

# Jacksonville's Timucuan Parks: Passport to Health

*Timucuan Preserve Edition*



# TABLE OF CONTENTS

---

Passport to Health

Exercise/ Activity Calorie Counter

Let's Get Started

Suggested Exercises

Health Benefits

Selected Parks

Theodore Roosevelt Area

Fort Caroline National Memorial

Kingsley Plantation

Fort George Island Cultural State Park

Little Talbot Island State Park

Big Talbot Island State Park

Dutton Island Preserve II

Kathryn Abbey Hanna Park

Timucuan Parks Foundation Map





## Passport to Health

This booklet introduces you to a fun and interactive way to get fit and healthier in Jacksonville's beautiful natural environments. The health benefits related to outdoor and natural fitness are important to overall physical and mental health. So get out there, and explore all that Jacksonville's parks have to offer!

### Some Reasons to Exercise Outdoors

- Increased exertion due to changes in terrain
- Better mood and increased mental acuity
- Increased intake of Vitamin D (Important in the maintenance of healthy bones and teeth)
- Family friendly
- No Gym Fees!

# Exercise/Activity

## Calorie Counter\*

Activity, Exercise or Sport (1 hour)	130 lb	155 lb	180 lb	205 lb
Cycling, mountain bike, bmx	502	598	695	791
Cycling,	236	281	327	372
Running, cross country	531	633	735	838
Frisbee playing, general	177	211	245	279
Horseback riding, walking	148	176	204	233
Orienteering	531	633	735	838
Hiking, cross country	354	422	490	558
Walking the dog	177	211	245	279
Walking 3.0 mph, moderate	195	232	270	307
Canoeing, camping trip	236	281	327	372
Kayaking	295	352	409	465
Paddle boat	236	281	327	372
Windsurfing, sailing	177	211	245	279
Surfing, body surfing or board surfing	177	211	245	279
Swimming, treading water, moderate	236	281	327	372

\*Source: [Nutrstrategy.com](http://Nutrstrategy.com)



# Let's Get Started

## Suggested Exercises



Walking



Biking



Hiking

Canoeing/Kayaking



Jogging/Running

Surfing



Dips

Swimming



Horseback Riding

Yoga



Pushups

Meditation



## Health Benefits

Heart health

Respiratory health

Muscle  
strengthening

Mental  
refreshment

Stress reduction

Vitamin D  
increase

Stronger bones

Concentration

# Theodore Roosevelt Area

13165 Mt. Pleasant Rd, Jacksonville, FL 32225

**Hours:** Sunrise to sunset

**Fees:** None



**Park Challenge:** Complete a 4.5 mile loop hike/run and burn at least 600 calories!

## **Health Benefits:**

Cardiovascular benefits, muscle strengthening, improved circulation, and greater mental acuity from walking/jogging

## **Trails and Exercises**

- 🌲 More than 5 miles of great trails that are well-shaded and runner-friendly with some tree- and root-jumps
- 🌲 Multiple trails for long distance or short distance runners or hikers
- 🌲 Trails go through aged woodlands and run along the St. Johns River
- 🌲 Trail hike – a beautiful vista at the end of the 1st mile, leading to an overlook at Round Marsh
- 🌲 Follow another trail that leads to the historic Willie Browne cemetery

## **Special Equipment and Family Notes**

- 🌲 Bring the jogging stroller for a workout.
- 🌲 Dogs are welcome on a leash
- 🌲 Surface Type - compact soil and litter fall
- 🌲 Very well shaded, keeping the trail cool
- 🌲 Located near the marsh – bring bug spray!



## THEODORE ROOSEVELT AREA TRAIL MAP



# Fort Caroline National Memorial

12713 Fort Caroline Rd., Jacksonville, FL 32225  
904-641-7111

**Hours:** 9 am to 5 pm, daily

**Fees:** None



## **Special Exercise:**

Complete the 1.2 mile hike in 20 minutes and burn 180 calories!

## **Health Benefits:**

Cardiovascular benefits, and improved circulation and mental acuity

## Trails and Exercises

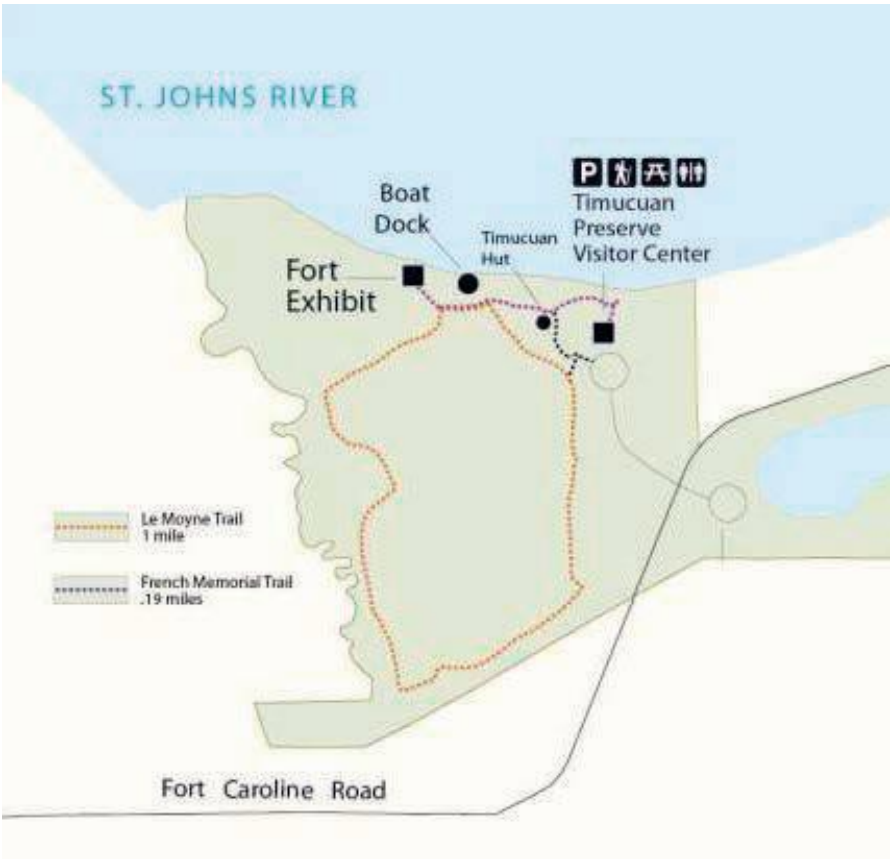
- 🌲 Running, hiking, and walking are great activities for this park
- 🌲 Stop by the Visitor Center and walk down the trail to the Fort. Stop at the St. Johns River overlooks. Enter the fort and climb the steps up the embankments for a beautiful view of the river. Keep your eyes out for dolphins and manatees!
- 🌲 Walk the 1.2 mile LeMoyne Trail loop through a peaceful maritime hammock. Expect some larger roots and elevation change.

## Special Equipment and Family Notes

- 🌲 Great family and pet-friendly park, with restrooms and picnic areas available at the Visitor Center.
- 🌲 Surface Type -Fairly well-shaded, compact soil and leaf litter, with some large roots. The trails to the Fort are compact soil to loose sand and shell. The trails are accessible with the stroller, but expect a workout!
- 🌲 Buggy - make sure to bring sunscreen and bug spray.



FORT CAROLINE NATIONAL MEMORIAL TRAIL MAP



# Kingsley Plantation

11676 Palmetto Rd, Jacksonville, FL 32226  
904-251-3537

**Hours:** 9 am to 5 pm

**Fees:** None



**Special Exercise:** Yoga on the lawn by the Ft. George River

**Health Benefits:** Mental relaxation

## Trails and Exercises

- Perfect park for a morning of relaxation and mental exercises like yoga and meditation.
- Walking and kayaking are some other recommended exercises to try here. Amazing historical significance and exhibits of Florida's history.
- Great park to couple with other parks in the area, like Ft. George or the Talbot Islands, for a full day of mental stimulation and muscle strengthening exercises and adventure!

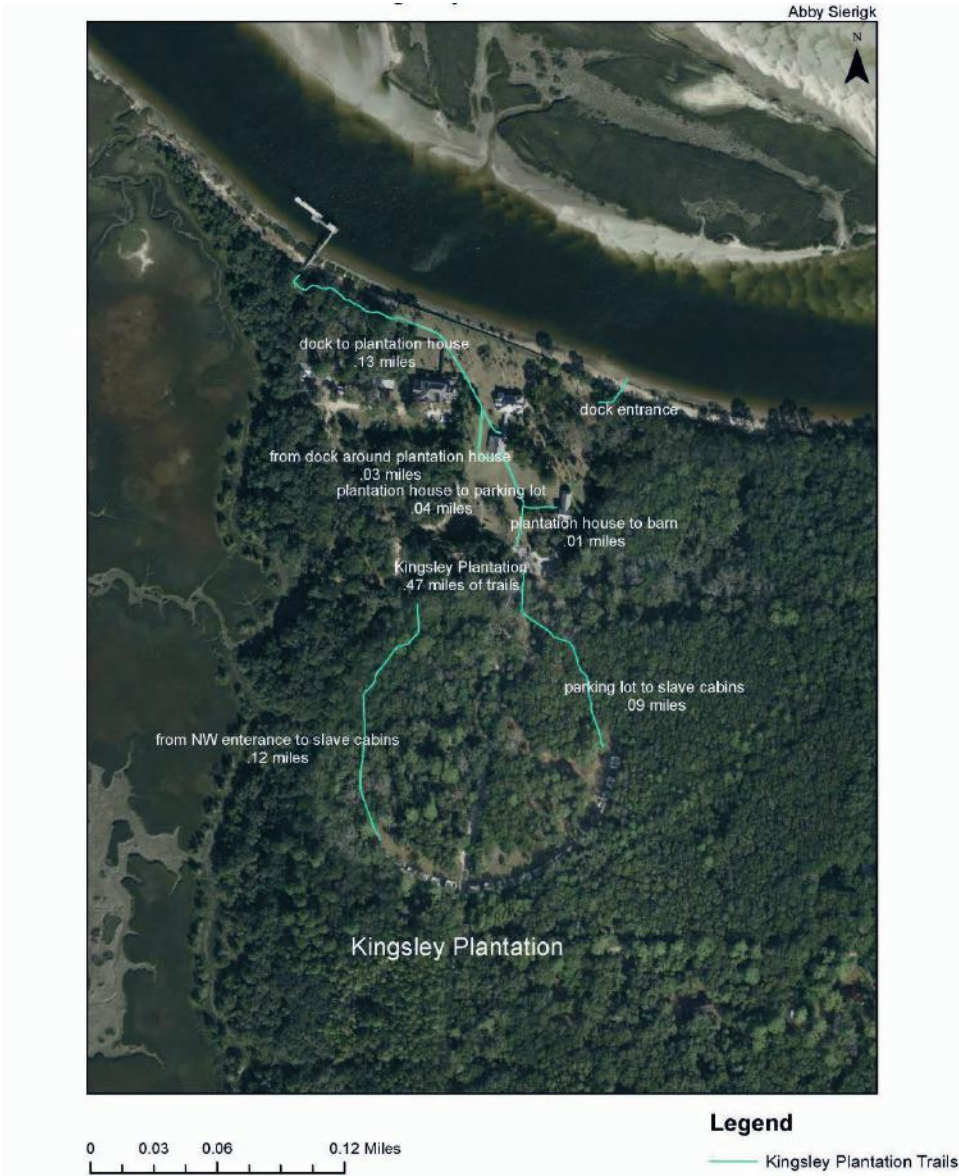
## Special Equipment and Family Notes

- Great family and pet-friendly park, with restrooms available at the Visitor Center.
- Surface Type – paved walkway and grassy terrain
- There are some shaded areas, but some of the exhibits are in the sun. Ensure you bring sunscreen and bug spray





# KINGSLEY PLANTATION TRAIL MAP



# Fort George Island Cultural State Park

11241 Fort George Rd, E., Jacksonville, FL 32226

**Hours:** Dawn to dusk

**Fees:** None



**Special Exercise:**  
Complete a run to Point Isabel and burn more than 250 calories!

**Health Benefits:**  
Cardiovascular Benefits from hike and run, increased circulation and mental acuity



## Trails and Exercises

- 🌲 Running, hiking, walking, and biking are great activities for this park
- 🌲 The three-mile loop trail takes you from the trailhead across the street from the Ribault Club Visitor Center, through the maritime hammock, out to the Point Isabel overlook, up and over Mt. Cornelia, and back to the Visitor Center
- 🌲 Kayak and canoe accessible behind the Ribault Club, with a launch into a protected salt marsh area

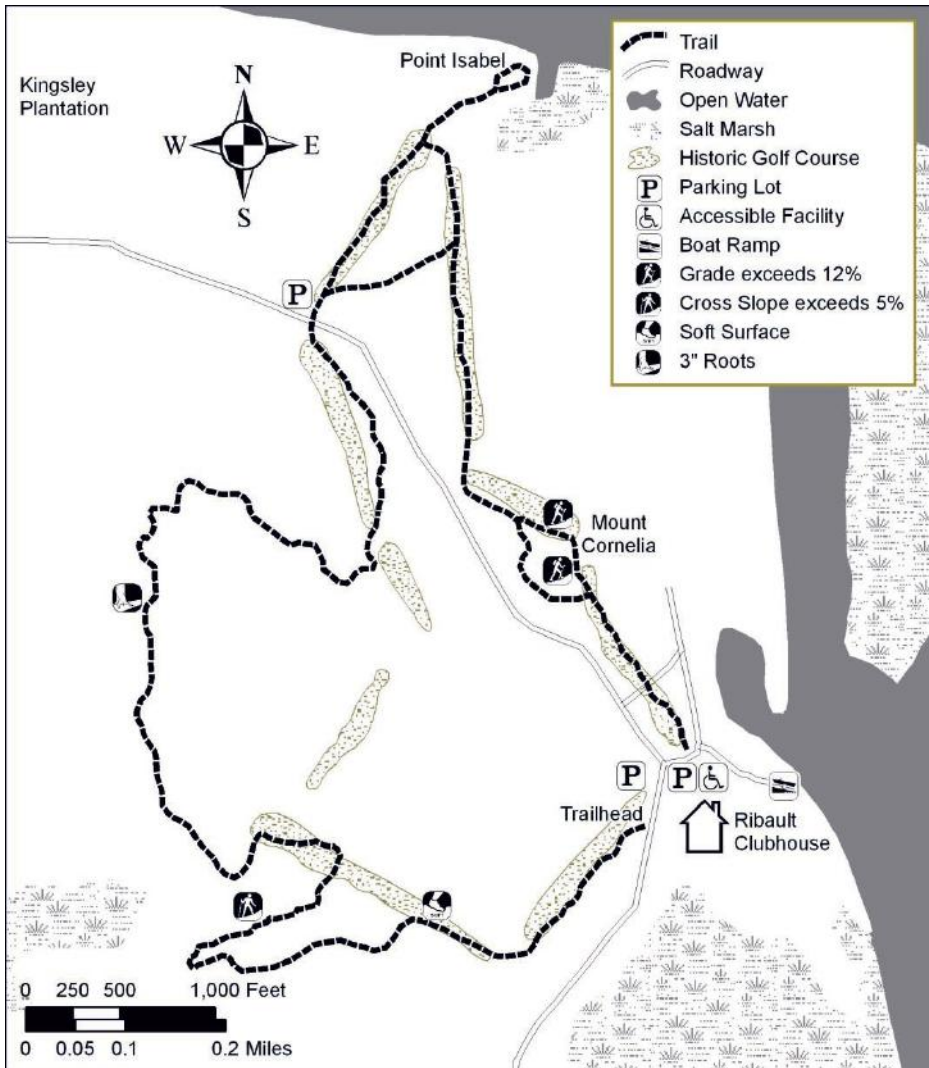
## Special Equipment and Family Notes

- 🌲 Great family and pet-friendly park, with restrooms available at the Ribault Club Visitor Center
- 🌲 Surface Type – mostly hard-packed and covered with leaf litter, but some softer sandy areas and large roots make it a workout for bicycles and strollers
- 🌲 Mostly well shaded, but very buggy! Bring sunscreen and bug spray.





## FORT GEORGE ISLAND TRAIL MAP



# Little Talbot Island State Park

12157 Heckscher Dr, Jacksonville, FL 32226

**Hours:** 8 am until dark

**Fees:** \$5/car & \$3/bike and pedestrian



## **Special Exercise:**

Amphibian Challenge -  
Bike and Swim

**Benefits:** Cardiovascular  
Benefits from hike and run,  
increased circulation and  
mental acuity

## **Trails and Exercises**

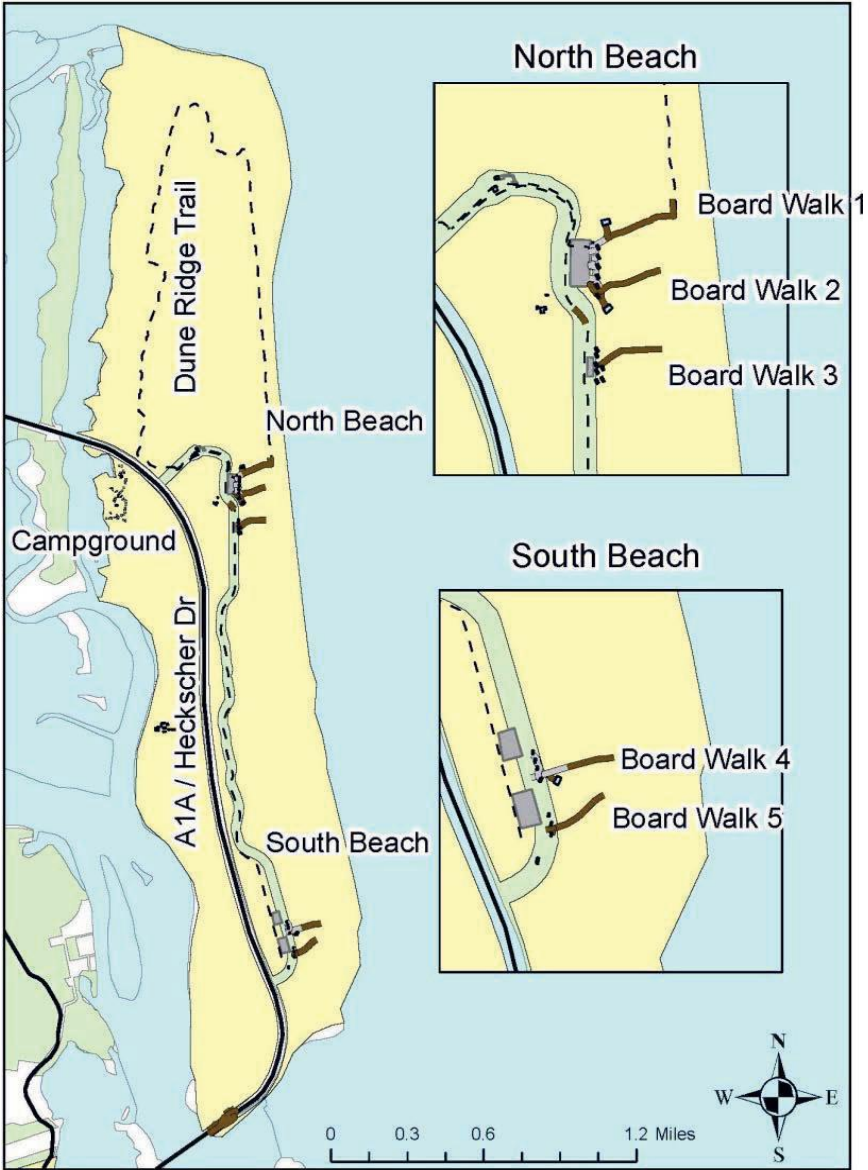
- 🌲 Running, hiking, surfing, walking, biking, and swimming are great activities for this park.
- 🌲 Four-mile Dune Ridge Trail – a longer hike through forested dune areas with elevation changes. Part of the Dune Ridge Trail is along the beach. (Watch out for high tides!)
- 🌲 2 miles of paved, off-road trail - excellent for bike riding (4 miles to the south end of the beach and back)
- 🌲 Miles of shoreline to surf, swim, bike, or build a sandcastle!

## **Special Equipment and Family Notes**

- 🌲 The beach is good for strollers. Bring a bathing suit. Restrooms and changing rooms available.
- 🌲 Surface Type - compact sand, loose sand, marsh, and pavement
- 🌲 Bring sunscreen for the beach and plenty of bug spray for the trail.
- 🌲 Pets are allowed on trails, but not on the beach.



# LITTLE TALBOT ISLAND STATE PARK TRAIL MAP



# Big Talbot Island State Park

State Road A1A, just north of Little Talbot Island, Jacksonville, FL 32226  
904-251-2320

**Hours:** 8 am to dusk, daily

**Fees:** \$3/vehicle, \$4 for boat ramp use



**Special Exercise:** Complete the 6-mile round trip bike ride of the Timucuan Trail and burn 300 calories!

## Health Benefits:

Cardiovascular benefits from biking, increased circulation and mental acuity

## Trails and Exercises

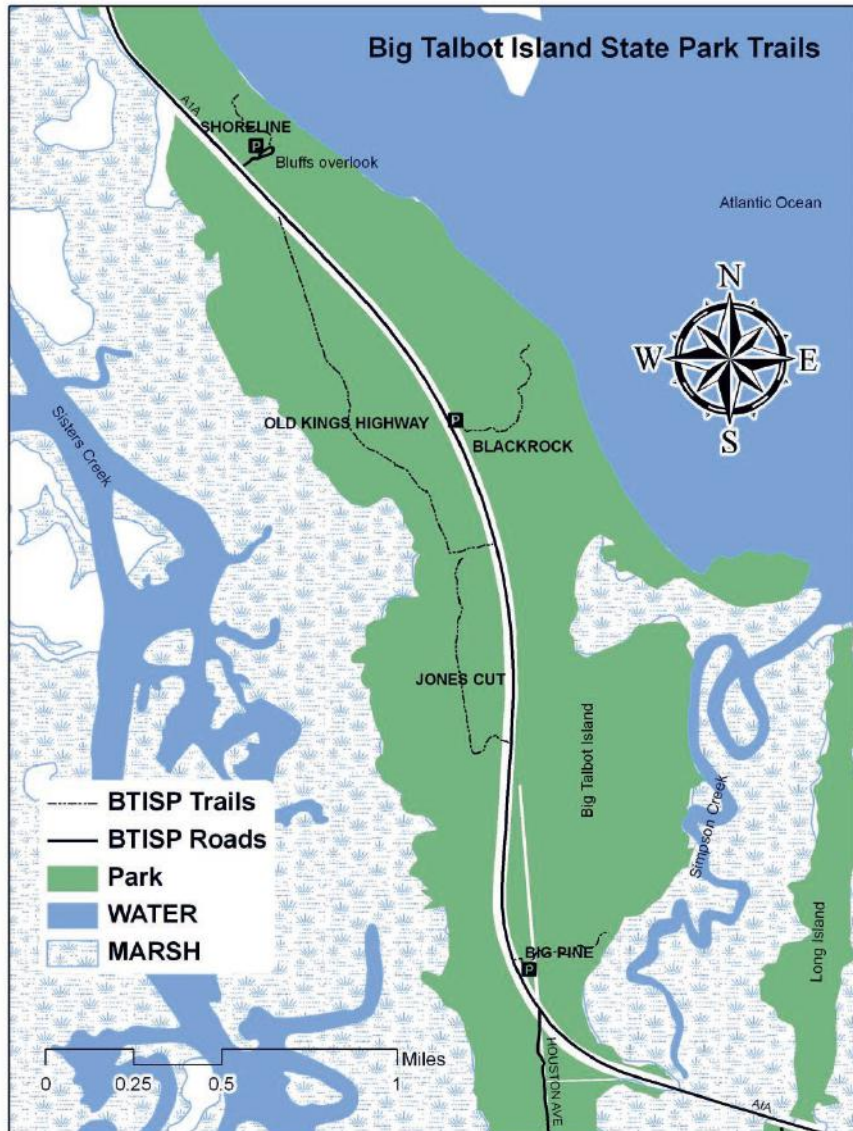
- 🌲 Multiple trails for long or short distance runners and hikers, several compact sand trails
- 🌲 Paved, 1.5-mile off-road bike path parallels the road and runs the length of the island – great for bicyclists of all ages! (For a longer ride, continue across the George Crady Bridge and up to the 6-mile bicycle trail on Amelia Island)
- 🌲 Enjoy some mental relaxation and increased mental acuity with a walk along “Boneyard Beach” (accessible from the Blackrock Trail parking area) or the “Shoreline Trail” (from The Bluffs parking lot)

## Special Equipment and Family Notes

- 🌲 Great family and pet-friendly park, with restrooms available at The Bluffs picnic and parking area on the north end of the island.
- 🌲 Surface Type –Bicycle path is paved. Trails off the bike path are fairly compact with sand and leaf litter.
- 🌲 Buggy – make sure to bring sunscreen and bug spray
- 🌲 Pets are allowed on the trails, but not on the beach.



# BIG TALBOT ISLAND STATE PARK TRAIL MAP





# Dutton Island II Preserve

793 Dutton Island Rd. W., Atlantic Beach, FL 32233

**Hours:** 8 am until dark (summer hours are 7:30 am to 8:30 pm)

**Fees:** None



**Special Exercise:** 1.4 mile loop hike/run

## Health Benefits:

Cardiovascular Benefits from hike and run, increased circulation and mental acuity. Running can strengthen muscles and build strong bones, as it is a weight-bearing exercise

## Trails and Exercises

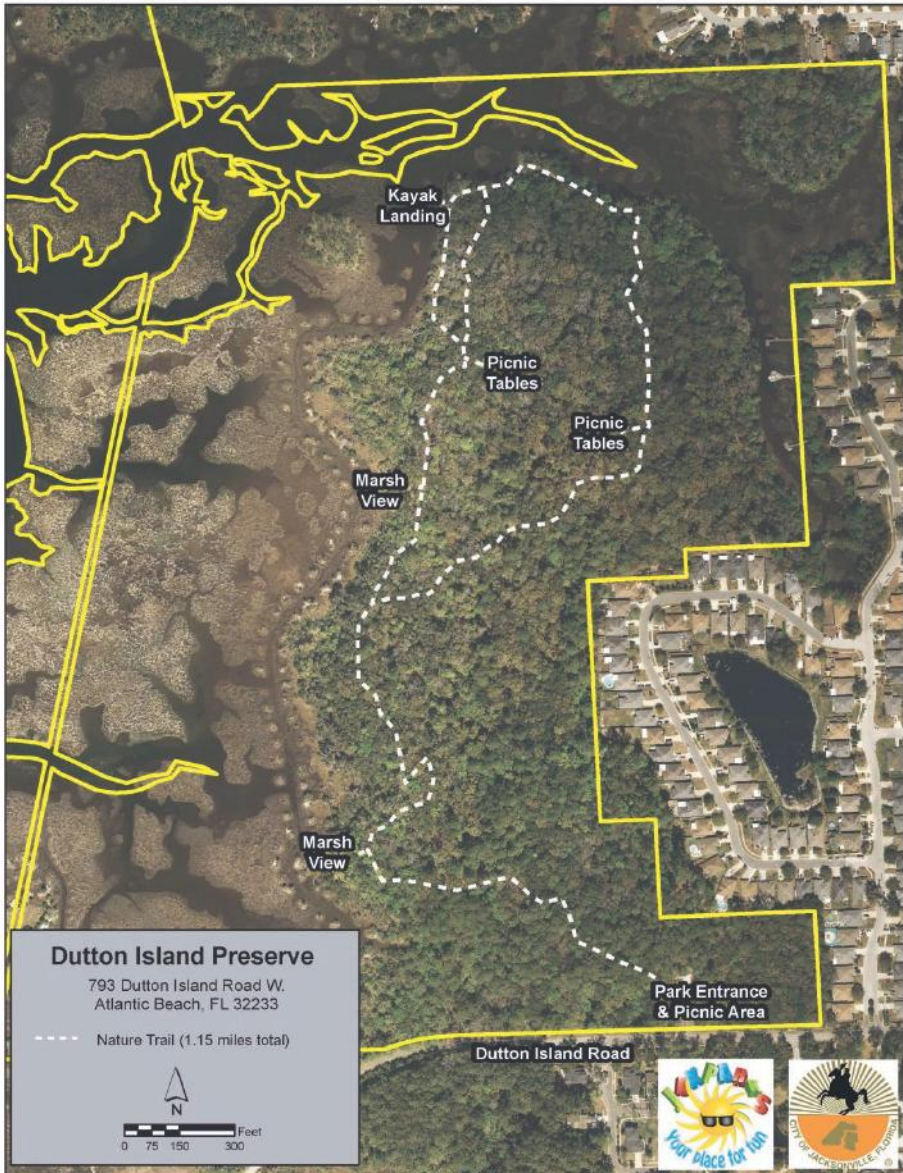
- 🌲 A wide trail (5 feet average width) – great for running, hiking, walking the dog, and running.
- 🌲 Along the trail are multiple marsh views, providing a beautiful landscape while exercising
- 🌲 Haul the kayak back to the launch site with a friend, and carry a backpack with provisions as well for extra resistance training (kayak launch is ~1.2 km from the front entrance)

## Special Equipment and Family Notes

- 🌲 The trail has some roots. Bring the jogging stroller for a workout. If biking, make sure your bike is sturdy.
- 🌲 Port-a-lets are available at parking area, and there are several picnic areas along the trail.
- 🌲 Surface Type - compact soil and leaf litter
- 🌲 Majority of the park is well shaded, keeping the trail cool even during the summer
- 🌲 Located in a pristine marsh - Bring bug spray!



## DUTTON ISLAND PRESERVE II TRAIL MAP



# Kathryn Abbey Hanna Park

500 Wonderwood Dr, Jacksonville, FL 32233

**Hours:** 8 am until dark (summer hours are 7:30 am to 8:30 pm)

**Fees:** \$3/pedestrian or \$5/car



**Parks Challenge:** Complete the South Loop for a moderately difficult mountain biking experience and burn more than 700 calories

**Health Benefits:**  
Cardiovascular benefits, muscle strengthening, energy booster from hiking, biking, or swimming

## Trails and Exercises

- More than 20 miles of dedicated single-track biking trails ranging from easy to difficult.
- If walking or hiking is more to your liking, Hanna has not only the beach but also another 15-20 miles of dedicated hiking trails through the woods
- 1.5 miles of sandy beach for walking, swimming, surfing, paddle boarding, and yoga
- Other activities include a water park for the younger kids and Frisbee golf and geocaching for the older ones. Rent a paddle boat or kayak for exploring the lake and its wildlife

## Special Equipment and Family Notes

- This is a family park with something for everyone to enjoy
- Surface Type - compact soil and leaf litter in the woods, but beware of the numerous roots. Beach sand along the shoreline
- The trails are not suitable for strollers, but the beach at low tide is a good surface for jogging strollers
- Majority of the park is well shaded, but bring sunscreen and hats if you plan to be out on the beach at all, and bug spray for the woods

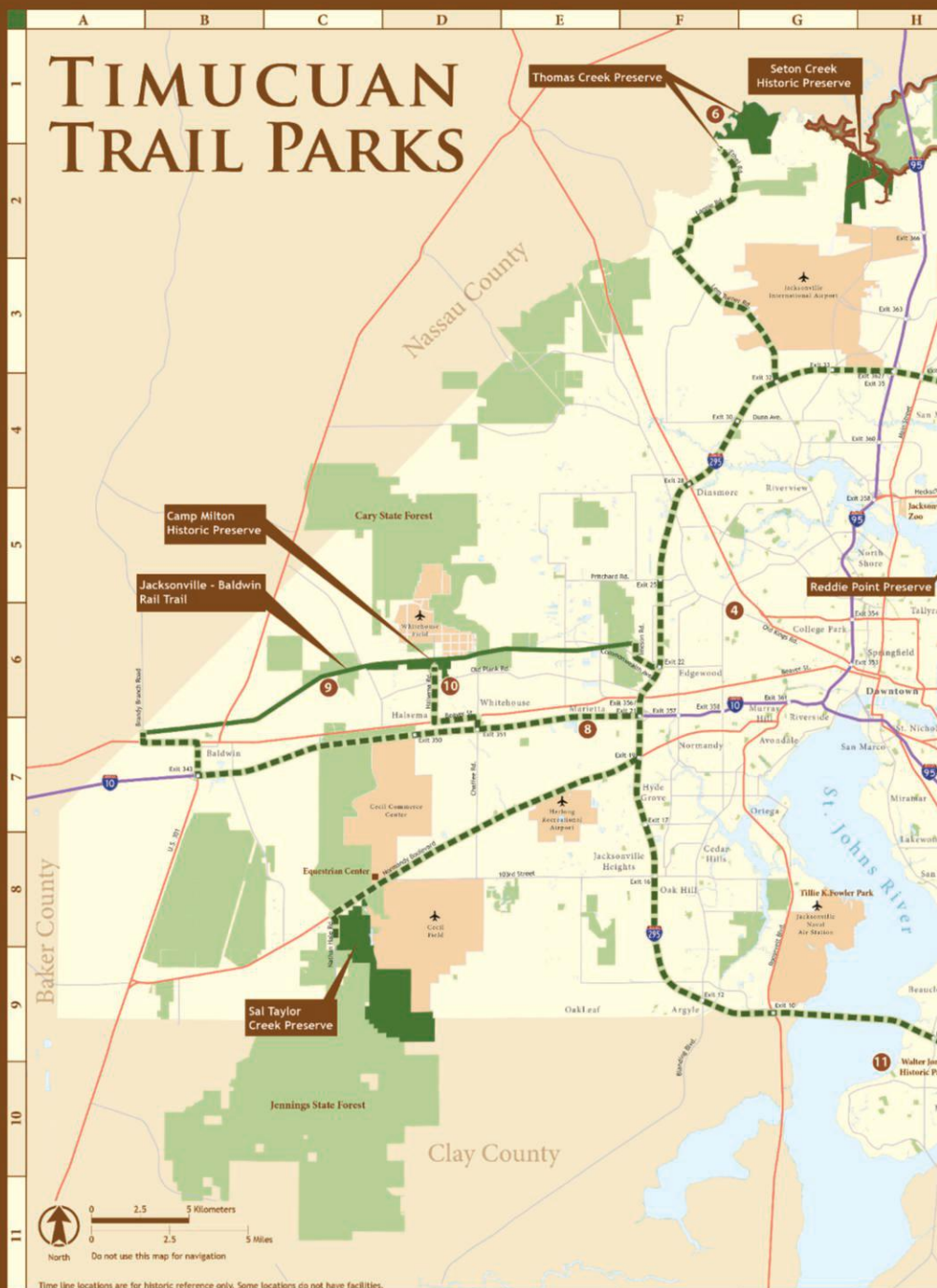




# KATHRYN ABBEY HANNA PARK TRAIL MAP



# TIMUCUAN TRAIL PARKS



HISTORIC TIME LINE	A	B	C	D	E	F	G	H							
	>3000 BC	1000 BC	400-700 AD	400-700	900-1250	1562	1564	1587	1613	1684	1765	1765-1774	1777	1811	1860-18
		BC	AD			①	②	③			④	⑤	⑥	⑦	⑧
	Pre-Ceramic Sites at Spencer's Midden/Owee	Rollins Shell Ridge Discovery on Fox George Island	Dent Mound - Timucuan Indian Burial Site	Mill Cove Complex: Grant and Shields Mound & mission visit	Savahy - contact and mission visit	Jean Ribault anchored and named "The River May" and met Timucua Chief Saturiaui	Establishment of Ft. Caroline	San Juan del Puerto: major mission and contact, village of Altamirani	Spanish Franciscan Friar authorized the first book on Native American language	Santa Cruz de Guadalupe: Native mission community	King Road created	Naturalist William Bartram traveled through what is now known as Nassau County	Revolutionary War - Menomission of slaves and slave owner, Anna Kingsley	North Florida Confederacy headquarters - Camp Timucuan	Baldwin rail





H	I	J	K	L	M	N	O				
1860-1865 8 Confederacy Camp Poinsean	1860-1865 9 Baldwin Ball Trail - railroad track used by Union and Confederacy in the war	1864 10 Camp Milton - northern defensive line	1867-1884 11 Harriet Beecher Stowe Home	1883-1912 12 Intercolonial Waterway - started by private companies, completed by US government	1920s 13 Developers dream to establish modern day Venice - ended with Great Depression	1928 14 Ribault Clubhouse designed by Maurice Patis Donald Ross	1935 15 American Beach beach established by and for African Americans during Jim Crow era	1950 16 FL. Caroline National Memorial established	1969 17 Theodore Roosevelt Area donated to Wildlife Service for preservation purposes	1988 18 Timucuan Ecological Preserve established	1999 Preservation Project and Timucuan Trails State and National Parks Partnership Creation  The nonprofit, Preservation Florida was set up to aid in acquiring lands the organization is now known as the Timucuan Trail Parks Foundation

The nonprofit,  
Preservation North Florida  
was set up to aid in acquiring lands -  
the organization is now known as  
the Timucuan Trail Parks Foundation.

## Who we are

The Timucuan Parks Foundation is the non-profit support organization for the “Timucuan State and National Parks” in northeast Florida that serves to protect, preserve and promote the Timucuan Parks through advocacy, fundraising and marketing.

We seek to preserve and promote our legacy of natural and cultural history by:

- Preserving, protecting and restoring lands and historical landscapes;
- Researching and interpreting our expansive history;
- Advocating thoughtful public policy;
- Supporting the enjoyment of conservation lands; and
- Educating the next generation.

We are excited to share the secrets and treasures that have been discovered and to uncover those that are waiting to be discovered.

## Contact Us

Phone: (904) 374-1107

Address: 9953 Heckscher Drive, Jacksonville, FL, 32226

Email: [info@timucuanparks.org](mailto:info@timucuanparks.org)

Web: <http://timucuanparks.org/>



Produced and edited by Christopher Peacock-McLaughlin and Michael Hansinger,  
University of North Florida Community Health interns,  
for the Timucuan Parks Foundation