



2024

TrailLink Unlimited 

Guides



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



General James A. Van Fleet State Trail

Florida

The General James A. Van Fleet State Trail runs 29 miles through some of Florida's most scenic rural landscape. If you are looking to



you'll likely encounter only the occasional speedster.

The Green Pond Road trailhead, near Mile Marker 10, marks the boundary of the Green Swamp, one of Florida's protected wetland and wildlife areas. From here on watch for feral pigs, armadillos, buzzards, tortoises and possibly an alligator or two basking on the trail's warm asphalt surface.

While the Bay Lake trailhead signals the end of the protected reserve, the final 10 miles of the to the Mabel trailhead are every bit as scenic. The decision is yours whether to race back to Polk City or savor the return trip along this beautiful, serene trail.

The General James A. Van Fleet State Trail runs 29 miles through some of Florida's most scenic rural landscape. If you are looking to immerse yourself in wetlands and wildlife, it will not disappoint; at least one-third of the trail crosses central Florida's 322,690-acre Green Swamp.

The trail stretches from Polk City north to the town of Mabel on State Route 50. The Polk City trailhead offers ample parking, picnic and restroom facilities, plus an expansive field of clipped grass, perfect for a game of pickup soccer. From the Polk City end you can also head south to Auburndale along the [Auburndale TECO Trail](#).

The flat and arrow-straight route, with one slight curve around Mile Marker 5, have made it a favorite among time-trial bicyclists, though thanks to its remote setting,



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States: Florida

Counties: Lake, Polk, Sumter

Length: 29 miles

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

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Wheelchair Accessible, Horseback

Riding, Walking

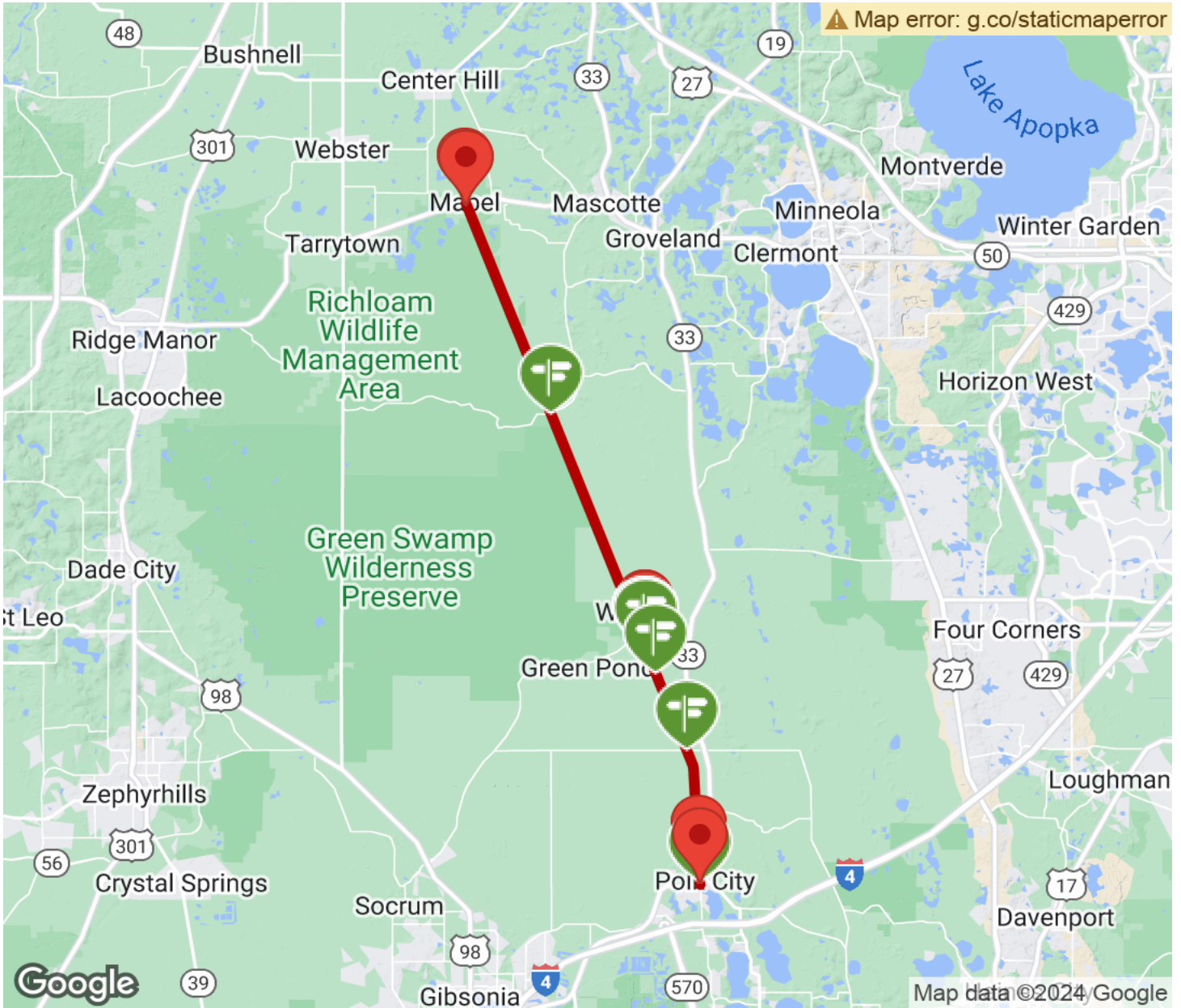
Parking & Trail Access

Parking is available at a number of locations along the trail. Visit the [TrailLink map](#) for all options and detailed directions.



General James A. Van Fleet State Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com