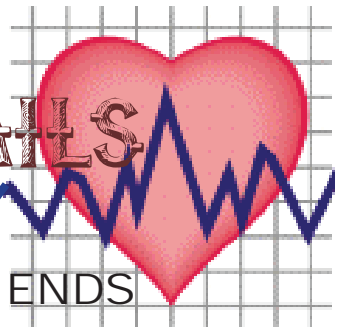


TREK TEN TRAILS

The Nature of Health



Green Swamp East

Green Swamp East Parking GPS Coordinates: N 28° 18.183 W 081° 55.124

DRIVING DIRECTIONS

From I-4 take exit # 32 and proceed north on US 98 approximately 8.1 miles. Turn right onto Rock Ridge Road. Follow Rock Ridge Road 5.4 miles. At the fork in the road turn left to stay on Rock Ridge Road. The entrance to the Green Swamp East is 4.7 miles east on the left side of the road.



Green Swamp Wilderness Preserve The beat of central Florida's hydrologic heart lies between Tampa and Orlando in 560,000 acres of Florida backcountry called the Green Swamp. The Green Swamp includes portions of Polk, Lake, Sumter, Hernando and Pasco counties. Within these acres is a complex, integrated and delicate natural system composed of cypress swamps, hardwood forests, marshes, pine flatwoods and sandhills.

Green Swamp Wilderness Preserve includes areas that are valuable for more than natural resources. They are also cherished for their exquisite scenic beauty. Acquired as public lands, these areas are open for recreation, with the understanding that their use maintains and preserves the Green Swamp's natural state.

With 98 percent of the area open for public access, the Green Swamp Wilderness Preserve is an ideal place to experience natural Florida. More than 30,000 people visit the Preserve each year to enjoy various recreational opportunities. Activities available in the preserve include hunting, fishing, horseback riding, camping, hiking, canoeing and bicycling. Be prepared for hot sun on open, sandy



ATTRIBUTES



Things to See

An intact ecosystem, the Green Swamp attracts many types of wildlife. Wading bird rookeries are used by wood storks, a variety of egrets and white ibis. Threatened Florida scrub-jays inhabit scrub and scrubby flatwoods. A small population of insect-eating hooded pitcher plants marks one of the southernmost occurrences of these rare plants in the United States. The beautiful pine lily is in bloom late fall, early winter.

SCRAPBOOKERS: Place your souvenir stamp in this circle!



TREK TEN CACHE COORDINATES: N 28° 18.501 W 081° 55.202



FIND THE CACHE WITHOUT GPS: Just inside the gate on the east side of the road you will see the Florida Trail sign. Follow the orange blazes, and after a short walk you will see some hunt camps. Continue following the orange blazes. The orange blazed trail will turn west and follow a raised tram way. About fifty feet before you reach the road look to your right for a small palm (6 feet high) and a tree stump just behind the palm. The geocache is located at the base of the palm.

www.friendsoftheparks.net