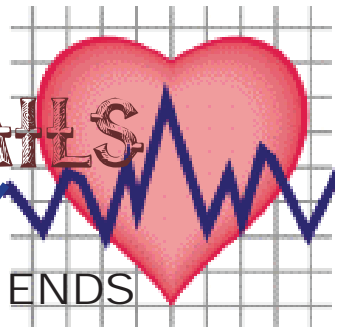


TREK TEN TRAILS

The Nature of Health

MAGNIFY & FRIENDS
Credit Union



Lakeland Highlands Scrub

Trail Parking GPS Coordinates: N 27° 56.213 W 081° 55.412

DRIVING DIRECTIONS

From Polk Pkwy (SR 570) Exit 9, take Lakeland Highlands Blvd (CR 37B) south. Reach CR 540 at 1.8 miles, and continue south another mile, crossing CR 540A. Alternatively, take US 98 south from Lakeland or north from Bartow to Crews Lake Road, and head west. After crossing Crews Lake Road, Lakeland Highlands Blvd becomes a dead-end dirt road. Keep going to where the road ends at the trailhead.



Lakeland Highlands Scrub is 551 acres and features a 2.2 mile multi-use trail and a 0.6 mile walking trail. Dogs are welcome on both trails. Maps available at the trailhead.

Lakeland Highlands Scrub contains one of the largest undeveloped scrub communities (140 acres) on the Lakeland Ridge. The natural communities in this ecosystem are very diverse and include sand live oak, scrub, dry prairie, pine flatwoods, depression marsh, basin marsh and basin swamp.

ATTRIBUTES

Things to See

Lakeland Highlands Scrub is home to at least five rare plant species, as well as gopher tortoises, eastern indigo snakes, Florida Scrub-jays and a number of wading bird species. The raccoon also calls the scrub community home and forages at night for food including crayfish, snails, frogs, turtles, insects, rodents, eggs, fruits and nuts.

SCRAPBOOKERS: Place your souvenir stamp in this circle!



TREK TEN CACHE COORDINATES: N 27° 55.814 W 081° 55.922



FIND THE CACHE WITHOUT GPS: From the trailhead parking area follow the multi-use trail. At the first trail fork, follow the arrow to the right. After a short distance the trail turns south. Continue south along the trail, following trail signs. The trail will turn back to the east. At the first bench take a seat. On the other side of the trail you will see a large pine tree; about 40 feet west of the pine tree is an oak tree. The geocache is at the base of the oak tree. (2.2 miles loop hike)

www.friendsoftheparks.net