



2025

TrailLink Unlimited 

Guides



**General James
A. Van Fleet
State Trail**
Florida



General James A. Van Fleet State Trail

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The General James A. Van Fleet State Trail runs for 29 miles between Mabel and Polk City through some of Florida's most scenic rural landscapes. At least one-third of the trail passes through Florida's 322,690-acre Green Swamp with many opportunities to spot wetland wildlife.

About the Route

The northern endpoint of the General James A. Van State Trail is located in Mabel, just off State Route 50. The first 10 miles heading south on the trail run alongside the Richloam Wildlife Management Area, offering a serene and beautiful trip through the area. The Bay Lake Trailhead marks the north entrance into the Green Swamp Wilderness Preserve. From here on watch for feral pigs, armadillos, buzzards, tortoises and possibly an

alligator or two basking on the trail's warm asphalt surface.

The trail passes through about 9 miles of the Green Swamp Wilderness Preserve with The Green Pond Rail trailhead marking the southern boundary for the preserve. From here the trail continues for another 10 miles until it reaches its southern endpoint in Polk City. The arrow-straight route, with one slight curve, has made it a favorite among time-trial bicyclists, thanks to its remote setting, so be aware an occasional speedster might pass by on the trail. The southern Polk City endpoint offers picnic areas and restroom facilities, plus an expansive field of clipped grass, perfect for a game of pickup soccer.

Connections

At the trail's southern endpoint in Polk City, The General James A. Van Fleet State Trail intersects with the [Auburndale TECO Trail](#).



General James A. Van Fleet State Trail

Florida

States: Florida

Counties: Lake, Polk, Sumter

Length: 29 miles

Trail end points: Berkley Rd & Commonwealth Ave N (Polk City) to CR 772 & SE 121st St (Mabel)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Horseback Riding, Inline Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The General James A. Van Fleet State Trail runs between CR 772 & SE 121st St (Mabel) and Berkley Rd & Commonwealth Ave N (Polk City) with parking available at both endpoints.

Parking is also available at:

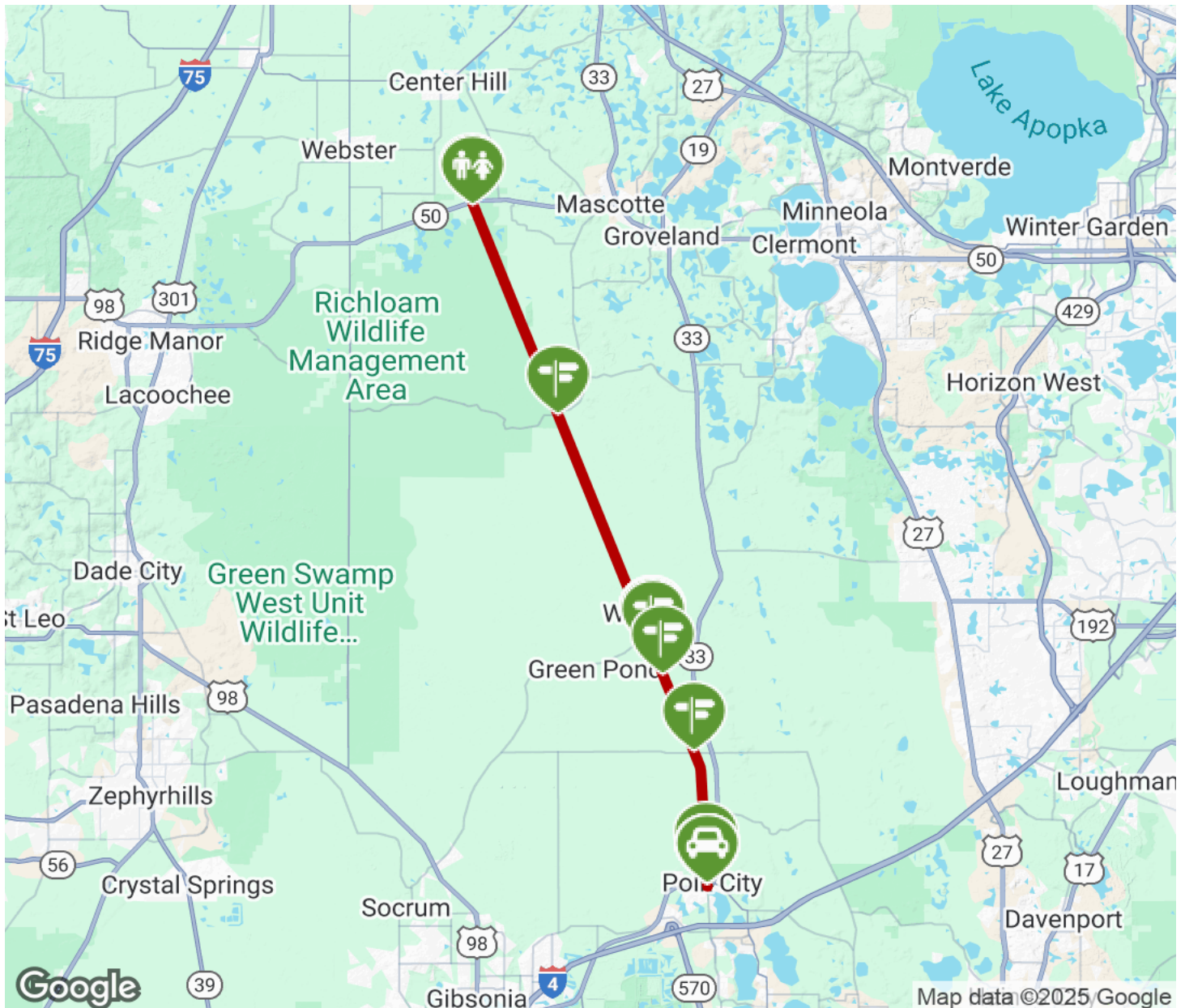
- Green Pond Rd (Greenpond Trailhead)

Please see the [TrailLink Map](#) for all parking options and detailed directions.



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-  Trailhead
-  Restroom
-  Parking
-  Water Fountain
-  Tunnel