cave Railroad Bike and Hike Trail

- Originally opened in 1886 the Mammoth Cave Railroad brought early tourists to Mammoth Cave and other neighboring caves in the area. The train line continued its service for 45 years and made its final run-on August 1, 1931.
- Generally considered a moderately challenging route, it takes an average of 5 h 26 min to complete. This trail is great for birding, hiking, and mountain biking
- Trail end points: Zion Cemetery Rd. (Park City) and Mammoth Cave Hotel (Mammoth Cave National Park)
- Distance - 9 miles one way

Nolin Lake State Park – Waterfall, Lakeshore Bluff, and Point Loop Trail (Edmonson) 43 miles away

- Easy to find – right past the park office – trailhead in the wooded area
- Didn't see a restroom
- Maps all along the trail and well-marked
- Dirt earth packed path – very easy to follow and well maintained – shaded
- Can hike both trails together and it would be around 9.2 miles
- Easy
- Pros
 - Very easy to follow
 - Right by the lake

Nice bluffs

<https://cdn.alltrails.com/trail/us/kentucky/nolin-lake-waterfall-lakeshore-bluff-and-point-loop>

- Distance – 7.1 miles
- Type – out and back
- Difficulty – moderate
- Elevation – 479 feet
- Time – 2 hours 31 minutes
- Enjoy this 7.1-mile out-and-back trail near Mammoth Cave, Kentucky. Generally considered an easy route, it takes an average of 2 h 31 min to complete. This trail is great for birding, hiking, and walking, and it's unlikely you'll encounter many other people while exploring. The best times to visit this trail are March through November. Dogs are welcome but must be on a leash.
- This easy loop begins at the state park parking area and loops around the shore of a Nolin Lake with the climax being a 20 ft wet weather waterfall.

Nolin Lake State Park – Brier Creek Omega Trail (Edmonson) 43 miles away

- Start at same place as other trail
- Easy to find – right past the park office – trailhead in the wooded area
- Didn't see a restroom
- Maps all along the trail and well-marked
- Dirt earth packed path – very easy to follow and well maintained – shaded
- Can hike both trails together and it would be around 9.2 miles
- Easy

<https://cdn.alltrails.com/explore/trail/us/kentucky/brier-creek-omega-trail-loop?mobileMap=false&ref=sidebar-static-map>

- Distance – 3.4 mile
- Loop
- Elevation – 351 feet
- Time – 1 hour 20 minutes
- Try this 3.4-mile loop trail near Mammoth Cave, Kentucky. Generally considered a moderately challenging route, it takes an average of 1 h 20 min to complete. This trail is great for hiking and mountain biking, and it's unlikely you'll encounter many other people while exploring.
- Experience this 3.4-mile loop trail near Mammoth Cave, Kentucky. Generally considered a moderately challenging route, it takes an average of 1 h 20 min to complete. This trail is great for hiking and mountain biking, and it's unlikely you'll encounter many other people while exploring.
- Reviews
 - o Easy to follow trail. Rocks and roots throughout trail but nothing hard. Lot of switch backs so inclines not bad. Little waterfall. Fun trail.
 - o The little path that goes off to the waterfall is not marked! The waterfall is really not much of a waterfall, but the rock formation is beautiful! It's also a loop and I like loops.

The Slab by the Barren (Monroe) 10820 BUGTUSSLE ROAD, FOUNTAIN RUN, KENTUCKY (41.2 MILES)

- Hiking trails - 12 miles of hiking trails
 - Trails for hiking, mountain biking, dirt bikes
 - Make a big circle - can hike in sections
 - Trails start at the office area
- Camping

- 32 sites
- \$30 per night
- Up to 5 guests per site
- Up to 2 vehicles

Contact # (812)653-0102

Facebook - The Slab By The Barren Campground

White House Tennessee Greenways and Arboretum Trail (Sumer) (37 miles)

<https://www.alltrails.com/trail/us/tennessee/the-greenway>

- This out and back trail covers the White House Greenway and features several wooded areas and a beautiful section of Honey Run Creek. This trail is perfect for all ages and skill levels, is dog friendly, and is rated as easy.
 - Distance - 7 miles
 - Type - Out and back
 - Difficulty – Easy
- This out and back trail covers the White House Greenway and features several wooded areas and a beautiful section of Honey Run Creek. This trail is perfect for all ages and skill levels, is dog friendly, and is rated as easy.

Bowling Green Hiking Club Meetup Group

- The Bowling Green Hiking Club meetup provides opportunities for people to get outside and explore the wonderful outdoor activities in Kentucky and surrounding states. The Meetup was started in 2008 by Phil Lienesch who is a hiker, avid mountain biker, and biology professor at WKU. Depending on time of year we'll get together to hike, backpack, camp, kayak - enjoy just about any activity in the outdoors. The common thread among all the activities will be the chance to get some exercise while making friends and enjoying nature!
- For identification purposes, please provide a valid photo of yourself when you join the meetup.
- Activities will vary from beginner level to strenuous. Where would you like to hike? Are you interested in being a hike leader? Leave a message and let us know. You can also follow us on Facebook at <https://www.facebook.com/groups/21617553565...>