



Bike Florida

2024 Sunflower Tour

March 21-24, 2024

Titusville to St. Petersburg

- 3 nights, 4 days
- 40-60 miles/day (~210 miles)
- fully supported ride
- hotels (with breakfast) included
- luggage and bicycle transportation included
- social gatherings & after-ride excursions

Details at:

bikeflorida.org/florida-bike-rides-and-tours/

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NOTE: This itinerary is preliminary. Some things may change between now and the tour date due to availability, weather and/or schedule changes. **Look for emails closer to the tour that might include changes.**

This is a go-at-your-own-pace tour. Start times and pace are up to you. If you are unable to do all the mileage planned for any given day, we can arrange for you and your bike to be picked up and brought back to the hotel when you feel you are done for the day.

OVERVIEW:

- This is an all-women's tour across the state of Florida organized by [Bike Florida](https://bikeflorida.org/)
- Tour begins in Titusville, FL and ends in St. Petersburg, FL.
- Tour includes 3 nights of hotel accommodations and transportation from St. Petersburg to Titusville to begin the tour.
- Vehicle and bicycle trail support (SAG) available.
- **PLEASE NOTE:** You will receive weekly emails beginning one month before the tour start date, and every week until the tour. These will include any route changes, details about the trails we will be riding, interesting sights, dining opportunities, etc.

DAY ONE

Thursday, March 21, 2024

1. Meet at [Demens Landing](#), St. Petersburg, FL at 5:00AM to board the tour bus.
 - **Demens Landing:** Bayshore Dr. & 2nd Ave. S, 525-549 2nd Ave SE, St. Petersburg, FL 33701
 - Drop luggage and bicycle off with tour attendees (you will see the bus), then park your vehicle.
 - Nearby pay on your own parking garage: 200-298 2nd St S, St. Petersburg, FL 33701 (Cost: approximately \$40 for the duration of the tour)
 - **BUS LEAVES PROMPTLY AT 5:00 AM**
 - Arrive in Titusville at approximately 7:30 AM. The [Titusville Welcome Center](#) will be open and will host a reception breakfast. Restrooms will be open.
 - Tour begins at 8:30 AM.
 - **PLEASE NOTE:** If you live closer to Titusville and plan on meeting us there, you will need to provide your own transportation back to Titusville from St. Petersburg, where the tour ends.
2. **Tour Route** for Day 1: <https://ridewithgps.com/routes/40724771>
 - There will be support vehicles and riders along the tour route to assist you should you need help.
 - There will be two rest stops along the way for water, energy drinks and snacks - one at 20 miles and one at 40 miles (approximate).
3. **Tour End** for Day 1: [Orlando Marriott Lake Mary](#)
 - You will ride to hotel. A tour attendee will meet you there and assist you with the check-in procedure.
 - Bikes are permitted in rooms.
 - There will be a social gathering with beverages provided, venue TBD
 - You will be responsible for your own evening meal. There are a variety of restaurants within a very short walking distance from the hotel. Here are a few recommendations: [F&D Prime](#), [FishBones](#), [Duffy's](#)

DAY TWO

Friday, March 22, 2024

1. **Tour begins** at 8:00AM outside of hotel lobby.

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- **Please have your belongings in hotel lobby by 7:30 AM so they can be placed in the van.**
- *This hotel does not provide breakfast. A light breakfast will be brought in by an area restaurant. This will include coffee, tea and juice options as well as breakfast burritos, breakfast sandwiches, oatmeal & yogurt. A menu will be provided the day before and you will be able to place your order directly from the restaurant.

2. **Tour Route** for Day 2: <https://ridewithgps.com/routes/40724774>

- There will be support vehicles and riders along the tour route to assist you should you need help.
- There will be two rest stops along the way for water, energy drinks and snacks - one at 20 miles and one at 40 miles (approximate).

3. **Tour End** for Day 2: [Holiday Inn Express Clermont](#)

- You will ride to hotel. A tour attendee will meet you there and assist you with the check-in procedure.
- Bikes are permitted in rooms.
- There will be a social gathering with beverages provided, venue TBD.
- You are responsible for your own evening meal. There are nearby restaurants that you can walk, ride, or Uber/Lyft to. This one is close and accommodates vegan and gluten free diets: [Guru Restaurant](#). There is also a brewery in town: [Clermont Brewing Co](#)

DAY THREE

Saturday, March 23, 2024

1. **Tour begins at 8:00AM** outside of hotel lobby.

- **Please have your belongings in hotel lobby by 7:30 AM so they can be placed in the Bike Florida van.**
- This hotel provides breakfast.
- We will board the bus and will be transported to the ride start. Bus leaves promptly at 8:00 AM.

2. **Tour Route** for Day 3: <https://ridewithgps.com/routes/40724778>

- There will be support vehicles and riders along the tour route to assist you should you need help.
- There will be two rest stops along the way for water, energy drinks and snacks -

one at 20 miles and one at 40 miles (approximate).

3. **Tour End** for Day 3: [Hampton Inn Odessa Trinity](#)

- You will ride to hotel. A tour attendee will meet you there and assist you with the check-in procedure.
- Bikes are permitted in rooms.
- There will be a social gathering with beverages provided, venue TBD.
- You will be responsible for your own evening meal. Nearby eateries include: [Starkey Market](#) and [Big Storm Brewing](#), both a short bike ride, walk or Uber/Lyft ride away.

DAY FOUR

Sunday, March 24, 2024

1. **Tour begins at 8:00AM**, outside of hotel lobby.

- **Please have your belongings in hotel lobby by 7:30 AM so they can be placed on the luggage van.**
- This hotel provides breakfast.

2. **Tour Route** for Day 4: <https://ridewithgps.com/routes/41347641>

- There will be support vehicles and riders along the tour route to assist you should you need help.
- There will be two rest stops along the way for water, energy drinks and snacks - one at 20 miles and one at 40 miles (approximate).

3. **Tour End** for Day 4: [Demens Landing](#): Bayshore Dr. & 2nd Ave. S, 525-549 2nd Ave SE, St. Petersburg, FL 33701

- You will retrieve your belongings and gift bags from the Sunflower Tour tent area.
- There will be a celebratory gathering at the park, with beverages and light snacks provided.
- Photo opportunities will be available.
- **Congratulations! You have finished the 2024 Sunflower Tour!**
- **We hope to see you back next year!**
