



Bike Florida presents:

2nd Annual Sunflower Women Only Cycling Tour

Spring 2023

NOTE: This itinerary is preliminary. Some things may change between now and the Sunflower Tour date due to availability, weather and/or schedule changes. A final itinerary will be mailed to all participants 4-6 weeks before tour start date.

OVERVIEW:

- This is an all-women's tour across the state of Florida organized by [Bike Florida](#)
- Tour begins in Titusville, FL and ends in St. Petersburg, FL.
- Hotel accommodations for 3 nights and transportation from St. Petersburg to Titusville included.
- Vehicle and bicycle trail support (SAG) available.
- This is a go at your own pace tour. We will include points of interest and places for photo opportunities should you want to meander take in the scenery.

DAY ONE *Thursday, March 30th, 2023*

1. **Meet at Demens Landing**, St. Petersburg, FL at 5:00 AM to board 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
 - 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 (approx).
3. **Tour End** for Day 1: <https://www.marriott.com/en-us/hotels/mcoml-orlando-marriott-lake-mary/overview/>
 - You will ride to hotel. A tour attendee will meet you there and assist you with the check-in procedure.

- Bikes in rooms permitted.
- There will be a happy hour (wine and beer only), venue TBD
- You will be responsible for your own evening meal. There are a variety of restaurants within very short walking distance from the hotel. Here are a few recommendations: <https://www.fdkitchenbar.com/> , <https://www.fishbonesrestaurants.com/> , <https://www.duffysmvp.com/>

DAY TWO *Friday, March 31st, 2023*

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 tour bus.*
 - *This hotel does not provide breakfast. We will have a light breakfast 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 (approx).
3. **Tour End** for Day 2: <https://www.ihg.com/holidayinnexpress/hotels/us/en/clermont/cmtfl/hoteldetail>
 - You will ride to hotel. A tour attendee will meet you there and assist you with the check-in procedure.
 - Bikes in rooms permitted.
 - There will be a happy hour (wine and beer only) , venue TBD.
 - You will be responsible for your own evening meal. There are close by restaurants (you can ride your bike or Uber/Lyft) as well – this one is close and accommodates vegan and gluten free diets: <https://gururestaurantclermont.com/> There is a brewery in town as well: <https://clermontbrewingcompany.com/>

DAY THREE *Saturday, April 1st, 2023*

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 tour bus.*
 - This hotel provides breakfast.
 - We will board the bus and will be transported to the ride start. *Bus leaves promptly at 8:00.*
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 (approx).
3. **Tour End** for Day 3: <https://www.hilton.com/en/hotels/pietyhx-hampton-odessa-trinity/>
 - You will ride to hotel. A tour attendee will meet you there and assist you with the check-in procedure.
 - Bikes in rooms permitted.
 - There will be a happy hour (wine and beer only), venue TBD.
 - You will be responsible for your own evening meal. Nearby eateries include: <https://starkeymarket.com/> and <https://www.bigstormbrewingtaproom.com/odessa> , both a short bike ride, walk or Uber/Lyft ride away.

DAY FOUR *Sunday, April 2nd, 2023*

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 tour bus.*
 - This hotel provides breakfast.

2. **Tour Route** for Day 4: <https://ridewithgps.com/routes/40724783>
 - 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 (approx).

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 second annual Sunflower Tour!
 - We hope to see you back next year!

Your hosts:

Lisa M Lake

Executive Director, Bike Florida

lisa@bikeflorida.org

727.698.8755

*(*please save this contact information for use during the tour)*
