



2024

TrailLink Unlimited



Guides



Chain of Lakes Trail

Florida



Chain of Lakes Trail

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The Chain of Lakes Trail stretches nearly 5 miles along a former railroad bed from downtown Winter Haven to north of Lake Alfred



The Chain of Lakes Trail stretches nearly 5 miles along a former railroad bed from downtown Winter Haven to north of Lake Alfred in central Florida. As its name implies, you'll pass numerous lakes along the way, as well as parks, neighborhoods and businesses.

After the first mile (from the trail's southern endpoint), you'll approach busy Avenue T. Use the bike/pedestrian bridge to get across.

The pathway continues north another two miles to U.S. Highway 17/92. There is a new bike/pedestrian bridge over US 17/92 and the trail now continues another mile into Lake Alfred.



Chain of Lakes Trail

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States: Florida

Counties: Polk

Length: 4.7miles

Trail end points: W Haines Blvd/Shinn Blvd
(Lake Alfred) to Avenue A NW (Winter Haven)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline Skating, Walking

Parking & Trail Access

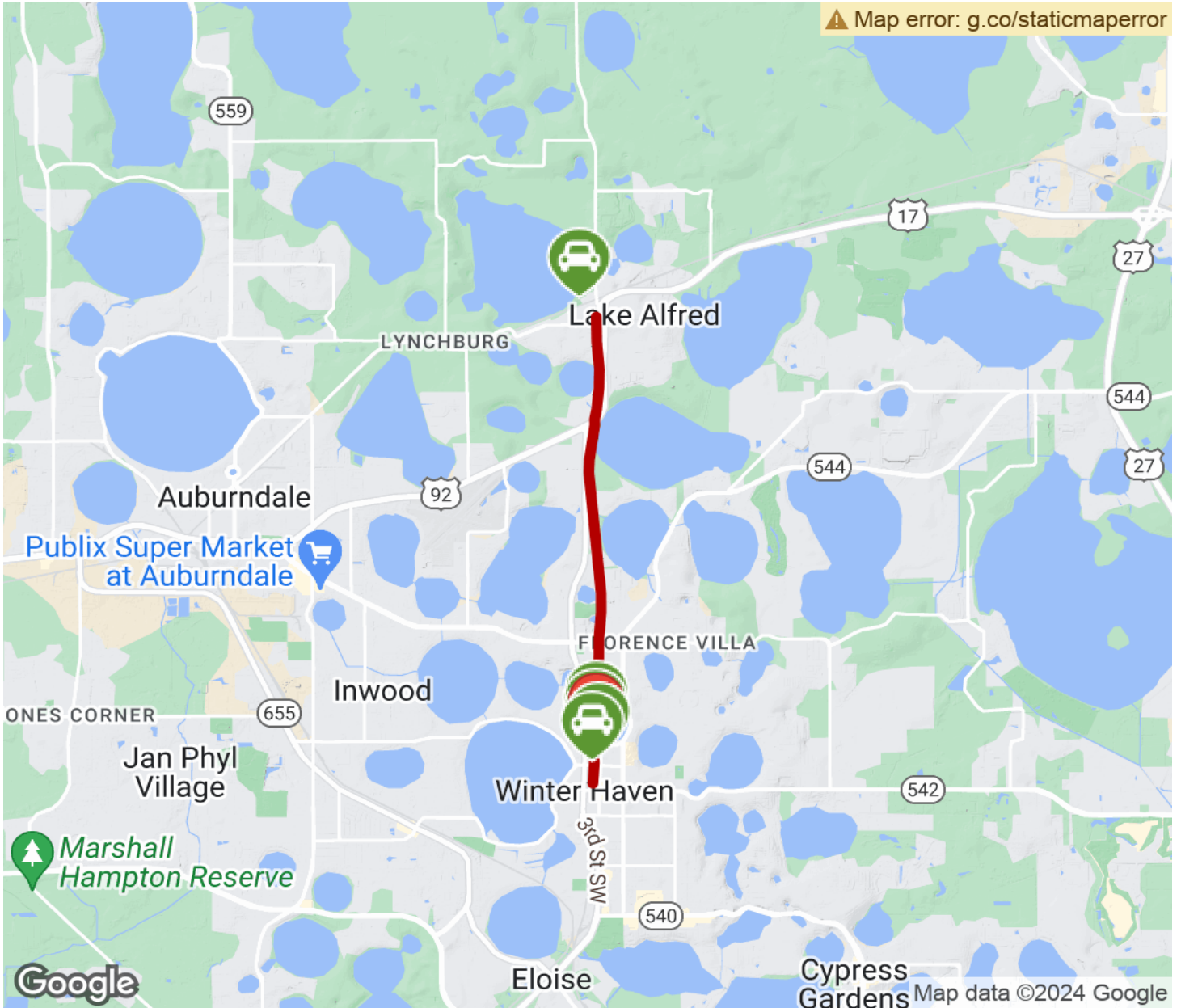
Polk County's public transit system, Citrus Connection, provides access to the trail. Visit the Citrus Connection website to plan your trip and refer to the [TrailLink map](#) to find the most convenient transit stop.

For those driving, parking is available at a number of locations along the trail. Visit the [TrailLink map](#) for all options and detailed directions. Parking locations include the southern end of the trail at the Chain of Lakes Downtown Trailhead Park (715 3rd St NW, Winter Haven) with a second parking lot by the park's playground (684 4th St NW). There are linear parking lots running along 5th St NW and 4th St NW between Ave E NW and Central Park (1-35 4th St NW).



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- Trailhead
- Restroom
- Parking
- Water Fountain
- Tunnel