

CORAL SPRINGS

COCONUT CREEK

MARGATE

PARKLAND

explore

GREATER FORT LAUDERDALE

CORAL SQUARE

SANDWICH

WE LOVE FOOD

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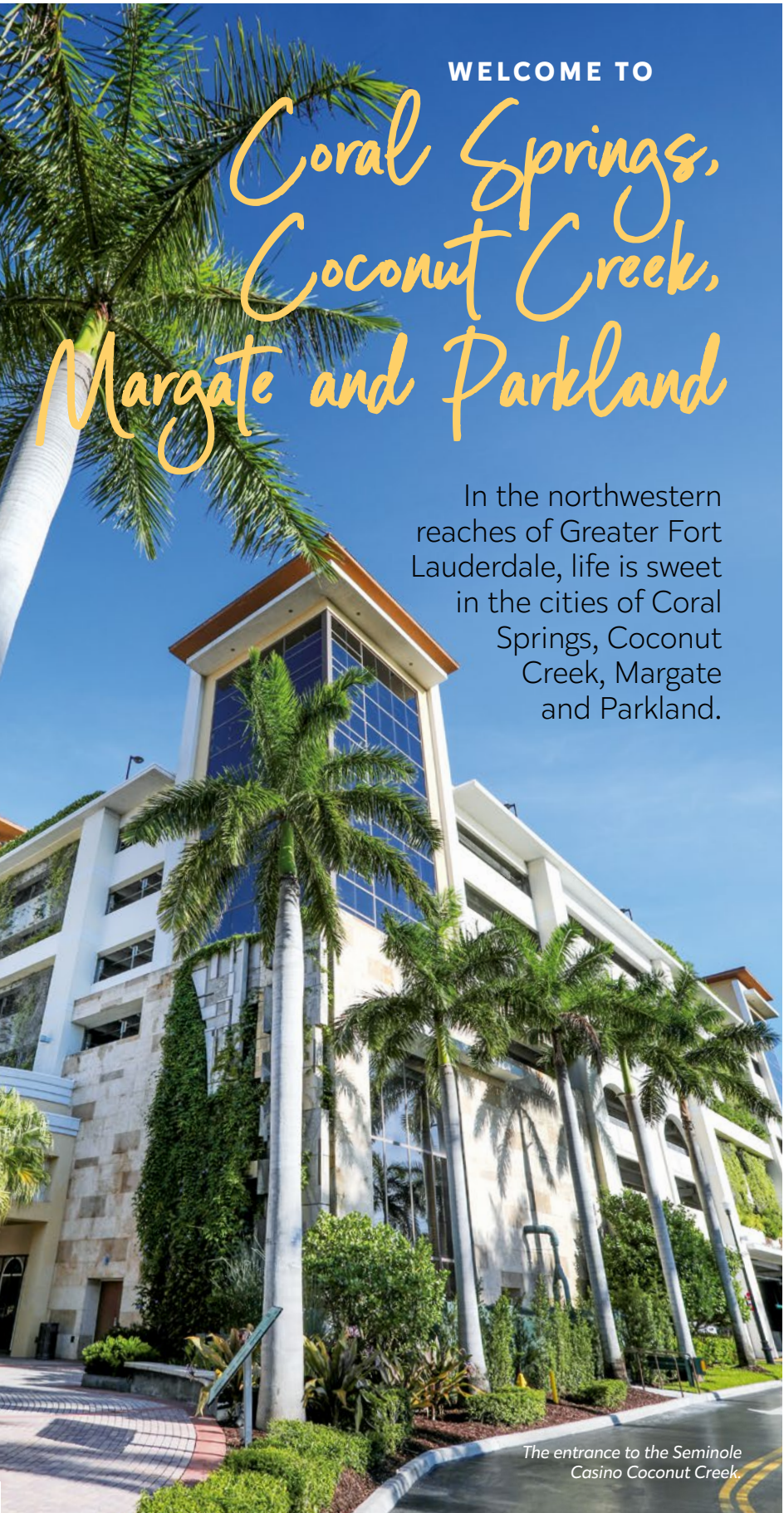
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RockET Man, made by artist Craig Berube-Gray for the city of Coral Springs, stands in the middle of Whispering Woods Park.



Stacy Ritter,
President and CEO
of Visit Lauderdale

Just a short drive from the Everglades, these neighborhoods offer the creature comforts and cultural adventures of some of South Florida’s most extraordinary natural wonders.

A trip to the Coral Springs Center for the Arts or Coral Square proves that Coral Springs is a dynamic enclave rich in art, entertainment, shopping and fine dining. Next door in Coconut Creek, enjoy playing the slots at the Seminole Casino and shopping to your heart's content at the Promenade. It's a great city where you can indulge in entertainment and retail therapy.

Parkland showcases a passion for the outdoors with abundant green spaces and resort-style amenities like Parkland Golf and Country Club – a major attraction for golfers. And the small city of Margate offers respite for retirees and tons of fun for young families at the Calypso Cove.

In these pages, we’ll invite you to explore the places that make this area truly special. Whether a first-time visitor eager to revamp your travel itinerary, or a South Florida native looking for new adventures in your own backyard, there's always something fresh to discover.



THE Rundown

Built with nature in mind, the cities of Coral Springs, Coconut Creek, Margate and Parkland offer residential living amidst sprawling green spaces. Whether you seek high-energy activities or prefer lazy days in the sun, there's plenty to discover.

High dives at the Coral Springs Aquatic Complex.



A quaint bridge across a pond at Tradewinds Park in Coconut Creek.



A quiet spot at Parkland's Pine Trails Park.

CORAL SPRINGS

Coral Springs, once an isolated green bean farm, has blossomed into a beautiful city. Its suburban neighborhoods boast homes on large lots, just as pioneers envisioned. The locals enjoy immersive experiences like the Coral Springs Festival of the Arts, a weekend outdoor celebration featuring live music and art-and-craft shows. The parks in Coral Springs are natural works of art, with weaving forest trails in Tall Cypress Natural Area and tropical birds and rare orchids on display at the Sawgrass Nature Center and Wildlife Hospital.

MARGATE

The small town of Margate embraces an active lifestyle that fully utilizes its beautiful landscape. Tree-lined streets and miles of canals make it a picturesque place to live. Margate's 20 public parks cater to the whole family with walking trails, playgrounds and fitness facilities, and the city's youth sports programs, including the Margate Motion Swim Team, ensures kids stay active. Additionally, the Margate Senior Games provide an opportunity for retirees to compete in outdoor sports, from tennis to bocce ball.

COCONUT CREEK

Fun in nature is a family affair in Coconut Creek, where its namesake coconut palm trees dot the landscape. The Coconut Creek Recreation Complex hosts child and adult sports leagues, while Tradewinds Park captivates with model steam train rides, stables, and an educational farm. Recently named one of the "Best Cities to Live in America," Coconut Creek's main street project is becoming a bustling business and upscale residential district near the Promenade shopping mall and the Seminole Casino.

PARKLAND

Living up to its name, the small city of Parkland seamlessly blends residential living with outdoor activity. Its nine recreational parks each have a distinctive character. Pines Trails Park serves as a popular spot for lively concerts and festivals, thanks to its vast amphitheater. In contrast, the Doris Davis Forman Wilderness Preserve offers a serene oasis amid pine forests and wetlands, perfect for meditation. Even pets have a space of their own at Barkland Dog Park, where the city's four-legged residents can frolic freely.

ESSENTIAL

ATTRACTIONS

The suburban city of Coral Springs is a haven for seekers of cultural arts, indoor and outdoor activities, and a laid back lifestyle.

CORAL SPRINGS CENTER FOR THE ARTS & MUSEUM OF ART

▲ An old auditorium and gymnasium have been transformed into a sprawling 38,000-square-foot hub for visual and performing arts, hosting Broadway shows like "Rent," comedy acts, including Dave Chappelle, concerts and festivals.

Enjoy live entertainment, a fully equipped dance studio and art galleries. The center also offers art instruction, so you can

create your own masterpiece. The 1,471-seat theater with an enclosed balcony offers intimate cultural experiences for all ages.

➡ **2855 Coral Springs Drive**
thecentercs.com | coralspringsmuseum.org

CORAL SPRINGS

CORAL SQUARE

▶ This indoor shopping mecca houses 120-plus stores connected by walkways studded with playgrounds and plenty of comfortable seating.

Shoppers will find beauty, fashion and home goods stores like Pandora and Bath & Body Works as well as dining and family programming like photos with the Easter Bunny. The mall offers free Wi-Fi, wheelchair and stroller rentals, phone charging stations and a nursing lounge. Open seven days a week with varying hours.

➡ **9469 W. Atlantic Blvd.**
simon.com/mall/coral-square



FLORIDA PANTHERS ICEDEN

▶ Once home to the Florida Panthers NHL team, the IceDen has entered a new era. After extensive renovations, doors are open for figure skating and youth hockey.

On the horizon are hockey and ice-skating programming for all ages, national figure skating, youth hockey and tournaments, skating instruction and personal training.

Ice-themed birthday parties are also welcome. Although the Panthers no longer practice here, the facilities now offer a wider selection of programs.

➡ **3299 Sportsplex Drive** | panthersiceden.com



TOWNSHIP CENTER FOR PERFORMING ARTS

▶ Want local entertainment? Look no further than the Township Center for Performing Arts. This state-of-the-art center features a full theater, orchestra pit, dressing rooms, cutting edge digital sound system and a 7-foot grand piano. While the theater is often rented out for local productions, it also presents its own events. Residents can look forward to free weekly movie nights while live music fans will appreciate orchestra, jazz and pop acts.

➡ **2452 Lyons Road**
townshipcoconutcreek.com/theater-info



MARGATE



CALYPSO COVE

▲ This Caribbean-themed aquatic facility in Royal Palm Park features three pools, half-court basketball courts, a fishing area and picnic tables. Its plunge pool can be accessed from one of the slides. The zero-depth pool has interactive water-spraying "animals" and a climbing structure. The lap pool boasts six lanes for lessons, lifeguard training and family swimming. There are lawn chairs for basking in the sun and umbrellas for shade.

If you get hungry, the concession stand is stocked with quick bites. Royal Palm Park has two pavilions with picnic tables and a fishing dock for some leisurely cast and catch time. Hours vary.

➡ 6200 Royal Palm Blvd.
margatefl.com/528/calypso-cove



FLYNN'S ARCADE & MORE

▲ Old school meets cool at Flynn's Arcade & More, offering retro arcade games like Pac-Man, Street Fighter and PONG along modern consoles like Xbox and Playstation in the 4,000-square-foot space. The arcade hosts battles, and adults can enjoy beer, wine and ciders.

Play all day for \$15 or \$10 per hour. The arcade is open Tuesday to Sunday 5 p.m. until midnight, with extended hours on Friday and Saturday.

➡ 5869 Margate Blvd. | flynnsgaming.com

COCONUT CREEK

PROMENADE AT COCONUT CREEK

▶ Step into 23 acres of premium shopping, dining and entertainment at the Promenade at Coconut Creek. This open-air shopping and dining facility is home to the luxurious Silverspot Cinema, an 11-screen theater showing blockbuster movies as well as foreign and independent films. The theater offers stadium-style, hand-stitched leather seating and state-of-the-art projection and sound technology. "Dinner and a movie" was never easier with Silverspot's restaurant, bar and lounge, where patrons can order from a server or via an app, and dine while viewing from their seats.

The retail therapy at the Promenade also never disappoints. With more than 45 boutiques, spas and stores, there is a robust inventory for any shopper. Two parking garages offer ample spaces, and the Butterfly Express provides a free public trolley along Lyons Road from Windmill Park to N.W. 74th Street.

➡ 4467 Lyons Road, Ste. 102B
promenadeatcoconutcreek.com



OFF THE WALL

▶ For indoor, high-energy recreation, check out Off the Wall. Living up to its self-proclaimed title of Florida's "most complete family fun center," Off the Wall offers a range of activities suitable for all ages, including wall-to-wall trampolines, arcade games, laser tag, bumper cars and a multi-level inflatable playground. Visitors will also find an intense ropes course, rock climbing walls and virtual reality games.

Off the Wall is also home to the Rec Room, a dining experience complete with delicious food and drink options that include alcoholic beverages for those over 21. Platters can also be ordered within 48 hours for birthday parties or gatherings.

➡ 4939 Coconut Creek Parkway | otwusa.com



More to see:
Butterfly World,
Adios Golf Clubhouse



Visitors to the Coconut Creek area in search of entertainment, food and libations can find it all – and then some – in one hotspot.

The Seminole Casino was founded in 2000 and is now celebrating over two decades with a major redevelopment and expansion making it an even better place to spend a day – or night.

Game-of-chance-lovers are swept away in this massive space, which features over 1,200 Vegas-style slot machine games, plus more than 75 live game tables for classics like blackjack, poker, roulette and more. The casino also includes a spacious non-smoking area, home to 300 slot machines and eight live tables. A third zone offers high-limit games for a more premium experience.

On the premises, you can enjoy world-class restaurants, most notably the award-winning NYY Steak, a premium steakhouse known for top-quality meats aged in-house. For a more casual meal, there is also a New York-style deli, an Italian bistro, an Asian fusion eatery and an outdoor grill with fresh seafood.

Once you've satiated your appetite, you can grab a drink at one of three bars and lounges, each with an assortment of live entertainment. Shows include live bands almost nightly, as well as DJs and occasional festivals or larger

performances, so there's something to enjoy no matter your tastes.

And while this establishment has been drawing in crowds for decades, the recent expansion and redevelopment make a visit even more of a pleasure. In less than nine months, the building was expanded by 1.3 million square feet, while also having the existing spaces remodeled and refreshed. With an emphasis on green technology, the expansion includes a sweeping, environmentally-conscious parking garage, electric car charging stations, rainwater collection systems and planted trellises.



Parkland Golf and Country Club sets the stage with its luxurious par-72 Greg Norman-designed course. The moment you arrive, you're welcomed by lavish landscaping and a charming fountain at the entrance. The course is meticulously maintained, catering to the discerning golfer, and boasts an impressive Gold Audubon International certification for its commitment to environmental standards. For those new to the game, they offer lessons and a range of other amenities, including tennis courts, a pool, spa and even a tiki bar.

Just a stone's throw away in Margate, Oriole Golf Club provides an affordable and inviting golf experience. Established in 1971, it features a range with options for beginners and intermediate golfers, as well as challenging holes for more experienced players. Offering some of the best rates in the area, it's the perfect spot for avid golfers looking to hit the links.

In Coral Springs, Eagle Trace presents an exciting layout, complete with an island green and three other greens surrounded by wooden bulkheads. The par-

3 tees offer a challenging test, demanding precise shots to avoid water hazards and bunkers. The 13th hole, a signature par-4, calls for exceptional precision to navigate the water boundaries. Eagle Trace also offers various membership options and daily golf slots open to the public. And they host the prestigious Champions Tour Q-School Final Stage every other year. Beyond golf, the club can be rented for weddings, meetings and banquets, providing customizable menus and flexible room configurations.

Live Like a Local



**Lori-Ann
BARNETT**
Coconut Creek

Stats: I'm a single mother who cherishes raising a beautiful daughter. My passions include exploring new cuisines, reading and discovering unique treasures while shopping.

Where to chill: Almost every weekend, my daughter and I explore local parks. Our favorite is Sabal Pines Park. I've also enjoyed meeting friends for dessert and drinks at Cooper's Hawk.

Shop 'til you drop: The Promenade is where I go for my personal upkeep and to share a cool dessert with my daughter at Cold Stone Creamery. I may treat myself to a new pair of shoes from DSW or relax with a book and vanilla latte at Starbucks. I like being outdoors so walking around the Promenade allows me to enjoy beautiful South Florida.

Have a bite: I have two favorite food spots: Carrot Express for fresh breakfast and lunch — I love the legal wrap. Bar Louie is my favorite place to go for more of an adult atmosphere, with the best martinis.

Bonus share: The farmers market (during the cooler months) is every other Saturday and is a great time.



▲ Enjoy the indoor / outdoor feel of the Promenade at Coconut Creek.



▲ Sweet treats and nostalgia at Cherry Smash.

**Heather
HARRICHARRAN**
Coral Springs



Stats: I am a mom of four active kids in the Coral Springs area.

Where to chill: Betti Stradling Park is a ton of fun with the new splash pad, a skate park, and fields and courts for sports. The Little Coffee Shoppe is my favorite place to grab a matcha latte after my morning workout. We also love to attend the Coral Springs art walks!

Hitting hard: If you happen to be a CrossFit member and want to maintain your gym routine, I would highly recommend dropping in at CrossFit VICE. Hands down the best CrossFit box.

Eats and treats: Our favorite place to eat is Khana Kh'Zana Express Indian Restaurant. The flavor is everything, and the owners are so sweet. On weekends, we like to head to Cherry Smash ice cream parlor, where the entire place is always decorated as the seasons and holidays come and go! Our go-to girls night or date would be Tavolino Della Notte, with not only amazing food, but awesome entertainment.



**Gregory
COLE**
Margate

Stats: I'm a married man with one child. I work for an engineering company, and my passions include music and broadcasting. I have a podcast called Homegrown With G Cole, and I broadcast on radio three days per week.

Where to chill: I really enjoy things I can do with my family, like "Movies In The Park" at the Margate Sports Complex. There's a food truck event the third Saturday each month with different cuisines.

Family affairs: We moved to Margate when my daughter was 8, and the first day she saw the lights of the Margate Fair on 441, she had to go. It became a staple for my family. I still stop by, have ice cream and just breathe in the smell of funnel cakes. I also enjoy walking through Firefighters Park on Rock Island Road.

My Thai: My favorite restaurant in Margate is Jasmine Thai & Sushi on 441. The rolls are as good as any high-end sushi restaurant.

Bonus share: There are lots of things for kids. I was the dad with the seven kids at Calypso Cove Waterpark — my daughter, nieces and nephews.



▲ The statue at Firefighters Park honors those who have served.



▲ Get a fun workout in at Quigley Tennis Center.

**Howard
BERGER**
Parkland



Stats: I'm a Parkland Chamber of Commerce member and former city of Lauderhill commissioner.

Where to chill: The Parkland Farmers Market takes place two times a month from November to April. They have more than 100 vendors dealing in health and wellness, crafts, food and personal services.

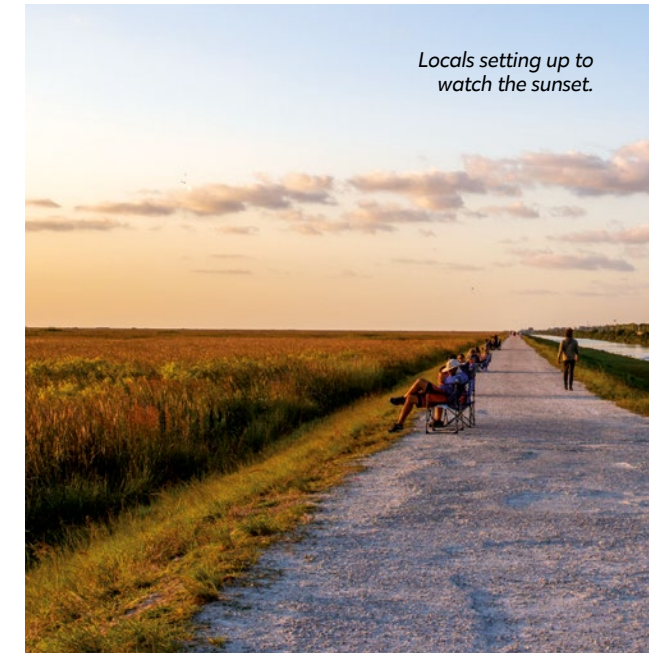
Extra-curricular activities: Many sporting events and city activities take place at Pine Trails Park, where the city amphitheater is located. There is a beautiful yearly remembrance to the victims of the Stoneman Douglas High School tragedy led by members of local clergy. Residents and non-residents can sign up for tennis or league membership for player benefits at the popular Quigley Tennis Center.

Everything's kosher: My favorite restaurant is Parkland Bagels. It is popular with city leaders and locals. They have a complete and delicious breakfast and lunch menu. I like the Parklander omelet, western platter and deli sandwiches.

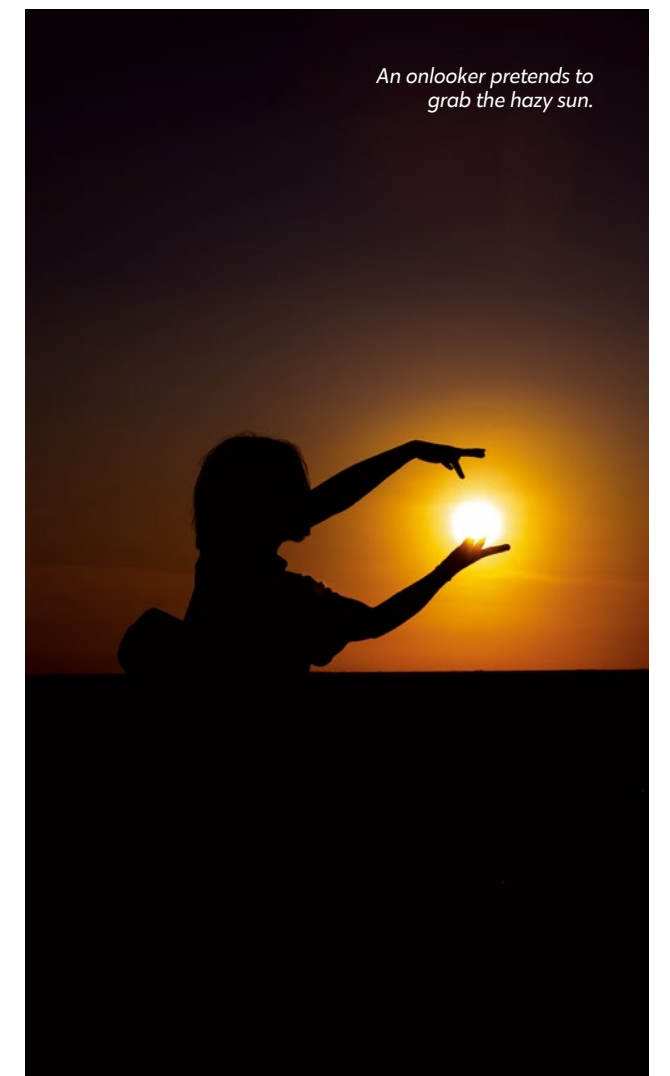
PHOTO JOURNAL

Sunsets and Butterflies

The sky is aglow with vibrant orange and yellow hues.



Locals setting up to watch the sunset.



An onlooker pretends to grab the hazy sun.

EVERGLADES CONSERVATION LEVEE GREENWAY

Sprawling along the west side of the Sawgrass Expressway is a hidden paradise overlooking the expansive Everglades wetlands, offering something for nature lovers and those looking to snag the perfect evening selfie. Access the secluded Everglades Conservation Levee Greenway by way of the Atlantic Trailhead (Atlantic Boulevard just west of the Sawgrass

Expressway) to enjoy miles of the best open walking and biking trails or an unrestricted view of the setting sun.

Casual anglers can drop a line at any of the off-path freshwater estuaries flowing from the Everglades and expect to hook colorful peacock bass, snooks and oscar, while bird watchers can gaze along the horizon and catch the outline of a great white heron or wading

roseate spoonbills. You can even occasionally spot Florida's infamous American alligator among the neverending marsh.

For those looking to simply bask in the beauty of nature, pack a blanket or lawn chair and set up for a frontrow view of the sunset. The slanting rays and vibrant red and orange hues make for an extraordinary snapshot.

BUTTERFLY WORLD

Located within Coconut Creek’s Tradewinds Park, Butterfly World is an expansive park and nature center with three miles of navigable aviaries and lush botanical gardens.

The facility is home to more than 150 species of free-flying butterflies, with upwards of 20,000 at any time. Established in 1988, Butterfly World was the first "butterfly house" opened in the U.S. and is now recognized as the largest worldwide.

Visitors stroll through the grounds surrounded by native flora at every turn. Inside is the butterfly museum, where hundreds of rigidified samples remain on display. The paths are lined with flowering plants, and adjacent to flowing waterfalls, there’s a rope bridge over a tranquil pond. Once inside the screened-in Paradise Adventure Aviary, it is impossible to be less than amazed at the countless butterflies fluttering through the air around you. Carved out paths guide you through the tropical area, with monarchs, idea leuconoe and morpho peleides of varying bright orange, white, blue and speckled coloring flying above.

Butterfly World is also home to a wide variety of rare birds like the endangered macaw, rainbow lorikeet and hummingbirds.

Pack your walking shoes and prepare to be impressed by every corner of this nature-filled wonderland.



A group of Idea leuconoe butterflies greeting a guest.



Two scarlet macaws displaying their rainbow feathers.



Visitors explore the gardens.



On site is a butterfly museum where visitors can learn about each species.

RESTAURANTS

In Coral Springs, Coconut Creek, Margate or Parkland, a night out at World of Beer, an outing to vintage ice cream parlor Cherry Smash or living it up at island-inspired fine dining spot Swirl Wine Bistro can be the icing on the cake of a fantastic vacation – or staycation.

CORAL SPRINGS



TAVERNA EVIA

▲ Dining here is like being transported to a Greek island for a night. Traditional lamb shank (slow-roasted with veggies and orzo), and *moussaka* (layers of roasted eggplant and potatoes with seasoned ground beef topped with béchamel) are just two items on a menu with something for everyone. If you have trouble choosing, the prix fixe three-course options cater to meat lovers and those with a preference for seafood. Looking for a shareable dish? The lobster paella is perfect.

➡ 1933 N. University Drive | tavernaevia.com



CHERRY SMASH

▲ On holidays like Halloween or Christmas, this ice cream parlor goes all out. Even without a special day, the decor is a feast for the eyes. The flavors aren't run of the mill either, with names like SpongeBob, Cookie Monster, cotton candy and the Hulk. The one thing that is certain is that all are decadently delicious. Go for the samplers first, then, after your ice cream "entree," definitely try the vintage candy if you've still got room.

➡ 8000 Wiles Road | cherrysmash.com



BUBBAKOO'S BURRITOS

▲ Burritos, tostadas, quesadillas and tacos are the name of the game at this quick Mexican fusion stop. With create-your-own entrees, the possibilities are endless. Keep it lean with a grilled chicken burrito or spice it up and go with barbacoa tacos. Build it with your choice of rice, beans, cheese and fresh toppings, then add your preferred sauce, like sriracha ranch or spicy mango habanero.

➡ 9208 Wiles Road | bubbakoos.com



THE COOK & THE CORK

▲ An outdoor patio with lovely ambiance and an extensive wine list already promises a delightful dining experience. The food is equally delicious. With pierogies, smoked brisket, octopus or Jamaican jerk wings, it's almost impossible to choose wrong. Try the small plates, which allow you to savor a little bit of everything.

➡ 9890 W. Sample Road | thecookandthecork.com

RED GINGER ASIAN BISTRO

Asian food aficionados who crave variety will be delighted with the range of Chinese, Japanese and Thai dishes at this modern yet intimate eatery. This is a great date night spot with a happy hour sushi menu that offers a nice variety. On Wine Down Wednesdays, certain vintages are half price. If you're looking for an unusual and tasty dish to share, try the incredible Polynesian fried rice.

➡ 9710 W. Sample Road
redgingerasianbistro.com

BIG BEAR BREWING CO.

Blackened mahi mahi or the famous brewer steak followed by key lime pie at Big Bear Brewing could win over the most discerning foodie. While the origin of the company is rooted in freshly brewed beer, the ever-expanding menu is a gastronomic experience. Who wouldn't be excited about raspberry truffle chocolate brown ale? And for those who have missed the bliss of a cool "brewski," there's gluten-free pale ale.

➡ 1800 N. University Drive
bigbearbrewingco.com

CORAL SPRINGS



ANGELO ELIA PIZZA

▲ The brainchild of award winning Chef Angelo Elia, diners can revel in a menu of antipasti, salads, pastas and pizza. Not in the mood for pizza? Try The Angelo, with fresh mozzarella, prosciutto, arugula and parmesan. Save room for a delicate tiramisu or crispy Sicilian cannoli to end the night.

➡ 5920 Coral Ridge Drive | angeloelpizza.com

ARUN'S INDIAN KITCHEN

When in the mood for no-funny-business Indian cuisine, Arun's Indian Kitchen is the spot. The no-frills joint serves authentic dishes like chicken makhani (butter chicken), vegetarian-friendly chana masala made with chickpeas, lamb vindaloo and more. The garlic naan and tandoori roti made in a clay oven are not to be missed. It's no surprise this place has been on Yelp's Top 100 list multiple times since opening in 2007.

➡ 10278 W. Sample Road
arunsindiankitchen.com

COCONUT CREEK



WORLD OF BEER

▲ The name says it all! World of Beer is dedicated to introducing patrons to craft beers from a variety of breweries, including their own curated brand. Each location in the chain has a different beer menu. Not a lover of beer? They'll design tasting experiences specially for you, and the menus come with suggested pairings to bring out the best flavor for your dining experience.

➡ 4437 Lyons Road, Ste. | worldofbeer.com



CARIBBEAN CUBAN GRILL

Enjoy arroz con pollo (chicken and rice), churrasco con chimichurri (Cuban style flap meat steak with chimichurri sauce) and fresh corvina filet prepared the island way on a hot grill. The Cuban restaurant is committed to fresh, Caribbean-inspired flavors and spices, which can be tasted in world-famous sandwiches, like the classic Cubano or the spicy chorizo. Weekly lunch specials are revolving.

➡ 4660 W. Hillsboro Blvd., B-9
caribbeangrillrestaurant.com

ETHOS GREEK BISTRO

▲ Pop in to ethos Greek Bistro for authentic Greek and Mediterranean cuisine inspired by the island of Crete. Meze style plating encourages everyone at the table to sample small plates. You can never go wrong with spanakopita. Tzatziki or hummus with pita and the falafel platter should also be on your list.

➡ 4437 Lyons Road, Unit E104 | ethosbistro.com

PARKLAND

DÉJÀ BLUE RESTAURANT

The flavors of the Mediterranean, the Middle East and North Africa meet here. A variety of dishes can be paired with more than 70 wines. Dine on *escargots bourguignonne*, pasta and baklava on the lakeside patio. After sunset during Ramadan, nights of feasting culminate in a spectacular Eid celebration with epicurean Arabic dishes and live music.

➡ 7805 N. University Drive
dejabluerestaurants.com

MALBEC GRILL

In a spectacular setting, the menu, requiring \$60 per person minimum, invites you to indulge in a variety of USDA prime steak options, poultry and seafood, as well as house specialties like handmade empanadas. The *parilla* (to share) menu, with delicious gourmet meats and vegetables, is served on a sizzling cast iron grill right at your table.

➡ 7351 FL-7 N. | malbecgrill.com



CARMELA COFFEE COMPANY

▲ Slowly bite into a bacon and brie panini or three cheese and pesto spinach flatbread while sipping a fresh-brewed coffee with your choice of toppings at the Carmela Coffee Company. This spot also serves crisp avocado toast in a variety of ways, allowing you to eat healthy and indulge all at once.

➡ 7967 N. University Drive | carmelacoffee.com

MARGATE



EL BALCÓN DE LAS AMERICAS

▲ Every item at El Balcón transports you to Latin America through flavor. Try the fried mini arepas with guacamole and a Colombian tomato sauce or *chuleta caleña*, a native pork dish from southwest Colombia. You'll remain transfixed through to the last bite of your *brevas con arequipe*, a sweet dessert made from figs and dulce de leche.

➡ 1441 N. State Road 7
elbalcondelasamericas.com/margate

SWIRL WINE BISTRO

▼ The fusion-inspired food here is a direct result of the chef's Jamaican roots, U.K. training and time in the U.S. Craft beers and unique wines exclusive to the restaurant complement the menu with dishes like delectable oxtail ravioli, duck confit with grilled endive and English pea risotto. Fresh local ingredients ensure even the smallest bite is an experience.

➡ 4976 W Atlantic Blvd | swirlbistro.com

PASTA AND...

The pasta is made fresh daily for dishes that represent authentic Northern Italian cuisine. Some offerings, such as wild boar ravioli or rabbit agnolotti, are enhanced by exotic fillings. The menu offers decadent choices for vegans and vegetarians alongside enough game, poultry, seafood and meat to please any palate. The wine list offers more than four hundred Italian labels.

➡ 4990 W. Atlantic Blvd. | pastaand.com



Mix it up with one of these unique sporting or active attractions. Each offers great opportunities for those who love to be physically active. They also make for great dates, friend meetups or family-outings.

ACTIVITIES

Yoga has become increasingly commonplace. However, unique forms are springing up to offer a more thrilling experience. Try hot yoga or silks at Evolution Yoga in Coconut Creek for a fitness class that will get your pulse racing and test your boundaries.

Evolution Yoga's hot yoga classes are designed to mobilize and strengthen the body, with rooms heated to 95 degrees to increase flexibility and calories burned. Their silks classes involve posing while suspended in soft silk hammocks for a mix of yoga, barre, Pilates, acrobatics and dance. Prices start at \$25 for drop-ins, while value pricing is available for monthly package deals.

For those who prefer to stay on the ground, an afternoon at Go Archery in Margate is another unique yet active experience perfect for the whole family or a group of friends. At Go Archery, you can pick up a new skill under the careful instruction of an experienced archer with a beginner lesson that lasts between 30 minutes and an hour. For the best deal, bring three to six people for a full hour of lessons and shooting for \$150.

Horseback riding at Malachi Acres between Coral Springs and Parkland is a wonderful option for outdoor enthusiasts of all ages. Lessons are available for any experience level or goal, and daily and monthly packages are available.

Fitness

OUTSIDE THE BOX

While going for a run, hitting the tennis court or swimming laps are great ways to exercise, getting active does not have to mean the same thing day after day.



Year-round events that showcase and celebrate local culture are put on by and for Greater Fort Lauderdale's northwestern communities.

The amphitheater at Pine Trails Park in Parkland.

CORAL SPRINGS FESTIVAL OF THE ARTS

Coral Springs

Designed to celebrate artistry in all forms, the Coral Springs Festival of the Arts combines music, fine-dining, shopping and family fun with the city's vibrant creative scene. After more than 15 years, this has become a can't-miss March weekend full of culture and entertainment highlighting some of the best artisans and traditional and contemporary craftsmanship that South Florida has to offer. There are also musical and dance performances, poetry readings and a children's area that introduces youth to the arts through a variety of mediums.

➡ csfoa.org

EATS 'N' BEATS

Parkland

Bring your appetite, lawn chairs and dancing shoes for Eats 'N' Beats. This free summer concert series at the Pine Trails Park Amphitheatre takes advantage of South Florida's year-round sunny outdoor weather. The event has become popular among Parkland locals who can eat their hearts out at food trucks offering diverse menu options. Families are entertained by local musical talent playing a variety of genres for music lovers of all tastes.

➡ cityofparkland.org

HOLIDAY FANTASY OF LIGHTS

Coconut Creek

From late November to early January, Tradewinds Park brightens the nights with an extravagant array of Christmas lights, decorations and sounds of the season. The annual Holiday Fantasy of Lights — one of Coconut Creek's most anticipated events of the year — delights visitors with a three-mile drive featuring holiday displays, lights dangling on trees and giant, animated figures of past and present. The modestly priced attraction draws more than 125,000 visitors of all ages annually and has become a tradition.

➡ holidaylightsdrivethru.com

THE GREAT

Outdoors

CORAL SPRINGS

Everglades Conservation Levee Greenway

Miles long gravel walking or biking loop. Dogs allowed on leashes. 4500 - 4899 Sawgrass Blvd.

Coral Springs Sportsplex

Athletic complex with basketball courts, football and soccer fields, playground and pavilions. 2800 Sportsplex Drive

Tall Cypress Natural Area

Nature preserve and boardwalk with more than 60 acres of woods and swampland for hiking, bird watching and exploring. 3700 Turtle Run Blvd.

COCONUT CREEK

Fern Forest Nature Center

Nature preserve, open for walking, jogging and hiking. 201 S. Lyons Road

Tradewinds Park and Stables

Features biking and walking paths, disc golf courses, fishing lake, nature trails, stables, playground and picnic area. 3600 W. Sample Road

Hillsboro Pineland Natural Area

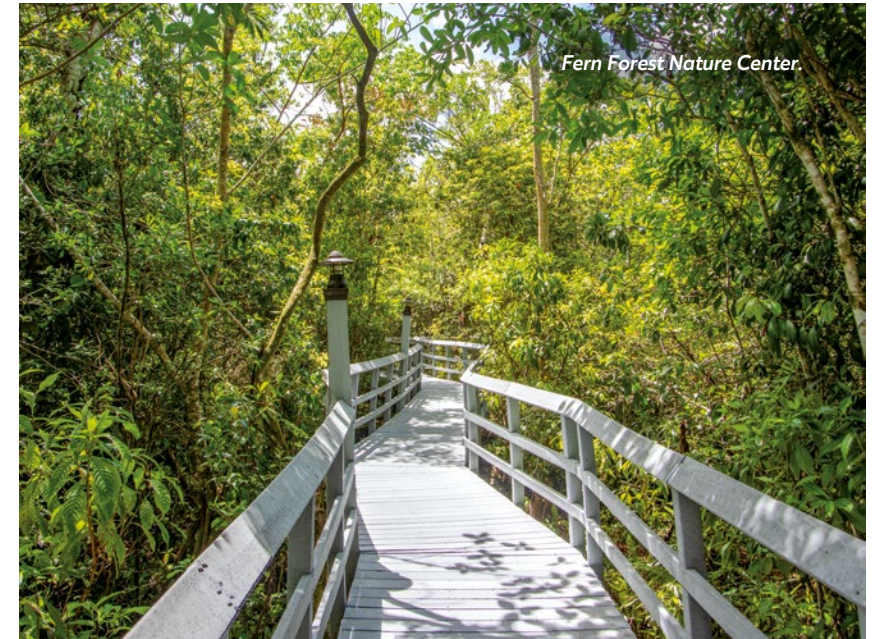
Nature preserve with trails, benches and educational signage. 5591 N.W. 74th Place

Winston Park Nature Center

Park and nature preserve with playground, sports facilities and walking trails. 5201 N.W. 49th Ave.

Sabal Pines Park

Athletic fields, walking paths and picnic areas surrounded by wetlands. 5005 N.W. 39th Ave.



Fern Forest Nature Center.

Coconut Creek Recreation Complex

Family-friendly recreational facility with sports leagues, fitness classes and center, picnic areas, basketball courts, covered playground and splash pad for kids. 4455 Sol Press Blvd.

Saw Palmetto Natural Area

Walking, jogging and nature trail and picnic area. No dogs allowed. 5000 W. Hillsboro Blvd.

Helene Klein Pineland Preserve

Woodland area with up to 55 species of wildlife, paved walking trail, benches and picnic shelters. 4701 W. Hillsboro Blvd.

MARGATE

Coral Gate Park

Public park with basketball, tennis and pickleball courts, playground and large pavilions. Coral Lake Drive

PARKLAND

Pine Trails Park

Public park with walking trails, soccer and football fields, basketball courts, barbecue grills and fishing area. 10555 Trails End

Liberty Park

Seven-acre green space with playgrounds, splash pad, dog park and picnic pavilion. 9200 Ranch Road

Barkland Dog Park

Two acres of land with separate unsupervised areas for larger and smaller dogs. 9245 Ranch Road

Terramar Park

Family-friendly park with athletic fields and courts and a playground. 6700 W. Hillsboro Blvd.

Doris Davis Forman Wilderness Preserve

Natural area with pedestrian trails, wetlands and boardwalks. 7300 Parkside Drive

Resources

ATM BANKS

Bank of America ATM (Drive thru)
9140 Wiles Road,
Coral Springs

PNC Bank ATM (located in Wawa)
7705 N. State Road 7,
Parkland

Presto! ATM at Publix
8095 N. University Drive,
Parkland

Regions Bank ATM
2425 N. University Drive,
Coral Springs

FITNESS

CrossFit Hardcore West
High intensity interval training.
7283 N. State Road 7,
Parkland
954-688-6791
crossfithardcore.com

Grit60 Parkland
Fitness studio with group classes.
5913 W. Hillsboro Blvd.,
Parkland
grit60fitness.com

LA Fitness
Fitness club with personal and group fitness classes.
2633 N. University Drive,
Coral Springs
954-755-3300
lafitness.com

Studio 4 Fitness & Wellness Center
Personal training.
8246 Wiles Road,
Coral Springs
954-755-2900
studio4fitness.net



Guided workout
at Evolution Yoga.

YouFit Health Clubs
National gym chain with personal trainers available.
8301 W. Atlantic Blvd.,
Coral Springs
954-324-2412
youfit.com

MARKETS

Aldi
Grocery items, meat and dairy.
6198 W. Sample Road,
Coral Springs
aldi.us

Key Food Supermarkets
Neighborhood ethnic grocery.
10301 Royal Palm Blvd.,
Coral Springs
keyfood.com

Doris Italian Market & Bakery
Gourmet grocery store.
2077 N. University Drive,
Coral Springs
dorismarket.com

The Fresh Market
Local produce, prepared eats, wine and more.
4633 N. University Drive,
Coral Springs
thefreshmarket.com

Publix Supermarket
Groceries, deli and bakery.
6270 W. Sample Road,
Coral Springs
publix.com

Trader Joe's
Groceries, produce, dairy, wine and beer.
2796 N. University Drive,
Coral Springs
traderjoes.com

Walmart Neighborhood Market
Groceries and bakery.
10635 W. Atlantic Blvd.,
Coral Springs
walmart.com

Whole Foods Market
Natural and organic grocery items.
810 N. University Drive,
Coral Springs
wholefoodsmarket.com

CHAMBER OF COMMERCE

Coral Springs Coconut Creek Regional Chamber of Commerce
Cultivating business relationships and economic growth through networking, advocacy, access and education.
9500 W. Sample Road,
Coral Springs
954-752-4242
cscrcchamber.com

Parkland Chamber of Commerce
Improving the city's business climate while promoting the civic interest of the community.
7957 N. University Drive,
Ste. 111, Parkland
954-228-4663
parklandchamber.org

Stables at Tradewinds
Park in Coconut Creek.



Welcome

EVERYONE UNDER THE SUN



Welcome thrill-seekers and chill-seekers and kids of all ages. The world's most welcoming destination awaits in Greater Fort Lauderdale with miles of golden beaches and scenic waterways, cosmopolitan dining and nightlife, amazing Everglades eco-tours and more. Come share unforgettable moments in a beach playground unlike any other.



Plan Your Adventure at [VisitLauderdale.com](https://www.VisitLauderdale.com)