



Bike Florida

2025 SPRING SUNFLOWER TOUR



MARCH 27-30, 2025

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



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 at either SAG stop, which are at approximately mile 20 and 35-40. **Please be prepared to ride to one of those two points before coming off.**

OVERVIEW:

- This is an all-women's tour across the state of Florida organized by Bike Florida
- **IMPORTANT:** We board a bus in St. Petersburg and drive to Titusville, where we begin our tour, riding back to St. Petersburg. If you are meeting us in Titusville, you will need to find your own ride back to Titusville. *Bike Florida does not offer transport back to Titusville.*
- 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 a few weeks 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.

TOUR SPONSOR:



DAY ONE

Thursday, March 27, 2025

- PLEASE NOTE:** This ride boards a bus in St. Petersburg, FL, to Titusville, FL. You will be cycling from Titusville to St Petersburg. 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.
 - Meet at [SouthCore Parking Garage](#), 101 1st Ave S, St Petersburg, FL 33701 between 6:00-6:30am.
 - Park outside the garage and unload your luggage and bike. Bike Florida volunteers will assist you.
 - After unloading, please proceed to park in the garage on levels 3, 4 or 7. Level 7 has charging stations. You will pay for parking at the end of the tour when you are leaving the garage. **NOTE:** This is a public parking garage and we do not need any kind of identification to park there. **NOTE:** We are aware that the parking information they give says your vehicle will be towed after 3 days. This does not happen. We will have until end of day on Sunday to move our vehicles. We have parked there for all of our tours and not one car has been towed. Please trust us on this!
 - We will be boarding the bus immediately after parking your cars. Please make sure you leave plenty of time for morning traffic to insure you make it on the bus.
 - BUS LEAVES PROMPTLY AT 7:30 AM** (earlier if everyone is ready).
 - Arrive in Titusville at approximately 10:00 AM. The [Titusville Welcome Center](#) will be open and will offer a light breakfast. Restrooms will be open.
 - Tour begins ~ 10:30 AM. We have a 50 mile day ahead of us but no worries about getting to the hotel early; you will wait for a room.
- Tour Route** for Day 1: <https://ridewithgps.com/routes/45863988>

- 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: [Westin Lake Mary, Orlando North](#)

- 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 28, 2025

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 van.**
- *Breakfast will be provided at the hotel

2. **Tour Route** for Day 2: <https://ridewithgps.com/routes/45899409>

- 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 29, 2025

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 which is the Ridge Manor Trailhead on the Withlacoochee Trail. Bus leaves promptly at 8:00 AM.
2. **Tour Route** for Day 3: <https://ridewithgps.com/routes/45901022>
 - 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 30, 2025

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/45903507>
 - 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
- 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 2025 Spring Sunflower Tour!**
 - **We hope to see you back next year!**
