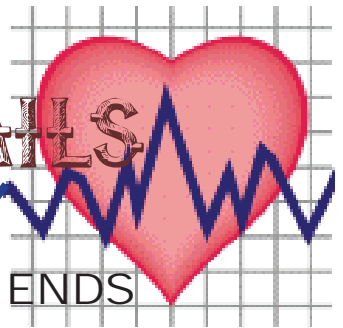


# TREK TEN TRAILS

The Nature of Health



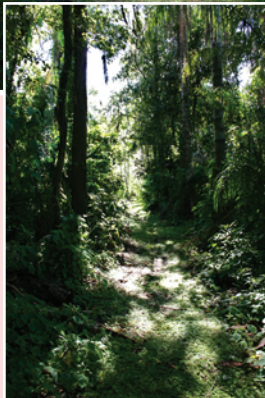
## Street Audubon Center

115 Lameraux Rd, Winter Haven, FL

Parking Lot GPS Coordinates: N27° 59.739 W081° 40.007

### DRIVING DIRECTIONS:

From Lakeland, take the Polk Parkway to Winter Lake Road exit. Follow Winter Lake Road to US17 and turn left. Follow US17 to SR540/Cypress Gardens Rd and turn right. Follow US17 to SR540/Cypress Gardens Rd 2.9 miles to Cypress Gardens Rd SE and turn right. Follow Cypress Gardens Rd SE 1 mile and turn left on Lameraux Rd. The entrance to the Street Audubon Center is on the left. Proceed through entrance on dirt road to the parking area.



The Howe House is the home of Lake Region Audubon Society and Street Audubon Center. The house, built of cypress wood, is over 80 years-old. Luella Street donated the house and 42 acres on Lake Ned to Audubon in the 1970s. Mabel Howe donated money to move the building to the present location. The Center is on the Great Florida Birding Trail <http://www.floridabirdingtrail.com/>. Two trails run through the sanctuary - one along the edge of Lake Ned and the other along the high dry ridge and the large butterfly garden. Volunteers keep the grounds open to the public Monday - Saturday, 9 - 3. The center is usually closed on Sundays and holidays. Leashed dogs are permitted on trails; bicycles and horses are not. In case of severe fire conditions or other emergency, the gate may be locked.

### ATTRIBUTES



### Things to See

The Lake Trail provides an opportunity see water birds along the edges of Lake Ned. A resident gopher tortoise can sometimes be spotted. A variety of birds frequent the canopy of trees that shade the trails. Butterflies visit the gardens near the Howe House.

**SCRAPBOOKERS:** Place your souvenir stamp in this circle!



TREK TEN CACHE COORDINATES: N 27° 59.619 W 081° 39.955



**FIND THE CACHE WITHOUT GPS:** Walk past the house and turn right. Follow the trail past the back porch on right and bird house on left. Continue walking until you reach the shelter and benches. Turn left and follow trail along the lake until you reach the South Connector trail. Continue on connector trail until you pass a short dead end trail. Look for the two large oak trees growing together on the right side of the connector trail, the geocache is located in the fork of the two trees. If you have reached the primitive trail you have gone too far. Continue following the connector trail back to parking. To add some length to the hike, once you reach the parking lot walk NW across the parking lot and walk around the north trail loop. .6 mile loop hike

[www.friendsoftheparks.net](http://www.friendsoftheparks.net)