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# Florida Keys Overseas Heritage Trail: A Guide To Exploring The Florida Keys By Bike Or On Foot



## Synopsis

Ocean breezes. Tropical islands. All accessible by bicycle or on foot along the Florida Keys Overseas Heritage Trail, a 109-mile bike route from Key West to Key Largo. This book is a mile-by-mile guide for you to explore the Florida Keys under your own power while following the Overseas Heritage Trail across dozens of historic railroad bridges and past lengthy ocean panoramas that only the Florida Keys can offer. Going by bike or by foot means taking the Florida Keys at a leisurely pace, savoring the journey, and discovering natural places and historic sites that visitors in cars simply whiz right past without realizing what they're missing. It also means that the trail slips back into history and nature along Old US 1 on some of the islands, taking you away from the highway to offer up views of mangrove marshes, salt flats, and wide open turquoise waters. On a bicycle, you can more easily take advantage of the side trips we mention throughout the guide, to better enjoy the off the beaten path corners of the Florida Keys. Throughout the guide, we provide details as to when you do and don't have a bike path to follow, information on campgrounds and inexpensive lodgings along the route, and recommendations for more luxurious stays at resorts and hotels. We share our favorites among the many eateries in the Keys as well. You'll learn about parks and natural areas along the route, and a little history about the Overseas Railroad, which shut down in 1935. The trail mostly follows its route. This is a trail guide, and a travel guide. In addition to the mile-by-mile descriptions of every waypoint of interest along the Overseas Heritage Trail - matched to trail mileage, not highway mileage - you'll find out how to connect to the mainland by bicycle or on foot, how to get you and your bicycle to Key West from the Miami airport, and where the bike shops are along the route. We list bike shops and outfitters who rent bicycles for the ride, as well. Authors Sandra Friend and John Keatley, a husband and wife writing team, run the popular outdoor recreation website FloridaHikes.com. John is a lifelong cyclist with several Cross Florida rides, 30 years of the Florida Bicycle Safari, and tens of thousands of miles of road rides under his belt. Sandra is Florida's hiking expert, and has been writing both travel guides and hiking guides to Florida for the past 15 years. Both Sandra and John are members of the Florida Outdoor Writers Association and the Society of American Travel Writers.

## Book Information

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## Customer Reviews

There are a thousand things that a hiker has to think about before tackling a new trail, and lucky for us, Sandra and John have researched the first 980 of those things for you. Just go grab your backpack, this guide, and head for either end of the trail (Key Largo or Key West). I "hiked" this trail last December, and quite frankly I wish that I'd have had this guidebook. It's a nice one-source compendium on what to expect and how to find places to park your biscuits each night. I walked Southbound, from Largo to West. Let me throw in some unsolicited advice. If you are going Northbound, then find another way to get to Key West other than driving down Rt 1, the same highway you'll be walking back. Take the ferry to Key West from (I think) Ft Myers. Or fly in. It doesn't matter. Just find a way to see the trail for the first time on foot (or bike). I can't think of anything more boring than to drive down to Key West (seeing all the sights by car) and then walking back up the same route. In fact, I recommend walking it South from Largo to West because 1. The trail is new to you. 2. Key West is a heck of a better finishing "prize" than (comparatively boring) Key Largo. I walked in December, starting in Key Largo. The motels were dirt cheap (\$30-40/night) and there were some B+B's not much more than that. I slack packed the whole way, carrying an "emergency" bag of beef jerky rations. Five days later I arrived in Key West happy, well fed, enthused, and still carrying my emergency rations. This is a great walk, particularly in the winter months when it's hard to find a nice warm two legged getaway in the U.S.. Capt Glen

This is a great guide book that goes into great detail of sites along this trail. Well done! The cost of things down there blows my mind.

it is a good resource for things to do as you travel down to Key West

Sounds like a fun trip. Lots of good tips.

Helpful information.

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