

Guide to Jacksonville, Florida

Food to Take Out (alphabetical order)

- **Barbecue:** Bearded Pig, Valley Smoke, MoJo's, Down South Barbecue, Monroe's, 4 Rivers Smokehouse
- **Burgers:** Epik, Poe's Tavern, Jumpin' Jax House of Food
- **Donuts:** Good dough, Cinottis, The Mini Bar, The Donut Shoppe
- **Ethiopian:** Ibex, Nile Ethiopian
- **French:** Orsay, JJ's Bistro de Paris
- **Indian:** 5th Element, Bawarchi Biyriani, FooDog Curry Traders, Maa Kitchen, Jax Spice
- **Italian:** Catullos, Enza's, Prati Italia
- **Cuban:** Mambo's, Sugarcane
- **Mexican:** Tequilas, Taco Libre, Mr Taco Truck, Don Juan's, Mossfire Grill, Cantina Laredo
- **Pizza:** Biggie's Pizza, V Pizza, Picasso's Pizzeria, DaVinci's Pizza
- **Pho:** A Bit of Saigon, Pho Today
- **Ramen:** Domu, Karai Ramen Bistro, Tokyo Ramen and Poke, I Noodle Ramen and Dumpling, The Hangar Bay
- **Seafood:** Safe Harbor, North Beach Fish Camp, Palm Valley Fish Camp, Caps on the water between jax and st Augustine- on the intracoastal - all outdoor seating, Slider's in Neptune Beach, Dockside Seafood, The Fish Company
- **Southern / coastal:** Barbara Jeans, Soul Food Bistro, Shut Em Down, Southern Charm, Sweet Mama's
- **Thai:** Thai Blossom Bistro, Blue Orchid, Simply Tasty Thai
- **Vegan:** House of Leaf & Bean, True Food Kitchen

Activities: Land

- **Baldwin trail** - for biking, running or rollerblading. 14 miles of paved road through the woods. <https://www.traillink.com/trail/jacksonville-baldwin-rail-trail/>
- **Amelia Island Bike Path** - starting at Talbot State Park. 10 miles of paved road which connects to Fernandina beach. <https://www.traillink.com/trail/amelia-island-trail/>
- **Congaree and Penn** <https://www.congareeandpenn.com/>
- **Castaway Island Preserve** <https://www.timucuanparks.org/castaway-island-preserve/>
- **Cumberland Island Hiking** <https://www.nps.gov/cuis/index.htm>
- **Honeymoon Island State Park** - state park in Tampa bay area. You take a ferry to Honeymoon Island. Great for a day on the beach, kayak, fish, or just have a picnic/drinks <https://www.floridastateparks.org/honeymoonisland>
- **Bok Tower Gardens** - Botanical garden in central Florida. Good to go to during the fall/winter. <https://boktowergardens.org/>
- **Guana State Park** - along A1a between Jax and St Augustine. hiking trails available to the intracoastal. <https://myfwc.com/recreation/lead/guana-river/>
- **Guana State Park** - beach access as ponce de Leon would have originally found it. <https://www.visitstaugustine.com/thing-to-do/gtm-guana-river-south-beach-access>
- **Hanna Park** - this is a huge park that has lots of areas, including a zip line for kids, picnic tables, camping areas, fishing areas. Something for everyone. <https://www.coj.net/departments/parks-and-recreation/recreation-and-community-programming/kathryn-abbey-hanna-park.aspx>
- **Treaty Oak Park**- 200+ year old tree in downtown Jax. A hidden gem with so much history. <https://downtownjacksonville.org/poi/treaty-oak-park/>
- **Catty Shack Ranch** - at certain times you can feed the big cats <https://cattys shack.org/visit-us-2/>
- **Huguenot Memorial Park**- You can drive your car / SUV / truck on the beach - bring a cooler with food and water and hang out all day. <http://www.coj.net/departments/parks,-recreation-and-community-services/recreation-and-community-programming/oceanfront-parks/huguenot-memorial-park.aspx>
- **Kingsley Plantation** - important place of cultural history in Jacksonville, the plantation and slave quarters still stand as they were at the time of use. We learn from our past. https://www.nps.gov/timu/learn/historyculture/kp_visiting.htm
- **Alligator Farm** – in St. Augustine <https://www.alligatorfarm.com>
- **Trolley Tours of St Augustine** - all open air trolleys and outdoors, with overhead telling of local history, you can hop on and off at 20+ stops. Fun way to see St Augustine. <https://www.trolleytours.com/>
- **Fountain of Youth**- Northeast FL history, back to the Timucuan Indians and the first Spanish settlers- all outdoors and lots of live demonstrations. North end of St Augustine. One of the stops on the trolley tours. <https://www.fountainofyouthflorida.com>

Activities: Water

- **Kayak Amelia Island:** <https://www.ameliaadventures.com/>
- **Beach Life Rental** - for hire such as paddle boards/surf boards. They set on the beach in front of Casa Maria so no going inside anywhere. They will also drop off to other places. <http://www.beachliferentals.com/>
- **Ichetucknee springs** – there are a lot of springs around, this one has a lot of recommendations. It is still open but has a visitor limitation. You can also see Manatees here at the right time of year. <https://www.floridastateparks.org/parks-and-trails/ichetucknee-springs-state-park>
- **Ginnie Springs** - private park with added benefit of being able to scuba dive if you want to. They have some ropes along the way to rope-swing into the river. <https://ginniespringsoutdoors.com/>
- **Blue Springs** - the one close to Orlando. <https://www.floridastateparks.org/parks-and-trails/blue-spring-state-park>
- **North Guana Outpost** - Kayak rentals and water right there, we kayaked and saw birds and baby gators! <https://northguanaoutpost.com>
- **Mayport Ferry**- you can ferry in your car across the mouth of the St. John's River, when you get to the north side (after crossing on the ferry), there are a lot of state parks <https://ferry.itafla.com/>
- **Fort Mantanzas** (and boat ride)- St Augustine <https://www.nps.gov/foma/index.htm>

Activities: Day Trips

- There are many Florida state parks: <https://www.floridastateparks.org>
- National parks in FL - incl Timicuan, Ft Caroline, New Smyrna <https://www.nps.gov/state/fl/index.htm>

Tricks of the Trade:

- Less crowded beach access with free parking (if you get there early enough) - Secret Beach 18th Street, some of the smaller spots along A1A on the way to St. Augustine.
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If you have any recommendations that aren't listed, we'd love to hear them! Email saunders.hollie@mayo.edu and we'll get them added.