Trail Tips

- In hot weather, take your time and move at a leisurely pace. Drink plenty of water and use sunscreen.
- Avoid mosquito bites by using insect repellent and wearing long pants and long sleeves.
- Watch your step! Fire ants, poison ivy, and snakes are found throughout the preserve, so give them plenty of room.
- All preserve trails are considered easy walks. Heat and humidity are the major challenges.
- For the latest information, stop by the visitor center or check the bulletin boards at the beginning of Twin Canals Trail, Bayou Coquille Trail/Marsh Overlook Trails, Visitor Center Trail, and at Pecan Grove (see map for locations).
- Don’t get locked in! Gated parking lots are open 9:00 a.m.-5:00 p.m. If you will be on the trails after hours, park outside the gate, safely off the highway.
- Lock valuables in trunk of your vehicle or at least put them out of sight.

Walking Trails (boardwalk and gravel; most are wheelchair and stroller accessible)

Bayou Coquille Trail  Length: 0.5 miles (0.8 km) one way. Boardwalk and packed gravel. Wheelchair and stroller accessible. Access: Bayou Coquille Trail Parking Area. Highlights: giant live oaks, Bayou Coquille, American Indian shell mound, the "Monarch of the Swamp" (600-year-old baldcypress tree), seasonal wildflowers, cell phone tour, trailside signs with information on history and nature.

Marsh Overlook Trail  Length: 0.4 miles (0.7 km) one way. Boardwalk trail with stairs and bridges over waterways. Access: Bayou Coquille Trail (distance does not include walk along Bayou Coquille Trail; see map). Highlights: alligators, wading birds, turtles, view of downtown New Orleans from bridge over Pipeline Canal/Upper Kenta Canal, panoramic view of marsh from raised platform at trail’s end, cell phone tour, trailside signs with information on history and nature.


Palmetto Trail  Length: 0.9 miles (1.5 km) one way. Boardwalk trail. Wheelchair and stroller accessible. Access: Visitor Center Trail (distance does not include walk along Visitor Center Trail; see map) and Bayou Coquille Trail parking lot. Highlights: forest birds, dwarf palmetto plants, less visited than other boardwalk trails.

Ring Levee Trail  Length: 0.6 (1 km) one way. Gravel and boardwalk. Access: Christmas Road (gravel trail; distance does not include walk along Christmas Road; see map). Highlights: Stands of baldcypress trees, alligator viewing during high water.

Hiking Trails (dirt or gravel; in rainy periods, most are muddy and may be impassable)

Wood Duck Trail  Length: 0.4 miles (0.7 km) one way. Access: Christmas Road (distance does not include walk along Christmas Road; see map). Highlights: hardwood forest, ponds during wet weather, forest birds.

Plantation Trail  Length: Loop A--1.8 miles (2.9 km) round trip; Loop B--1.4 miles (2.3 km) round trip. Loop distances include Christmas Road (see map). Access: Pecan Grove Parking Area. Highlights: giant live oaks, remnants of irrigation ditches from plantation and farming days, deer, armadillos.

Old Barataria Trail  Length: 1.4 miles (2.3 km) round trip. Access: Pecan Grove Parking Area picnic area or via Christmas Road (see map). Highlights: varied habitats, less visited than other hiking trails, dwarf palmetto plants.

Twin Canals  Length: 0.6 miles (1.0 km) one way. Access: Twin Canals Parking Area. Hardwood forest, small footbridge, views onto canals, fishing from bank is allowed (a valid Louisiana state fishing license is required).