



2026

TrailLink Unlimited 

Guides   



**Cady Way
Trail**
Florida



Cady Way Trail

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The Cady Way Trail is a 7.5 mile paved, multi-use pathway that runs between Orlando's Coytown neighborhood and the Goldenrod



The Cady Way Trail is a 7.5 mile paved, multi-use pathway that runs between Orlando's Coytown neighborhood and the Goldenrod area of nearby Winter Park, where it connects to the [Cross Seminole Trail](#). Popular among cyclists and pedestrians alike, the trail links neighborhoods with nearby shopping and business districts, as well as several parks and recreational facilities.

About the Route

The Cady Way Trail's western endpoint is at Lake Druid Park, at 899 Coy Drive (Orlando). Adjacent to Lake Druid, the park is home to mountain biking paths, a dog park and a community garden. Heading east from the park, the trail follows Seabee St before turning south to follow

Warehouse Road. After turning northeast on Maguire Blvd, the trail runs adjacent to the sprawling Fashion Square shopping mall, home to numerous shops, restaurants, big box stores and a cinema. The paved path remains street-side until it crosses to the east of Bennett Road, where it enters a wooded thicket surrounding Lake Gear.

The trail continues to traverse neighborhoods on its own right-of-way, eventually curving due north adjacent to Truman Road. The trail continues north for 2 miles, largely tucked away behind tree cover as it passes behind suburban homes until it reaches the Cady Way trailhead, adjacent to a large recreational complex with a pool, tennis courts, and more. From here, the trail curves northeast, and crosses Semoran Blvd on an exclusive-use arched bridge. Continuing east, the trail enters more commercial surrounds, and maintains its same direction, making only gentle curves for 1.9 miles. The trail passes Perch Lake and the Orlando Magic Recreation Center shortly before reaching its eastern endpoint.

The Cady Way Trail's eastern endpoint is at the intersection of Aloma Avenue and Howell Branch Road/Hall Road (Winter Park). From here, trail users can connect to the [Cross Seminole Trail](#), which offers 29 additional trail miles, by crossing to the northern side of Aloma Ave.

Connections

At its eastern endpoint, the Cady Way Trail connects to the [Cross Seminole Trail](#). At Baldwin Park St, a connection is available to the [Lake Baldwin Trail](#).

Trail History

The Cady Way Trail follows the former passenger rail corridor of the Orlando and Winter Park Railway, built beginning in 1889. The line ran between Orlando and Winter Park, and later Olviedo, and was known popularly as "The



Cady Way Trail

Florida

States: Florida

Counties: Orange

Length: 7.5miles

Trail end points: Lake Druid Park at 899 Coy

Dr (Orlando) to Aloma Avenue & Howell

Branch Road/Hall Road (Winter Park)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Cady Way Trail runs between Lake Druid Park at 899 Coy Dr. (Orlando) and Aloma Ave. at Howell Branch Road/Hall Rd. (Winter Park), with parking available at the Lake Druid Park endpoint.

Parking is also available at:

- 4110 Fox St. (Orlando)
- Cady Way Pool at 2529 Cady Way (Winter Park)
- Goldenrod Park at 4863 N Goldenrod Rd. (Winter Park)

There are numerous parking options along this route, see [TrailLink Map](#) for all parking options and detailed directions.



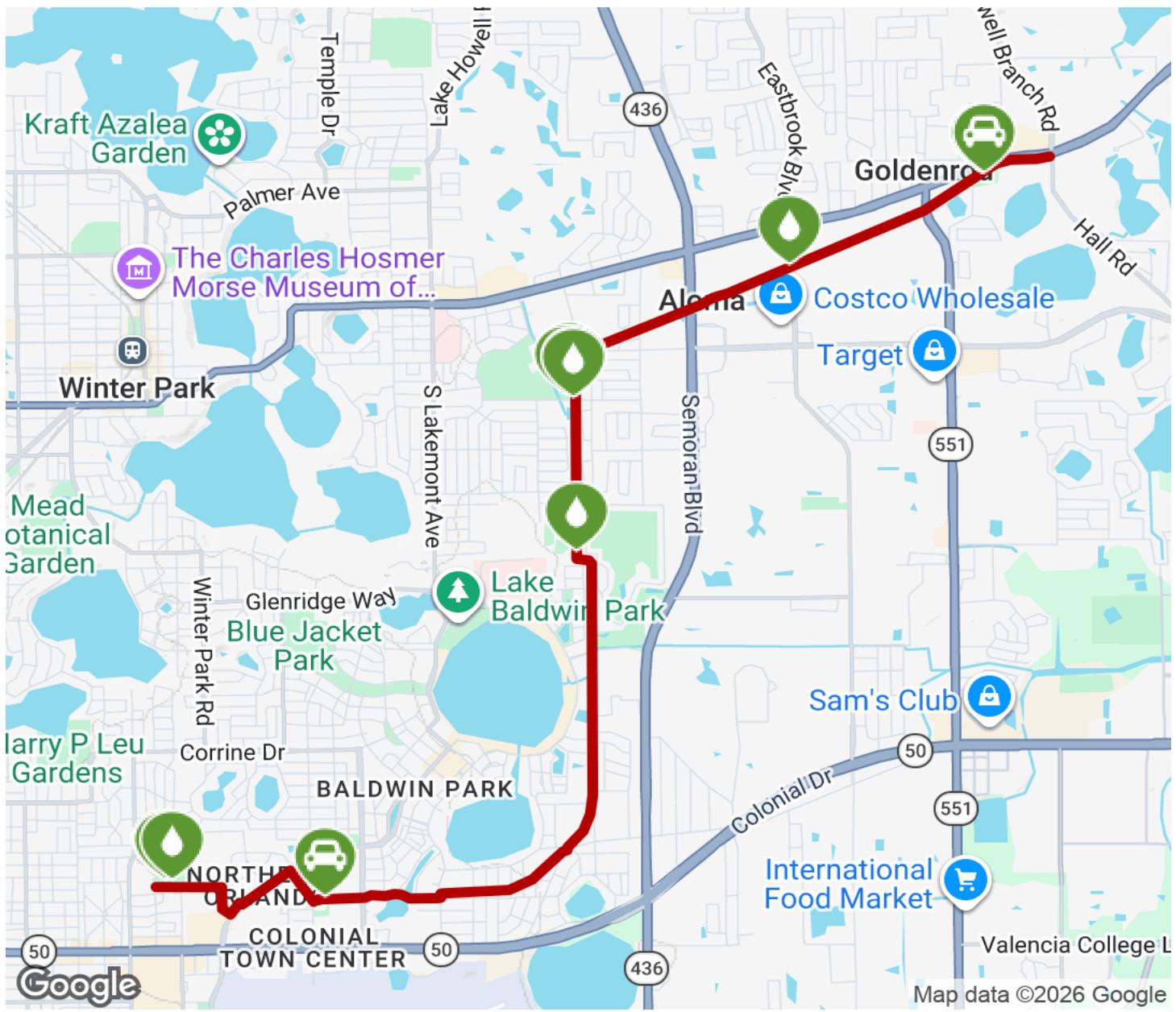
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Cady Way Trail

Florida



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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