



2026

TrailLink Unlimited 

Guides



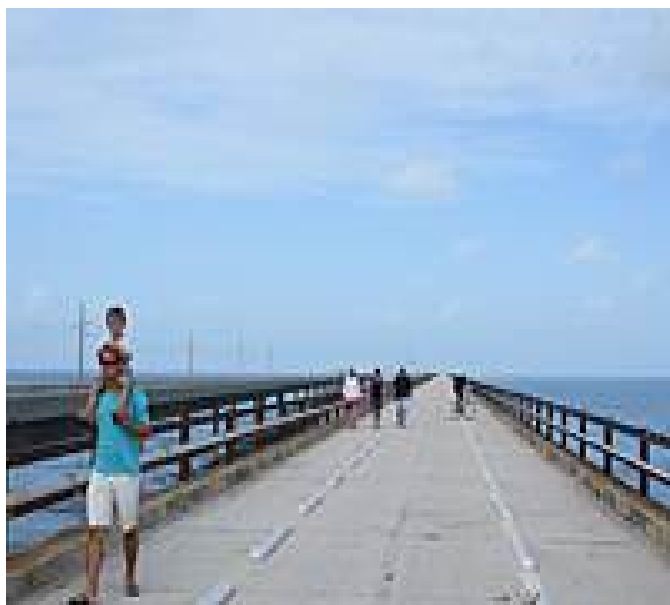
**Florida Keys
Overseas
Heritage Trail**
Florida



Florida Keys Overseas Heritage Trail

Florida

The Florida Keys Overseas Heritage Trail (FKOHT) stretches the 106 miles along the length of the Florida Keys, from Key Largo to



The Florida Keys Overseas Heritage Trail (FKOHT) stretches the 106 miles along the length of the Florida Keys, from Key Largo to Key West, the southernmost point of the continental United States.

About the Route

Currently, 90 miles of the FKOHT are composed of off-road sections of multi-use trail. The trail runs parallel to US Highway 1 for its entire route. Note that users will have to share the road with vehicles in some parts of the route, including the 15 miles of the trail made up of on-road sections. Use extreme caution as some areas have narrow shoulders, causing potentially dangerous traffic encounters.

Tracing the course of Henry Flagler's old railroad line, FKOHT includes 23 of the rail bridges, the longest of which is 7 miles. Some of these have been converted back to their original configuration, but with added safety rails and an asphalt surface. To accommodate fishing, platforms have been added to some of the reconditioned spans, including the 2.2-mile-Long Key Bridge and smaller spans at Channel 2, Toms Harbor, and Toms Harbor Cut. In addition, the trail links a number of superb natural areas and historic sites.

Additional highlights include:

- Lower Matacumbe Key to Channel 5 historic bridge, 5.5 miles (MM 72-MM 77.5)
- Long Key Trail & Bridge, 2.2 miles (MM 65-MM 68.5)
- Grassy Key Trail, 4 miles (MM 54.5-MM 58.5)
- Toms Harbor/Toms Harbor Cut, 5 miles (MM 60.5-MM 61.5)
- Saddlebunch Trail, 4 miles (MM 11-MM15)
- Knight's Key Trailhead to Pigeon Key, 2 miles (MM45-MM 47)
- Dagny Johnson Key Largo Hammock State Park
- John Pennekamp Coral Reef State Park
- Windley Key Fossil Reef Geological State Park
- Indian Key Historic State Park
- Lignumvitae Key Botanical State Park
- San Pedro Underwater Archaeological Preserve
- Curry Hammock State Park
- Bahia Honda State Park
- Fort Zachary Taylor Historic State Park

Connections

The Florida Keys Overseas Heritage Trail is part of the developing East Coast Greenway, a 3,000-mile route from Florida to Maine.



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Florida Keys Overseas Heritage Trail

Florida

States: Florida

Counties: Monroe

Length: 106miles

Trail end points: Key Largo (MM 106 on US 1)
to Key West (MM 0 on US 1)

Trail surfaces: Asphalt, Concrete, Crushed
Stone, Sand

Trail category: Rail-Trail

Trail activities: Bike, Fishing, Inline
Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Florida Keys Overseas Heritage Trail runs between Key Largo (Mile Marker 106 on US 1) and Key West (Mile Marker 0 on US 1), with parking available at the northern end of the trail.

Additional parking is available at:

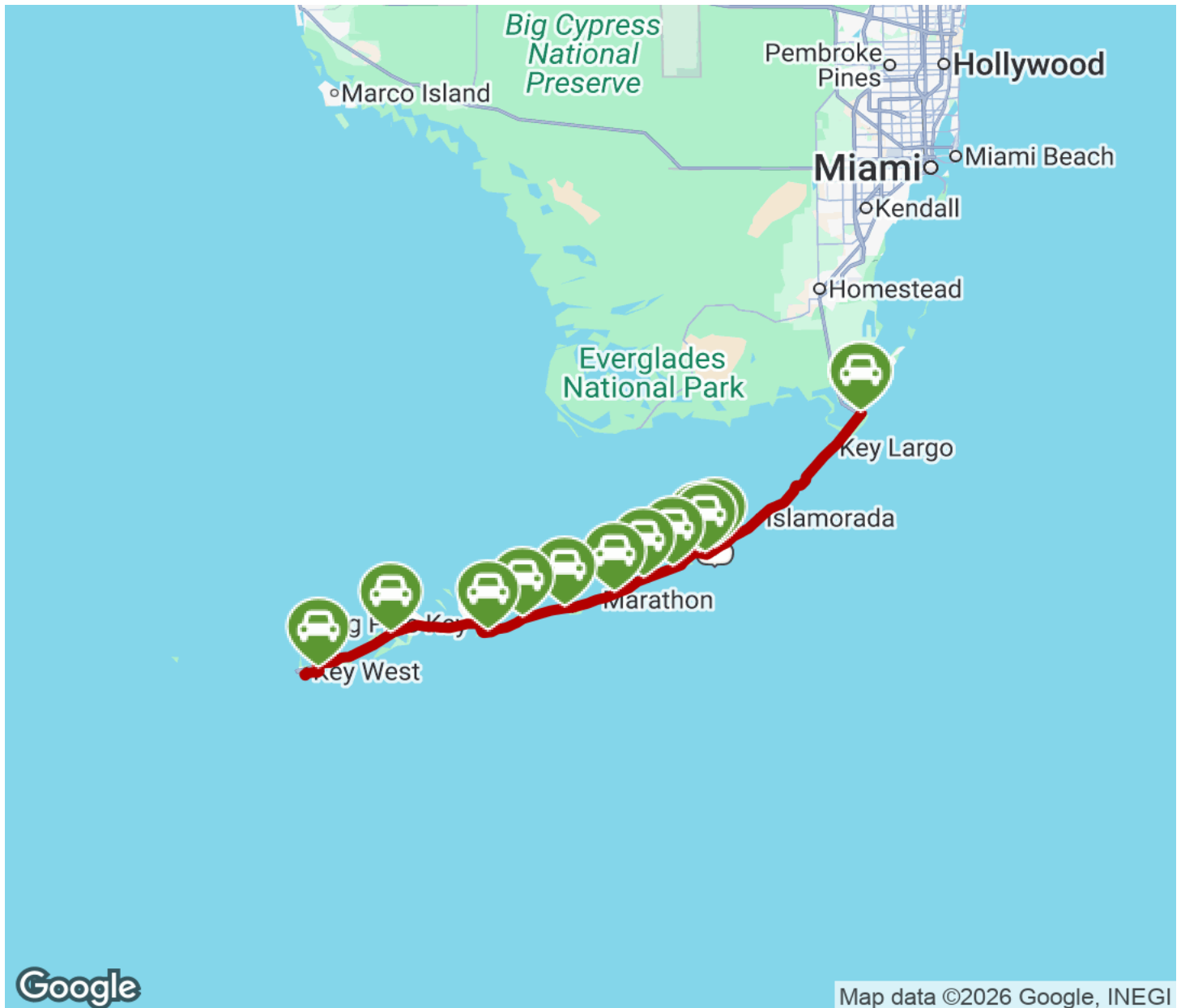
- 1982 Florida Keys Overseas Heritage Trail (Layton)
- Spanish Harbor Wayside, 33767 Florida A1A (Big Pine Key)

See [TrailLink map](#) for all parking options and detailed directions.



Florida Keys Overseas Heritage Trail

Florida



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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