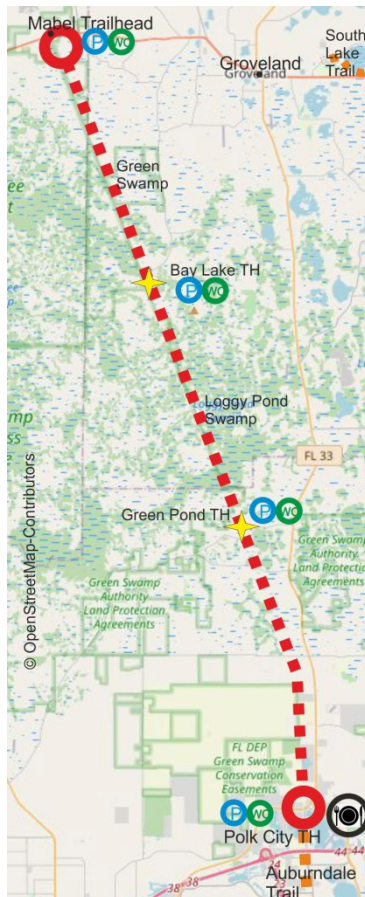


## Van Fleet Trail + Auburndale Trail

### General James A. Van Fleet State Trail, 29.2 m (47 km)

The General James A. Van Fleet State Trail, a former railroad track, extends 29.2 miles from Polk City to Mabel and traverses three counties: Polk, Lake and Sumter. This mostly shaded trail is enjoyed by beginner and experienced cyclists alike, it is noted for being one of Florida's most rural trails. Along this state trail are many benches with beautiful vistas including open cattle land, protected state forests and wetlands. But nothing else. If you need to exercise, need your legs to be moving, this is perfect; if you like to do some sightseeing along the trail it might be a bit boring. Places to eat or drink only near Polk City. Mileage on the trail starts at Polk City, this description starts at Mabel Trailhead, 7981 CR 772 (SR 50), Webster. Speed Limit 20 MPH.

<b>Start Mabel Trailhead:</b>
N28 34.704 W81 58.599
<b>End Polk City Trailhead,</b>
<b>Start Auburndale Trail:</b>
N28 10.840 W81 49.658
<b>End Auburndale, Berkley Rd:</b>
N28 04.638 W81 49.062



**M 0 Mabel Trailhead:** If you are coming from Groveland don't take the first exit to Mabel TH, it is very bad. Go just a bit farther and take the next turn. Parking lot with picnic pavilion, barbecue grill and restroom facilities with water; N28 34.704 W81 58.599.

**M 9.1 Bay Lake Trailhead:** Parking lot with picnic pavilion and restroom facilities, no water, N28 27.291 W81 55.329

**M 14.2 Sven's Place,** N28 23.120 W81 53.494. Sven lives near the trail and likes to talk to bikers, some chicken running around.

## Van Fleet Trail + Auburndale Trail

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**M 19.1 Green Pond Trailhead:** Parking lot with picnic pavilion and barbecue grill. Restroom facilities (with water) north of this trailhead. N28 19.138 W81 51.735. Ranger Station.

**M 29.2 Polk City Trailhead,** 7683 Berkley Road Polk City / Hwy 33, N28 10.840 W81 49.658. Parking lot with picnic pavilion and barbecue grill. Restroom with water 0.5 m into the trail. A convenience store and diner are nearby at Hwy 33.

The trail continues south as Auburndale Trail.



Mabel Trailhead



## Auburndale Trail, 7.2 mi (12 km)

The Auburndale Trail connects Polk City and the Van Fleet Trail with Lake Myrtle in Auburndale; it is flat and invites walkers, joggers, cyclists, and inline skaters.

**M 0** Continue after the parking lot. The trail is first shady, then open and sunny along a power line. Within P.C. city limits it is called Polk City Trail, later Auburndale Trail.

**M 5.3** Start of extended sports fields. A little later is the Lake Myrtle.

## Van Fleet Trail + Auburndale Trail

**M 6.6** At Denton Ave Auburndale Trailhead, parking, restroom, water, picnic table.

**M 7.2** End of trail at Berkley Rd, N28 04.638 W81 49.062.



End of Trail at Berkley Rd / Plymouth Rd

