

## Energy Lake Trail Hiking and Biking

**Length** | 4.6 mile loop

**Trailhead** | Energy Dam Day Use Area

**Difficulty Level** | Hiking-Easy

Biking-Moderate

**Recommended Seasons** | All Seasons

**Facilities** | Parking, Accessible restrooms,

Developed Camping

**Trail Markings** | Loop 1: Yellow

Loop 2: Blue

### Camping

- Overnight camping is only permitted at Energy Lake Campground.
- Backpack camping is not allowed along the trail.
- All Backcountry Camping campsites must be at least 50 feet from the marked trail.
- If camping as a Backcountry camper, each person 18 and over must purchase a Backcountry Camping Permit.
- Learn more at [www.landbetweenthe lakes.us/rules](http://www.landbetweenthe lakes.us/rules)

### Additional Rules for Energy Lake Trail Users

- Mountain biking is discouraged during periods of wet trail conditions.
- Horses are not allowed on the Energy Lake Trail.

### Water is not available on trails.

Springs are not reliable. Bring water or filter lake water. Potable water is available at North Welcome Station, Golden Pond Visitor Center, and Energy Lake Campground.

### USDA Forest Service

Land Between the Lakes National Recreation Area  
Golden Pond Visitor Center  
238 Visitor Center Drive | Golden Pond, KY | 42211  
270-924-2000 | [www.landbetweenthe lakes.us](http://www.landbetweenthe lakes.us)

## Trail Rules

1. **SAFETY ADVISORY:** Numerous downed and tornado-damaged trees have resulted in impassible sections of trail and dangerous conditions. Check the Alerts page on our website for safety information, closures, and notices before your visit.
2. Campfires permitted in previously used sites except during high fire danger. Dead or down wood may be used for fuel. Attend fire at all times and completely extinguish before leaving.
3. Respect the Resource
  - Camp at least 50 feet from marked trail. Bury all human waste 200 feet from marked trail.
  - Leave plants, flowers, and historic items behind for others to enjoy.
  - Do not harass, feed, or approach wildlife.
  - Use low-impact techniques. Please stay on trails to prevent soil erosion, even through wet areas.
  - Pack out all garbage. Recycle bins located at Golden Pond Visitor Center, Homeplace, Nature Station, and North & South Welcome Stations.
  - Motor vehicles prohibited except approved organized events.
4. Pets must be on a leash of six feet or less and under physical control at all times. Pet waste must be disposed of properly by owners.
5. Call Before You Haul: Check trail conditions at 270.924.2000 or the Alerts page of our website: [www.landbetweenthe lakes.us](http://www.landbetweenthe lakes.us).
6. Overnight camping requires purchase of a permit or nightly camping fee. Learn more: [www.landbetweenthe lakes.us/rules](http://www.landbetweenthe lakes.us/rules)
7. You are responsible for your own safety. Inherent risks exist. Be prepared for a variety of unexpected and dangerous conditions.
  - Protect yourself from Lone Star and American Dog ticks, primarily from March through October. Insect repellent available in gift shops.
  - Be familiar with poison ivy and avoid it.
  - Cell service is spotty and unreliable. Let a family member or friend know where you will be, your contact information, when you plan to arrive and return, and who is coming with you.
  - Water is not available on trails. Springs are not reliable. Bring water or filter lake water.
  - **For 24-hour dispatch, call 1.877.861.2457.**
  - **Call 9-1-1 in an emergency.**

Revised March 2024

# Energy Lake Trail Loop

## LAND BETWEEN THE LAKES National Recreation Area

KENTUCKY | TENNESSEE



The Energy Lake Trail has a figure eight pattern that is a 4.6 mile loop. This offers the hiker and biker an opportunity to explore either the small and large loops or both.

The trail meanders by parts of Energy lake and Lake Barkley providing the opportunity to view the various flora and fauna located at Land Between the Lakes. Look for bald eagles, osprey, beavers, summer songbirds, and wildflowers along the way.

Near by Energy Lake and Dam are popular destinations for anglers, paddlers and bird watchers. Also check out the Energy Lake Campground for a developed camping experience.

This is a multiple-use trail for bikers and hikers.

**Have fun. Be safe.  
Respect the Resource.**



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# Energy Lake Trail

## LAND BETWEEN THE LAKES National Recreation Area

