



2026

TrailLink Unlimited 

Guides   



Auburndale
TECO Trail
Florida



Auburndale TECO Trail

Florida

The Auburndale TECO Trail is a 7.3-mile paved trail running between Polk City and Auburndale. About the Route The Auburndale



Connections

At its northern end, the trail connects to the [General James A. Van Fleet Trail](#).

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About the Route

The Auburndale TECO Trail connects Polk City with Lake Myrtle in Auburndale, where it meets up with the General James A. Van Fleet Trail. At its northern end, the Polk City Trailhead (7683 Berkley Rd, Polk City) is shared with the Van Fleet Trail.

The trail is flat and invites walkers, joggers, cyclists, and inline skaters. At the southern end of the trail there is an observation area where you can watch bald eagles, which have built a nest nearby.



TrailLink
by Rails-to-Trails Conservancy

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Auburndale TECO Trail

Florida

States: Florida

Counties: Polk

Length: 7.3miles

Trail end points: 7683 Berkley Rd (Polk City) to
Berkley Rd (Auburndale)

Trail surfaces: Asphalt, Concrete

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Auburndale TECO Trail runs between 7683 Berkley Rd (Polk City), where parking is available, and Berkley Rd (Auburndale).

Visit the [TrailLink map](#) for all parking options and detailed directions.



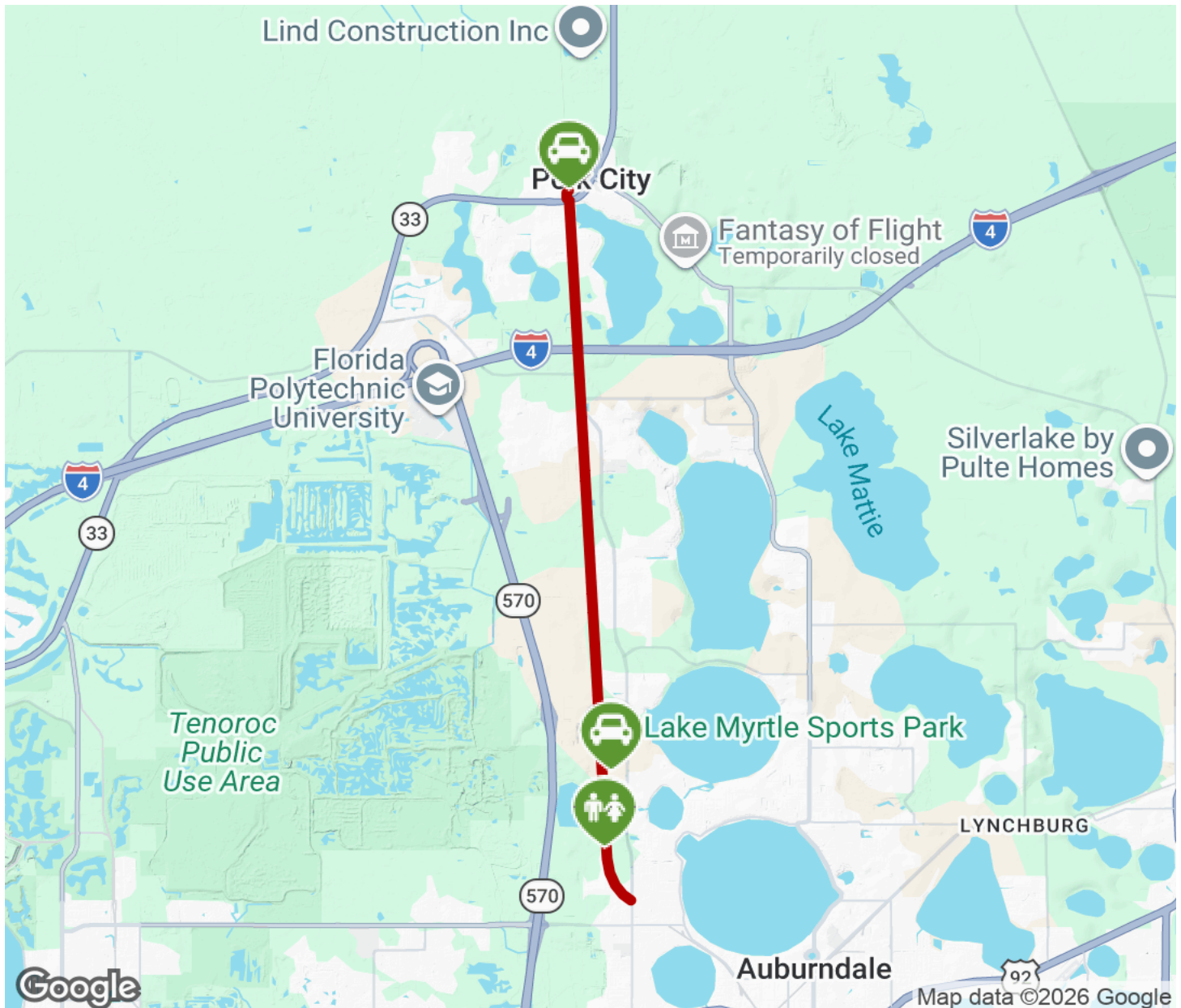
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Auburndale TECO Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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