Twin Branch Trail #406

The Twin Branch 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  Parking: 4 cars at Ned Branch Trailhead
Ends: Lakeside South #412  Difficulty: Easy to strenuous
Length: 1 mile  Quad: Sawyer
County: Laurel  Latitude: 36.958671
Surface: Dirt  Longitude: -84.332815

Rockcastle Campground

The campground is bounded on one side by the Lake Cumberland and on the other side by massive sandstone cliffs. Fishing is popular in the Rockcastle River and Lake Cumberland. Rockcastle Boat Ramp is nearby. A picnic shelter is located at the campground entrance and is available on a first-come, first-served basis.

All outdoor activities have inherent risks and you may encounter a variety of unexpected and/or dangerous conditions. It is your responsibility to be informed and take precautions. Learn more at www.fs.usda.gov/r8.

FOOD STORAGE REQUIRED.

Visitors in developed sites must store food, garbage and other odorous items that may attract bears in a bear-resistant container, inside their vehicle, or in an enclosed hard-body trailer.

Guides like this are available at fs.usda.gov/dbnf.
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