

# Florida Keys Overseas Heritage Trail: A guide to exploring the Florida Keys by bike or on foot



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 Floridas 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.

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Sandra Friend and John Keatley to provide quality information to those who enjoy exploring the outdoors. On the Florida Keys Overseas Heritage Trail, a 109-mile trail from Key West to Key Largo, explore the Florida Keys under your own power, by bike or by foot. **florida keys overseas heritage trail places to go Pinterest** We It is a multi-use trail in that it is intended for use by people on foot as well as Florida Keys Overseas Heritage Trail - A Guide to Exploring the Keys on Bike or on **Scenery along the Florida Keys Overseas Heritage Trail. - Pinterest** Jan 4, 2017 Cycling through the Florida Keys from Key Largo to Key West can be both the prospect of becoming shark chum after plummeting 65 feet into the Atlantic Ocean. Its part cycling guide, part police blotter, full of vignettes about drug busts finished 106-mile Overseas Heritage Trail that ends in Key West, **Florida Keys Overseas Heritage Trail - Sandra Friend** Here are a few great bike trails weve tried and recommend in South Florida and statewide. Its 20 feet wide and after the first mile, youll have it largely to yourself. This path would be good for families, particularly paired with exploring Matheson Florida Keys Overseas Heritage Trail and the Old Seven Mile Bridge. **Visitors / Key West, FL - City of Key West** The bike trail down the Florida Keys is not complete, but here are four sections The Historic Long Key Bridge on the Florida Keys Overseas Heritage Trail is a highlight. would not have fun on sections where you must ride on 3-foot-wide . and ocean in Islamorada and its worth exploring on bike to the end, where youll **Watula Press** Ocean breezes. Tropical islands. 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