Enjoy the beautiful landscape and fresh air of The Strand during a walk or ride along the Louisville Loop, or grab a paddle and make your way down Floyds Fork. The Strand is an important collection of land that provides connectivity from the northern to the southern parks, but is not a park itself. Walk or paddle through the wild linear greenspace, and take in the wildlife that inhabit this beautiful piece of The Parklands.

Canoeing & Paddling

Nearly five miles of Floyds Fork flow through The Strand, passing special locations such as The Ascent, Catfish Bend, Walnut Grove and The Palisades—a gorgeous limestone cliff, even more breathtaking when viewed while paddling on the creek. When the water levels are right, grab your gear for a float through The Strand!

Walking & Hiking

The Strand and its three bridges play an integral role in connecting The Parklands northern and southern parks. From Pope Lick, take a stroll to Long Bridge—a three-span bridge and an architectural feat, stretching more than 670 feet! Head further south, toward Turkey Run Park, to overlook the bottomlands from High Bridge or Palisades Bridge.

Cycling

A bike ride is one of the best ways to experience The Strand. Head south on the Louisville Loop Trail at John Floyd Fields in Pope Lick Park or head north from Seaton Valley Trailhead in Turkey Run Park to access the scenic, smooth ride awaiting you in The Strand. There are 4.7 miles of paved trail in The Strand, but 6 miles between restrooms and water fountains. Remember to use the facilities before you begin your ride, walk or hike!

Fishing

A fisherman's dream, The Strand contains five miles of stream—calm most days of the year. Head to the aptly named Catfish Bend to score your next big catch! Thanks to the Kentucky Fish & Wildlife FINs program, Floyds Fork is regularly stocked with rainbow trout. Please practice catch and release to conserve the diversity of this special fishery.