



Florida Hiking Trails

A Guide to Florida's
Top Hiking Trails



VISITFLORIDA.

www.VISITFLORIDA.com



Hiking Florida

Blessed with an abundance of sunshine and foliage, Florida presents the perfect destination for hikers to explore and experience the Sunshine State's natural and historic diversity. In Florida, hiking opens your eyes to the dynamic environmental changes that occur as elevation increases from below sea level to only 345 feet. With more than 80 different natural communities, Florida presents more botanical diversity than any other state on the East Coast, and does so with grace along its thousands of miles of hiking trails. From the tropical hammocks of the Keys to the pine forests of the Panhandle, Florida's hiking trails provide more to explore, including 10,000 years of cultural history. From short self-guided nature trails to overnight hiking trips along the National Scenic Trail, Florida has it all. You'll find hiking trails for every season and for every experience. So grab your pack and water bottle, and Hike Florida!



How to use this Guide:

Each destination listed in the brochure may have multiple types of trails. Each trail mentioned for the destination is color-coded based on the type of trail. Trails marked in **blue** are gentle strolls on nature trails. **Green** signifies the opportunity to take a longer hike, of up to 10 miles in a day. Trails marked **red** are best for an overnight backpacking experience. The destination itself is color-coded to signify the easiest type of hike available at that destination.



Parking



Restrooms



Wheelchair Access



Water Fountain



Food and/or Bottled Water



Picnic Area



Camping Area



Cabins



Bird Watching

All times listed are EST (Eastern Standard Time) unless otherwise noted CST (Central Standard Time). All hours listed represent hours that staff is available by phone.





The Florida Trail

One of only eight National Scenic Trails in the United States, the Florida Trail stretches 1,400 miles from the wilds of Big Cypress National Preserve outside Everglades City to Fort Pickens at Gulf Islands National Seashore, Pensacola Beach. Working in conjunction with the USDA Forest Service, the federal administrator for the Florida National Scenic Trail, volunteers of the non-profit Florida Trail Association build and maintain this linear footpath and work with land management agencies to acquire and protect lands along the trail corridor. Volunteers maintain an additional 400 miles of loop and side trails designated by diamond-shaped "FT" signs as part of the Florida Trail System. For more information, visit www.floridatrail.org or call (877) HIKE-FLA.



Trailwalker Program

The Florida Division of Forestry Trailwalker Program encourages you to hike designated trails in Florida's state forests and become a member of the Trailwalker Program. For a trail log, visit any of the designated Trailwalker trailheads. For a brochure, call (850) 414-0871, or visit the Division of Forestry website, www.fl-dof.com. As you complete each hike, you send in a postcard to the program, and after 10 hikes, you receive a patch and certificate.



Big O Hike

Each Thanksgiving week, hikers can be found enjoying the Big O Hike, a nine-day, 110-mile walk around Lake Okeechobee (see Trail 26). For more information, visit www.floridatrail.org or call (877) HIKE-FLA.



Many images courtesy of Florida Trail Association



Florida Hiking Trails

1. Eglin Air Force Base (AFB)

Preserved as Choctawhatchee National Forest in 1908, the rolling hills of Eglin AFB provide one of the most beautiful venues for backpacking in Florida. The **Florida Trail** meanders between Crestview and DeFuniak Springs through dense forests where old-growth oaks and pines stand sentinel above rushing creeks, and pitcher plants grow on steep slopes. Primitive campsites with benches, fire rings, and nearby water sources are spaced 8-12 miles apart. Use the trailheads off SR 85, SR 287, and US 331 to enjoy **round-trip day hikes**. To hike the trail, an annual Eglin Recreational Permit is required. Contact the Eglin Natural Resources Branch for a permit.

Length: 49 miles total



Eglin Natural Resources Branch

(850) 882-4164, 7:00-4:30 M-TH, 7:00-6:00 FR, 7:30-12:30 Sat;

All times CST

www.floridatrail.org

2. Pine Log State Forest

Inside Pine Log State Forest, established north of Panama City in 1936 as Florida's first state forest, hikers enjoy several options to explore rolling sandhills topped with longleaf pine and wiregrass, pine plantations, and hardwood forests along burbling creeks. A hiking-only segment of the **Florida Trail** crosses the entire length of the forest, converging with the **Campground Loop** and the **Dutch & Faye Trail**, at the trailhead kiosk at beautiful Sand Pond, located off SR 79.



Sand Pond

Length: 6 miles (Florida Trail); 2 miles (Campground Loop);
5 miles (Dutch & Faye)



Pine Log State Forest

(850) 872-4175, 7:00-4:00 CST M-F

www.fl-dof.com

www.floridatrail.org



3. Florida Caverns State Park

Nowhere else in Florida does a hiking trail go straight through a cave—the long skinny Tunnel Cave on the **Floodplain Trail** at Florida Caverns State Park, north of Marianna. Best known as the location of the only public cave tour in Florida, the park's hiking-only **Cavern Trail System** circles a paved walking route around the caverns along rugged, rocky bluffs with steep cliffs and small caves above the floodplain of the Chipola River. Seven named trails make up the system, with signposts at intersections. Visit in spring to see trillium and columbine in bloom amid the limestone outcroppings. The outer loop has numerous possible routes as well.

Length: 2 miles total



Florida Caverns State Park

(850) 482-9598, 8:00-Sunset CST, 7 days a week

www.floridastateparks.org

4. Tate's Hell State Forest

Where the Gulf breezes whisper through the tall pines along the shoreline between Carrabelle and Apalachicola, Tate's Hell State Forest provides an introduction to the coastal pine forests that front the Gulf of Mexico. **High Bluffs Coastal Nature Trail** loops through dunes covered with scrub plants like Florida rosemary and scrub mint under a canopy of sand pines, and passes within sight of cypress domes. Access the trailhead from US 98 just west of Carrabelle Beach.



New River in Tate's Hell State Forest

Length: 1.6 miles



Tate's Hell State Forest

(850) 697-3734, 8:00-5:00 M-F, 8:00-4:30 Weekends

www.fl-dof.com





5. Apalachicola Bluffs and Ravines Preserve, and Torreya State Park

Imagine scaling steep hills beneath a lush blanket of hardwood forest. You'd think you're in the Appalachians—but no, it's the bluffs and ravines along the scenic Apalachicola River in the heart of Florida's Panhandle. Two parks north of Bristol off CR 12 showcase this unique combination of geology and botany along their hiking trails. At Apalachicola Bluffs and Ravines Preserve, the **Garden of Eden Trail** is by far the most rugged day



Photo Credit: Anderson PhotoGraphics

Apalachicola bluffs

hike in Florida. Adjacent Torreya State Park offers the **Weeping Ridge Trail**, a round trip to a 25-foot waterfall, and the extensive **Torreya Hiking Trail**, with two loops through challenging terrain.

Length: 3.3 miles (Garden of Eden); 1 mile (Weeping Ridge); 14.5 miles (Torreya)

The Nature Conservancy **P** (Apalachicola Bluffs and Ravines Preserve)

(850) 643-2756, 9:00-5:00 M-F

www.nature.org

Torreya State Park **P**

(850) 643-2674, 8:00-Sunset, 7 days a week

www.floridastateparks.org

www.floridatrail.org





6. Lake Talquin State Forest

The paved **Living Forest Trail** within the Terry L. Rhodes Trail System, just west of Tallahassee, provides the gateway into this extensive hardwood forest in Lake Talquin State Forest along the north shore of Lake Talquin, a large reservoir created by the damming of the Ochlocknee River. Follow the **Ravine Trail** to enjoy a rugged walk along a ravine created by a creek draining into the lake, or hike the **Bear Creek Trail*** into the drier upland pine flatwoods and sandhills.

Length: .7 mile (Living Forest); 2.5 miles (Ravine);
3 miles (Bear Creek)



*Tour Guide Available (see Tour Guides)

Lake Talquin State Forest

(850) 488-1871, 7:00-7:00, 7 days a week
www.fl-dof.com

7. Leon Sinks Geological Area

To learn how water flows through the cracks and crevices of Florida's limestone, visit the loop trails of Leon Sinks Geological Area, south of Tallahassee along US 319. Along the **Sinkhole Trail**, you'll walk the rolling wiregrass-covered sandhills of the Apalachicola National Forest past side trails to scenic views over deep sinkholes; the trail crosses a vanishing stream and a natural bridge between a sink and a rise in Fisher Creek. The **Gum Swamp Trail** offers a look at a swamp forest surrounding depressions in the limestone; the leaves are especially colorful in late fall.

Length: 3.1 miles (Sinkhole); 1.7 miles (Gum Swamp)



Apalachicola National Forest, Wakulla Ranger District

(850) 926-3561, 8:00-4:30 M-TH, 8:00-4:00 FR
www.fs.fed.us/r8/florida





8. Suwannee River State Park

Suwannee River State Park, west of Live Oak off US 90, has a hiking trail for everyone. The **Earthworks Trail** leads through defensive earthworks built during the Civil War, and the **Sandhills Trail** passes through the cemetery of the ghost town of Columbus. The **Suwannee River Trail System** has several options to enjoy scenic views along the river and its cypress-lined tributary. Backpackers can head out on the **Big Oak Trail**, which passes a side trail to the historic ruins of a former governor's plantation before it connects with the **Florida Trail** to lead you to a deeply forested peninsula. The Park is a gateway to outdoor recreation on the Suwannee River Wildemess Trail (SRWT). For more information on SRWT, visit www.floridastateparks.org/wildemess or call (800) 868-9914.



Suwannee River State Park

Length: .5 mile (Earthworks); 1.2 miles (Sandhills); 1.7 miles (Suwannee River); 12.5 miles (Big Oak); 6.3 miles (Florida Trail)



Suwannee River State Park

(386) 362-2746, 8:00-Sunset, 7 days a week
www.floridastateparks.org
www.floridatrail.org

9. Osceola National Forest

From a trailhead along US 90 east of Lake City at the site of Florida's largest Civil War battle, the Battle of Olustee, the **Florida Trail** heads north where endangered red-cockaded woodpeckers nest in colonies. At the Florida Trail trailhead, the **Nice Wander Trail** forms two loops, ideal for children and accessible with assistance. Backpackers continue through the pines, cypress swamps, and oak hammocks on their two-day journey, passing a side trail to Ocean Pond Campground, which makes a great base camp to explore the **Florida Trail** on day hikes.

Length: 20.7 miles (Florida Trail-red); 2.8 miles total (Nice Wander); 11 miles (Florida Trail-green)



Osceola Ranger District Office

(386) 752-2577, 8:00-4:30 M-TH, 7:30-4:00 FR
www.floridatrail.org



10. Cary State Forest

In the pine forests west of Jacksonville, the [Cary Nature Trail](#) loops through pine flatwoods where pitcher plants grow in boggy marshes along the edge of cypress domes. The footpath is well graded and includes a boardwalk along part of its route. An observation tower enables you to look out over the forest and spot Florida's abundant wildlife. A camping area near the start of the trail is ideal for families trying out their skills, as it has a restroom and showers nearby. The trailhead is off US 301 north of I-10 at Baldwin.

Length: 1.4 miles



Cary State Forest

(904) 266-5021, 8:00-5:00, 7 days a week
www.fl-dof.com

11. Bulow Creek Trail

Following the winding course of Bulow Creek, this trail connects two sites important to Florida's history. At Bulow Plantation Ruins Historic State Park, explore the ruins of an 1831 sugar mill on the [Sugar Mill Trail](#). The [Bulow Creek Hiking Trail](#) runs south from the park and provides a day-hike loop option, the [Bulow Creek Loop](#), through old growth forest. If you continue south into Bulow Creek State Park past Boardman Pond, a side trail leads to a backpacker's campsite, and the main trail ends at the Fairchild Oak, a gargantuan tree thought to be 2,000 years old or more, where the [Wahlin Trail](#) loops around a spring. Both parks are off I-95 between Flagler Beach and Ormond Beach.



Bulow Creek Wetlands

Length: .1 mile (Sugar Mill); 6.5 miles (Bulow Creek); 5.2 miles (Bulow Creek Loop); .3 mile (Wahlin)



Tomoka State Park

(386) 676-4050 8:00-7:00, 7 days a week
www.floridastateparks.org
www.floridatrail.org



12. Welaka State Forest

Imagine staring into a mirror-clear underwater garden. That's what you'll find along the **Mud Spring Trail**, a loop leading to one of the most beautiful springs along the St. Johns River in Welaka State Forest, just south of Palatka off US 17. Located at the fire tower, the **Talking Tree Trail** is an interpretive loop on a boardwalk through a cypress and red maple swamp. The **Johns Landing Trail** provides a loop that also affords backpackers an easy overnight getaway at either of two beautiful campsites along the St. Johns River.

Length: 1.7 miles (Mud Spring); .5 mile (Talking Tree);
4.5 miles (Johns Landing)



Welaka State Forest

(386) 467-2388, 8:00-5:00 M-F
www.fl-dof.com

13. Ocala National Forest

First blazed in 1966, this segment of the **Florida Trail** is also its most popular, leading backpackers on a weeklong journey through the world's largest scrub habitat, from Clearwater Lake Recreation Area north of Eustis to the Buckman Lock south of Palatka. Several trailheads provide day hikers access to spectacular spots, including the Juniper Prairie Wilderness off SR 40 east of Ocala. A popular loop along the Florida Trail, the **Yearling Trail**, commemorates the setting of the Marjorie Kinnan Rawlings novel and can be reached from SR 19 south of Salt Springs.



Ocala National Forest

Length: 71 miles (Florida Trail); 5.5 miles (Yearling)



Ocklawaha Visitors Center

(352) 236-0288, 9:00-5:00, 7 days a week
www.fs.fed.us/r8/florida
www.floridatrail.org



14. Marjorie Harris Carr Cross

Florida Greenway

This mile-wide corridor across Central Florida was once meant to be a barge canal expediting shipping across the peninsula. Instead, it's been preserved for recreational enjoyment and wildlife habitat where a linear section of the **Florida Trail** south of Ocala traverses sandhills, pine flatwoods, and steep forested slopes created by the canal building project in the 1930s. The trail offers



Land Bridge over I-75

several primitive campsites and many trailheads. Enjoy day hiking on the **Ross Prairie Loop** and **Land Bridge Loop**, which leads to America's first Land Bridge, a wildlife crossing over Interstate 75.

Length: 32 miles (Florida Trail); 3.5 miles (Ross Prairie);
2.2 miles (Land Bridge)



Florida Greenways & Trails

(352) 236-7143, 8:00-5:00 M-F

www.floridagreenwaysandtrails.com

www.floridatrail.org

15. Withlacoochee State Forest

The **Citrus Hiking Trail** is Florida's longest backpacking loop on a single tract of land, with rugged climbs up and over rolling sandhills and into deep valleys with sinkholes and caves. Southwest of Inverness off SR 44, the Citrus Tract is made up of four shorter loops (A, B, C and D); the **"A" loop** is the shortest at 7.5 miles and provides a walk through Florida's desert-like scrub habitat. The frequently open understory impresses upon you the size of this forest. You'll find several primitive campsites and access to two developed camping areas on your three-to-four day trek.

Length: 43.3 miles total; 7.5 miles ("A" Loop)



Withlacoochee State Forest

(352) 754-6896, 8:00-5:00 M-F, 8:00-4:30 Weekends

www.fl-dof.com

www.floridatrail.org





16. Wekiwa Springs State Park

Surrounding one of Florida's beautiful first magnitude springs just north of Orlando, the hiking trails of Wekiwa Springs State Park offer options for everyone. The gentle **Wet to Dry Trail** boardwalk slips through the river swamp along the spring to meet the **Wekiwa Springs Hiking Trail** in the sandhills. The linear **White Trail** leads to the main wilderness loop where a backpacker's campsite, Camp Cozy, nestles under the cabbage palms along Rock Springs Run.



Wekiwa Springs State Park

Length: .4 mile (Wet to Dry); 10.2 miles (Wekiwa Springs); 1.8 miles (White Trail)



Wekiwa Basin Geo Park

(407) 884-2009, 8:00-5:00 M-F
www.floridastateparks.org
www.floridatrail.org

17. Little-Big Econ State Forest

Named one of the nation's top family-friendly trails by the American Hiking Society, a linear section of the **Florida Trail** along the Econlockhatchee River east of Orlando provides scenic views from the shade of palm hammocks on the bluffs high above this tributary of the St. Johns River, crossing numerous bridges over steep ravines. Trailheads are at Barr Street (SR 426) in Oviedo and Snowhill Road in Chuluota.



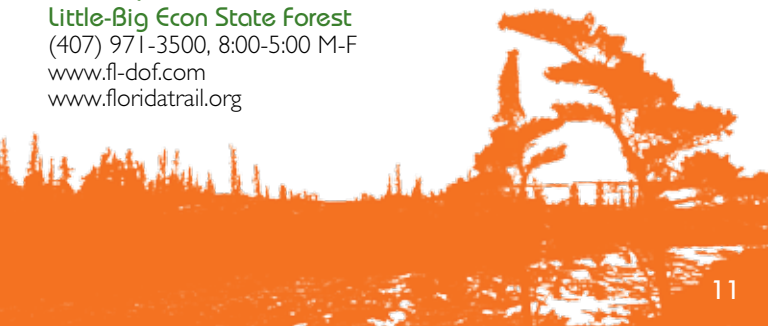
Little-Big Econ State Forest

Length: 4.6 miles



Little-Big Econ State Forest

(407) 971-3500, 8:00-5:00 M-F
www.fl-dof.com
www.floridatrail.org





18. Enchanted Forest Sanctuary

Just west of US 1 off SR 405 on the southern edge of Titusville, this sanctuary is a magical place, with diverse natural and cultural resources on nearly 400 acres. **Short nature trails*** meander through varied habitats, including palm hammock, floodplain forest and scrub, and explore local history such as the 1912 Addison Canal and an old coquina rock quarry carved into the Atlantic Coastal Ridge.

Length: 2.5 miles total



*Tour Guide Available (see Tour Guides)

Enchanted Forest Sanctuary

(321) 264-5185, 9:00-5:00 M-Sat.; 1:00-5:00 Sun.

www.eelbrevard.com

19. Sawgrass Lake Park

An oasis in Pinellas Park, Sawgrass Lake Park offers immersion into lush forests on nature trails. Start at the John Anderson Environmental Education Center and follow the **Sawgrass Trail**, a boardwalk loop through a riot of ferns and jungle-like swamp forest along a canal where alligators and turtles bask to an observation tower overlooking Sawgrass Lake. The **Maple Trail** follows a boardwalk through a red maple swamp, colorful in winter, leading you to the **Hammock Trail**, where ancient saw palmettos stand guard beneath a canopy of oaks.

Length: 2 miles total



Sawgrass Lake Park

(727) 217-7256, 7:00-Sunset, 7 days a week

www.pinellascounty.org





20. Little Manatee River State Park

Along US 301 south of Sun City, this area provides access to a preserved sliver of wilderness along the Little Manatee River. The **Little Manatee River Hiking Trail**, with loops of 3 or 6.5 miles, is one of the most interesting day hikes in Central Florida, with a broad diversity of habitats and scenic views along the river and beautiful Cypress Creek. A primitive backcountry campsite awaits hikers who wish to spend a peaceful night under the stars.

Length: 6.5 miles total



Little Manatee River State Park

(813) 671-5005, 8:00-Sunset, 7 days a week

www.floridastateparks.org

www.floridatrail.org

21. Myakka River State Park

With more than 28,000 acres to roam, hikers at Myakka River State Park near Sarasota have several days worth of backpacking available on the **Myakka Hiking Trail**, a series of four loops through broad, open prairie edged by cypress domes and oak hammocks, with six primitive campsites along the route. Day hikers can walk the **Bee Island**

Loop to sample a portion of the

trail. Don't miss the **Canopy Walk**,

which culminates in a swinging bridge suspended 40 feet up in the oak canopy, and the **Bird Walk**, a boardwalk for wildlife watching along Little Myakka Lake.



Myakka Hiking Trail

Length: 33.7 miles (Myakka); 11 miles (Bee Island);
.9 mile (Canopy Walk); .25 mile (Bird Walk)



Myakka River State Park

(941) 361-6511, 8:00-Sunset, 7 days a week

www.floridastateparks.org

www.floridatrail.org



22. Lake Kissimmee State Park

In one of Florida's best parks for wildlife watching, stretch your legs on four different trails, just west of Winter Haven. The interpretive **Flatwoods Pond Nature Trail** illustrates habitat succession, while the **Buster Island Trail** and **North Loop Trail** enjoy a shady canopy of ancient live oaks for most of their loop, and provide primitive campsites for backpackers. The **Gobbler Ridge Trail** is a spur through open scrub and prairie to the marshy fringe of Lake Kissimmee.



Lake Kissimmee State Park

Length: .4 mile (Flatwoods Pond); 6.9 miles (Buster Island); 6.7 miles (North Loop); 2.2 miles (Gobbler Ridge)



Lake Kissimmee State Park

(863) 696-1112, 7:00-Sunset, 7 days a week

www.floridastateparks.org

www.floridatrail.org

23. Lake Wales Ridge State Forest

Off US 27 just east of Frostproof, an interconnecting network of trails provides access to one of Florida's most delicate natural communities, the ancient dunes of the Lake Wales Ridge. Several trailheads along School Bus Road provide access to the trails, including the **Paula Dockerty Trail**, which leads to Lake Arbuckle; the **Kellerman Trail**; the **Lake Godwin Trail**; and the outer loop, the **Reedy Creek Trail**, which has several primitive campsites. Visit the **Old Cabin Trail**, an interpretive loop around a flatwoods pond, to see rare stands of cutthroat grass.

Length: 3.9 miles (Paula Dockerty); 2.7 miles (Kellerman); 3 miles (Lake Godwin); 18.7 miles (Reedy Creek); 1 mile (Old Cabin)



Lake Wales Ridge State Forest

(863) 635-7801, 8:00-5:00 M-F

www.fl-dof.com

www.floridatrail.org



24. Six Mile Cypress Slough Preserve

Protecting 2,200 acres of a cypress marsh in Fort Myers, the Six Mile Cypress Slough Preserve offers you the opportunity to enter the peaceful realm of this watery wilderness without getting your feet wet. Along the **boardwalk***, watch for alligators and herons, ibis and wood storks from five different observation decks ideal for photography. The preserve is along Six Mile Cypress Parkway north of Daniels Parkway.

Length: 1.2 miles



*Tour Guide Available (see Tour Guides)

Six Mile Cypress Slough Preserve

(239) 432-2004, 8:00-5:00 Oct.-March, 8:00-8:00 April-Sept.,
7 days a week
www.leeparks.org/sixmile

25. Fakahatchee Strand Preserve State Park

Along the Tamiami Trail east of Naples, the **Big Cypress Bend Boardwalk*** introduces you to some of the most ancient cypresses you'll ever see, where American bald eagles nest in their canopy above the Fakahatchee Strand. The boardwalk ends at a broad pond within the strand and you must backtrack to the trailhead. Renowned for its diversity of bromeliads and orchids, Fakahatchee Strand Preserve State Park also offers **walks on old tramways*** leading from Janes Scenic Drive, with guided hikes during the peak of orchid blooms each summer.



Fakahatchee Strand Preserve State Park

Length: .25 mile total



*Tour Guide Available (see Tour Guides)

Fakahatchee Strand Preserve State Park

(239) 695-4593, 8:00-Sunset, 7 days a week
www.floridastateparks.org



26. Lake Okeechobee Scenic Trail (LOST)

Perched atop the Herbert Hoover Dike and passing through quaint towns such as Clewiston and Okeechobee, the **Florida Trail** provides sweeping vistas of Lake Okeechobee, the second-largest freshwater lake entirely within the borders of the United States. Circling the lake, the Florida Trail has numerous waterfront primitive campsites for backpackers. An overlay on the route, the paved

Lake Okeechobee Scenic Trail offers trailhead access points for day hiking from nearby parks.



Sunrise along the Florida Trail

Length: 110 miles total



Florida Greenways & Trails

(877) 822-5208, 8:00-5:00 M-F

www.floridagreenwaysandtrails.com

www.floridatrail.org

US Army Corps of Engineers

(863) 983-8101, 7:30-4:00 M-F

27. Seabbranch Preserve State Park

Encompassing several critical habitats in an area known for coastal development, Seabbranch Preserve State Park supports populations of Florida scrub-jays and gopher tortoises in a tiny scrub forest near the Indian River Lagoon. The **North Loop** traverses a broad swath of scrub, while the **South Loop** ducks through stands of sand pines. The preserve is south of Stuart along CR A1A.

Length: 3.2 miles (North Loop); 1.9 miles (South Loop)



Seabbranch Preserve State Park

(772) 219-1880, 8:00-Sunset, 7 days a week

www.floridastateparks.org

www.floridatrail.org





28. Jonathan Dickinson State Park

A mecca for outdoor recreation near Jupiter, Jonathan Dickinson State Park offers hiking experiences for all ages and abilities. The **Hobe Mountain Trail** clambers up 86-foot-high Hobe Mountain, where an observation tower provides an ocean view. The **Wilson Creek Trail** interprets the pine flatwoods near the Loxahatchee River, while the **Kitching Creek Nature Trail** loops out to a cypress-lined creek. Backpackers can spend a weekend on the **Florida Trail**, which includes interconnecting backpacking loops—the **East Loop** and the **Kitching Creek Loop**, each with its own primitive campsite.



Kitching Creek

Length: .4 mile (Hobe Mountain); .63 mile (Wilson Creek); 1.3 miles (Kitching Creek Nature Trail); 9.7 miles (East Loop); 7.4 miles (Kitching Creek Loop)



Jonathan Dickinson State Park

(772) 546-2771, 8:00-Sunset, 7 days a week

www.floridastateparks.org

www.floridatrail.org

29. Long Key State Park

The **Golden Orb Trail** leads you on a loop through several of the Florida Keys' tropical habitats. Stepping off a boardwalk, you enter the shade of a mangrove forest, where giant land crabs vanish into their holes. Enjoy scenic views of the Atlantic from secluded beaches along the coastal berm before the trail rises into the transition zone, a salty desert of bleached coral underfoot. The trail continues through a tropical hammock before returning to the parking area.

Length: 1.2 miles



Long Key State Park

(305) 664-4815; 8:00-Sunset, 7 days a week

www.floridastateparks.org





Florida has hundreds of additional opportunities for hiking not listed in this brochure. Please visit the following web sites for additional information and possible maps:

Florida Trail Association:
www.floridatrail.org

Florida Greenways & Trails:
www.floridagreenwaysandtrails.com

Florida State Forests:
www.fl-dof.com

Florida State Parks:
www.floridastateparks.org

USDA Forest Service:
www.fs.fed.us/r8/florida

Florida Fish & Wildlife Conservation Commission:
www.myfwc.com

VISIT FLORIDA:
www.VISITFLORIDA.com



Suwannee River





Tour Guides

Tour guides are available at the following trails listed in the brochure. Because hours of operation may vary, it is strongly recommended that you call the tour guide offices ahead of time. Fees may apply.

Lake Talquin State Forest (Trail 6)

Bear Creek Trail: Tours scheduled upon request.
Contact (850) 627-9064.

Enchanted Forest Sanctuary (Trail 18)

Guided walks are offered Saturdays and Sundays at 2:00 p.m. Call (321) 264-5185 for more details.

Six Mile Cypress Slough Preserve (Trail 24)

Guided tours are offered on a regular basis. Call (239) 432-2004 for more details.

Fakahatchee Strand Preserve State Park (Trail 25)

Everglades Explorers offer full-day Everglades guided tours that include the Big Cypress Boardwalk. The tours include an airboat ride, swamp buggy tour and wildlife drive. Contact (239) 472-0101 or visit www.evergladesexplorers.com.

Hiking Gear and Supplies

Brasington's Adventure Outfitters

Brasington's Adventure Outfitters offers many hiking goods for purchase, including footwear, clothing, backpacks, rain gear and much more. They also offer hiking services and education such as technical information and suggestions for day hikes or longer excursions. Contact the Ocala location at (888) 454-1991 or visit www.brasingtons.com.





Trail Tips

When you hike, please follow these principles of Leave No Trace. Trail conditions can vary; it is up to you to be prepared.

1. **Plan ahead and prepare.** Always carry a trail map. Be aware of the distance you plan to hike and the terrain you'll encounter to ensure you return to the trailhead before dark. Carry appropriate clothing for changes in the weather. Pack insect repellent, sunscreen and a hat. On day hikes and backpacking trips, always let someone know your itinerary and planned return time before you start your hike. At a minimum, carry adequate food and water for the duration of the hike. Other key essentials include extra clothing, first aid kit, whistle, compass or GPS and a flashlight.
2. **Travel and camp on durable surfaces.** Wet and muddy trails are more vulnerable to damage, so try to keep your group size to 10 people or less, and always stay on designated trails. Backpackers should use existing campsites where possible.
3. **Dispose of waste properly.** Pack it in, and pack it out. Backpackers, remember to dig catholes and wash dishes at least 200 feet from water sources.
4. **Leave what you find.** Take photos, but leave wildflowers, rocks and historical artifacts for others to enjoy (per Florida law).
5. **Minimize campfire impacts.** When backpacking, check local regulations for campfires.
6. **Respect wildlife.** Don't feed the animals, and use telephoto lenses when photographing. Give animals plenty of room and try not to startle them.
7. **Be considerate of other visitors.** Walk quietly to enjoy the sounds of nature. On multiple-use trails, be aware of other types of users. Cyclists yield to hikers and equestrians; hikers yield to equestrians.

For more information, log on to Leave No Trace at www.lnt.org.



Fold Out For Map





Legend:

- Nature Trails (gentle strolls)
- Day Hiking (up to 10-mile hikes)
- Backpacking Trips (overnight experiences)

See "How to use this Guide" for a more detailed description.

The Florida Trail



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