



2026

TrailLink Unlimited 

Guides



**Nathan
Benderson
Park Trail**
Florida



Nathan Benderson Park Trail

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As part of Nathan Benderson Park, this 3.4-mile paved trail loops around the park's competition lake. The trail is a popular place for running, biking, rollerblading/skating, walking, and more. Running parallel to the paved trail is a crushed-shell path. The park itself is roughly rectangular in shape, stretching north and south, with the lake in the center. For those interested in bird-watching, the park is a great place to observe a large variety of birds. As a full service recreational facility, the park offers a wide range of activities and classes.

The park is open 6am to 8pm from April 1 through October 31 and 6am to 6pm from November 1 through March 31. Entrance to the park is free.



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States: Florida

Counties: Sarasota

Length: 3.4miles

Trail end points: 5851 Nathan Benderson
Circle (Sarasota) to N Cattleman Rd

Trail surfaces: Asphalt,Crushed Stone

Trail category: Greenway/Non-RT

Trail activities: Bike,Fishing,Inline
Skating,Walking,Wheelchair Accessible

Parking & Trail Access

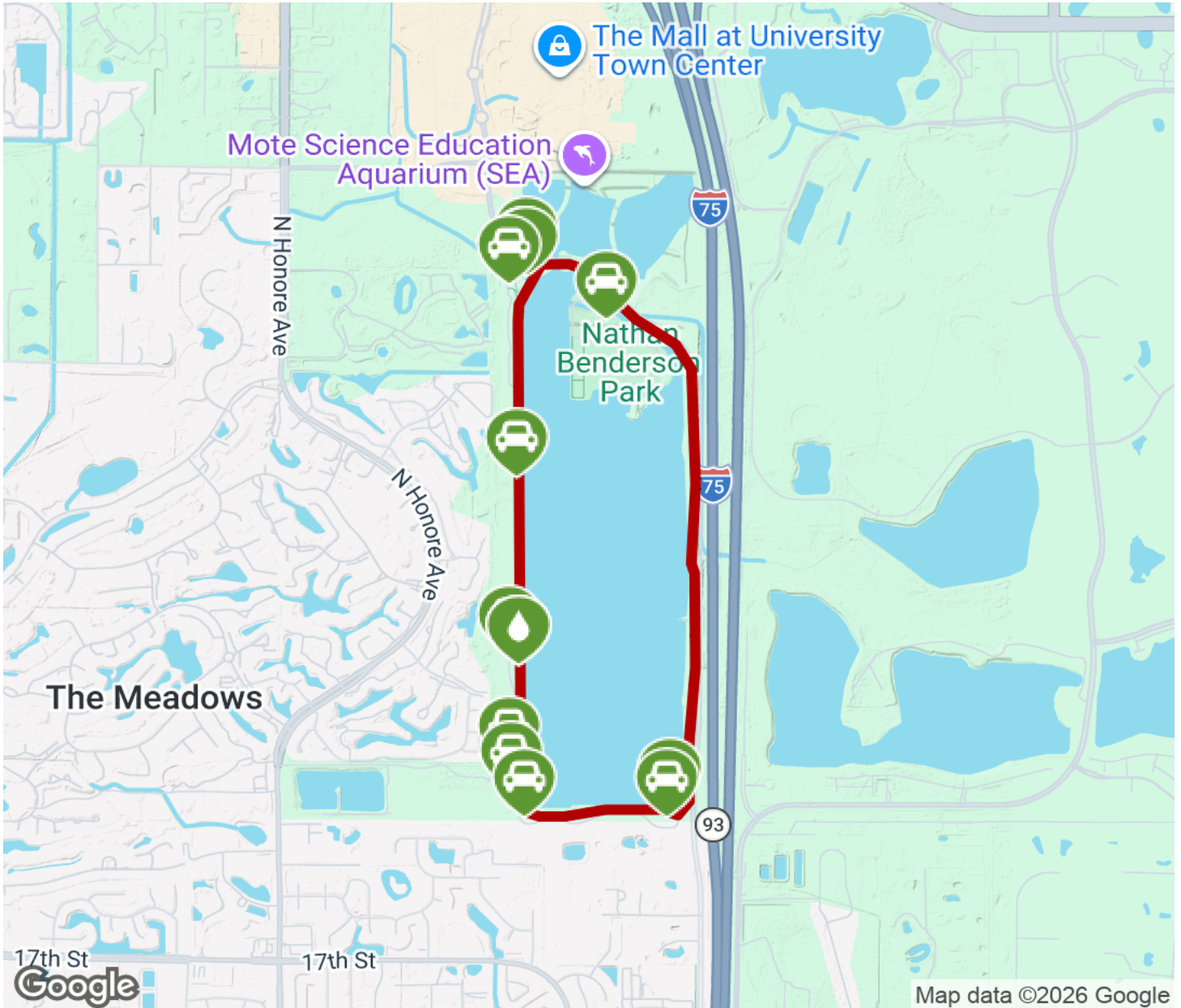
You can get to the park either by exiting at the University I-75 exit number 213, making a left into the UTC mall area and following that straight to the park where you have access to several parking sites.

You can also get to the park from the Fruitville I-75 exit number 210, then turn right onto Cattleman Road and follow that straight to the park where you will have access to several parking sites.



Nathan Benderson Park Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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