Twin Branch Trail #406 is located on the London District of the Daniel Boone National Forest. The trailhead begins at KY 3497. The first quarter mile winds through pine-hardwood forest. The trail then drops 300 feet to follow Twin Branch to its mouth at Lake Cumberland. Several scenic cascades may be seen along the way, best viewed in the spring when the creek has plenty of water.

An adirondack shelter is located near the junction with the Lake Side South Trail. A primitive campsite is located on the east side of Twin Branch. All water should be boiled. Please pack out your trash. Hiking difficulty is easy to moderate downhill, strenuous when hiked in reverse.

Begins: KY 3497 Length: 1 mile
Ends: Lakeside South #412 Surface: Dirt
Difficulty: Easy to strenuous Quad: Sawyer
Latitude: 36.958732 County: Laurel
Longitude: -84.324817

CAUTION: BE ALERT FOR FLOODING. Low lying areas near streams and rivers are prone to flooding, so be alert for flooding when driving, camping or crossing streams.

Even when it’s not flooding, swiftcurrents and undertows can make swimming and wading very hazardous.

When heavy rain is forecasted, do not camp or park your vehicle along streams, rivers, or low-lying areas.

Get to higher ground if flooding occurs. Leave low-lying areas immediately.

Avoid areas already flooded, especially if the water if flowing fast. Do not attempt to cross flowing streams.