



2026

TrailLink Unlimited



Guides



# Chain of Lakes Trail

*Florida*



## Chain of Lakes Trail

Florida

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The Chain of Lakes Trail stretches nearly 5 miles along an abandoned rail corridor between downtown Winter Haven and north of Lake Alfred in central Florida.

### About the Route

As its name implies, the Chain of Lakes Trail passes numerous lakes along the way, as well as parks, neighborhoods, and businesses. The trail leaves off from Lake Alfred and heads south along a bike/pedestrian bridge over US 17/92. The trail heads directly south into downtown Winter Haven and crosses over the busy Avenue T using another Bike/pedestrian bridge.



# Chain of Lakes Trail

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**States:** Florida

**Counties:** Polk

Length: 4.7miles

**Trail end points:** W Haines 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

The Chain of Lakes Trail runs between W Haines Blvd. (Lake Alfred) and Avenue A NW (Winter Haven).

Parking is also available at:

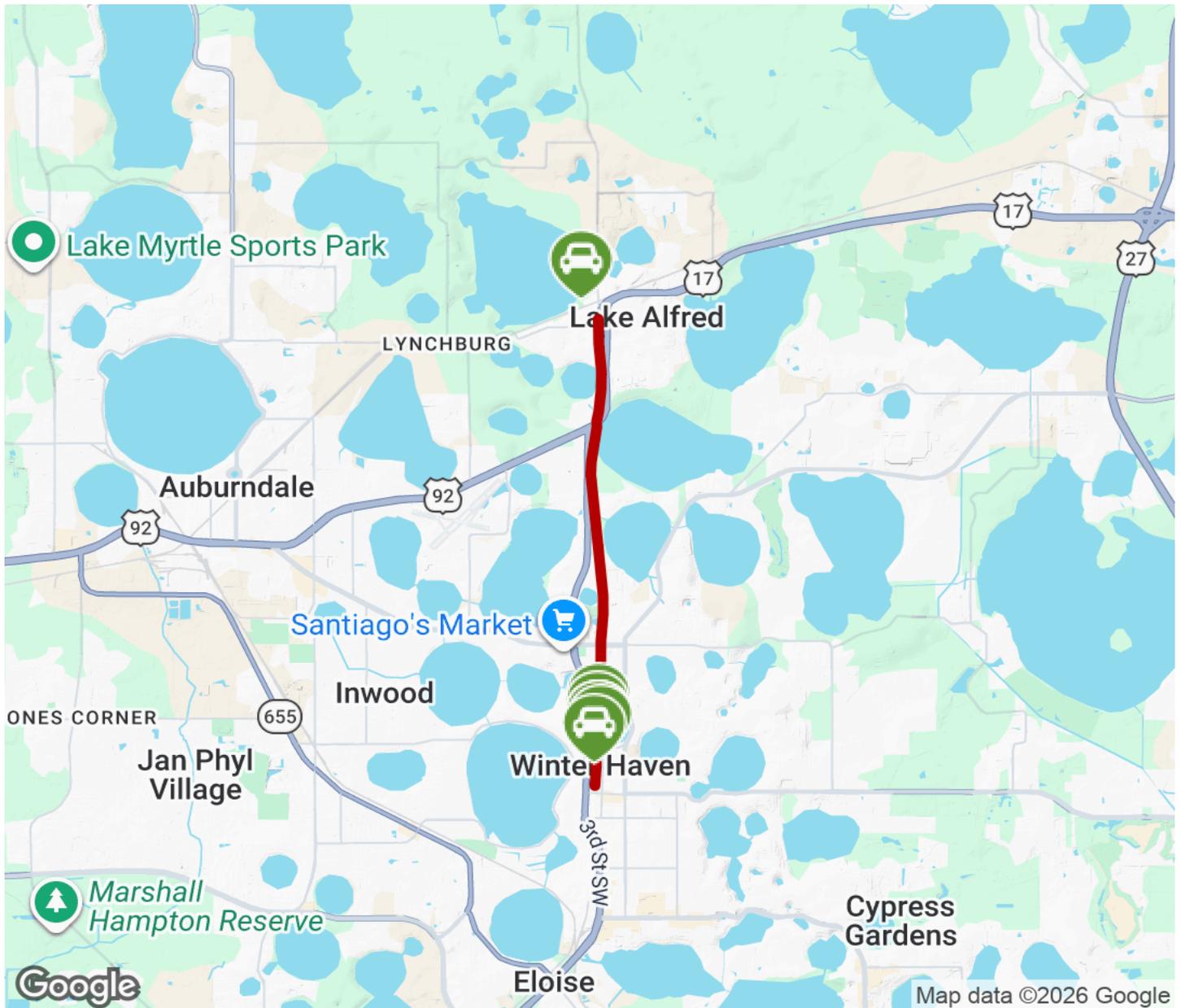
- Martin Luther King Jr. Park, 199 Lake Silver Dr. (Winter Haven)
- 301 Avenue G NW (Winter Haven)

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



# Chain of Lakes Trail

Florida



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**