

## Hiking South Florida And The Keys A Guide To 39 Great Walking And Hiking Adventures Regional Hiking Series

Florida Trail Hikes Hiking the Florida Trail Backcountry Trails of Florida 50 Hikes in Central Florida (Third Edition) 50 Hikes in Central Florida Moon South Carolina Moon North Carolina 100 Hikes of a Lifetime Day Hiking Southwest Florida The Everglades Native Plants for Florida Gardens Moon 101 Great Hikes San Francisco Bay Area Exploring Wild South Florida Best Dog Hikes South Carolina Walking Distance 50 Hikes in South Florida Road Trip USA In the Land of Good Living Exploring Wild South Florida Florida's Paved Bike Trails The Open Road Hiking North Florida and the Panhandle Hiking Central Florida Eat.Lift.Thrive.Discovering the Florida Trail Moon 75 Great Hikes Seattle The Florida Trail Guide Explorer's Guide South Florida Exploring Everglades National Park and the Surrounding Area Explorer's Guide South Florida: Includes Sarasota, Naples, Miami & the Florida Keys (Second Edition) Hiking South Florida and the Keys The Florida Trail Guide America's Great Hiking Trails The Florida Trail 50 Hikes in North Florida Walking the Keys to Happiness Gators, Guts, & Glory: Adventures Along the Florida Trail Wetland Trail Design and Construction Moon South Florida & the Keys Road Trip A Thousand-Mile Walk to the Gulf

### Florida Trail Hikes

This completely revised second edition of the definitive South Florida guidebook offers coverage of Tampa, the Gulf Coast, South Beach, Miami, and the Keys. In diverse, exciting South Florida you might catch a glimpse of an endangered Florida panther in a nature preserve in the morning and visit a four-star restaurant and world-class nightclub that evening. This rich destination welcomes visitors from all over the world with its vibrant arts communities and multicultural historic sites, luxurious seaside resorts and lush forests, and some of the best fishing and diving in the United States. With cattle ranches and citrus groves all the way down to the mighty swamps of the Everglades and Big Cypress there are endless opportunities for exploration and discovery for singles, couples, and families. From eco-friendly establishments and environmental information about the region to its trendy nightlife, out-of-the-way attractions, and best beach hotels, Explorer's Guide South Florida is a thorough introduction to an alluring place that tourists as well as locals simply shouldn't miss. Detailed maps, an index, an alphabetical "What's Where" subject guide, and helpful icons that highlight places that offer special value, are pet-, gay-, and family-friendly, and are wheelchair accessible round out this incredible resource, your perfect travel companion.

### Hiking the Florida Trail

Hit the Road with Moon Travel Guides! From sandy beaches and amusement parks to wild and natural beauty, see what keeps visitors coming back to the Sunshine State with Moon South Florida & the Keys Road Trip. Inside you'll find: Maps and Driving Tools: More than 50 easy-to-use maps keep you oriented on and off the highway, along with site-to-site mileage, driving times, detailed directions for the

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entire route, and full-color photos throughout Eat, Sleep, Stop and Explore: With lists of the best beaches, views, and more, you can explore the lush wetlands of the Everglades, relax on the beautiful beaches of the Keys, let your imagination run wild at Disney World, or take in the electric vibe of Miami Flexible Itineraries: Drive the entire two-week road trip or follow strategic routes designed for outdoor adventurers, history buffs, and more, as well as suggestions for spending time in Miami, the Everglades, the Keys, the Atlantic Coast, Orlando, Daytona, the Space Coast, Walt Disney World, Sarasota, and Naples Local Expertise: Florida native Jason Ferguson takes you on a tour of his beloved home state Planning Your Trip: Know when and where to get gas, how to avoid traffic, tips for driving in different road and weather conditions, and find suggestions for LGBTQ travelers, seniors, and road trippers with kids With Moon South Florida & the Keys Road Trip's practical tips, flexible itineraries, and local know-how, you're ready to fill up the tank and hit the road. Looking to explore more of America on wheels? Try Moon Nashville to New Orleans Road Trip! Doing more than driving through? Check out Moon Sarasota & Naples or Moon Florida Gulf Coast.

### **Backcountry Trails of Florida**

A Thousand-Mile Walk to the Gulf by John Muir

### **50 Hikes in Central Florida (Third Edition)**

Eat healthy. Exercise. Be happy. It sounds easy enough, so why is it so difficult? Because as millions of women know, it's not easy. There are challenges and obstacles, and health programs are not one size fits all. Sohee Lee understands, because she's faced the challenges and overcome them. As a trainer, presenter, and author, she's shared her experiences and helped others establish healthy relationships with food and exercise for long-term results. In the book Eat. Lift. Thrive. she empowers you with tools and strategies to make your own change. You will learn how to identify issues that are holding you back and what you can do to get back on track. You'll find motivation, exercise, and advice. And you'll learn how to • incorporate Lee's Living Lean Guidelines to make your diet work around your life, rather than the other way around; • perform her Primary Strength Movements and integrate them into an effective workout program; and • adjust your routine to maintain the results you've achieved. Eat. Lift. Thrive. also provides you with a structured, easy-to-follow 12-week training program. The program can be scaled according to your training experience, time commitment, and goals; it's completely customizable to ensure that your changes are lasting. This book is designed to be different. By the time you're finished, you'll be an expert at moderation and will say goodbye to extremes in dieting. You can have your cake and eat it too—and enjoy it! CE exam available! For certified professionals, a companion continuing education exam is available which can be completed after reading this book. The Eat. Lift. Thrive. Online CE Exam may be purchased separately or as part of the Eat. Lift. Thrive. With CE Exam package that includes both the book and the exam.

### **50 Hikes in Central Florida**

With 1,400 miles of hiking across Florida, what does the Florida National Scenic

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Trail look like? Its beauty and botanical diversity reflects the incredible variety of landscapes found in Florida, from Caribbean-style tropical hammocks to Appalachian-like ravines with mountain laurel blooming in spring. This compact coffee table book introduces you to a walk in the woods across the state of Florida.

### **Moon South Carolina**

When you hike the Florida Trail, our 1,400 mile National Scenic Trail along the length of the state, you'll discover places of unusual natural features and unique botanical beauty. No matter whether you're a day hiker, a backpacker, a birder, or a photographer, these are special places in Florida that you won't want to miss. Florida Trail Hikes leads you to our favorites while also providing information about trail communities you can use as "base camps" while visiting an area. This book is designed to provide options for hikers of all abilities and interests. There are both short and long hikes, overnight trips, and even a few accessible sections that can also be biked. This book includes rich descriptive details, color maps, and color photos to inspire you. Grab this guide and go take a hike! Contains 48 detailed hikes plus 9 overviews of popular section hikes as well as dozens of optional routes.

### **Moon North Carolina**

The 1,300-mile Florida National Scenic Trail spans the state from Big Cypress National Preserve near the Everglades to its beachfront terminus at Gulf Islands National Seashore. This long-distance hiking trail encounters more than 80 distinct habitats along the way, including dwarf cypress forests, pine flatwoods, sawgrass prairie, and coastal dunes. Perfect for day-, section-, and thru-hikers, The Florida Trail: The Official Hiking Guide is the first comprehensive guidebook on the Florida Trail. Book jacket.

### **100 Hikes of a Lifetime**

A Florida hike for every interest and ability

### **Day Hiking Southwest Florida**

Hiking North Florida and the Panhandle describes 30 hikes designed to highlight some of the best natural areas throughout the region. The hikes in this book fall into four different categories: Short Family Walks ranging from 1-3 miles, Day Hikes from 3-12 miles, Overnight Hikes with easy walks to primitive campsites and Long Haulers, true backpacking experiences that require a weekend to complete.

### **The Everglades**

This completely revised second edition of the definitive South Florida guidebook offers coverage of Tampa, the Gulf Coast, South Beach, Miami, and the Keys. In diverse, exciting South Florida you might catch a glimpse of an endangered Florida panther in a nature preserve in the morning and visit a four-star restaurant and world-class nightclub that evening. This rich destination welcomes visitors from all

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### **Native Plants for Florida Gardens**

This hiking guide to the region of Florida south of FL 60 includes hikes along the Gulf Coast and the Atlantic Coast, and in Big Cypress Swamp, the Everglades, and the Florida Keys.

### **Moon 101 Great Hikes San Francisco Bay Area**

Experience wild Florida with this guide to 100 off-the-grid hikes from every corner of the state. Florida's five water management districts encompass millions of acres of public property that include thousands of miles of public trails. In Backcountry Trails of Florida, Terri Mashour explains where to find these little-known routes, which ecosystems they feature, and how to plan your perfect outdoor adventure. Mashour describes the hidden wonders hikers will discover in each district. Northwest Florida offers views of sandhills, clear and cold springs, and river bluffs. The Suwannee River area is crisscrossed with meandering creeks. In the St. Johns River watershed, conservation lands include large cattle ranches, lakeshores, and levee restoration projects. In Southwest Florida, manatee swim up rivers from the Gulf of Mexico. And the South Florida district is home to water treatment areas, pine flatwoods, and the mangrove islands of the Everglades. As a former land manager who has taken care of many of the areas these trails cross, Mashour shares her experiences working with cowboys and ranchers and her love of the Florida backcountry. Whether you are a hiker, trail runner, off-road bicyclist, or equestrian, this guidebook will help you locate and enjoy wide expanses of pristine nature not far from your own backyard.

### **Exploring Wild South Florida**

Florida is home to an entire library of native plants that evolved to thrive in its range of climate regions. Native Plants for Florida Gardens profiles 100 Florida native wildflowers, shrubs, vines and trees that can transform typical Florida landscapes. Striking color photography showcases species and flowering characteristics. With the expertise of the Florida Wildlife Foundation, anyone can create lovely, low-maintenance gardens that will tolerate Florida's roughest conditions, resist disease, and support biodiversity.

## Best Dog Hikes South Carolina

Your Adventure Starts Here with Moon Travel Guides Seattle's best-kept secret is the beauty of its natural surroundings. Explore the dynamic topography waiting just outside your door with Moon 75 Great Hikes Seattle. Inside Moon 75 Great Hikes Seattle you'll find: A Hike for Everyone: Pick the right hike for you with options ranging from short, scenic routes suitable for families, to daylong, steep treks for more ambitious hikers, with options to extend or modify each hike Explore the Trails: All hikes are marked with difficulty ratings, features-dog-friendly or wheelchair accessible-and highlights like waterfalls, beaches, historic sites, wildlife, and wildflowers Maps and Directions: Easy-to-use maps for each trail with point-by-point navigation and detailed driving directions (including public transit directions when available) to each trailhead with GPS coordinates Top Hikes: Lists like "Best Beach Hikes," "Best for Waterfalls," and "Best for Berry Picking" reveal the rugged beauty of Puget Sound, Interstate 90, Highway 2, Mountain Loop Highway, Olympic Peninsula, and Mount Rainer Trusted Advice: Melissa Ozbek shares the experience and knowledge she's gained by trekking hundreds of miles throughout the state as a hiking guide for the Washington Trails Association Tips and Tools: Essentials like health, safety, and trail etiquette, background information on the landscape and history of the trails, and volunteer opportunities so you can help keep the trails as beautiful as you found them Whether you're a veteran or a first-time hiker, Moon 75 Great Hikes Seattle will have you ready to lace up your hiking boots and head out on your next adventure. Looking to explore beyond Seattle? Try Moon Pacific Northwest Road Trip. Ready for an overnight outdoor adventure? Check out Moon Washington Camping.

## Walking Distance

An insider's guide to the natural areas of south Florida, from Hobe Sound in the east and Punta Gorda in the west down to the Keys and the Dry Tortugas. Includes Everglades National Park, Big Cypress National Preserve, the coral reefs of both Biscayne National Park and Pennekamp State Park, and Ding Darling National Wildlife Refuge and Corkscrew Swamp, as well as many smaller state and county parks, recreation areas, and nature centers. Includes maps and information on camping, boating, hiking, fishing, tours, etc.

## 50 Hikes in South Florida

This ultimate hiker's bucket list, from the celebrated Appalachian Trail to Micronesia's off-the-beaten-path Six Waterfalls Hike, treks through 100 energizing experiences for all levels. Filled with beautiful National Geographic photography, wisdom from expert hikers like Andrew Skurka, need-to-know travel information, and practical wildlife-spotting tips, this inspirational guide offers the planet's best experiences for hikers and sightseers. From short day hikes--California's Sierra High Route, Lake Agnes Teahouse in Alberta, Norway's Mt. Skala--to multiday excursions like Mt. Meru in Tanzania and multi-week treks (Egypt's Sinai Trail, Bhutan's Snowman Trek, and the Bibbulum Track in Australia), you'll find a hike that matches your interests and skill level. Crossing all continents and climates (from the jungles of Costa Rica to the ice fields in Alaska's Kenai Fjords National

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Parks), as well as experiences (a wine route through Switzerland or moose spotting on the Teton Crest Trail in Wyoming,) there is a trail for everyone in these pages. So pack your gear and lace your boots: this comprehensive and innovative guide will lead you to experience the best hikes of your life!

### **Road Trip USA**

Hiking South Florida and the Keys describes 39 hikes designed to highlight some of the best natural areas throughout the region.

### **In the Land of Good Living**

The Florida Trail stretches the length and breadth of the Sunshine State, from Gulf Islands National Seashore in the panhandle to Big Cypress National Preserve less than an hour from suburban Miami. In 2006, veteran hiker and outdoorsman Johnny Molloy hiked the length of the trail in one three-month stretch. This engaging story of his journey, the first narrative account of a Florida Trail thru-hike, is peppered with outrageous and charming characters. Molloy's peanut butter thermometer and his "Five Foot Radius Theory of Camping" for tired hikers will make experienced backpackers smile knowingly. Novice hikers will find his insider tips priceless. Beginning at the southern end of the trail, less than an hour from suburban Miami, he was challenged by some of the roughest terrain he would face before making his way around Lake Okeechobee, the second largest freshwater lake in the continental United States. Traveling north and west traversing sand pine scrub forests, he made his way up the Suwannee River, around the Big Bend into the cathedral of palms in St. Marks Refuge, through the Apalachicola National Forest, and along white sand beaches to the Alabama state line. Many may never hike the entire course of the Florida Trail, but its convenient trailheads make it easily accessible to any resident or tourist. So, start the adventure; plan your own short hike, thru-hike, or simply join Molloy without leaving the comfort of your armchair.

### **Exploring Wild South Florida**

Molloy offers a quick, easy and breezy guide to day hikes in Southwest Florida.

### **Florida's Paved Bike Trails**

This is the ultimate guide to discovering the vast "River of Grass" ecoregion of the southern Florida mainland. Packed with photographs, maps, and informative text, this guide will help outdoor enthusiasts appreciate the landscape and varied flora and fauna of this watershed whether they have a day to spend in the effort or a lifetime. This edition includes new routes in Biscayne National Park. Whether traveling by canoe or by foot, this guide will enhance the next journey into the remarkable Everglades.

### **The Open Road**

An insider's guide to the natural areas of south Florida, from Hobe Sound in the

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east and Punta Gorda in the west down to the Keys and the Dry Tortugas. Includes Everglades National Park, Big Cypress National Preserve, the coral reefs of both Biscayne National Park and Pennekamp State Park, and Ding Darling National Wildlife Refuge and Corkscrew Swamp, as well as many smaller state and county parks, recreation areas, and nature centers. Includes maps and information on camping, boating, hiking, fishing, tours, etc.

### **Hiking North Florida and the Panhandle**

A hiker's guide to the Florida National Scenic Trail and connected trails.

### **Hiking Central Florida**

Offers detailed descriptions of drives through California and the Southwest, with a flexible format allowing one to switch routes during a journey, and including information on where to eat and sleep, the best local radio stations, hundreds of roadside attractions, and more.

### **Eat.Lift.Thrive.**

Moon Travel Guides: Your Adventure Starts Here Whether you're trekking through the wildflowers of the South Bay or the redwood forests of Marin, get a breath of fresh air with Moon 101 Great Hikes San Francisco Bay Area. Flexible Hiking Options: Hikes range from short, flat routes suitable for families to day-long, steep treks for more ambitious hikers, with options to extend or shorten many routes Explore the Trails: All hikes are marked with difficulty ratings, features (such as dog-friendly or wheelchair-accessible) and highlights like waterfalls, beaches, historic sites, wildlife, and wildflowers Maps and Directions: Follow easy-to-use maps and point-by-point navigation for each trail, including driving directions to trailheads, GPS coordinates, and public transit options when available Top Hikes: Strategic lists like " Waterfalls," "Short Backpacking Trips," "Peak Vistas," and more will help you choose the right hike for you in Napa, Sonoma, Marin, the East Bay, San Francisco, the Peninsula, and the South Bay Trusted Advice: Ann Marie Brown shares the experience and knowledge she's gained from hiking, biking, and camping in and around the Bay Area more than 150 days a year Tips and Tools: Find essentials like health and safety information, trail etiquette, background on the landscape and history of the trails, and volunteer opportunities so you can help keep the trails as beautiful as you found them Whether you're a veteran or a first-time hiker, Moon's practical tips and comprehensive coverage will have you ready to lace up your boots and hit the trails. Looking for hikes beyond the Bay? Try Moon Northern California Hiking or Moon California Hiking. Ready for an overnight adventure? Check out Moon Northern California Camping or Moon California Camping.

### **Discovering the Florida Trail**

Discover South Carolina with Moon Travel Guides! From the creative hub of Charleston to the laidback Lowcountry, see what sets the Palmetto State apart with Moon South Carolina. Inside you'll find: Strategic, flexible itineraries that can be

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adapted for your budget and timeline, whether you're planning a getaway to the Grand Strand or a long weekend in the Blue Ridge Mountains, or spending a week exploring the whole state Unique activities and can't-miss highlights: Wander the charming streets of historic Charleston, hear the stories of Civil War battlefields, and learn about South Carolina's important African American history. Canoe down the longest blackwater river on earth, tee off at world-class golf courses, or explore the cypress swamps at Congaree National Park. Kick back at Myrtle Beach, explore rolling sand dunes, or hike the foothills of the Blue Ridge Mountains. Sample smoky barbecue and fried catfish, or mingle with locals over an authentic Lowcountry boil Honest advice from South Carolina expert Jim Morekis on where to eat, where to stay, and how to get around Full-color photos and detailed maps throughout Handy tips for seniors, international visitors, travelers with disabilities, and more Background information on South Carolina's history, culture, landscape, and wildlife Full coverage of Charleston, Myrtle Beach and the Grand Strand, Hilton Head and the Lowcountry, Columbia and the Midlands, and Greenville and the Upstate With Moon South Carolina's local perspective, myriad activities, and expert know-how, you can plan your trip your way. Exploring the cities of the South? Check out Moon Charleston & Savannah. Craving a beach getaway? Try Moon Coastal Carolinas.

### **Moon 75 Great Hikes Seattle**

"The Partnership for the National Trails System (PNTS)"--Colophon.

### **The Florida Trail Guide**

In this manual we have described the common techniques for building a wetland trail. We have also included information on some of the more unusual materials and tools.

### **Explorer's Guide South Florida**

A Florida hike for every interest and ability Florida's landscape is a marvel of diversity, and Central Florida is its pinnacle. Footpaths range through salt marshes, river floodplains, and along coastal dunes and beaches. Trails pass through desert-like scrub islands, jungle-like hydric hammocks, and deep, dark bayous. There's no better way to take in this natural world than by walking it. Ranging from 1 to 43 miles in length, each hike includes directions, a detailed map, and information on hike duration, difficulty, and trail conditions. Explore a new side of Florida, from hidden urban gems like the Circle Bar B Ranch in Lakeland and Ponce Preserve in Daytona Beach, to the quiet rural landscapes of Catfish Creek State Park and Chinsegut Hill.

### **Exploring Everglades National Park and the Surrounding Area**

Wander on the wild and humorous side of adventure with long distance hiker Lauralee Bliss (trail name "Blissful"), as she hikes the 1,100-mile Florida Trail from Big Cypress National Preserve to Gulf Islands National Seashore. From alligators and cottonmouths to tenting among the palmettos and walking on water, from

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forests of cypress knees and lofty pine to the help of trail angels along the way, "Blissful" uncovers the hidden gems of glory in this National Scenic Trail with a unique journey unlike any other.

### **Explorer's Guide South Florida: Includes Sarasota, Naples, Miami & the Florida Keys (Second Edition)**

Since the release of the first edition of Florida's Paved Bike Trails, the Sunshine State has added more than 200 miles of multiuse asphalt and concrete paths. This updated edition of the best-selling guide to bicycling in Florida adds twenty-three new trails to an already impressive roster, offering cyclists--as well as rollerbladers, joggers, and walkers--vital details on over sixty trails across Florida. From where to find parking, water, restrooms, and benches, to how to reach nearby beaches, restaurants, museums, and other attractions, the authors expertly guide readers through Florida's beautiful terrain.

### **Hiking South Florida and the Keys**

This guidebook reveals a collection of sixty of the best dog friendly hiking trails in South Carolina. From mountain views to the coveted coast, there's a trail for you and your trusty companions. Your pups will frolic, swim, play, explore, and enjoy every step of the way. Throughout are full-color photos and maps, helpful tips, and tailored hike specs with information on leash requirements, trail surface, other trail users, and more. You'll also find important advice about hiking with dogs and preparation before you hit the trail. Grab the leash, don your pack, and get ready for an adventure that will have tails wagging for days to come.

### **The Florida Trail Guide**

### **America's Great Hiking Trails**

North Carolina resident and local writer Jason Frye provides an insider's look at the Tar Heel State, from the Outer Banks to Charlotte to the Blue Ridge Mountains. Frye includes unique trip ideas like Garden Weekends and offers activities for all interests. Packed with information on dining, transportation, and accommodations, this guide also provides options for a range of travel budgets. Complete with details on finding the state's best golf courses, kayaking around Bald Head Island, and browsing through antique shops and art galleries in New Bern, Moon North Carolina gives travelers the tools they need to create a more personal and memorable experience.

### **The Florida Trail**

Hiking Central Florida describes thirty of the region's best and most varied hikes, those that offer the chance to observe unspoiled, natural Florida at its finest. With terrain ranging from wet cypress swamps to dry pinewood forests, the region offers subtly striking scenery and it harbors rich diversity. Covering the area from Ocala to State Road 60 near Lake Wales and Yeehaw Junction—and also embracing the

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northern stretch of the Florida Trail in the Ocala National Forest and the Bulow Plantation/Bulow Creek hike on the Atlantic coast—this user-friendly guide takes you from short family hikes in places such as Canaveral National Seashore, to backpackers' delights. It provides all the information you need to make the most of exploring Central Florida by foot. Look inside to find:

- Hikes suited to every ability
- Directions to the trailheads
- Comprehensive trail descriptions and maps
- Mile-by-mile directional cues
- Difficulty ratings, average hiking times, and best hiking seasons for every featured hike
- Area-specific tips on safety, hiking ethics, plants and animals, preserving the environment, and more

### **50 Hikes in North Florida**

Get inspired and get ready to hit the road with the ultimate guide to America's best road trips! The Open Road: 50 Road Trips Across the USA features:

- Strategic lists and road trip options: Choose from lists of the best coastal drives, cross-country journeys, trips for kids, awe-inspiring views, and more
- Flexible itineraries: 50 different road trips organized by region gear you up for any adventure, from a weekend getaway to a cross-country trip
- Can't-miss stops from coast to coast: Leaf-peep along the Blue Ridge Parkway, look for wildflowers on Arizona's Apache Trail, or gaze at the mysterious Marfa Lights blinking over the West Texas desert. Snap selfies with kitschy roadside attractions along Route 66, cross the Continental Divide in Colorado, and fall asleep to the sound of crashing waves at your campsite in Big Sur
- The best local flavors: Eat your way through Vermont's farms, dairies, orchards, and maple houses or indulge in gulf shrimp and fried okra in the South. Sample oysters and craft beers in Oregon or stop for shave ice along the scenic Oahu Coastal Loop
- Expert advice from seasoned road-tripper Jessica Dunham
- Comprehensive planning resources: Easy-to-use maps, helpful info on things to do, lodging, and dining for every route, clear directions to each route's starting point, and tips for minimizing your environmental impact along the way
- Gorgeous, full-color photos and a fold-out map
- Essential tips for health and safety on the road, navigating weather conditions, strategies for road-tripping with kids and four-legged friends, and playlists and podcasts to soundtrack your adventure

Whether you're hugging the coast or driving the Loneliest Road, find your adventure with The Open Road: 50 Road Trips Across the USA. For more in-depth information on a specific road trip, check out Moon's bestselling road trip guides.

### **Walking the Keys to Happiness**

Have you ever wondered how it would feel to escape from the daily grind for a while? Maybe you want to get away from family and work obligations and at the same time get fit, reconnect with nature, or walk to raise funds for a charity? In this book you will find motivation, strength and encouragement to get you started with your own individual walk to happiness. You will find plenty of useful information as well as amusing anecdotes from the author's week long walk of The Florida Keys.

### **Gators, Guts, & Glory: Adventures Along the Florida Trail**

Using this comprehensive hiker's guide to travel services along Florida's National Scenic Trail, you can plan a weekend, a week, or an entire walk across Florida

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using the logistical details for hikers and backpackers presented in this book. Covering more than 1,400 miles of hiking on the Florida Trail and connected footpaths, The Florida Trail Guide offers you hundreds of starting points for a walk in the woods, Florida-style. Spanning from the edge of the Everglades to Gulf Islands National Seashore in Pensacola Beach, the Florida Trail is one of America's great National Scenic Trails. With statewide volunteer efforts coordinated by the Florida Trail Association since 1966, the route of the trail leads you through the most diverse landscapes you'll find along a trail in a single state. From tropical forests in South Florida to the deep ravines and Appalachian-like bluffs of Northwest Florida, hikers enjoy an extraordinary amount of scenery on a trail that is best enjoyed from October through April. The trail passes by and through many small towns and several cities and is within an hour's drive of most of Florida's major cities. Included in this guide are a full map of the trail, 36 regional overview maps, 63 town maps with service details for towns located along or close to the trail, GPS coordinates for several hundred trailheads and trail access points, at-a-glance services icons, section and thru-trail mileage, mileage charts with point-to-point details based on trail landmarks, calculated mileages between designated campsites, post office locations and hours, hotels and campgrounds near the trail, contact information for thousands of services, permit requirements, important precautions, and basics you should know about hiking in Florida. Links are included to let you expand on the details in this book with online resources.

### **Wetland Trail Design and Construction**

A guide to 50 hikes and backpacking trips in the northern Florida peninsula, ranging from State Road 40 to the Georgia border and east of the panhandle.

### **Moon South Florida & the Keys Road Trip**

At the heart of Walking Distance: Extraordinary Hikes for Ordinary People are firsthand descriptions of thirty of the world's best long-distance hikes on six continents—including personal anecdotes, historical backgrounds, and useful tips—accompanied by stunning full-color photographs and maps.

### **A Thousand-Mile Walk to the Gulf**

A wickedly smart, funny, and irresistibly off-kilter account of an improbable thousand-mile journey on foot into the heart of modern Florida, the state that Russell calls "America Concentrate." In the summer of 2016, Kent Russell--broke, at loose ends, hungry for adventure--set off to walk across Florida. Mythic, superficial, soaked in contradictions, maligned by cultural elites, segregated from the South, and literally vanishing into the sea, Florida (or, as he calls it: "America Concentrate") seemed to Russell to embody America's divided soul. The journey, with two friends intent on filming the ensuing mayhem, quickly reduces the trio to filthy drifters pushing a shopping cart of camera equipment. They get waylaid by a concerned citizen bearing a rifle; buy cocaine from an ex-wrestler; visit a spiritual medium; attend a cuckold party. The narrative overflows with historical detail about how modern Florida came into being after World War II, and how it came to be a petri dish for life in a suddenly, increasingly diverse new land of minority-

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majority cities and of unrivaled ethnic and religious variety. Russell has taken it all in with his incomparably focused lens and delivered a book that is both an inspired travelogue and a profound rumination on the nation's soul--and his own. It is a book that is wildly vivid, encyclopedic, erudite, and ferociously irreverent--a deeply ambivalent love letter to his sprawling, brazenly varied home state.

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