

ANASTASIA STATE PARK, ST AUGUSTINE, FLORIDA

Anastasia State Park covers 1600 acres of beaches, tidal marshes, the historic coquina quarry, and nature trails for hiking. There are 4 miles of beach along the Atlantic coastline. The State Park is located on the Great Florida Birding and Wild Life trail. There is a designated swimming area with lifeguards. St Augustine is 3 miles away. Alcohol from home is prohibited but can be purchased at the Island Beach Shop and Grill. Entering the sand dunes, which are protected wildlife areas, is also prohibited.

AMENITIES: PLEASE BRING YOUR OWN CHAIRS/UMBRELLAS. The park only has a set of 10 which are rented on a first come first serve basis. The Island Beach Shop and Grill offers beach and camping supplies, souvenirs, alcoholic beverages, food, free Wi-Fi, boogie boards, bicycles, and limited chair/umbrella rentals. Anastasia Water Sports offers canoes, kayaks, sailboats, and standup paddleboard rentals. Water sports lessons are available.

St. Augustine is a beautiful historic city. Ponce De Leon arrived there in 1513 in search of the Fountain of Youth. It is the oldest continuously occupied city in the United States. There are many fine restaurants, pubs, and museums. If you are not interested in a restaurant or pub, one of many attractions such as Castillo de San Marcos, Fountain of Youth, Lightner Museum, Ripley's Believe It or Not, or the St Augustine Distillery would be a good choice to visit and cool down from the summer heat.

ANASTASIA ISLAND INFO LINKS:

<https://www.visitstaugustine.com/regions/anastasia-island>

https://www.tripadvisor.com/Attraction_Review-g28930-d199054-Reviews-Anastasia_Island-Florida.html

<https://www.floridastateparks.org/anastasia>

RENTALS:

The Island Beach Shop and Grill: 904-461-9322 (chairs and umbrellas in limited supply, bicycles, boogie boards).

Anastasia Water Sports: 904-460-9111 (canoes, kayaks, sailboats, paddleboards)

<http://anastasiawatersports.com/>

ST AUGUSTINE INFO LINKS:

www.floridastateparks.org/anastasia

www.visitstaugustine.com/restaurants

www.floridahistoriccoast.com

www.visitstaugustine.com

www.trolleytours.com/st-augustine/1day-itinerary