

CYCLE FLORIDA

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

178 trails



totaling more than

1,500 miles

(railstotrails.org), plus 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)

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, and is economical for both public and personal budgets



Environmental sustainability

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

Wekiwa Springs State Park in Apopka



Tip: Use geocodes (GC) listed with your favorite mapping app to locate trailheads, or click on trail names for more information on [traillink.com](https://www.traillink.com).



POPULAR FLORIDA CYCLING TRAILS

North

6. Nature Coast State Trail

Counties: Dixie, Gilchrist, Levy
Length: 32 miles
Surfaces: Asphalt
> GC: @29.4747731, -82.8613656

2. Palatka-to-Lake Butler State Trail

Counties: Bradford, Clay, Putnam, Union
Length: 30.3 miles
Surfaces: Asphalt
> GC: @29.77091, -82.0112195



3. Tallahassee-St. Marks Historic Railroad State Trail

Counties: Leon, Wakulla
Length: 21 miles
Surfaces: Asphalt
> GC: @30.3807407, -84.2806503

4. Timpoochee Trail

Counties: Walton
Length: 19 miles
Surfaces: Asphalt
> GC: @30.3695164, -86.2755828

5. Palatka-to-St. Augustine State Trail

Counties: St. Johns
Length: 18 miles
Surfaces: Asphalt
> GC: @29.646709, -81.628217

6. Miccosukee Greenway

Counties: Leon
Length: 15 miles
Surfaces: Crushed Stone, Gravel
> GC: @30.4823174, -84.2027418

7. Pensacola Beach Trail

Counties: Escambia
Length: 9.1 miles
Surfaces: Asphalt
> GC: @30.326045, -87.1817117

Central

8. Fred Marquis Pinellas Trail

Counties: Pinellas
Length: 50.1 miles
Surfaces: Asphalt, Concrete
> GC: @27.8398966, -82.7990563



9. East Central Regional Rail Trail

Counties: Brevard, Volusia
Length: 47.6 miles
Surfaces: Asphalt, Concrete
> GC: @28.7261483, -80.8895663

10. Cross Seminole Trail

Counties: Seminole
Length: 22.8 miles
Surfaces: Asphalt
> GC: @28.786151, -81.3492017

11. Spring to Spring Trail

Counties: Volusia
Length: 22.2 miles
Surfaces: Asphalt
> GC: @29.122191, -81.3560427

12. Withlacoochee State Trail

Counties: Citrus, Hernando, Marion, Pasco
Length: 46 miles
Surfaces: Asphalt, Boardwalk, Concrete
> GC: @28.4519823, -82.1918145

13. Suncoast Trail

Counties: Hernando, Hillsborough, Pasco
Length: 42 miles
Surfaces: Asphalt
> GC: @28.3298487, -82.5547371

14. General James A. Van Fleet State Trail

Counties: Lake, Polk, Sumter
Length: 29 miles
Surfaces: Asphalt
> GC: @28.1817499, -81.8299035

15. West Orange Trail

Counties: Orange
Length: 22 miles
Surfaces: Asphalt, Concrete, Dirt, Woodchips
> GC: @28.549143, -81.6626911

16. Marjorie Harris Carr Cross Florida Greenway

Counties: Marion
Length: 15.6 miles
Surfaces: Asphalt
> GC: @29.0380312, -82.2042298

South

17. Lake Okeechobee Scenic Trail

Counties: Glades, Hendry, Martin, Okeechobee, Palm Beach
Length: 110 miles
Surfaces: Asphalt, Grass, Gravel
> GC: @27.1526478, -80.868148

18. Florida Keys Overseas Heritage Trail

Length: 90 miles
Surfaces: Asphalt, Concrete
> GC: @25.1753552, -80.3703166

19. Sanibel Island Shared-Use Paths

Counties: Lee
Length: 24 miles
Surfaces: Asphalt
> GC: @26.4519811, -82.0211115

20. Route A1A Trail

Counties: Indian River
Length: 21.8 miles
Surfaces: Asphalt
> GC: @27.8574413, -80.464573

21. South Dade Trail

Counties: Miami-Dade
Length: 20.9 miles
Surfaces: Asphalt
> GC: @25.6840405, -80.3156432

22. Cypress Creek Greenway

Counties: Broward
Length: 16.5 miles
Surfaces: Asphalt, Concrete
> GC: @26.2300733, -80.2827062

23. Legacy Trail

Counties: Sarasota
Length: 10.7 miles
Surfaces: Asphalt
> GC: @27.099848, -82.4400586

