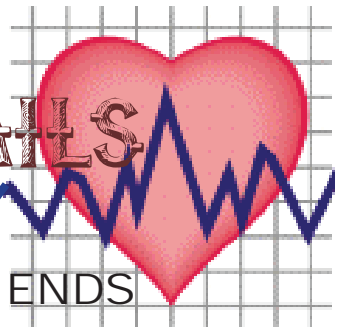


TREK TEN TRAILS

The Nature of Health



Van Fleet State Trail

Parking Area GPS Coordinates: N 28° 19.138 W 081° 51.740

DRIVING DIRECTIONS

From I-4 take exit 38 north on SR33, continue through Polk City. Approximately 10 north of Polk City turn left on Green Pond Road. Look for Van Fleet Trail sign. Follow Green Pond Road for 2 miles to the trailhead parking on the right.



Van Fleet State Trail The Gen. James A. Van Fleet State Trail is officially designated as part of Florida's Statewide System of Greenways and Trails. This rail-trail is one of Florida's most rural. It runs through the Green Swamp, the headwaters for some of Florida's most canoed rivers, the Withlacoochee (South), Hillsborough, and Peace. Landscapes include the natural environments associated with the Green Swamp, former citrus lands and cattle ranches. With only one curve in its 29.2 miles, you can choose to go slow and view the wildlife or enjoy it at a brisk pace. The trail has excellent wildlife viewing opportunities between Green Pond Road and Bay Lake Road.

ATTRIBUTES



Things to See

This section passes through the pasture lands and cypress domes of the Green Swamp. Wooden bridges cross small creeks that flow in the rainy season. Sometimes Sherman's fox squirrels and gopher tortoises share the trail with you. Watch for bluebirds, hawks, swallow-tailed kites and swamp roses.

SCRAPBOOKERS: Place your souvenir stamp in this circle!



TREK TEN CACHE COORDINATES: N 28° 18.118 W 081° 51.297



FIND THE CACHE WITHOUT GPS: Park at the Green Pond trail head and walk south. Continue walking south and cross Poyner Road. After you pass the road begin looking for the number 94 painted on the trail. Once you reach the number look to the southwest (right side). The geocache is located in the bunch of trees about 20 feet southwest from number 94. (2 mile linear hike roundtrip)

www.friendsoftheparks.net