2026-2027 Florida Keys Heritage Trail Bicycle Guide

by

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The Florida Keys Heritage Trail is 106 Miles Long, beginning in Key Largo and ending in Key West. Everything in the Keys goes by Mile Markers. So that is how I am going to break up this guide in 10-mile increments. The trail has been a work in progress since I

moved to the Keys in 1994. It appears there are several players involved with the construction and planning, so I would describe it as a bit “complicated”. This guide is for the casual rider who plans to explore the Keys by bike and take in the scenery. If your goal is to ride 20 mph, clip in and get to your hotel as fast as possible, this document is not for you. Even though the Keys goes Southwest, I will refer to everything as North or South. Key West being the Southernmost. We also use the term as “Oceanside” or “Bayside”. If you go south, the Bayside is on your right or also known as Florida Bay. So, the Ocean side is on your left or the Atlantic Ocean. Try keeping track of where you are by looking for the mile markers. If you don’t see one, look at a mailbox and the first two numbers are usually the mile marker.

Mile Marker 100 to Mile Marker 90 – Key Largo to Islamorada



I like starting at Bayside Inn Resort located at 99490 Overseas Hwy, Key Largo, FL 33037. It is right in front of the Heritage Trail. Just cross the street and you are on the trail. The Bayside Inn Resort gives a cyclist rate if you mention you were referred to by me.

- Ride 4 miles south on the trail.
- The trail ends at a stop sign. You must cross over to the Ocean Side to pick up the trail again at the 96-mile marker.
- The trail turns into a sidewalk at the 92-mile marker.
- The sidewalk takes you over Tavernier Creek Bridge and merges you onto a residential street known as “The Old Road” — we call it “Millionaire Row.”
- When you see Harbor Café, you are at the 90-mile marker, and you have to go in and have Cuban Coffee.



Saturdays 3 C's
Cycling
Cuban
Coffee

90 Mile Marker to 80 – Islamorada

The next 10 miles is on a residential road called The Old Highway. It was the original road when Overseas Highway was the actual railroad. The road is lightly traveled and tree covered. During the 10-mile leg, you will cross over two bridges that will give you an amazing Ocean and Bayside View. This is when you know you are in the Keys.

- Go South 3 Miles until you get to Founders Park. 87 Mile Marker.

- Cross the road and go visit the park. It’s a very nice park with an amazing bay view.
- Go next door to Rain Barrel Village. There is a great photo op with a lobster.



- Continue South and go over Snake Creek Bridge at the 86-mile marker. The only drawbridge in the Keys.


LAZER
SMITH

- Continue south over the second bridge, Whale Harbor Bridge at the 84 Mile Marker.
- Once over the bridge, safely cross the road to the Ocean Side and jump back onto the Old Highway.
- Bike 2 miles to the Hurricane Monument.



- Cross the street to the bayside and visit Morada Bay and Worldwide Sportsman.



- Continue South to the 80 Mile Marker.
- You are now entering Indian Key Fill. This is where the railroad connected some of the Keys with landfill to continue the Railroad.

80 Mile Marker to 70 – Indian Key

- The next 3 miles you will go over Indian Key fill which is a combination of bike trails and bridges. You will land at Robbie's Marina at the 77 Mile Marker.



- There is a nice bike trail on the bayside just below Robbie's Marina. You can't miss it. Stay on it for 5 miles until you get to Channel 5 Bridge at the 72 Mile Marker.
- This is the area where you will start hitting railroad bridges that were converted to bike bridges. They are beautiful. Just keep your eye out for the fishermen.
- Channel 5 Bridge is one of two large bridges in the Keys. It's about 2 miles long.
- On the south side of the bridge, you will be around the 70 Mile Marker.
- Cross over to the Bayside where the bike path will take you for 4 miles.





70 Mile Marker to 60 – Long Key

- You will pass Long Key State Park at the 67 Mile Marker.
- The Historic Long Key Pedestrian Bridge begins around the 66 Mile Marker and is 2 Miles Long. It's my favorite bridge to cycle over. Plenty of places to take some pictures.



- Once you are on the south side of Long Key Bridge you have a choice.
- If you have a gravel bike or hybrid, you can continue the trail because it's a combination of pavement, dirt and rock trail up until the 59 Mile Marker.
- Or if you have a road bike, you should cross over to the bayside and ride the bike lane until the 58 Mile Marker. Your tires will thank you.

60 Mile Marker to 50 – Marathon Key

When they were building the railroad, the workers said it was like running a “Marathon”. That’s how Boot Key got its name. There was even a labor camp on Pigeon Key nearby which you will see on the 7-Mile Bridge. Marathon from the road is like any small town with stores, gas stations and commercial properties. But when you get off the highway, it’s an amazing Key. The trail is basically a sidewalk once you get into town. This is a good place to end the ride for the day and get a fresh start in the morning on your way to Key West. There are a lot of amazing hotels in this town.

- When you get to the 58 Mile Marker, there is a path on the bayside called “Hell’s Tunnel.
- Stay on the path until you get to 7 Mile Bridge at the 47 Mile Marker. Like I said, it starts out as a nice trail but turns into a sidewalk in town. Some riders jump on the designated bike lane when in Marathon. Not a bad option.



7 Mile Bridge to Bahia Honda

- 7 Mile Bridge is 6.8 miles long and lands at the 40 Mile Marker.
- The shoulder is 6 feet wide. Best time to ride it is in the morning.
- Local cabs will take you over bridge as an option.
- Don’t make the mistake of taking the bridge to the right called “The Old 7 Mile Bridge.” It dead ends in 2.2 miles to Pigeon Key and you will be disappointed and have to go back to the starting point.



- When you reach the top of the bridge you are around the 43 Mile Marker.
- When you get near the bottom, you see “Fred,” the Christmas tree.


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40 Mile Marker to 30 – Big Pine Key

- The bike trail picks up on the south side of 7 Mile bridge at the 40 Mile Marker and takes you 10 Miles South to Big Pine Key.
- Continue another mile to 29 Mile Marker to Barry Ave and take a quick detour to Kiki's Sandbar. Great music and food.

30 Mile Marker to 20 – Little Torch Key


WELCOME
Kiki's Sandbar
BAR & GRILLE
$250 FINE



There is a nice trail called “State Road 4A Trail”. It goes from the 26 Mile Marker to the 20 Mile Marker.

- Ride south from Kiki’s on the bike lane on the bayside until you get to the 26 Mile Marker.
- You should see the State 4A Trail sign that dips into the woods. The trail is separated by a thick tree line from the highway.
- Go 2 Miles on the trail and it will take you back to the highway.
- Cross to the Ocean Side at the crosswalk and get back on the trail.
- Go over the next bike bridge. Once you get on the south side of bridge, take the crosswalk back over to the bayside. It will take you back on the path.
- You will go 3 Miles on the trail to the 20 Mile Marker. Like before, the trail will put you back on the highway.
- Cross the road and get on the trail and head south. You should be by a place called Mangrove Mama’s.



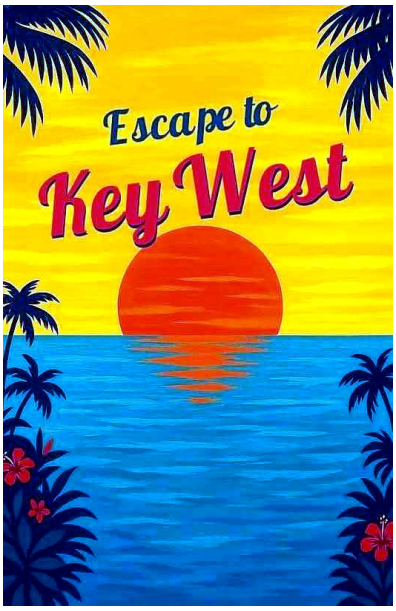
20 Mile Marker to 10 – Sugarloaf Key

- So, from the 20 Mile Marker to the 15 Mile Marker, you have to stay on the bayside and ride on the bike lane. It's the last time you have to ride a bike lane. After that is smooth sailing.
- At the 15 Mile Marker you have to stop at Baby's Coffee and grab a cup, use the free Wi-Fi and call your boss to say that you are quitting and moving to the Keys. Let your spouse know too.
- From the 15 Mile Marker there are a series of pedestrian bridges that are called "Saddle Bunch" Bridges. They used to be part of the railroad. There are still some ongoing renovations to the bridges, so you might have a detour on occasion.
- The path takes you to the 10 Mile Marker just north of Boca Chica Air Station.

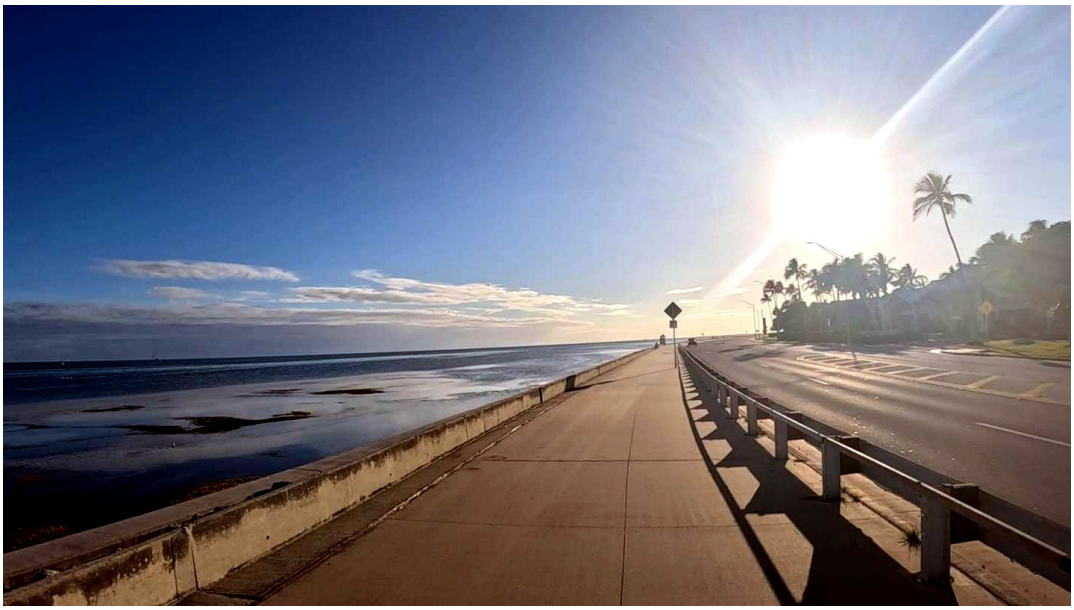

Phone
Phone
Yes



Just 10 Miles to Key West



- Continue on the bike path southbound.
- You will cross Boca Chica Air Station at the 8 Mile Marker. It’s not uncommon to see jets flying around.
- The trail will take you to the entrance of Key West at the 5 Mile Marker.
- You have a choice to go right on North Roosevelt Boulevard or left on South Roosevelt Boulevard. Go SOUTH! You will have to work through the traffic lights; we call it the “triangle”.
- The trail is a wide sidewalk, but who cares, you are in Key West.



- Turn your app on your phone and ask it to lead you to the Southernmost Buoy and use the bike icon. You really can’t get lost anymore.
- Take the path to Higgs Beach, then to the Southernmost.



You made it! Have fun in Key West. Remember, there are still pirates there, so lock your bike.

Your guide

Mark Terrill


Florida Keys
Bicycle Tour