



FLORIDA'S TOP TRAILS

2016 EDITION



**A GUIDE TO TRAIL
SAFETY AND ETIQUETTE**



A GUIDE TO TRAIL SAFETY AND ETIQUETTE

This guide is provided by Alert Today Florida to encourage everyone to join the movement towards a healthier lifestyle while enjoying Florida's sunshine and beautiful scenery. Throughout this guide you will find information that will assist you in making the most of your visit. Whether you choose to hike or bike, everything from trail locations to local activities are right at your fingertips. The purpose of this guide is to provide information that will assist with planning your perfect excursion. Alert Today Florida encourages everyone to make safe choices. You will find an abundance of safety tips throughout this guide. For additional safety information on walking and biking, visit www.alerttodayflorida.com.

Safety Guidelines:

- Always wear a helmet when you ride
- Drink plenty of water
- Be sure to follow all the trail rules
- Be mindful of your surroundings
- Communicate with other trail users
- Bring a small first aid kit
- Wear sunscreen
- Wear insect repellent
- Bring a cell phone
- Have a trail map available

Amenities/Activities Icon Legend

- | | |
|---|---|
|  Parking |  Information Centers |
|  Restrooms |  Cycling |
|  Wheelchair Accessible |  Walking/Hiking |
|  Payphone |  Rollerblading |
|  Picnicking |  Mountain Biking |
|  Water Fountain |  Bird Watching |
|  Rest Area |  Fishing |
|  Grilling |  Wildlife Viewing |
|  Food |  Nature Trails |
|  Horseback Riding | |

Trail Locations Listed in Guide



1. Gainesville-Hawthorne State Trail
2. Nature Coast State Trail
3. Withlacoochee State Trail
4. Suncoast Trail
5. West Orange Trail
6. General James A. Van Fleet State Trail
7. Fred Marquis Pinellas Trail
8. Flatwoods Park Trail
9. Shark Valley Tram Roads Trail
10. Jacksonville-Baldwin Trail
11. Tallahassee-St. Marks Historic Railroad State Trail
12. Blackwater Heritage State Trail
13. Timpoochee Trail
14. Alafia River State Park Mountain Bike Trail
15. Balm Boyette Scrub Preserve Mountain Bike Trail
16. South Dade Rail Trail
17. East Central Regional Rail Trail
18. Florida Keys Overseas Heritage Trail
19. Seminole Wekiva Trail



Whether you're walking, rollerblading, running, or cycling, be aware of your surroundings on the trail. Slow down and use caution when approaching another user.



Gainesville-Hawthorne State Trail

The Gainesville-Hawthorne State Trail is a paved, scenic route that stretches across the city of Gainesville's beautiful local and state woodlands. Explorers will encounter some of North Central Florida's finest natural areas ranging from the Boulware Springs Park through the Paynes Prairie Preserve State Park to the Lochloosa Wildlife Management Area. There are mile markers, shaded areas, and benches alongside the trail. No Entrance fee is required.

Length: 16 miles (paved)

Trailheads: Boulware Springs Park, Hawthorne Trailhead, Lochloosa Trailhead, La Chua Trail Parking

Connecting Trails and Parks: La Chua, Sweetwater Preserve, Guerry-Hawthorne Connection Trail

Trail Amenities:  

Trail Activities:    

Nearby Hotels:

1. Hampton Inn & Suites Gainesville Downtown
101 Southeast 1st Avenue, Gainesville, FL 32601
2. Sweetwater Branch Inn
625 E University Avenue, Gainesville, FL 32601
3. Residence Inn Gainesville I-75
3275 Southwest 40 Boulevard, Gainesville, FL 32608
4. Reitz Union Hotel
686 Museum Road, Gainesville, FL 32611

Nearby Bike Rentals/Repairs:

1. The Freewheel Project • 618 S Main St, Gainesville, FL 32601
<http://www.thefreewheelproject.org/>
2. Schwinn Shop Inc • 1225 West University Avenue, Gainesville, FL 32601 • (352) 374-2064 • www.schwinnshop.com
3. Chain Reaction Bicycles • 1630 W University Avenue, Gainesville, FL 32603 • (352) 373-4052 • www.chainreactiongainesville.com
4. Recycled Bicycles • 12 NW 7 Terrace, Gainesville, FL 32601
(352) 372-4890

Contact info:

3400 SE 15 Street • Gainesville, FL 32641 • (352) 466-3397
www.floridastateparks.org/trail/Gainesville-Hawthorne



Do an “ABC” Quick Check before your ride: check your air, brakes, and chain. Make sure that your “quick-release” wheels are properly secured.



Nature Coast State Trail

This trail provides an opportunity to retrace the abandoned historic Atlantic Coastline Railroad that is now a 32-mile nature trail throughout the Suwannee River Valley. This state trail has been designated as part of Florida’s Greenways and Trails System and has been designed as a National Recreation Trail®. Two primary alignments intersect at Wilcox Junction and connect the communities of Cross City, Trenton, Fanning Springs, and Chiefland. Visitors can cross over the Historic Suwannee River Railroad Bridge, and cool off near Fanning Springs and Manatee Springs before passing through Andrews Wildlife Management Area.

Length: 32 miles (paved)

Trailheads: Fanning Springs Trailhead, Cross City Trailhead, Old Town Trailhead, Trenton Trailhead, Chiefland Trailhead

Connecting Trails and Parks: Fanning Springs State Park, Charles Strickland Recreational Park

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Quality Inn
1125 N.Young Boulevard, Chiefland, FL 32626
2. Carriage Inn Motel
16872 S.E. Highway 19, Cross City, FL 32628
3. Suwannee Gables Motel & Marina
27659 SE 19 Highway, Old Town, FL 32680
4. Putnam Lodge
15487 Northwest Highway 19, Cross City, FL 32628

Nearby Bike Rentals/Repairs:

1. Jones Performance Cycles • (352) 490-8068
128 Drummond, Chiefland, FL 32626
www.jonesperformancecycle.com

Contact info:

17441 N.W. Old Fanning Road • Fanning Springs, FL 32693
(352) 535-5181

www.floridastateparks.org/trail/Nature-Coast



Look ahead; anticipate any possible conflicts with pedestrians, bicyclists, and rollerbladers on the trail.



Withlacochee State Trail

This is a 46-mile paved recreational trail that expands from Citrus Springs to Highway 301 in Dade City, Florida. This state trail has been designated as part of Florida's Greenways and Trails System and has been designed as a National Recreation Trail ®. The Withlacochee Bicycle Riders cycling group posts "Weekly Riding Schedules" and welcomes anyone to join a group ride. Remember to bring water and stay hydrated! This is currently the longest paved rail-trail in Florida covering Citrus, Hernando, and Pasco counties.

Length: 46 miles (paved)

Trailheads: Owensboro Trailhead, Trilby Trailhead, Ridge Manor Trailhead, Silver Lake Campground, Townsen Lake Regional Park, Istachatta, Floral City, Inverness, Wallace Brooks Park (Inverness), South Citrus Springs Trailhead, Gulf Junction (North Citrus Springs) Trailhead

Connecting Trails and Parks: Fort Cooper State Park, Wallace Brooks Park, Central Ridge District Park, Inverness Department Parks and Recreation, Citrus Wildlife Management Area

Trail Amenities: 

Trail Activities:     

Nearby Hotels:

1. Central Motel
721 US Highway 41 S, Inverness, FL 34450
2. Bushnell Inn
2224 W CR 48, Bushnell, FL 33513
3. Microtel Inn & Suites by Wyndham Bushnell
2612 W C 48, Bushnell, FL 33513
4. Holiday Inn Express & Suites
903 E Gulf to Lake Highway, Lecanto, FL 34461
5. The Lake House Bed & Breakfast
8604 E Gospel Island Road, Inverness, FL 34450

Nearby Bike Rentals/Repairs:

1. Hampton's Edge Trailside Bicycles • (352) 419-4809
8294 E Orange Avenue, Floral City, FL 34436 • hamptonsedge.com

Contact Info:

3100 S Old Floral City Road, Inverness, FL 34450 • (352) 726-0315
www.floridastateparks.org/trail/Withlacochee



Stop, look, and listen for motor vehicle traffic before crossing the road! There are locations where trails cross roadways.



Suncoast Trail

This paved trail parallels the Suncoast Parkway Veterans Expressway from Tampa through Land O' Lakes to Brooksville. Part of Florida's Statewide Greenways and Trails System, this trail passes through a mix of suburban and natural areas. One of the best features can be found near the Jay B. Starke Wilderness Preserve with scenic views of river and creek waterways.

Length: 42 miles (paved)

Trailheads: Lutz Lake Fern Road, SR 54 (Pasco), J.B. Starkey Wilderness Park (Pasco), SR 52/Concourse Nature Park (Pasco), Crews Lake Wilderness Park (Pasco), Anderson Snow Regional Park (Hernando), SR 50 (Hernando), US 98 (Hernando)

Connecting Trails and Parks: Anderson Snow Park, Crews Lake Wilderness Park

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Holiday Inn Express & Suites Brooksville West
14112 Cortez Boulevard, Brooksville, FL 34601
2. Holiday Inn Express & Suites Tampa-Anderson Road/Veterans Expwy
9402 Corporate Lake Drive, Tampa, FL 33634
3. Residence Inn - Tampa Suncoast Parkway
2101 Northpointe Parkway, Lutz, FL 33558
4. Microtel Inn & Suites by Wyndham Spring Hill/Weeki Wachee
4881 Commercial Way, Spring Hill, FL 34606

Nearby Bike Rentals/Repairs:

1. Suncoast Trailside Bicycles • 16216 FL-54, Odessa, FL 33556
(813) 920-2225 • stsbikes.com

Contact info:

Hillsborough County Parks • Channel Park Trailhead
9201 West Waters, Tampa, FL 33625 • (813) 801-6729

Pasco County Parks and Recreation Department
4111 Land O' Lakes Boulevard, Suite 202
Land O' Lakes, FL 34639-4402 • (813) 929-1260

Hernando County Parks and Recreation Department
20 North Main Street, Room 260, Brooksville, FL 34601
(352) 754-4027 (Parks) • (352) 754-4031 (Recreation)
www.pascocountyfl.net/index.aspx?NID=673



If you ride by a horse keep your rpm's low and steady. Sudden movements or sounds can startle horses.



West Orange Trail

For most of its way, this 14-foot wide paved trail follows the route of the former Orange Belt Railway through the old farming towns of Oakland, Winter Garden, Ocoee and Apopka. Popular for its great reputation and proximity to Orlando's expanding metropolitan area where walkers, bikers, skaters, and even horseback riders are able to enjoy the path. Trail users can catch glimpses of Lake Apopka, see a butterfly garden, or stop for refreshments at the outdoor cafes along the way. Horseback-riding trails extend north and south of Clarcona Horse Park.

Length: 22 miles (paved)

Trailheads: Killarney Station Trailhead, Northern Trailhead

Connecting Trails and Parks: S Lake Trail (Lake Apopka Trail), Clarcona Horseman's Park, Apopka City Parks and Grounds

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Fairfield Inn & Suites Clermont
1750 Hunt Trace, Clermont, FL 34711
2. Hampton Inn Suites Clermont
2200 E. Highway 50, Clermont, FL 34711
3. The Edgewater Hotel
99 W Plant Street, Winter Garden, FL 34787

Nearby Bike Rentals/Repairs:

1. West Orange Trail Bikes and Blades
17914 FL-438, Winter Garden, FL 34787

Contact info:

Chapin Station Main Office • 501 Crown Point Cross Road
Winter Garden, FL 34787 • (407) 654-1108

www.orangecountyfl.net



Bicyclists share park roads with horses, hikers and vehicles. Always give right-of-way to horses and hikers.



General James A. Van Fleet State Trail

This 29-mile long trail is considered one of the most rural paved rail-trails in Florida. A straight route stretches from Polk City to State Route 50 with only one slight curve around mile marker five. At least one-third of the trail crosses Florida's Green Swamp that covers over 322,690 acres in central Florida. Landscapes include river swamps, bottomland forest, pine flatwoods, cattle ranches, and wildlife in its natural habitat.

Length: 29 miles (paved)

Trailheads: Bay Lake Trailhead, Polk City Trailhead, Green Pond Road Trailhead, Mabel Trailhead from Clermont

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Holiday Inn Express Clermont
1810 South Highway 27, Clermont, FL 34711
2. Days Inn and Suites Clermont
20390 North US Highway 27, Clermont, FL 34715
3. Microtel Inn and Suites Bushnell
2612 WC 48, Bushnell, FL 33513
4. Fairfield Inn & Suites Clermont
1750 Hunt Trace, Clermont, FL 34711

Nearby Bike Rentals/Repairs:

1. West Orange Trail Bikes and Blades
17914 FL-438, Winter Garden, FL 34787
(407) 877-0600 • orlandobikerental.com

Contact info:

7683 Berkley Road Polk City, FL 33968 • (352) 394-3969
www.floridastateparks.org/trail/Van-Fleet



Always bring water. Stay hydrated while riding. Drink before you're thirsty to ensure you're staying hydrated.



Some trails connect with roadways. When using the roadway portion of a trail, follow the rules of the road. A bicycle is legally defined as a vehicle and must abide by all the rules accordingly.



Fred Marquis Pinellas Trail

This multi-use trail extends from St. Petersburg to Tarpon Springs giving travelers the opportunity to enjoy some of the areas enjoy areas such as the Tarpon Springs Sponge Docks, County Parks, bicycles and pedestrian bridges with scenic views of Pinellas County's urban landscaping. Eight overpasses allow trail-goers to travel above traffic at busy roadways. This trail exemplifies the city's safety efforts to accommodate bicyclists and pedestrians.

Length: 43 miles (paved)

Trailheads: The Fred Marquis Pinellas Trail is accessible from numerous places along its route. For a trail guide and detailed map of access points and parking, visit [Guide to the Pinellas Trail](#) online.

Connecting Trails and Parks:

The Dunedin Youth Guild Park, Hammock Park, Josiah Cephus Weaver Park, Taylor Park, St. Petersburg/Madeira Beach Camp Grounds, Azalea Park, Pioneer Park, North Straub Park, South Straub Park, Tennis St. Petersburg Vinoy Park, Northshore Park, Baywood Park, Gizella Kopsick Palm Arboretum, Flora Wylie Park

Trail Amenities: 

Trail Activities: 

Nearby Hotels:

1. Holiday Inn Express & Suites Clearwater North/Dunedin
975 Broadway, Dunedin, FL 34698
2. Residence Inn Clearwater Downtown
940 Court Street, Clearwater, FL 33756
3. Summerside Inn
1477 S Ft Harrison Ave, Clearwater, FL 33756
4. Hampton Inn & Suites Largo
100 E Bay Drive, Largo, FL 33770

Nearby Bike Rentals/Repairs:

1. Tarpon Tom's Outdoor Adventure • 10 South Pinellas Avenue
Tarpon Springs, FL 34689 • (727) 942-8200
tarpontomsoutdoorrentals.com
2. Neptune Cyclery • 13 South Safford Avenue
Tarpon Springs, FL 34689 • (727) 943-5805 • neptunecyclery.com

Contact info:

Parks & Conservation Resources • PCR Administrative Office
12520 Ulmerton Road Largo, FL 33774 • (727) 582-2100



When riding at night, bicycles must have a white light on the front, as well as a red light and red reflector on the back.



Flatwoods Park Trail

The Flatwoods trail is a 7-mile multi-use paved loop located inside Flatwoods Park. Flatwoods Park is one of five parks that make up the Wilderness Regional Park. There is also a 2-mile extension that connects to the main loop from the Bruce B. Downs entrance and a 1-mile extension from the Morris Bridge Road entrance. The loop gives bicyclists opportunities to view wildlife and take off-road trails that connect back to the main loop. The area provides connection to a spectacular off-road trail experience. Picnic shelters and benches are provided along the trail and free water is available for trail users. There are four rest stops with water coolers and cups provided along the loop. This trail is a great way to see natural wildlife and enjoy a sunny day in New Tampa.

Length: 7 miles (paved)

Trailheads: Morris Bridge Road/Flatwoods Station Lane to Bruce B. Downs Boulevard/Richmond Place Drive

Connecting Trails and Parks:

Trout Creek Park, Morris Bridge Park, Flatwoods Park

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Holiday Inn Express & Suites Tampa-I-75 @ Bruce B. Downs
8310 Galbraith Road, Tampa, FL 33647
2. Spring Hill Suites Tampa North I-75
5396 Primrose Lake Circle, Tampa, FL 33647
3. Courtyard Tampa North
13575 Cypress Glen Lane, Tampa, FL 33637
4. Hampton Inn & Suites Tampa-North
8210 Hidden River Parkway, Tampa, FL 33637

Nearby Bike Rentals/Repairs:

1. Oliver's Cycle Sports • 18055 Highwoods Preserve Parkway
Tampa, FL 33647 • (813) 910-0207 • oliverscycles.com
2. University Bicycle Center Inc. • 1220 E. Fletcher Avenue
Tampa, FL 33612 • (813) 971-2277
3. Bicycle Repair Station and Air Pump • E. Whiteway Drive
Temple Terrace, FL 33617 • ubcbike.com

Contact info:

Flatwoods Park • (813) 987-6211

www.swfwmd.state.fl.us/recreation/biking.php



Always wear a helmet when riding a bicycle or rollerblading. Protect your head no matter your experience level.



Shark Valley Tram Roads Trail

Bicycling at Shark Valley is a great way to experience the quiet beauty of the Florida Everglades. Located between Naples and Miami, visitors will have several opportunities to witness wildlife. Halfway through the trail, there is an observation tower with panoramic views of the area. The Shark Valley Tram Tour Company provides guided tram tours, bicycle rentals, snacks, and more.

Length: 15 miles (paved)

Trailheads: Trailhead begins at Shark Valley Visitor Center

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Courtyard Miami at Dolphin Mall
11275 NW 12th Street, Miami, FL 33172
2. Best Western Plus Kendall Airport Hotel & Suites
13700 SW 139th Court, Miami, FL 33186

Nearby Bike Rentals:

1. Shark Valley Bike Shop • 36000 SW 8th Street, Miami, FL 33194
(305) 221-8776 • <https://www.nps.gov/ever/index.htm>

Contact info:

(305) 221-8776

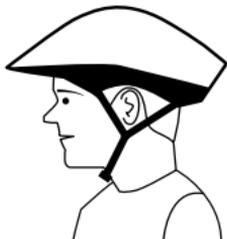
www.nps.gov/ever/planyourvisit/svdirections.htm



How to Properly Fit a Bicycle Helmet



The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



Straps should join in a “V” just below the ear.



Buckle your chin strap. Tighten the strap until it is snug so that no more than one or two fingers fit under the strap.



Having a nutritious meal or snack before you ride will provide you with energy to finish the trail. Stay hydrated by drinking plenty of water.



Jacksonville-Baldwin Trail

This path traverses a range of natural habitats that include pine flatwoods, wetlands, and hardwood uplands. Leafy canopies of oak, pine, maple, and sumac provide a nice shade. The trail also crosses McGirts Creek near Camp Milton, the longest continually occupied Civil War encampment in Florida. Camp Milton Historic Preserve offers educational exhibits of the area's participation during the Civil War, including a historic tree trail. Restroom facilities are available at the trail's midway point, Camp Milton Historic Preserve.

Length: 15 miles (paved)

Trailheads: Imeson Road, Camp Milton, Baldwin (Center Street), and Brandy Branch Road

Connecting Trails and Parks: Camp Milton Trail

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Country Inn & Suites By Carlson, Jacksonville West, FL, 7035 Commonwealth Avenue, Jacksonville, FL 32220
2. Hampton Inn-Jacksonville
548 Chaffee Point Boulevard, Jacksonville, FL 32221
3. Holiday Inn Express & Suites Chaffee-Jacksonville West
537 Chaffee Point Boulevard, Jacksonville, FL 32221
4. Best Western Plus Cecil Field Inn & Suites
525 Chaffee Point Boulevard, Jacksonville, FL 32221

Nearby Bike Rentals/Repairs: (None)

Contact info:

City of Jacksonville
555 West 44th Street • Jacksonville, FL 32208 • (904) 630-5400
www.coj.net



Stay alert! Use your eyes and ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike.



Protect your eyes and hands. Wear protective glasses and gloves when riding, especially off-road.



St. Marks Historic Railroad State Trail

This 12-foot wide paved trail runs from Florida's capital city, Tallahassee, past the Apalachicola National Forest, to the coastal community of St. Marks. This state trail has been designated as part of Florida's Greenways and Trails System and has been designed as a National Recreation Trail®. Visitors can dine on fresh Florida seafood, fish in designated areas, and learn the history of San Marcos de Apalache Historic State Park.

Length: 20.5 miles (paved)

Trailheads: Capital Circle Trailhead, Wakulla Station Trailhead

Connecting Trails and Parks:

J. Lewis Hall Se. Woodville Park and Recreation Complex, Munson Hill Off-Road Bicycle Trail, Capital Circle Southeast Trail, Wakulla Station Trailhead Park

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Hilton Garden Inn Tallahassee
1330 Blair Stone Road, Tallahassee, FL 32301
2. SpringHill Suites Tallahassee Central
1300 Executive Center Drive, Tallahassee, FL 32301
3. Fairfield Inn & Suites Tallahassee Central
2997 Apalachee Parkway, Tallahassee, FL 32301

Nearby Bike Rentals/Repairs:

1. Bicycle House Tallahassee • 458 FAMU Way, Tallahassee FL, 32301
(850) 545-4074 • http://bicyclehouse.org/bicycle_house/Home.html
2. Great Bicycle Shop • 1909 Thomasville Rd, Tallahassee, FL 32303
(850) 224-7461 • <http://www.greatbicycle.com/>

Contact info:

1358 Old Woodville Road, Crawfordville, FL 32327 • (850) 519-6594
www.floridastateparks.org/trail/Tallahassee-St-Marks



Never pass a horse from behind. Calmly call out that you want to pass, so the rider can turn the horse around to face your bike. Then you can pass safely.



When walking on a trail with your pets, be sure that they are on a six-foot leash and you have control of them at all times.



Blackwater Heritage State Trail

Among the swamps, towering pine trees, and pastures, this paved trail takes cyclists on a quiet tour among the back roads of rural Florida. Formerly the Florida and Alabama Railroad built in the early 1900s, it's now the westernmost rail trail in the state. It runs from Milton toward Whiting Field Naval Air Station, connecting to the Military Trail which extends another one-and-a-half miles. Cyclists can enjoy the serene creek crossings found on wooden bridges with very few hills or grades. This is a pleasant trip for the whole family with lots of access points.

Length: 9.6 miles (paved)

Trailheads: Milton trailhead, Whiting Field Trailhead

Connecting Trails and Parks: Blackwater Heritage Trail State Park

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Holiday Inn Express & Suites Milton East I-10
8510 Keshav Taylor Drive, Milton, FL 32583
2. Hampton Inn & Suites Navarre
7710 Navarre Parkway, Navarre, FL 32566
3. Hampton Inn & Suites Pensacola I-10 North at University Town Plaza
7050 Plantation Road, Pensacola, FL 32504
4. Best Western Navarre Waterfront
8697 Navarre Parkway, Navarre, FL 32566

Nearby Bike Rentals/Repairs:

1. Truly Spokin • 5172 Stewart St, Milton, FL 32570
(850) 983-2488 • www.trulyspokin.com

Contact info:

5533 Alabama Street Milton, FL 32570 • (850) 983-5338
www.floridastateparks.org/trail/Blackwater



Florida is known as the Sunshine State. Make sure to wear sunscreen every time you go out for a ride because the sun's harmful rays may cause damage to your skin.



Walk on the right side of the path. On trails, slower traffic typically travels on the right and faster traffic typically passes on the left.



Timpooshee Trail

This popular paved trail traces alongside the Gulf of Mexico beaches of Fort Walton and Highway 30's beachside communities and landscape. The trail was named in honor of Timpooshee Kinnard, the most influential Chief of the Euchee Indians. The path travels through seven beach communities and has a Visitor Center in South Walton. Visitors of this trail can expect to witness Florida's natural beauty; from migrating birds to blue water beaches, this is a great coastal ride experience.

Length: 19 miles (paved)

Trailheads: Park and pick up the path anywhere along Highway 30-A from Dune Allen to Inlet Beach

Trail Amenities:

Trail Activities:

Nearby Hotels:

1. Courtyard Sandestin at Grand Boulevard
100 Grand Boulevard, Destin, FL 32550
2. Highlands House Bed & Breakfast
4193 County Road 30A, Santa Rosa Beach, FL 32459
3. Live Oak Landing
229 Pitts Avenue, Freeport, FL 32439
4. Residence Inn Sandestin at Grand Boulevard
300 Grand Boulevard, Miramar Beach, FL 32550

Nearby Bike Rentals/Repairs:

1. Big Daddy's Bike Shop • 2217 County Road 30A, Santa Rosa Beach, FL 32459 • (850) 622-1165 • www.bigdaddysbikes.com
2. 30A Bike Rentals • 5399 E County Hwy 30A #9, Santa Rosa Beach, FL 32459 • (850) 231-0959 • <http://www.30abikerentals.net/>
3. Sea Side Bike Rentals • 87 Central Square
Santa Rosa Beach, FL 32459 • (850) 231-0035
4. YOLO Board Store at Gulf Place
95 Laura Hamilton Boulevard, Santa Rosa Beach, FL 32459
(850) 267-0602 • www.yoloboard.com/yolo-board-bike
5. Butterfly Bike & Kayak
3657 East Co Highway 30A, Santa Rosa Beach, FL 32459
(850) 231-2826 • www.butterflybikeandkayakrentals.com

Contact info:

Beaches of South Walton Visitor Center • (800) 822-6877

www.visitsouthwalton.com/tips-trips/a-guide-to-the-timpoochee-trail



**Do not obstruct the bicycle trail.
Move off the trail when stopped.**



Alafia River State Park Mtn. Bike Trail

Popular for mountain biking, this trail includes several intermediate and difficult tracks that take riders through beautiful creeks, lakes, and rough terrain. This trail takes users across bridges over water, down twisted descents, over rock boxes, and through beautiful forests. Expect a challenging and fun ride including 134' ascents, -132' descents, elevation levels up to 111', and difficult (optional) pumps, berms, and jumps. Riders must wear a helmet at all times on the mountain bike trails.

Length: 8.5 miles (unpaved)

Trailheads: North Creek Trail Head

Connecting Trails and Parks: Alafia River State Park Trail

Trail Amenities: 

Trail Activities: 

Nearby Hotels:

1. Palmer House Bed and Breakfast
2221 Hinton Ranch Road, Lithia, FL 33547
2. Holiday Inn Express Tampa-Brandon
510 Grand Regency Boulevard, Brandon, FL 33510
3. Hilton Garden Inn Tampa East/Brandon
10309 Highland Manor Drive, Tampa, FL 33610

Nearby Bike Rentals/Repairs:

1. Just Ride Bicycles • 13412 Boyette Road, Riverview, FL 33569
(813) 381-3907 • www.justridebicycles.com
2. Multi Gear Bike & Sport Inc • 7825 US-301, Riverview, FL 33578
(813) 741-2421
3. AJ's Bikes And Boards • 1538 Bloomingdale Avenue
Valrico, FL 33596 • (813) 685-2453 • ajsbikesandboards.com
4. Brandon Bikeworks
6048 Winthrop Main Street, Riverview, FL 33578
(813) 438-8908 • brandonbikeworks.com

Contact info:

14326 South CR 39 Lithia Florida 33547
Ranger Station: (813) 672-5320
www.floridastateparks.org/park/alafia-river



When descending, stand on your pedals and transfer your weight to the rear of the bicycle. This puts your center of gravity over the back tire which minimizes skidding.



Balm Boyette Scrub Preserve Trail

This protected preserve has something to offer for all riders. The off-road trails feature long and straight descents, banked curves, and optional jumps. Most roots and rocks have been removed to help make the trail and smooth and fast ride. There is a single 12-mile track that branches into two different level tracks that circle several lakes. Loop through woods, lakes, and obstacles on this fun and adventurous ride.

Length: 18 miles (unpaved)

Trailheads: Biking Trail: 13998 Balm-Boyette Road
Hiking Trail: 13305 Balm-Boyette Road

Trail Amenities: 

Trail Activities: 

Nearby Hotels:

1. Palmer House Bed and Breakfast
2221 Hinton Ranch Road, Lithia, FL 33547
2. Sun City Center Inn,
809 N. Pebble Beach Boulevard, Sun City Center, FL 33573
3. Homewood Suites by Hilton Tampa-Brandon
10240 Palm River Road, Tampa, FL 33619
4. Hilton Tampa Downtown
211 N. Tampa Street, Tampa, FL 33602

Nearby Bike Rentals/Repairs:

1. Multi Gear Bike & Sport Inc.
7825 US-301, Riverview, FL 33578 • (813) 741-2421
2. Just Ride Bicycles
13412 Boyette Road, Riverview, FL 33569
(813) 381-3907 • www.justridebicycles.com
3. AJ's Bikes And Boards
1538 Bloomingdale Avenue, Valrico, FL 33596
(813) 685-2453 • ajsbikesandboards.com
4. Brandon Bikeworks
6048 Winthrop Main Street, Riverview, FL 33578
(813) 438-8908 • brandonbikeworks.com

Contact info:

13998 Balm Boyette Road, Lithia, FL 33547
www.hillsboroughcounty.org/facilities



Travel in a consistent and predictable manner. Always look back before changing positions on the trail.



South Dade Rail Trail

The South Dade Trail is a 10-ft wide paved bicycle trail that runs along the South Miami-Dade Busway route, connecting communities from South Miami to Homestead. It is parallel to US Highway 1, making it a favorable route for urban commuters who are looking to avoid traffic congestion. Parking is available along Metrobus station routes, allowing easy access to the trail from just about anywhere. Bicyclists riding on the trail also have the option to use the Miami-Dade metro buses, which are conveniently equipped with bicycle racks.

Length: 20.5 miles (paved)

Trailheads: US 1 at SW 88th St./N. Kendall Dr. (South Miami) to Krome Ave. & US 1 (Florida City)

Trail Amenities: 

Trail Activities: 

Nearby Hotels:

1. Courtyard Miami Dadeland
9075 S Dadeland Boulevard, Miami, FL 33156 • (305) 670-1220
2. Hampton Inn Miami Dadeland
8200 SW 70th Avenue, Miami, FL 33143 • (305) 269-0072
3. Home2 Suites by Hilton Florida City, FL
77 NE 3rd Street, Florida City, FL 33034 • (305) 248-3155
4. Best Western Gateway To The Keys
411 S Krome Avenue, Florida City, FL 33034 • (305) 246-5100

Nearby Bike Rentals/Repairs:

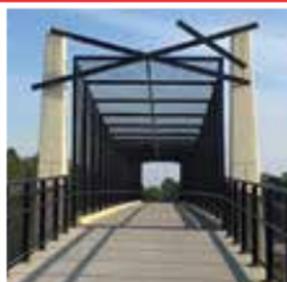
1. Elite Cycling and Fitness
13108 S Dixie Highway, Miami, FL 33156
(786) 242-3733 • <http://www.elitecycling.net/>
2. Mack Cycle and Fitness
5995 Sunset Drive, Miami, FL 33143
(305) 661-8363 • <http://www.mackcycleandfitness.com/>

Contact info:

(305) 375-1647 (Miami-Dade Metropolitan Planning Organization)



Respect all trail restrictions and use only trails open to your mode of transportation.



East Central Regional Rail Trail

The East Central Regional Rail Trail extends 8 miles from Green Springs Park in Enterprise to Osteen. Planning developments have been implemented to extend this trail from Osteen to Edgewater with a 10-mile leg to Titusville, thus stretching over both Volusia and Brevard County and totaling 52 miles in length. This trail is 12-feet wide, provides scenic views of nature, and is accessible to bicyclists, joggers, and people with disabilities.

Length: 52 miles (paved)

Trailheads: Green Springs Park Park N Ride Lot (DeBary Ave. at I-4)
Thornby Park (Providence Blvd. at Trail crossing)
SR415 bridge
Cow Creek Road Trailhead

Connecting Trails and Parks: Green Springs Park
Gemini Springs Park, Thornby Park

Trail Amenities:  

Trail Activities:      

Nearby Hotels:

1. Hampton Inn DeBary/Deltona
308 Sunrise Boulevard, DeBary, FL 32713
2. Black Dolphin Inn
916 S Riverside Drive, New Smyrna Beach, FL 32168
3. Siesta Motor Inn
2006 S Washington Avenue, Titusville, FL 32780
4. Best Western Edgewater
1730 S Ridgewood Avenue, Edgewater, FL 32132

Nearby Bike Rentals/Repairs:

1. Deland Cyclery
111 W Indiana Avenue, Deland, FL 32720
386-822-9422 • <http://www.delandcyclery.net/>
2. JC's Bike Shop
345 S Woodland Boulevard, Deland, FL 32724
386-736-3620 • <http://www.jcsbikeshop.com/>

Contact info:

(386) 736-5953 (West Volusia)
(386) 257-6000, ext. 15953 (Daytona Beach)
(386) 423-3300, ext. 15953 (New Smyrna Beach)



Avoid using cell phones or listening to music when walking or running on a busy trail.



Florida Keys Overseas Heritage Trail

The Florida Keys Overseas Heritage Trail is a 106.5 mile long stretch of trail from Key Largo to Key West. This scenic trail runs alongside US Highway 1 with more than 75 miles of paved road; for some segments of the trail bicyclists will need to share the road. Parking is available at multiple locations along the route.

Length: 106.5 miles

Trailheads: Key Largo to Key West

Trail Amenities: 

Trail Activities: 

Nearby Hotels:

1. Hampton Inn Key Largo
102400 Overseas Highway, Key Largo, FL 33037
2. Key Largo Bay Marriott Beach Resort
103800 Overseas Highway, Key Largo, FL 33037
3. Key West Marriott Beachside Hotel
3841 North Roosevelt Boulevard, Key West, FL 33040
4. Fairfield Inn and Suites Key
2400 North Roosevelt Boulevard, Key West, FL 33040

Nearby Bike Rentals/Repairs:

1. We Cycle : Key West Bike Rental
5160 US-1, Key West, FL 33040
(305) 292-3336 • <http://wecyclekw.com/>
2. Island Bicycles
929 Truman Avenue, Key West, FL 33040
(305) 292-9707 • <http://www.islandbicycle.com/>
3. All Keys Cycles
103400 Overseas Highway #105, Key Largo, FL 33037
(305) 453-6221 • <http://www.allkeyscycles.com/>
2. Eaton Bikes
830 Eaton Street, Key West, FL 33040
(305) 294-8188 • <https://www.eatonbikes.com/>

Contact info:

(850) 245-2157 (Florida State Parks)



Before passing a pedestrian, bicyclist, or rollerblader on the trail, give a clear signal by using your voice or a bike bell. Give the person you are passing time to respond and watch for their reaction.



Seminole Wekiva Trail

This 14 mile trail offers a combination of quiet residential mixed with peaceful wooded trail paths. There is plenty of shade along the trail, as well as a pedestrian bridge linking to the Cross-Seminole Trail. Throughout the trail you will experience connected underground tunnels to avoid some of the busier roadways. There is plenty of shopping along the trail; along with restaurants, hotels, and bicycle shops.

Length: 14 miles

Trailheads: Markham Road near CR 46A (Wekiva River Protection Area) (Longwood) to FL 436 near Laurel Street (Altamonte Springs).

Connecting Trails and Parks: Cross Seminole Trail

Trail Amenities: 

Trail Activities: 

Nearby Hotels:

1. Hyatt Place Lake Mary/Orlando-North
1255 International Pkwy S, Lake Mary, FL 32746
2. Hampton Inn & Suites Lake Mary At Colonial Townpark
850 Village Oak Ln, Lake Mary, FL 32746
3. The Westin Lake Mary, Orlando North
2974 International Pkwy, Lake Mary, FL 32746

Nearby Bike Rentals/Repairs:

1. Out-Spoke'N Bike Shops
1061 S Sun Dr #1073, Lake Mary, FL 32746
(407) 688-1959 • <http://www.outspokenbikes.com/>
2. Mr Bikes n Boards
950 W State Rd 434, Longwood, FL 32750
(407) 790-4964 • <http://mrbikesnboards.com/>
3. David's World Cycle - Lake Mary
1210 South International Parkway, #158, Lake Mary, FL 32746
(407) 790-4964 • davidsworld.com

Contact info:

(305) 755-7848 (Miami Dade County)

DID YOU KNOW?

- The term “bicycle” was not introduced until the 1860s, when it was coined in France to describe a new kind of two-wheeler with a mechanical drive.

<http://kids.nationalgeographic.com>

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- Bicyclists are considered vehicles; they are required to obey the same rules of the road as other vehicle operators, including obeying traffic signs, signals, and lane markings. When cycling in the street, cyclists must ride in the same direction as traffic.

Source: NHTSA’s Office of Safety Programs (May 2015)

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- Bicycling offers a higher trip quality than most other forms of transportation. This is true whether you ride on quiet streets or share the road with motor vehicle traffic. Interacting with other road users is a dance you lead. The better you are at communicating and operating predictably, the better your dance partners will be. Those of us who ride mindfully, with a friendly attitude toward our fellow road users, seldom experience close calls or hostility.

Source: Florida Bicycle Association

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- Adolescents who bike are 48% less likely to be overweight as adults.
 - Women who bike 30 minutes a day have a lower risk of breast cancer.
 - Over the last decade, bike commuting in the U.S. grew 47% nationwide and 73% in the largest cities.
 - Bike commuters typically live longer, have better blood pressure, and are less likely to be overweight.

Source: <http://www.peopleforbikes.org/statistics>

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- Bicycle Safer Journey (revised 2014) helps educators, parents and others who care about bicycle safety to get the conversation started with adolescents and youth. Available online, three videos — one for each of three age groups — accompanied by a quiz or discussion and an educator’s resource library can be used as an introduction to bicycle safety skills or to augment a comprehensive curriculum.

Source: <http://www.pedbikeinfo.org/bicyclesaferjourney/>

Resources:

<http://www.alerttodayflorida.com/>

<http://www.dot.state.fl.us/rddesign/BikePed/BikePedBF.shtm>

<http://www.dot.state.fl.us/rddesign/BikeRouteViewer/index.html>

<http://www.dot.state.fl.us/planning/systems/SUNTrail.shtm>

<http://www.dot.state.fl.us/planning/policy/usbr/>

<http://www.dot.state.fl.us/rddesign/BikePed/BikePedPF.shtm>

<http://www.dot.state.fl.us/safety/2A-Programs/Bicycle-Pedestrian.shtm>



Trails included in this guide are located in Alert Today Florida's priority counties. The selection of trails was compiled from sources such as "Visit Florida" and other public websites, in addition to trails which boasted a high popularity rating on website searches. To request the inclusion of a specific bicycle trail in future editions of the trail guide, visit AlertTodayFlorida.com.

www.AlertTodayFlorida.com