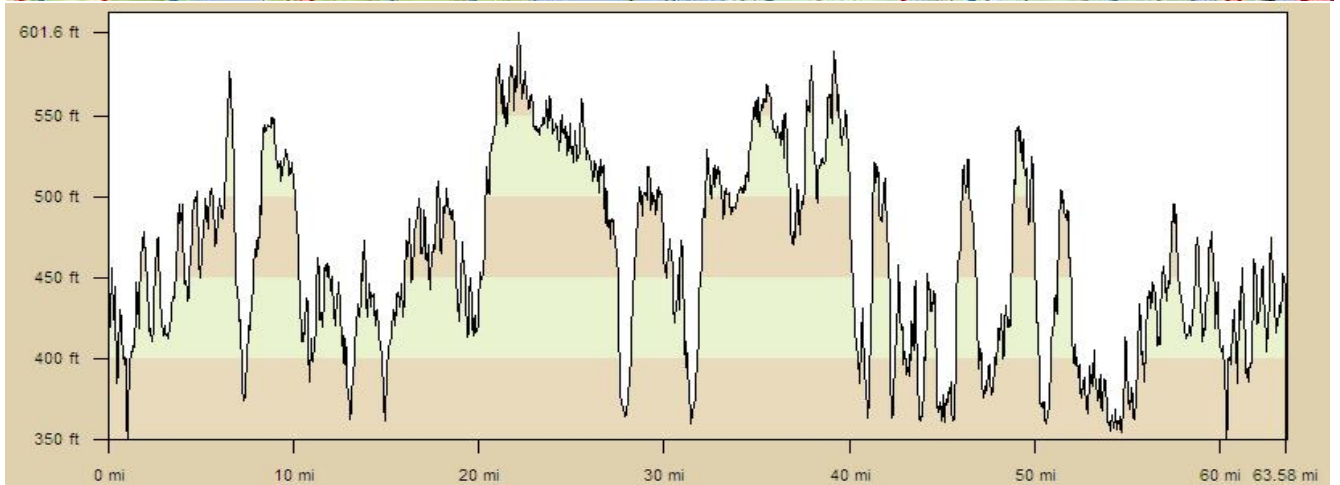
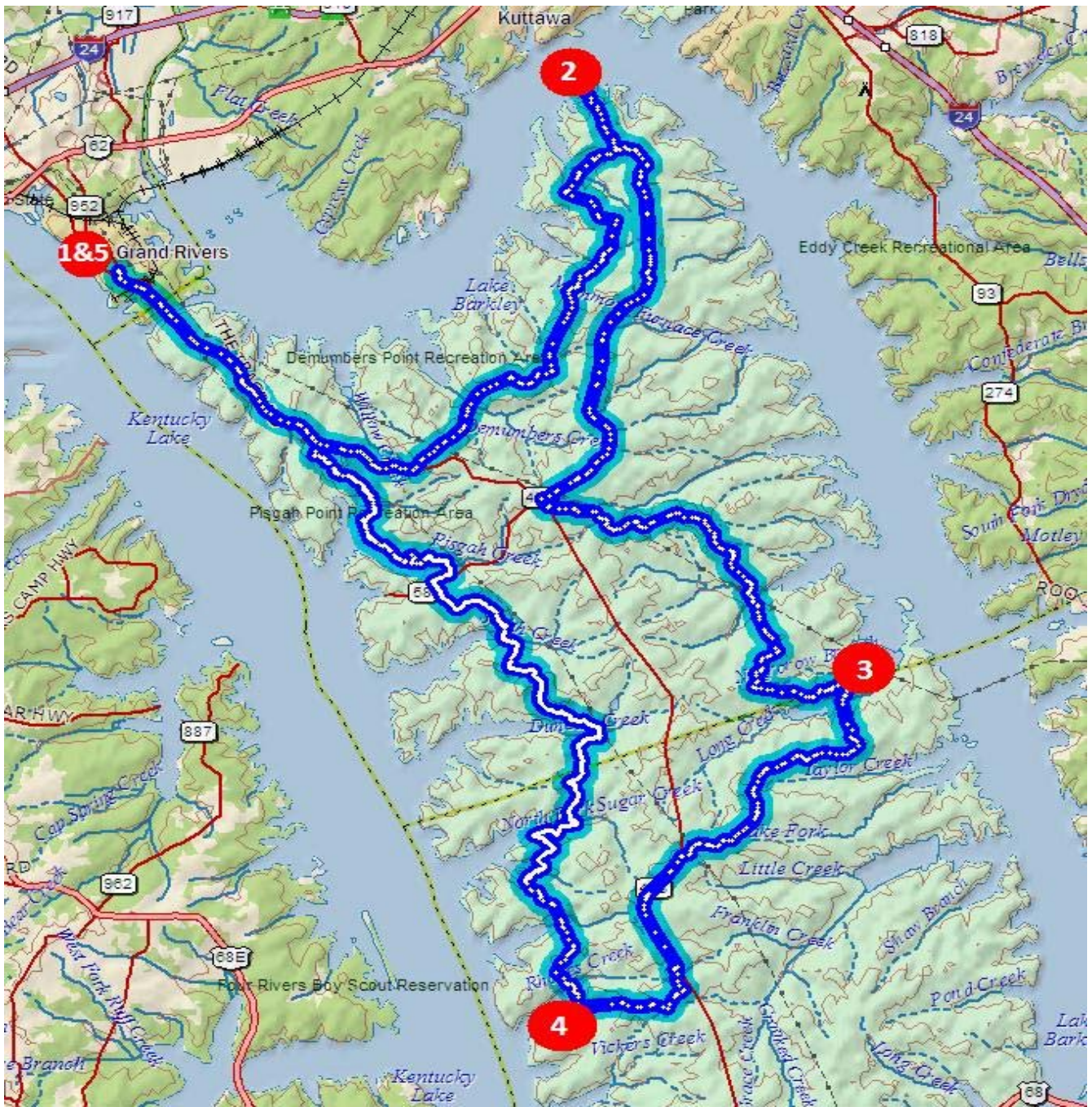


| Miles Nxt Turn | Miles So Far | Turn | Traffic Sign | LBL POPULAIRE- 100K Description |
|-------------------|-----------------|----------|-----------------|--|
| | | | | CONTROL# 1 - IGA - 1880 J H O'Bryan Avenue - Grand Rivers, KY |
| | | | | Leaving Control Turn LEFT onto SR 952 (JH O'Bryan Ave.) |
| 0.2 | 0.2 | RIGHT | | Turn RIGHT onto connector road |
| - | 0.2 | LEFT | SS-TJ | then immediate LEFT onto SR 453 (The Trace) |
| 5.6 | 5.8 | LEFT | | Turn LEFT onto Park Road 112 (Begin 6.8 miles of gravel) |
| 5.8 | 11.6 | LEFT | T | Turn LEFT onto Park Road 124 |
| 1.0 | 12.6 | RIGHT | | Turn RIGHT onto Park Road 126 (Begin 1.1 miles of pavement) |
| 1.1 | 13.7 | LEFT | | Turn LEFT onto Park Road 127 (Begin 2.4 miles of gravel) |
| 1.2 | 14.9 | | | CONTROL# 2 - Information Control - Kuttawa Landing |
| - | 14.9 | | | Leaving Control reverse course on Park Road 127 |
| 1.2 | 16.1 | LEFT | SS-TJ | Turn LEFT onto Park Road 126 (Begin 7.2 miles of pavement) |
| 0.6 | 16.7 | RIGHT | SS-TJ | Turn RIGHT onto Park Road 117 (Eddyville Ferry Road) |
| 6.6 | 23.3 | LEFT | SS | Turn LEFT onto SR 453 (The Trace) |
| 0.1 | 23.4 | LEFT | | Turn LEFT onto Woodson Chapel Road (Begin 6.2 miles of gravel) |
| 2.8 | 26.2 | RIGHT | | Turn RIGHT onto Park Road 312 |
| 2.5 | 28.7 | RIGHT | | Turn RIGHT onto Park Road 314 |
| 0.9 | 29.6 | LEFT | SS-TJ | Turn LEFT onto Silver Trail Road (PR 133) (Begin 6.6 miles of pavement) |
| 1.5 | 31.1 | STRAIGHT | Yield | Continue STRAIGHT into the Woodlands Nature Station Parking Lot |
| 0.3 | 31.4 | | | CONTROL# 3 - Woodlands Nature Station (Water, Coke Machines) |
| - | 31.4 | | | Open: Start + 1:42 Close: Start + 3:24 |
| - | 31.4 | | | Leaving Control reverse course out of the lot |
| 0.3 | 31.7 | LEFT | | Turn LEFT onto Park Road 134 |
| 1.1 | 32.8 | RIGHT | | Turn RIGHT onto Mulberry Flat Road |
| 3.4 | 36.2 | LEFT | | Turn LEFT onto Park Road 320 (Begin 0.7 miles of gravel) |
| 0.7 | 36.9 | LEFT | TJ | Turn LEFT onto SR 453 (The Trace) (Begin 2.2 miles of pavement) |
| 2.2 | 39.1 | RIGHT | | Turn RIGHT onto Park Road 335 (Begin 5.0 miles of gravel) |
| 0.9 | 40.0 | RIGHT | | Turn RIGHT onto Park Road 142 |
| 0.9 | 40.9 | | | CONTROL# 4 - Information Control - Rhodes Bay |
| - | 40.9 | | | Leaving Control continue North on Park Road 142 |
| 0.5 | 41.4 | RIGHT | | Turn RIGHT onto Park Road 141 |
| 0.7 | 42.1 | RIGHT | | Turn RIGHT staying on Park Road 141 |
| 1.6 | 43.7 | STRAIGHT | | Continue STRAIGHT onto Park Road 140 |
| 0.4 | 44.1 | RIGHT | | Turn RIGHT onto the North-South Trail (Begin Trail @ Sugar Bay Trailhead) |
| 13.8 | 57.9 | RIGHT | | Turn RIGHT onto Unmarked Park Road (Leaving the North-South Trail) |
| 0.1 | 58.0 | LEFT | TJ | Turn LEFT onto SR 453 (The Trace) (Begin 4.5 Miles of pavement) |
| 4.3 | 62.3 | RIGHT | | Turn RIGHT onto connector road |
| - | 62.3 | LEFT | | then immediate LEFT onto SR 952 (JH O'Bryan Ave) |
| 0.2 | 62.5 | RIGHT | | CONTROL# 5 - IGA - 1880 J H O'Bryan Avenue - Grand Rivers, KY |
| - | 62.5 | | | Open: Start + 3:20 Close: Start + 6:40 |

| Breakdown of Surfaces | | | Additional Notes: |
|-----------------------|------|-------|---|
| Paved Roads | 27.4 | miles | The North / South Trail is marked with White trail blazings |
| Gravel Roads | 21.3 | miles | The Woodlands Nature Station is staffed by Park personnel during the following hours: March 1 - Nov 30: 8:00 AM thru 5:00 PM M-F 10:00 AM thru 5:00 PM Sat & Sun |
| Trails | 13.8 | miles | During the off-season staffing varies but water and vending machines remain available Cuesheet Legend: TJ = T-Junction SS = Stop Sign |

Land Between the Lakes 100k Populaire



NOTE: a significant portion of the course is on gravel roads and trails, select your bike accordingly