



**Marsh Gut & Bay Point Trail: Intermediate/ Advanced**  
(White, 5.56 mi. roundtrip 1st loop, 8.64 mi. 1st & 2nd loop, plan all day trip)

Looking for a challenge? Test your endurance with this long distance trail across Monie Bay. Along the way are multiple white sand beaches ideal for lunch breaks. Beginning with the northern section of the yellow trail, take a left to follow the white trail. You will pass a peregrine falcon tower. Paddle to the first loop for a half-a-day trip, or push to the Bay Point loop for a whole day trip. If the weather is friendly and the wind is tame, you will get to view a wide variety of landscapes formed by the meandering creeks. Look out for shorebirds such as sanderlings and willets along the beaches and sandbars you pass.