



2026

TrailLink Unlimited



Guides



**Spring to
Spring Trail**
Florida



Spring to Spring Trail Florida

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The Spring to Spring Trail connects a number of natural springs, parks, and friendly towns between De Leon Springs and Deltona in Central Florida.

The paved trail is currently 27.4 miles long with a gap. Although the trail is not built on a former railroad bed, 5.8 miles of the pathway parallel an active CSX rail line between Lake Beresford Park and Blue Spring State Park, a configuration known as rail-with-trail.

About the Route

The northern end of the trail starts near the base of De Leon Springs State Park. Enjoy the park's lakes, creeks and marshes by canoe, kayak or paddleboat. The area is home to alligators, deer, otters, egrets, bald eagles and other

wildlife. From there, the trail travels south through the well-shaded neighborhoods of De Leon Springs along Grand Avenue. To the west lies the Lake Woodruff National Wildlife Refuge, where freshwater marshes and swamps provide a critical habitat for nesting, migrating and wintering birds. This 6-mile segment ends at W Minnesota Avenue.

After a short gap, the trail picks up on the southwestern outskirts of DeLand, the seat of Volusia County and home to Stetson University. Here, the trail sits not far from the banks of the 2-mile-long Lake Beresford, whose calm waters are a favorite of rowers. The trail travels south along Blue Spring State Park through an environment lush with hammock and magnolias trees. The park is a designated manatee refuge and trail-goers can learn more about this endangered animal through ranger programs and view them from an observation platform during the winter when manatees gather in the warm waters of the spring. Swimmers, snorkelers and even scuba divers can also enjoy the spring.

The trail continues through DeBary, soon paralleling the Donald E. Smith Boulevard through high-end neighborhoods. The city is known for its beautiful oak trees and they line the path as it makes its way to Rob Sullivan Park.

This is one of the most scenic portions of the route as it traces the northwestern shoreline of Lake Monroe. There is a trailhead outside the DeBary Hall Historic Site, an 8,000-square-foot estate that offers exhibits, multimedia programs and guided tours about the history of the St. Johns River region and the individuals that worked at the house and grounds during the late 1800s and early 1900s.

From the historic site, the trail winds through a lovely tree-filled area to Dirksen Drive, where the route splits heading west and east. The west branch parallels the roadway for 1.7 miles to Gemini Springs Park, a picturesque 210-acre park named for its freshwater spring. Stop for a picnic or take a stroll on one of its nature trails. From there, the trail drops



Spring to Spring Trail

Florida

States: Florida

Counties: Volusia

Length: 25.7miles

Trail end points: De Leon Springs State Park (De Leon Springs) to Green Springs Park (Deltona)

Trail surfaces: Asphalt

Trail category: Rail-Trail

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

Parking & Trail Access

The Spring to Spring Trail runs between De Leon Springs State Park (De Leon Springs) and Green Springs Park (Deltona), where parking is available.

Parking is also available at:

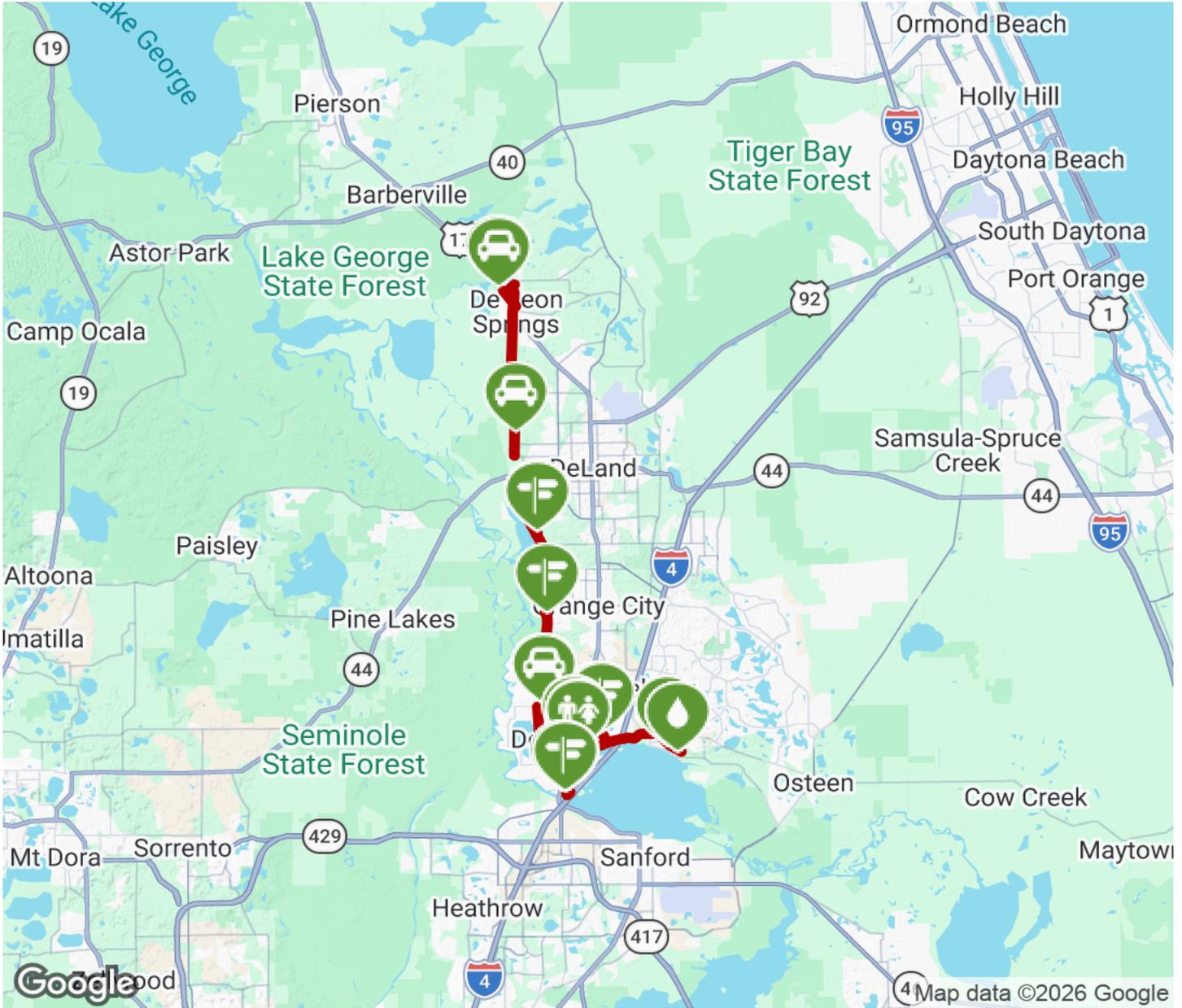
- Lake Beresford Park, 2100 Fatio Rd (DeLand)
- Blue Spring State Park, 2100 W French Ave (Orange City)
- Rob Sullivan Park, 200 W Highbanks Rd (DeBary)

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



Spring to Spring Trail

Florida



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)