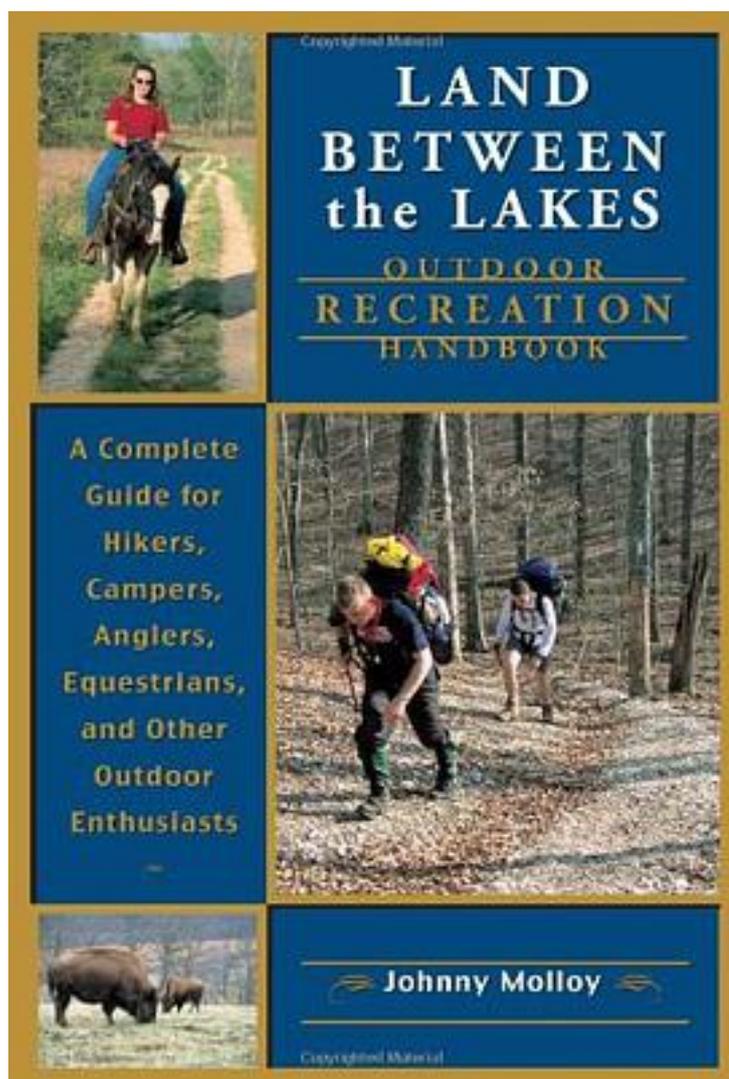


Land Between The Lakes Outdoor Recreation Handbook



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Land Between The Lakes Outdoor Recreation Handbook is the only comprehensive guide to the Land Between The Lakes National Recreation Area. Located in the western part of Tennessee and Kentucky, this bi-state reserve has over 170,000 contiguous acres and is one of the largest unbroken pieces of protected land east of the Mississippi. Land Between The Lakes also offers some of the finest outdoor recreational opportunities in the area. The handbook is divided into two sections--water activities and land activities. The water section guides visitors to important fishing spots and lakes, as well as outlines one of the longest paddle trails in the Midwest--the 85-mile-long Land Between The Lakes Paddle route. Descriptions of all lake accesses as well as swimming beaches are also included. The land section offers detailed descriptions to over 200 miles of hiking trails (including the 60-mile long North-South Trail), as well as the many mountain bike and horse trails located in the area. Additionally, for those who want to experience the softer side of LBL, directions for scenic drives and descriptions of the many sites and activities are provided. Finally, the Land Between The Lakes Outdoor Recreation Handbook offers an extensive reference section, detailing alternate lodging possibilities, outfitters, and conveniences located in nearby towns. Whether visitors come here as their vacation destination or visit just for the day, Land Between The Lakes Outdoor Recreation Handbook will be an invaluable resource.

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