



2026

TrailLink Unlimited 

Guides



**Orlando
Southeast
Trail**
Florida



Orlando Southeast Trail

Florida

The Orlando Southeast Trail is a collection of multiuse pathways crisscrossing Lake Nona, a master-planned community southeast



and features parking as well as restrooms, pavilions, playgrounds, and multipurpose fields that can be used day and night. The park sits across from the Veterans Affairs Hospital, part of Medical City.

North of Lake Nona Boulevard is mainly residential with some commercial uses. Points of interest include McCoy Community Park and Lake Nona YMCA in the Waters Edge neighborhood; East Lake Park and Randall Park communities. Across Narcoosee Road, on its east side, the trail follows Moss Park Road, ending about a mile short of Moss Park itself. Work on this connection is on-going.

The Orlando Southeast Trail is a collection of multiuse pathways crisscrossing Lake Nona, a master-planned community southeast of the City of Orlando. Narcoosee Road, running north-south, serves as the spine for the trails system, although it only features about 1.6 miles of off-street pathway in its own right-of-way (running from Lake Nona Boulevard to the Waters Edge neighborhood). The other trails stretch east-west, generally paralleling the streets. Bike share stations are sited strategically along the trails.

The trails on the west side of Narcoosee Road and south of Lake Nona Boulevard provide access to Lake Nona Medical City, a cluster of hospitals, universities and medical institutions. There are also nearby residential communities. Heroes Community Park acts as a trailhead,



Orlando Southeast Trail

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States: Florida

Counties: Orange

Length: 13miles

Trail end points: Wyndham Lakes Blvd to De Haven Street

Trail surfaces: Asphalt, Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking, Wheelchair Accessible

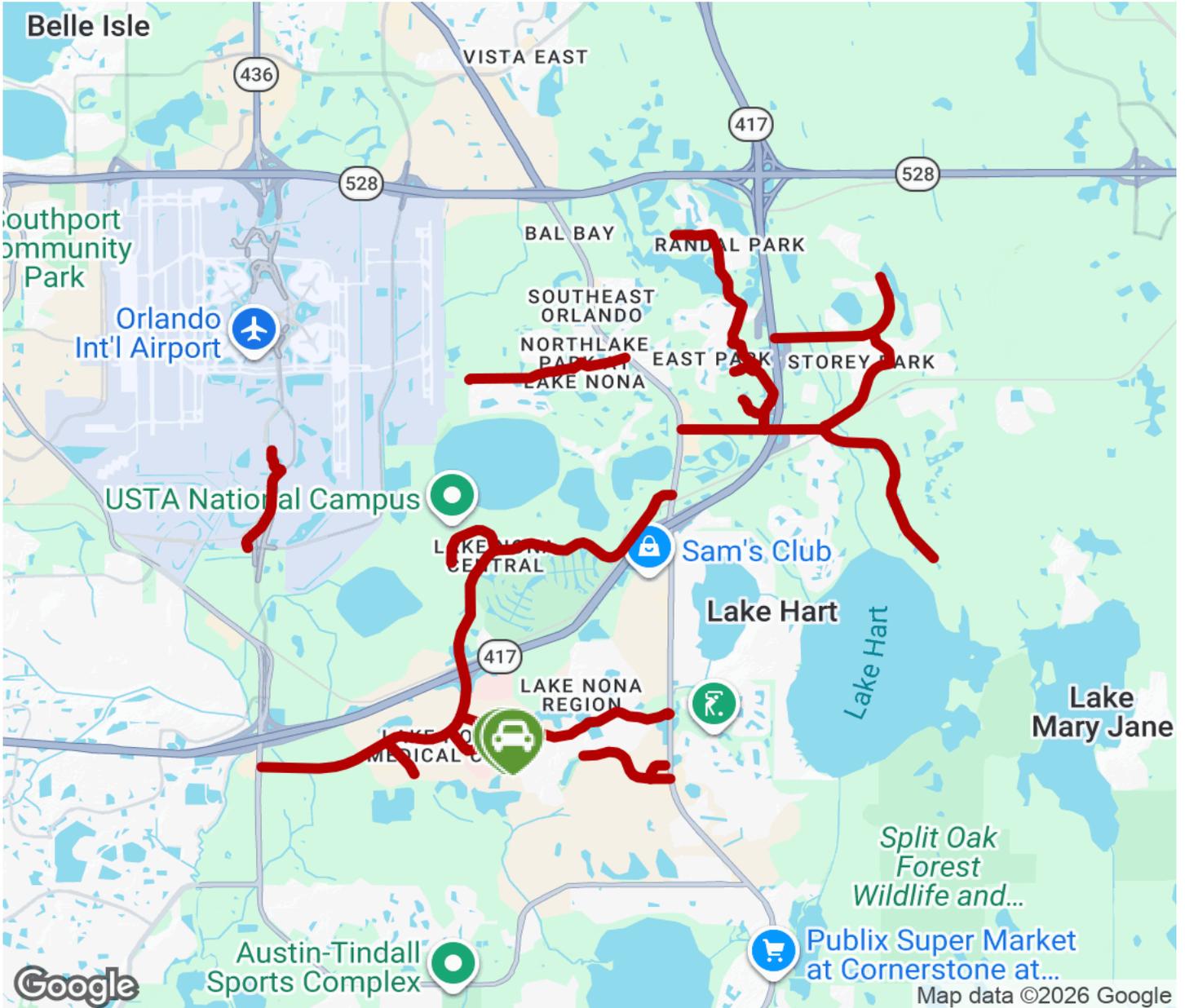
Parking & Trail Access

Heroes Community Park is located at 14086 Centerline Dr, Orlando, FL 32827.



Orlando Southeast Trail

Florida



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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