

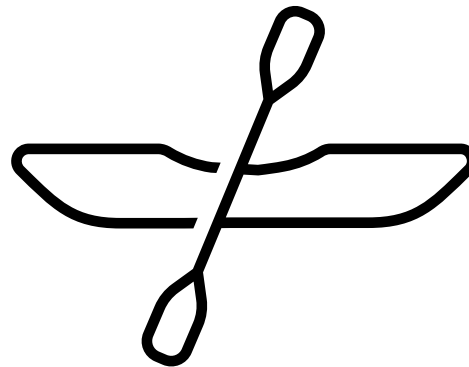
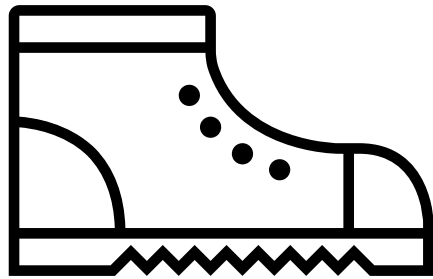


URBAN EXPLORATION

WHERE TO EXPLORE IN AND AROUND THE ORLANDO
AREA – INCLUDES HIKING, BIKING, AND PADDLING

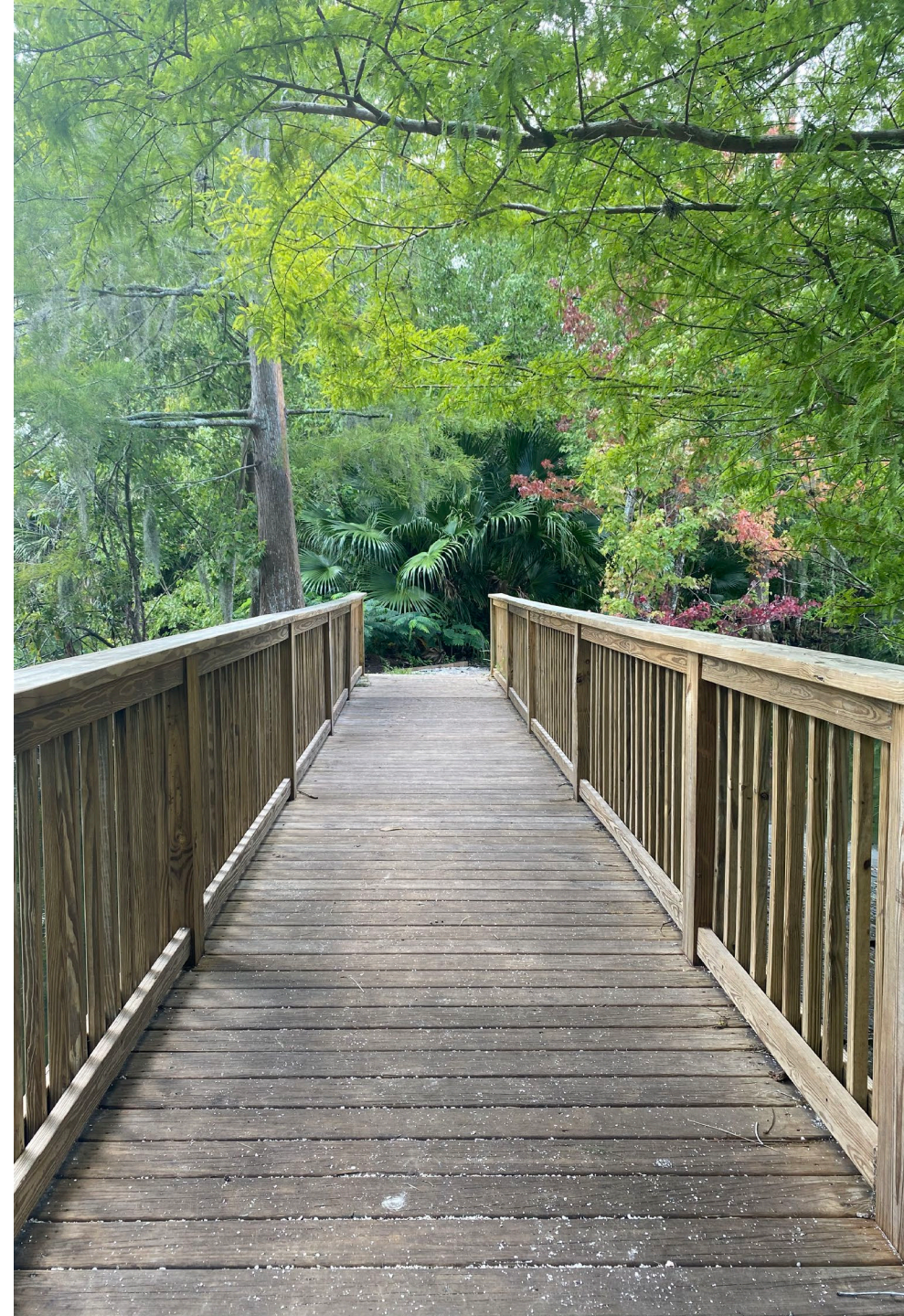
Recreation Opportunities in Orlando

Let's review the best places to get outside in
downtown and suburban Orlando



Downtown Adventures

TAKE A BUS, A BIKE, OR WALK





Gaston Edwards Park

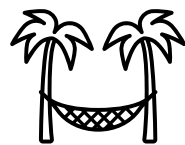
Located in Ivanhoe Park Village, Gaston Edwards runs along the shore of Lake Ivanhoe. It offers fitness stations, a sand volleyball court, plenty of shade trees, and a couple docks. You can even launch a paddleboard from the paddleboard-specific dock. The Orlando Urban Trail can also be accessed from the park.

Address 1236 N Orange Ave, Orlando, FL 32804

Distance from Downtown 1.5 miles via bike lanes

Open Sunrise to Sunset





Mead Botanical Gardens

Perfect for the plant lover, Mead Gardens has paths all through the garden. Relax at the tranquil ponds or learn about different plant species sprinkled around the park

Address 1300 S Denning Dr, Winter Park, FL 32789

Distance from Downtown 4.2 miles via the Orlando Urban Trail

Open 8:00AM-7:00PM



Greenwood Urban Wetland

Greenwood Urban Wetland is one of the best places in downtown Orlando for birdwatching despite its proximity to the highway. The wetland is the perfect home for many native Florida birds.

Address 1411 Greenwood St,
Orlando, FL 32801

Distance from Downtown 2.4 miles
via bike lanes

Open Sunrise to Sunset



Dickson Azalea Park

Dickson Azalea Park offers an oasis for those who want to enjoy its shady trees, picturesque landscape, beautiful birds and flowing water. Frequently a location for those who want a quiet lunch, or a relaxing view, this park is truly one of Orlando's gems.

Address 100 Rosearden Drive, Orlando, FL 32803

Distance from Downtown 1.9 miles via bike lanes

Open Sunrise to Sunset





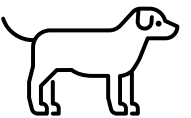
Lake Baldwin Park

Lake Baldwin Park features a fully paved trail that follows the circumference of Lake Baldwin totaling 2.5 miles. Lake Baldwin also features an off-leash dog park and has plenty of benches along the path. This loop is moderately trafficked but is the perfect place for rollerblading, skating, biking, and running/walking.

Address 2000 S Lakemont Ave, Winter Park, FL 32789

Distance from Downtown 5.4 miles via bike lanes

Open Sunrise to Sunset





Kraft Azalea Garden

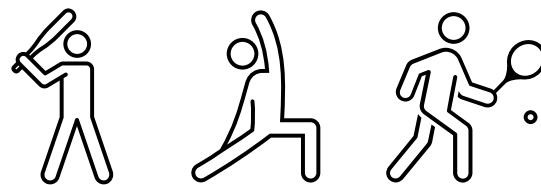
One of the most picturesque places in Winter Park, this little park is full of massive cypress and oak trees and looks out on Lake Maitland. This is the perfect park to hang up a hammock and read or watch the sunset

Address 1365 Alabama Drive Winter Park, Florida 32789

Distance from Downtown 7.2 miles via the Orlando Urban Trail and bike lanes

Open 8 AM - Dusk





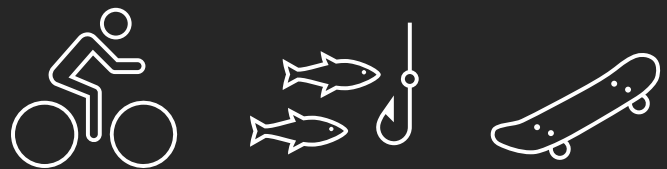
Blue Jacket Park

Located adjacent to Lake Baldwin Park, Blue Jacket Park has large fields of grass perfect for the days when you want to play catch with your friends or do yoga in a nice open space. Blue Jacket also has three community tennis courts.

Address 2501 General Rees Avenue, Orlando, FL 32814

Distance from Downtown 4.6 miles via bike lanes

Open 6:00AM-11:00PM



Jay Blanchard Park

The Little Econ Greenway Trail is a 7.4 mile paved trail that runs through Blanchard Park. Running along the Little Econ River, it's perfect for skating, biking, fishing, walking and so much more. The trees along the shoreline of the Little Econ River offer several spots for hammocking. Blanchard park also has 4 tennis courts and allows you to launch watercraft from the shoreline.

Address 2451 N Dean Rd, Orlando, FL 32817

Distance from UCF 3.5 miles via the Little Econ Greenway

Open 8:00am-8:00pm, in Winter 8:00am-6:00pm

Suburban Adventures

CLOSER TO MAIN CAMPUS,
FURTHER FROM DOWNTOWN



Orlando Wetlands Park

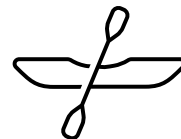
Orlando Wetlands Park is a man-made wetland ecosystem built in order to filter much of Orlando's water supply. On top of treating Orlando's water, this is also one of the best places for bird watching in the state. The main trail is a wide dirt loop trail that is 5 miles in length. Parking and entry are free, we recommend going in the early morning and keeping your voice down for the best bird encounters.

Address 25155 Wheeler Rd, Christmas, FL 32709

Distance from UCF 25 minutes via car

Open Sunrise to Sunset





Little Big Econ State Park

Starting at the Barr Street Trailhead, you can go either south or east following the Little Econlockhatchee River on the Florida National Scenic Trail or follow the Yellow spur trail into the northern section of the park. This hike has several vistas overlooking the river and plenty of tree coverage. These trails are moderately trafficked on weekends, so we recommend going early or around dusk.

Barr Street trailhead does not have any amenities and is \$2 per vehicle, must be exact change.

Address 951 Barr St, Oviedo, FL 32765

Distance from UCF 17 minutes via car

Visitor's Center Open Mon-Friday 8:00am-12:00pm & 1:00pm-5:00pm



Wekiva Springs State Park

Wekiva Springs is one of Central Florida's most popular springs. With a \$6 admission fee you can park in Wekiva, swim in the crystal clear 72 degree water and hike all around the park. Wekiva offers trails from one mile to thirteen miles in length. This park gets very crowded during the summer months and has an entry cap due to COVID, we recommend going when they first open to ensure you won't get turned away at the gate.

Address 1800 Wekiwa Cir. Apopka FL 32712

Distance from UCF 39 minutes via car

Open 8:00AM - Sundown





Lake Jesup

In Spring Hammock Preserve you can hike the Osprey Trail. This trail is roughly 2.5 miles and follows a small drainage creek to Lake Jesup.

Address 2985 Osprey Trail,
Longwood FL 32750

Distance from UCF 26 minutes
via car

Open Dawn to Dusk



Oakland Nature Preserve

Oakland Nature Preserve is home to hundreds of native and non-native species. The preserve has dirt and boardwalk trails and admission to the park and museum are free. Following the .7 mile boardwalk trail will bring you to a lookout on Lake Apopka.

Address 747 Machete Trail Oakland, FL 34760

Distance from UCF 34 minutes via car

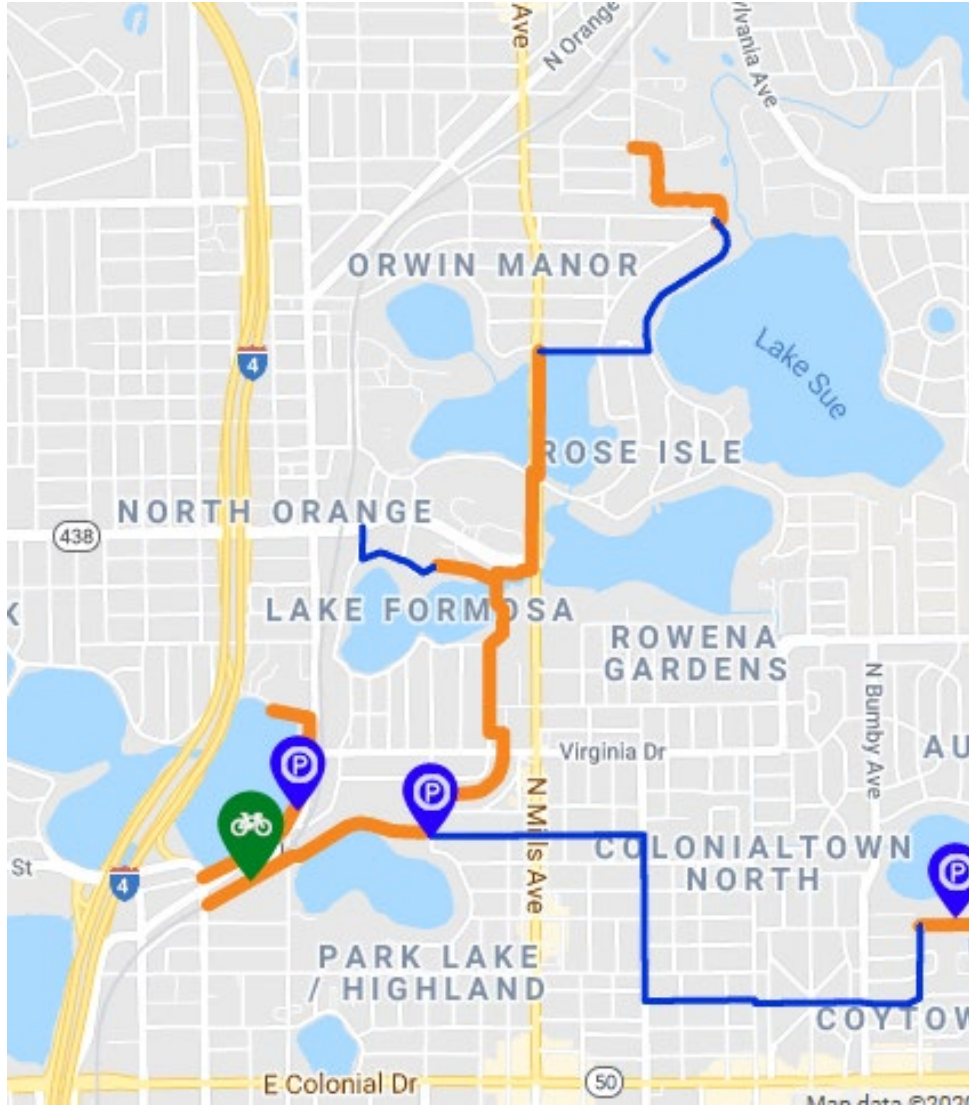
Open Sunrise to Sunset



Biking Adventures

ORLANDO LOVES ITS BIKE TRAILS –
LET'S CHECK THEM OUT





Orlando Urban Trail

Starting in Lake Highland and ending at the beautiful Mead Botanical Gardens, this trail is roughly 3 miles long and offers views of 6 of Orlando's Lakes. On this trail you also can stop at the beautiful Loch Haven Park for tree climbing and the Mennello Museum Sculpture Garden. If you don't have a bike, there are several lime bike stations around the trail that offer cheap rentals.

Start at Lake Highland: N Magnolia Ave, Orlando, FL 32804

- 
- your mobile device to visit the Traffic Mobile app

The West Orange Trail spans 22 miles, starting at Killarney Station near Oakland and ends in Apopka. This trail weaves in and out of Orlando's urban areas and wooded areas. Biking the West Orange Trail gives a unique perspective of western Orlando.

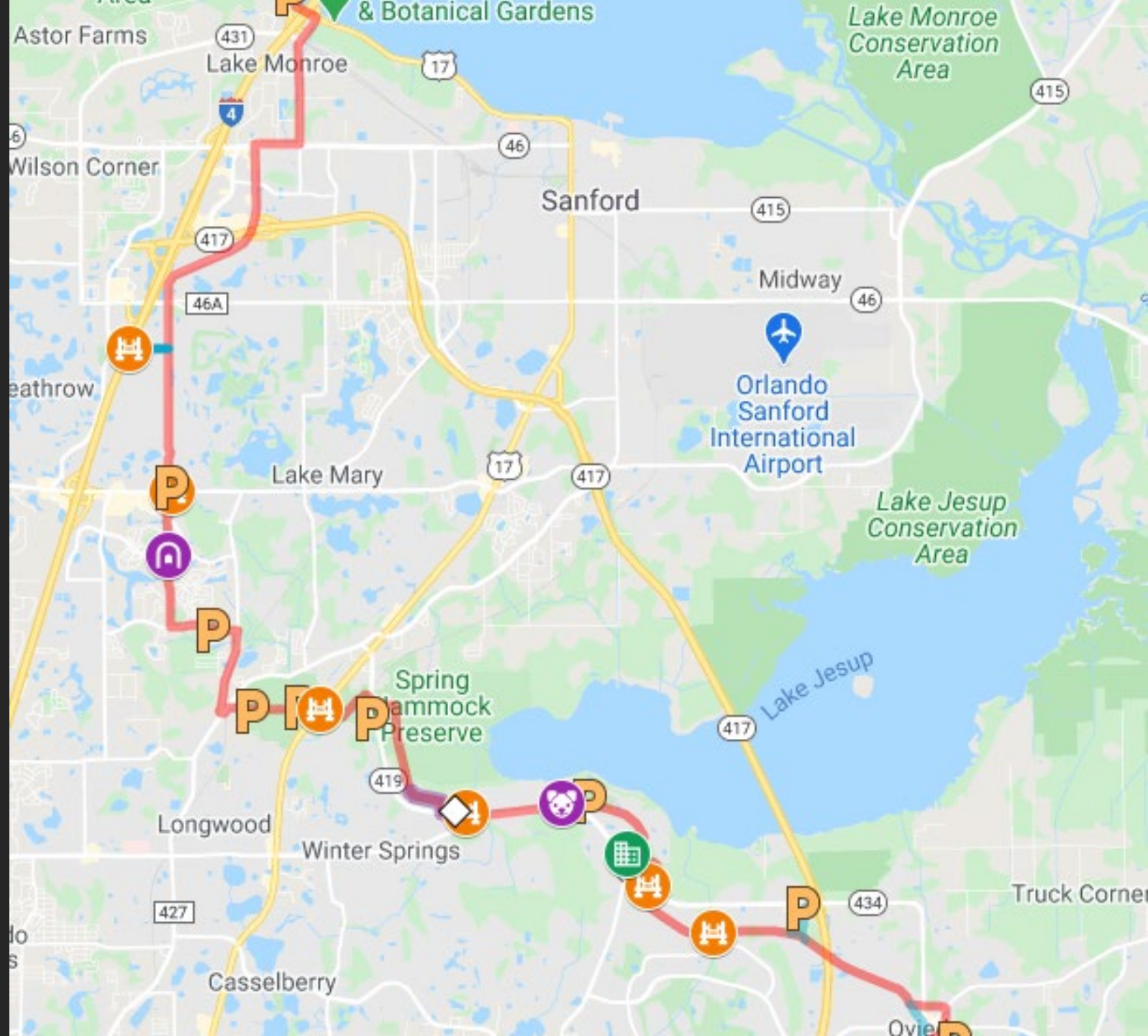
Start at 501 Crown Point Cross Road,
Winter Garden, FL 34787

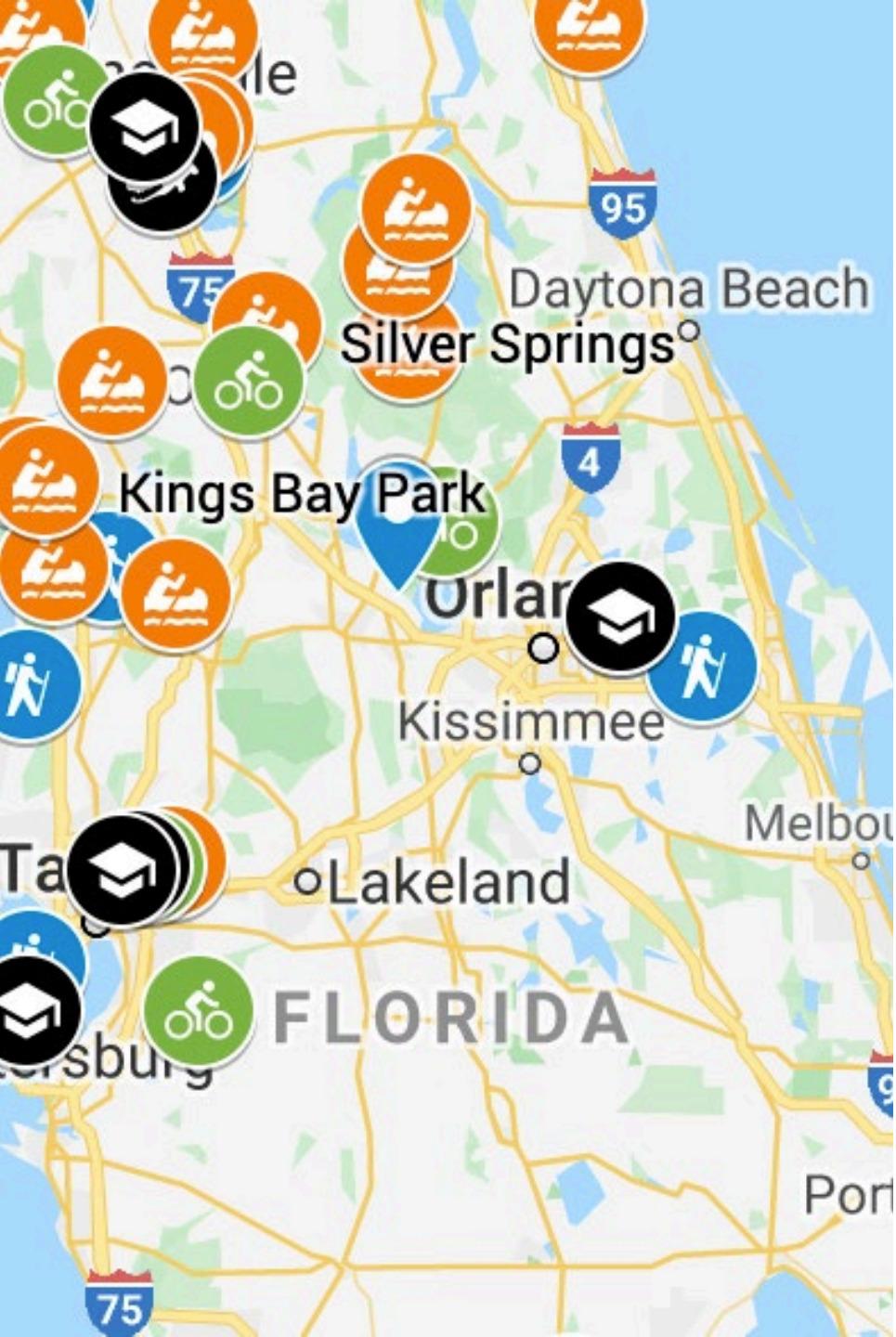


Cross Seminole Trail

This 28-mile trail starts on Goldenrod and explores north-eastern Orlando's neighborhoods and natural spaces. The trail travels through Oviedo, around the western tip of Lake Jesup and ends in Sanford.

This trail offers several beautiful spots to take a break from riding and enjoy your surroundings.





Useful Resources

Biking - <https://www.traillink.com/>

Hiking - <https://www.alltrails.com/>

Hiking - <https://floridahikes.com/>

Paddling - <https://www.paddleflorida.net/>

Everything - [FL Outdoor Recreation Locator](#)

UCF Outdoor Adventure -
<https://rwc.sdes.ucf.edu/programs/outdoor-adventure/>

Fall 2020 Events & Activities -
<https://events.ucf.edu/calendar/532/rwc-oa/>

Instagram - @ucfoutdooradventure