**FLORIDA**

**CYCLE FLORIDA**

Life year-round above open ocean and on deep forest trails. From the nation's oldest city through the state's agricultural heartland to new coastal dune lakes. Park the car and hop on a zero-emission vehicle - your bike.

**178 trails**

Totaing more than

1,500 miles

traditioalhahp of years thousands of miles of opportunities in city, county, and state parks.

**60% of Florida’s population**

lives within 1 mile of a trail (state DOT).

**Environmental sustainability**

- no greenhouse gases
- reduces noise pollution and congestion
- reduced need for new parking lots and roadways

**Personal and emotional health**

- increased cardiovascular fitness
- increased muscle strength and flexibility
- decreased stress levels
- strengthened bones

- decreased body fat levels
- enhances mobility and independence; is economical for both public and personal budgets

**POPULAR FLORIDA CYCLING TRAILS**

**North**

1. **Nature Coast State Trail**

   - Length: 117 miles
   - Surfaces: Asphalt, Concrete
   - Length: 21.8 miles
   - Counties: Indian River

2. **Tallahassee – Tallahassee-Big Bend State Trail**

   - Length: 31 miles
   - Surfaces: Asphalt, Concrete
   - Length: 21 miles
   - Counties: Leon, Wakulla

3. **St. Marks Historic Railroad State Trail**

   - Length: 42 miles
   - Surfaces: Asphalt
   - Length: 24 miles
   - Counties: Walton

4. **Regional Rail Trail**

   - Length: 46 miles
   - Surfaces: Asphalt, Concrete
   - Length: 29 miles
   - Counties: Marion, Pasco

5. **Cross Florida Greenway**

   - Length: 74 miles
   - Surfaces: Asphalt
   - Length: 24 miles
   - Counties: Hillsborough

6. **West Orange Trail**

   - Length: 42 miles
   - Surfaces: Asphalt, Concrete
   - Length: 10.7 miles
   - Counties: Sarasota

7. **Spring to Spring Trail**

   - Length: 51 miles
   - Surfaces: Asphalt, Concrete
   - Length: 22 miles
   - Counties: Broward

8. **Four Freedoms Trail**

   - Length: 10.7 miles
   - Surfaces: Asphalt
   - Length: 22 miles
   - Counties: Osceola

9. **Faith Heritage Trail**

   - Length: 110 miles
   - Surfaces: Asphalt
   - Length: 90 miles
   - Counties: Volusia

10. **Fred Marquis Pinellas Trail**

    - Length: 50.1 miles
    - Surfaces: Asphalt, Concrete
    - Length: 47.6 miles
    - Counties: Seminole

11. **Spring to Spring Trail**

    - Length: 21.8 miles
    - Surfaces: Asphalt
    - Length: 18 miles
    - Counties: St. Johns

12. **Old Tampa Bay Bike Trail**

    - Length: 15 miles
    - Surfaces: Concrete
    - Length: 19 miles
    - Counties: Hernando, Citrus

13. **Vista Vida Trail**

    - Length: 42 miles
    - Surfaces: Asphalt
    - Length: 21 miles
    - Counties: Hillsborough

14. **Legacy Trail**

    - Length: 46 miles
    - Surfaces: Asphalt, Concrete
    - Length: 24 miles
    - Counties: Polk, Summit

**Central**

15. **Florida Keys Overseas Heritage Trail**

    - Length: 63 miles
    - Surfaces: Asphalt
    - Length: 50.1 miles
    - Counties: Monroe

16. **Wirginia Orange Trail**

    - Length: 22 miles
    - Surfaces: Asphalt, Concrete, Dirt
    - Length: 21 miles
    - Counties: Charlotte

17. **North Florida Trail**

    - Length: 118 miles
    - Surfaces: Asphalt, Concrete
    - Length: 17 miles
    - Counties: Walton

18. **North Florida Trail**

    - Length: 15 miles
    - Surfaces: Concrete
    - Length: 19 miles
    - Counties: Leon

19. **I-75 Pathways**

    - Length: 117 miles
    - Surfaces: Asphalt
    - Length: 12 miles
    - Counties: Hernando, Citrus

20. **Sanibel Island Bike Trail**

    - Length: 15 miles
    - Surfaces: Asphalt
    - Length: 10.7 miles
    - Counties: Lee

21. **South Delta Trail**

    - Length: 12 miles
    - Surfaces: Asphalt
    - Length: 8 miles
    - Counties: Orange

22. **Spring to Spring Trail**

    - Length: 51 miles
    - Surfaces: Asphalt, Concrete
    - Length: 22 miles
    - Counties: Hernando, Citrus

23. **Florida Keys Overseas Heritage Trail**

    - Length: 63 miles
    - Surfaces: Asphalt, Concrete
    - Length: 50.1 miles
    - Counties: Monroe

**South**

24. **Lake Overholser Scenic Trail**

    - Length: 5.6 miles
    - Surfaces: Asphalt
    - Length: 4 miles
    - Counties: Orange

25. **Florida Keys Overseas Heritage Trail**

    - Length: 63 miles
    - Surfaces: Asphalt, Concrete
    - Length: 50.1 miles
    - Counties: Monroe

**Tips:**

- Use geocodes (GC) listed with your favorite mapping app to locate trailheads.
- Click on trail names for more information on traillink.com.

**VISITFLORIDA.com/cycling**

**FIND FLORIDA CYCLING STORIES AND RESOURCES AT VISITFLORIDA.com/cycling**