



Legend

- Info Center/Park Headquarters
- Florida National Scenic Trail
- Trail Identifier
- Location Identifier
- Hiking Trail/Trailhead
- Canoe Trail/Access Point
- Paved Shoulder/Bike Lane/Bike Trail
- Multi-use Path
- Equestrian Trail

Recreation Areas (R.A)

	Camping	Fishing	Hiking	Biking	Canoeing	Equestrian	Swimming
Bear Lake R.A.	•	•	•	•	•	•	•
Karick Lake R.A.	•	•	•	•	•	•	•
Krul Lake R.A.	•	•	•	•	•	•	•
Coldwater R.A.	•	•	•	•	•	•	•
Hurricane Lake Area	•	•	•	•	•	•	•
Red Rock R.A.	•	•	•	•	•	•	•
Bone Creek R.A.	•	•	•	•	•	•	•
Rocky Bayou S.P.	•	•	•	•	•	•	•
Fort Pickens Area	•	•	•	•	•	•	•
Naval Live Oaks Area	•	•	•	•	•	•	•
Perdido Key Area	•	•	•	•	•	•	•
Opal Beach Area	•	•	•	•	•	•	•
Big Lagoon S.P.	•	•	•	•	•	•	•
Blackwater River S.P.	•	•	•	•	•	•	•
Navarre Beach C.P.	•	•	•	•	•	•	•

Blackwater River State Forest Area

Florida's largest state forest offers outdoor enthusiasts over 210,000 acres of forest, streams and lakes.

- 1. Jackson Red Ground Trail - 21 miles** Beginning in Blackwater River State Forest at Ted Rock and winding north to Karick Lake Recreation Area, the trail follows a historic Indian settler trade route used in 1818 by General Andrew Jackson.
- 2. Sweetwater Trail - 1.25 miles** This trail runs from Bear Lake to Krul Recreation Area. It includes a suspension bridge over Sweetwater Creek.
- 3. Wiregrass Trail - 12.7 miles** This trail winds through some of the best remaining examples of the longleaf pine/wiregrass ecosystem in the world. It also passes through a beautiful bog containing carnivorous plants.
- 4. Juniper Trail - 6.75 miles / Blackwater River Trail - 6.4 miles** Certified as a segment of the Florida National Scenic Trail, the Juniper Creek Trail runs parallel to Juniper Creek. The Blackwater River Trail begins at the state park and traverses south across the Blackwater River.
- 5. Bear Lake Hiking Trail - 4 miles** Trail circles a 107-acre lake with camping, picnicking, and a kitchen pavilion.
- 6. Bear Lake Mountain Bike Trail - 6 miles** Enjoy this loop trail around Bear Lake that also connects to other dirt roads allowing for additional exploration of the forest.
- 7. Sweetwater Creek / Juniper Creek Canoe Trail - 11 miles** The upper Sweetwater Creek is narrow with winding curves. Upon joining Juniper creek, the stream opens up and the curves become gentler with white-sand bottoms and wide sandbars.
- 8. Blackwater River Canoe Trail - 31 miles** This canoe trail lined with cedar, maple, and cypress, flows through the Blackwater River State Forest and ends at Deaton Bridge.
- 9. Coldwater Creek Canoe Trail - 18 miles** Spring-fed, this brisk stream is refreshingly cool with a sandy bottom and broad sandbars recalling the sugar-white sands of nearby Gulf Coast beaches.
- 10. Coldwater Creek Equestrian Trail System - 50 miles** Blackwater River State Forest boasts more than 50 miles of horse trails centered around Coldwater Recreation Area on the banks of Coldwater Creek.
- 11. Blackwater Heritage State Trail - 10 miles** Bike, walk, jog and roller-blade alongside the old Florida and Alabama Rail Line connecting Milton and Whiting Field. The 10-mile trail includes the Blackwater Heritage State Trail and the northernmost 1.5 miles is officially the Military Heritage Trail.
- 12. Blackwater River State Park** This 590-acre park is an outdoor delight for hiking, canoeing, camping, swimming, fishing, nature studies, and more. Hikers can enjoy longleaf pine forest, cypress swamps, and American white cedar woodlands.
- 13. Old Spanish Trail - 7 miles** This historic route was paved with locally produced bricks in 1921.
- 14. Marquis Basin / Blackwater River Canoe / Kayak Trail - 1.5 miles** Canoe and kayak through a beautiful bayou and the Blackwater River. Access at northern recreation area of Russell Harbor Landing Park in Milton.
- 15. Juniper Creek Primitive Area Mountain Bike Loop Trail - 8 miles** Mountain bike loop trail on the east side of Juniper Creek. Park at the Red Rock Road creek-side parking area and ride one mile east to Red Gate #2. Then follow the yellow blazes.
- 16. Old River Trail - 0.5 miles** This short hiking and biking trail follows the Blackwater River, connecting Russell Harbor Landing Park to the Navy Boat Docks. Trail access at northern recreation area of Russell Harbor Landing Park in Milton.
- 17. Blackwater Maritime Heritage Trail** Enjoy a virtual tour learning about the historic and natural resources found along your paddle or boating exploration of the Blackwater River and Blackwater Bay. This virtual tour can be found at Bagdad Mill Site Park.

18. Bagdad Mill Site Park

Once home to one of the largest southern pine sawmills on the Gulf Coast, the 21 acre Bagdad Mill Site Park is now home to one of the areas largest waterfront parks. Enjoy the paved multiple use trail that circles the park with views of the Blackwater River and Pond Creek, or enjoy the large open space for flying kites or throwing Frisbees or footballs.

Eglin Air Force Base Recreation Area

There are 464,000 acres of diverse habitat in Eglin, with miles of trails and canoe routes. Eglin Trail alone provides over 70 miles of outdoor enjoyment. Eglin AFB has the most old growth longleaf pines left in the world, some over 500 years old.

19. Timberlake Mountain Bike Trail System - 26 miles

A mountain biker's dream. Although hikers and runners are permitted on the trail system, horses are not and right-of-way is given to cyclists.

20. Yellow River Canoe Trail - 56 miles

The upper portion of the Yellow River is a fast-flowing stream draining the Western Highlands and Florida's highest elevation. Downstream, the river deepens and slows as it passes through cypress and gum swamps.

21. Fred Gannon Rocky Bayou State Park

The park is noted for its forest where large, mature sand pines tower over other scrub vegetation such as rosemary, reindeer moss and scrub oaks. With one mile of shoreline running within the park, it's the perfect location for fishing, boating and nature study.

22. Eglin Trail - 70+ miles

This hiking trail winds through longleaf pine forests, crossing numerous spring-fed creeks. Also, catch a glimpse of rare steepheads and bogs of pitcher plants and other carnivorous plants.

23. Shoal River Canoe Trail - 27 miles

A nature lover's dream, the Shoal River is surrounded by maple, birch, oak, gum, and cypress forests, and passes by high sandy hills and broad sandbars.

24. Yellow River Ravines Trail

This trail winds through the Yellow River Ravines, known for a unique natural community called steephead ravines. Access and parking available just west of the Harold Store along Highway 90.

Gulf Islands National Seashore

One of the top five most-visited National Parks in the United States, the national seashore showcases 52 miles of protected, snowy-white beaches with fertile coastal marshes, 19th century forts, shaded picnic areas, winding nature trails, abundant wildlife, and comfortable campgrounds.

25. Naval Live Oaks Area

This mainland forest offers hikers and bikers a likely encounter with wildlife. Commonly spotted animals include five-line skinks, gray squirrels, and a variety of birds such as osprey, belted kingfishers, and woodpeckers.

26. Opal Beach Area

A part of the Gulf Islands National Seashore, Opal Beach provides a great stop along the seashore trail to enjoy wildlife, take a dip in the Gulf waters and take a picture.

27. Perdido Key Area

Perdido translates to "lost," and that is the magic of this tranquil beach area. Take pleasure in 247 acres on the barrier island, located about 15 miles west of Pensacola.

28. Seashore Trail - 29 miles

Enjoy the beginning of the Florida National Scenic Trail at historic Fort Pickens in the Gulf Islands National Seashore. The trail winds through large sand dunes, coastal scrub and stunted forests, with striking views of the Gulf of Mexico. Paved portions are multiple use.

29. Historic Fort Pickens Area

The perfect getaway for fishing, diving, and camping, this area also offers a memorable experience for hikers and bikers. Stroll along Blackbird Marsh and Dune Nature Trails and discover the variety of island life.

30. South Santa Rosa Loop Trail - 40 miles

Created for experienced joggers, cyclists, inline skaters, and hikers, this route includes multiple use trails and paved shoulders. It begins at the Navarre Beach Nature Walk, traverses through scenic Gulf Islands National Seashore, crosses the Pensacola Beach Bridge, and returns through Gulf Breeze along U.S. Highway 98 and Soundside Drive (399) to Navarre.

31. Navarre Beach Marine Park

Explore this park to see three attractions above and below sea level: Navarre Beach Marine Science Station, Navarre Beach Sea Turtle Conservation Center, and the Navarre Beach Marine Sanctuary and Artificial Reefs. There are three artificial reefs (East Sound Side Reef, West Sound Side Reef and the Gulf Side Reef), each perfect for snorkeling and diving around.

32. Big Lagoon State Park

Covering more than 700 acres, Big Lagoon offers camping, hiking, swimming, boating, fishing and crabbing. Take advantage of guided walks, campfire programs, recreational skills instruction and a 40-foot coastal observation tower.

33. Garcon Point Trails/Yellow River Marsh Preserve State Park - 2.7 miles

These two short hiking trails, including a 1.5 mile loop trail and a 1.2 mile spur trail, wind through a wet prairie system and feature orchids, endangered white-top pitcher plants, other insect eating plants, and abundant birds.

34. Scenic Highway Bike Route

This beautiful roadway is noted for its striking vista of Escambia Bay viewed primarily through natural wooded landscapes, varying from wetland areas to upland bluffs.

35. Avalon Bike Route

This paved shoulder bike lane begins at Interstate 10 south of Milton at the Avalon exit and crosses south over Garcon Point. Stop and enjoy the Garcon Point Hiking trails along the way. Continue south over East Bay to connect to Tiger Point in south Santa Rosa County.

36. Highway 87 Bike Route

This paved shoulder bike lane along the highway connects Santa Rosa County Blackwater River State Forest and Navarre Beach. Take your time and enjoy the many trails along the way.

37. Perdido River Canoe Trail - 9 miles

This trail gently curves past forests of pine and cypress. The sand bottom is visible through the clear water, and large white sandbars are numerous along bends in the river.

38. Florida Circumnavigational Saltwater Paddling Trail

Enjoy a part of Florida's longest and most ambitious sea kayaking trail, stretching 1,515 miles along the entirety of Florida's coast. Explore the waters of Gulf Islands National Seashore as a special treat.

39. UWF Multi Use Nature Trails

Catering to hikers, joggers, cyclists, and equestrians alike, the University of West Florida offers miles of paths for public use. The Edward Ball Nature Walk meanders through a tree-shaded bayou filled with fish and turtles.



Red-Cockaded Woodpecker

Northwest Florida's open pine forests provide a superb habitat of one of the largest population of the Red-Cockaded Woodpecker in the world. This endangered bird requires old-growth longleaf pine and open understory for nesting and foraging.



Florida National Scenic Trail

The Florida national Scenic Trail is one of eleven national Scenic Trails designated by Congress. These national Scenic Trails are America's premier hiking trails for outdoor enthusiasts. When completed, the trail will stretch 1,300 miles through natural diversity and wonders of Florida.



Pitcher Plant

In all of the United States, the south-eastern coastal plain has the highest concentration of different species of carnivorous plants. Northwest Florida is the center of this diversity. Its fresh water bogs, swamps, moist pinelands, and wet areas inhabit more than 35 species, mostly, Florida's rare and endangered pitcher plant.



Florida Canoe Trail

In 1979, Florida established a network of recreational canoe trails as a way for people to explore Florida. Many of the 38 public canoe trails, which cover more than 1,000 miles of scenic waterways, are situated in northwest Florida. For this reason, the region has become known as "Florida's Canoe Capital."



Our White Sand

Northwest Florida boasts some of the world's whitest beaches. Composed of pure quartz crystal washed down from the Appalachian Mountains, the sand accumulates in sand bars along river bends and streams on its way to the emerald waters of the Gulf of Mexico.



Greenways

Toward creating a more sustainable Florida, efforts are in place to designate and connect greenways and trails throughout the state. Greenways are open spaces along natural corridors such as rivers converted to recreational use; natural or landscaped passages; or open space connectors linking ecosystems.



Rules & Regulations:

- » Respect trail use and other postings and regulations as specified by land owners and indicated on the map.
- » Camping is permitted in designated areas only.
- » The removal or injury of any plants or animals is prohibited (except game species during designated hunting season).
- » No littering. If trash receptacle is unavailable, please pack out refuse.
- » Possessions of alcoholic beverages is prohibited in posted areas.
- » Glass containers are prohibited on all state forest waterways and in swimming areas.
- » Swim only in designated areas and at your own risk.
- » Be a low-impact-to-trail user. Stay on designated trails at all times and use boardwalks to cross over dunes. Most dune plants are protected because they help control dune erosion.
- » Trails may pass through areas where hunting is permitted. Wear "hunters orange" during the hunting season. Check with land managers for hunting season dates.
- » Campfires and pets are prohibited in many public areas. Become familiar with the regulations before your trip. If building a fire, use only dead-and-down wood. Your best bet is to use a camp stove and avoid fires altogether.

Leave No Trace:

- » Plan ahead and prepare
 - » Minimize campfire impacts
- » Travel and camp on durable surfaces
 - » Respect wildlife
- » Dispose of waste properly
 - » Be considerate of other visitors

Safety Tips:

- » Drink plenty of water to avoid dehydration.
- » Please note that at some location, bicycle lanes and trails may be combined into a single-trail design.
- » Wear appropriate clothing and comfortable shoes.
- » Wear sunscreen, sunglasses, and a hat to protect against the sun.
- » Use insect repellent.
- » Always have a trail map and compass and know how to use them.
- » Don't ever approach or feed the wildlife.
- » Know your physical limitations.
- » Never swim alone; follow the buddy system.
- » Supervise children at all times.
- » Constantly monitor the skies for signs of bad weather.
- » If caught in a storm, take cover in the nearest shelter you can find; if you are in the water go to land immediately and take shelter. If shelter is not available, find a low-lying area away from trees, poles and other objects that conduct electricity.

Eglin Air Force Base Rules & Regulations

The Eglin AFB portion of the Florida National Scenic Trail is open to human foot traffic only. Persons 16 years or older must have a current Eglin permit in their possession when they enter Eglin AFB to engage in any outdoor activity. Overnight hikers are required to have a \$5 per night Eglin camping permit, and camping is allowed at designated campsites along the trail. The Eglin Reservation is closed to all public use and access two hours after sunset until two hours before sunrise except for camping in designated campsites. The Eglin AFB Natural Resource Branch (Jackson Guard Office) is located at 107 Highway 85 North Niceville, FL 32578. The natural resources branch may be contacted at (850) 882-4164.

To find the additional information about hiking through the Eglin AFB, visit JacksonGuard.com and Eglin.iSportsman.net/Regs.aspx.

Navarre Beach

FLORIDA'S PANHANDLE

To view more info on Navarre Beach go to:
GetRelaxing.com

Santa Rosa County Tourist Development Office
8543 Navarre Parkway
Navarre, FL 32566
(850) 981-8900

Local Clubs and Organizations

The Office of Greenways and Trails,
Florida Dept. of Environmental Protection
Dep.State.FL.us/GWT/Guide

West Florida Canoe & Kayak Club
WFCCK.com

Pensacola Off Road Cyclists
PORC.org

Blackwater Saddle Club
TheBlackWaterSaddleClub.com

Santa Rosa Historical Society
SantaRosaHistoricalSociety.com

West Florida Railroad Museum
WFRM.org

Florida Trail Association - Western Gate Chapter
WesternGate-FTA.org

Santa Rosa County Veterans Memorial
SantaRosa.FL.gov/VetPlaza

Main Street Milton
MainStreetMilton.org

Santa Rosa Arts & Culture Foundation
SRACF.org

Bagdad Waterfronts Florida Partnership
BagdadWaterfronts.org

Bagdad Village Preservation Association
Facebook.com/Bagdad-Village-Preservation-Association

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NORTHWEST FLORIDA NATURE TRAILS

Navarre Beach



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