

Light filtering through the leaves of tupelos, ashes and swamp bay casts an enchanted glow on a surprising variety of wildflowers along the Demory, Lock, and Shingle Creek Trail. The route traverses small creeks off the Suwannee river that wind through swamps and marshes. Fishes and alligators are abundant here, but it is also home to wood ducks, river otters and turtles— as many as 13 species of freshwater turtles may be found in the Suwannee, including a distinct species of Alligator Snapping Turtle, *Macrochelys suwanniensis*, that is unique to the Suwannee drainage. The largest freshwater turtles in North America, alligator snappers can live for a century and grow to 200 pounds.

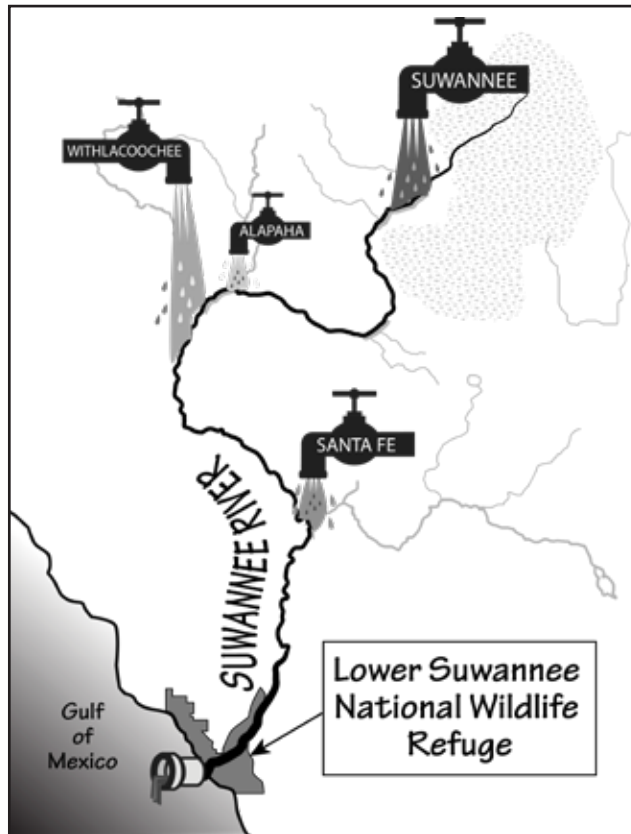
Shallow backwaters of the Suwannee are often covered by vegetation characteristic of ponds or marshes such as spatterdock. Sawgrass and wild rice occupy patches in still shallower areas and, like spatterdock, add to habitat diversity. More importantly, the leaves and seeds of these plants provide food for ducks and other wildlife.

**SPOTLIGHT: BALD CYPRESS**



Bald cypress is emblematic of southern swamplands. Living for hundreds of years and growing to enormous size, their one tragic flaw is the great value of their wood. Soft, light and resistant to decay, it has been relentlessly sought after. Specialized for periodic flooding, cypress knees are thought to provide carbon dioxide and oxygen to roots. The

height of knees is often an indicator of the average heights of floods.



## We're All About Water

The Lower Suwannee National Wildlife Refuge was established in 1979 to protect the water quality of the Suwannee River estuary and provide habitat for wildlife. The area within the Refuge is one of the largest undeveloped delta-estuarine systems in the United States and is a haven for fish and wildlife.

**www.FriendsofRefuges.org**

As a membership organization, through voluntary action, Friends supports the Refuges and their work to conserve the region's wildlife and the places they need to thrive. We invite you to enjoy their pristine and primitive beauty with us.



© 2023 Friends LSCKNWR

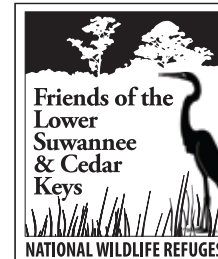
Join us at [FriendsofRefuges.org/join](http://FriendsofRefuges.org/join)

# Demory-Lock-Shingle Paddling Trail



This trail is maintained by the Lower Suwannee National Wildlife Refuge. It travels serene tidal creeks flowing through freshwater marshes. The scenery is often described as primeval.

NOTE: The creek banks are muddy with dense vegetation, it is difficult to disembark along this route. Sand gnats can be fierce unless there is a nice breeze.

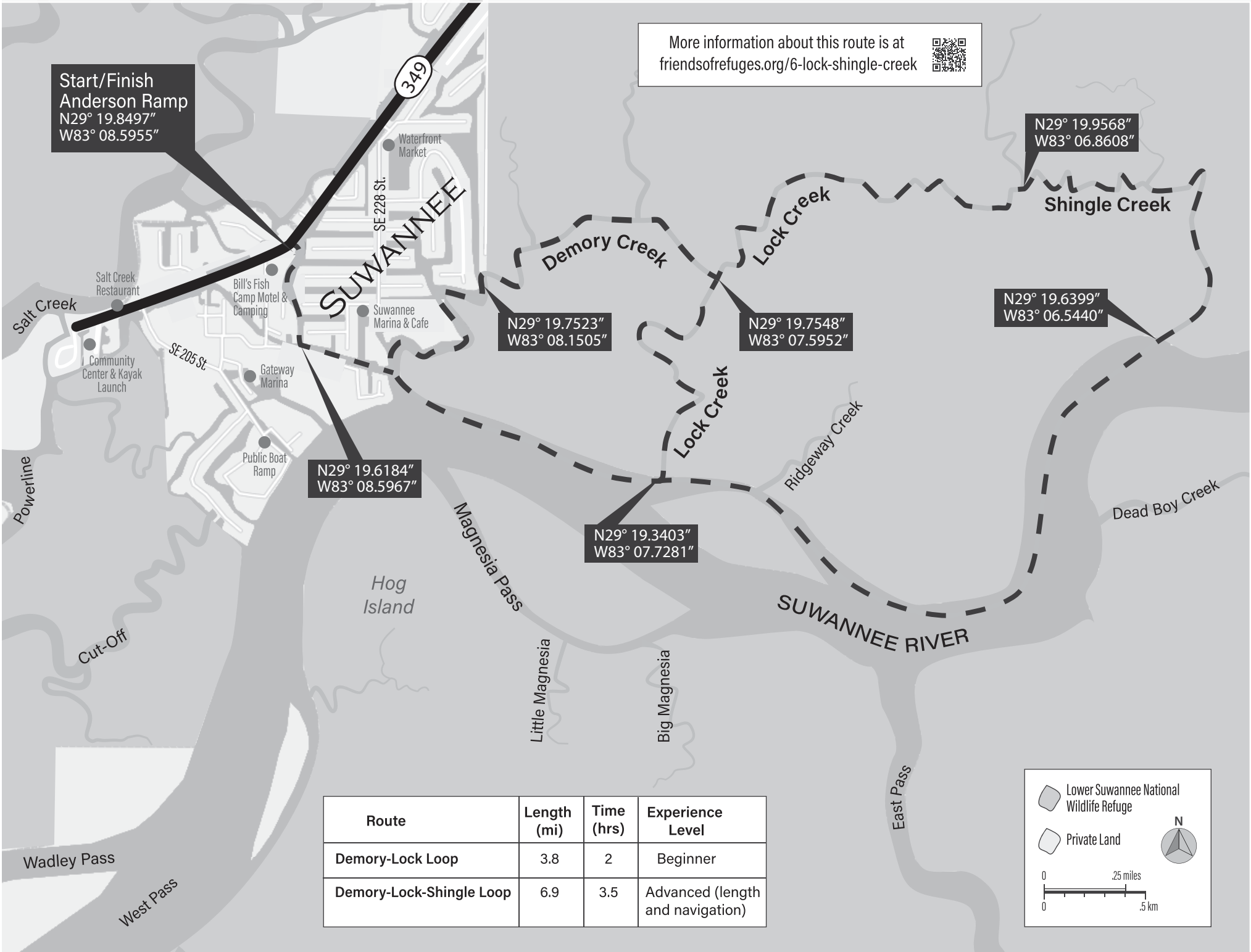


Visit us at:  
[friendsofrefuges.org](http://friendsofrefuges.org)

Free maps and brochures at:  
[friendsofRefuges.org/maps](http://friendsofRefuges.org/maps)

Email us at:  
[friends@friendsofrefuges.org](mailto:friends@friendsofrefuges.org)





More information about this route is at [friendsofrefuges.org/6-lock-shingle-creek](http://friendsofrefuges.org/6-lock-shingle-creek)



**Start/Finish  
Anderson Ramp**  
N29° 19.8497"  
W83° 08.5955"

N29° 19.9568"  
W83° 06.8608"

N29° 19.7523"  
W83° 08.1505"



N29° 19.7548"  
W83° 07.5952"

N29° 19.6399"  
W83° 06.5440"

N29° 19.6184"  
W83° 08.5967"

N29° 19.3403"  
W83° 07.7281"

Route	Length (mi)	Time (hrs)	Experience Level
Demory-Lock Loop	3.8	2	Beginner
Demory-Lock-Shingle Loop	6.9	3.5	Advanced (length and navigation)

 Lower Suwannee National Wildlife Refuge  
 Private Land  
