

CENTRAL FLORIDA

CYCLING GUIDE



EXPLORE

CYCLING ADVENTURES FOR ALL

Whether you're a serious road cyclist in search of a long route, looking for a family-friendly paved trail tucked safely away from roadways, or want a rugged trail that will challenge your mountain biking skills, Central Florida has it all. Here, your cycling adventures will take you to both charming urban areas and into pristine wilderness. Pedal under majestic canopies of live oaks and past sparkling lakes. Stop in a historic downtown for lunch, see the untouched beauty of a cypress swamp and so much more.

In addition to the trails in this guide, you'll find many more nature trails at area parks, which will also give you a fascinating view of wildlife.

Explore park trails at [VisitCentralFlorida.com/Nature](https://www.VisitCentralFlorida.com/Nature).





LAKELAND RECOGNIZED AS A BICYCLE-FRIENDLY COMMUNITY

Lakeland has earned national honors from the League of American Bicyclists for its exceptional trails and other physical accommodations, as well as its cycling-related laws, safety education, events, programs, planning for future improvements and more. Try the Lake-to-Lake Cycling Route to see six different lakes and Lakeland's downtown and historic districts. Or cruise the popular Fort Fraser Trail, a nearly eight-mile, multi-use trail complete with picnic tables, restroom facilities, water fountains and plenty of shade to recoup after a day's ride. Off-road enthusiasts can test their skills at the Loyce Harpe Park Trail, which winds through rolling hills, narrow ridges and man-made ponds.

DISCOVER **THE REAL FLORIDA**

Enjoy a vacation that's filled with beauty, not crowds. Packed with surprises, not traffic. Full of charm, not chains. From historic gems to extraordinary attractions, a vacation here feels worlds away, yet is still close to it all.



EMBRACE YOUR INNER CHILD AT LEGOLAND® FLORIDA RESORT.

Explore hidden tombs in the Lost Kingdom or cool off at the LEGOLAND® Water Park. From "pink knuckle" roller coasters to live-action stunt shows, you're in for a full day of imagination-expanding excitement.



TEE OFF IN STYLE AT THE LUXURIOUS STREAMSONG RESORT.

Home to four of the most unique 18-hole golf courses in the country, Streamsong offers a world-class golf experience with a breathtaking view.

MAGIC IS HERE



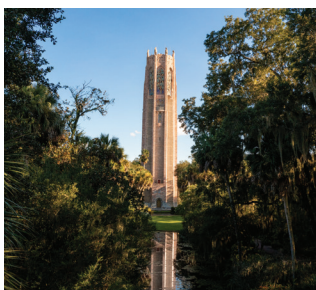
TAKE A WALK ON THE WILD SIDE AT SAFARI WILDERNESS RANCH.

Get up close and personal with hundreds of exotic animals as you embark on a rugged expedition across 260 acres of pristine Florida wilderness.



SADDLE UP FOR A ONE-OF-A-KIND ADVENTURE AT WESTGATE RIVER RANCH RESORT.

This 1,700-acre dude ranch features luxury glamping, horseback riding, trap and skeet shooting, swamp buggy rides and an action-packed Saturday night rodeo.



EXPERIENCE PARADISE IN FULL BLOOM AT BOK TOWER GARDENS. Sitting atop the summit of Florida's Iron Mountain, this hidden sanctuary will elevate your spirit with its heavenly gardens, Singing Tower carillon and scenic nature trails.

JOIN THE

CYCLING FUN

From formal competitions to casual group rides, a variety of cycling events await in Central Florida. **Road & Trail Bicycles** in Lakeland and the **Bike Shop** of Winter Haven both host Saturday morning group rides. **Gone Riding** sponsors several cycling events throughout the year, including the Florida Endurance Series and the Florida State Championship series, which is open to all ages and skill levels. **The Ironman 70.3 Florida** is a triathlon that begins at Haines City's Lake Eva Park, where competitors endure a 1.2-mile freshwater lake swim, a 56-mile bike course and a 13.1-mile run. **The Bloomin' Bike Ride** takes place in Bartow each spring, where gently rolling roads take cyclists across the Peace River Basin through expansive citrus groves and backwoods. To learn more about cycling events taking place in Central Florida, go to **VisitCentralFlorida.com/Events**.

SAFETY

TAKE CARE OUT THERE

To stay safe while cycling, remember the basics: wear a helmet, stay hydrated and wear sunscreen. If you're cycling with your children or anyone younger than 16 years of age, make sure they wear a properly fitted helmet that's fastened securely – it's required by Florida law. Always use caution around busy roadways and if you're biking on a remote trail, don't forget to bring plenty of water and snacks.





2 CIRCLE B BAR RESERVE

4399 Winter Lake Rd. (S.R. 540), Lakeland 33803,
863-668-4673

Visit Circle B Bar Reserve for a mostly shaded, unpaved trail under a canopy of live oaks that follows along the edge of Lake Hancock, opening up in the historic Banana Creek marsh system.

Directions: From U.S. 98, go east on S.R. 540 (Winter Lake Road). Entrance is on south side of S.R. 540.

D-6 **M** **O**



3 CHAIN OF LAKES TRAIL

Downtown Winter Haven to Lake Alfred

This 3.2-mile paved multi-use trail extends north from Central Park in downtown Winter Haven to U.S. 17/92 in Lake Alfred. The route provides views of many of the lakes in the northern Chain of Lakes.

Directions: Off U.S. 17, turn east on Avenue D, N.W. Trailhead parking is located in the Winter Haven Transit location.

F-5 M



4 FORT FRASER TRAIL

Bartow to Lakeland

This 7.75-mile paved trail runs parallel to U.S. 98 from Bartow through Highland City and to Lakeland at S.R. 540. The trail travels through tree canopies, beautiful pastures and populated areas. Three trailheads are located at the south end of the trail in Bartow, the north end in Lakeland (next to the Polk State College campus), and in Highlands City.

Directions: Trail runs along U.S. 98 between Lakeland and Bartow.

D-6 M



- 7 LAKE KISSIMMEE STATE PARK**
- 8 LAKE WALES TO FROSTPROOF LOOP**
- 9 LAKE-TO-LAKE CYCLING ROUTE**
- 10 POLK CITY RIDE**
- 11 LOYCE E. HARPE PARK**
- 12 TECO AUBURNDALE TRAIL**



5 IRONMAN 70.3 FLORIDA ROUTE

Haines City

Ride the 56-mile bike course of the IRONMAN 70.3 Triathlon to enjoy the gently rolling hills of eastern Polk County's residential and county roads while passing orange groves, lakes and golf courses. Local traffic shares the roadway, so be sure to stay alert.

Directions: Route starts at Lake Eva Park in Haines City and runs along a circular path through eastern Polk County.

G-4 and Inset Map #3 R



6 JAMES A. VAN FLEET STATE TRAIL

S.R. 33 in Polk County to S.R. 50 in Sumter County, 352-394-3969

This 29-mile paved, multi-use trail winds through the heart of the Green Swamp with pine forests and cypress swamps lining the path. Some areas of this trail are quite remote, so plan to take extra water.

Connects to the TECO Auburndale Trail for a longer route.

Directions: Take I-4 to exit 38, S.R. 33. Trailhead intersects at S.R. 33 and C.R. 665.



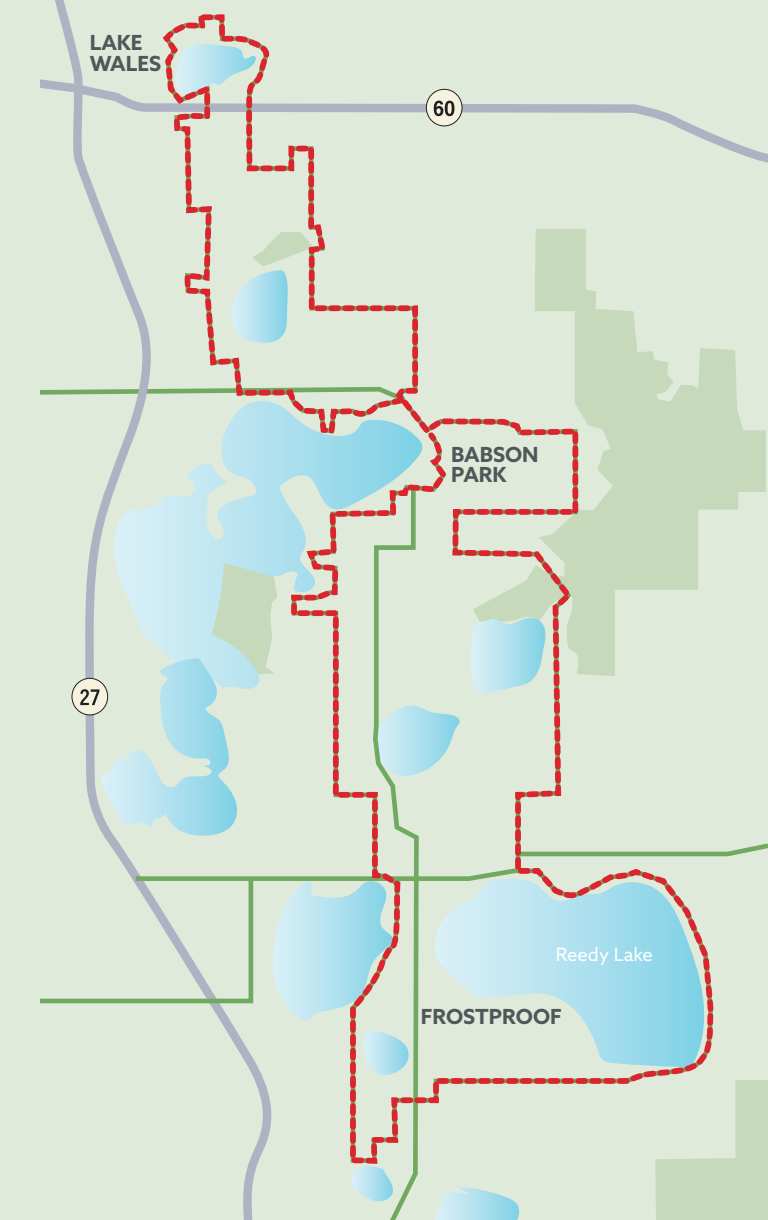
7 LAKE KISSIMMEE STATE PARK

14248 Camp Mack Rd., Lake Wales 33853, 863-696-1112
floridastateparks.org/lakekissimmee

With 5,930 acres of natural Florida beauty, this park offers outstanding activities on 13 miles of beautiful paved and unpaved trails. There is a fee for park entry.

Directions: From S.R. 60, turn north on Boy Scout Road, then east on Camp Mack Road.

I-6 M O



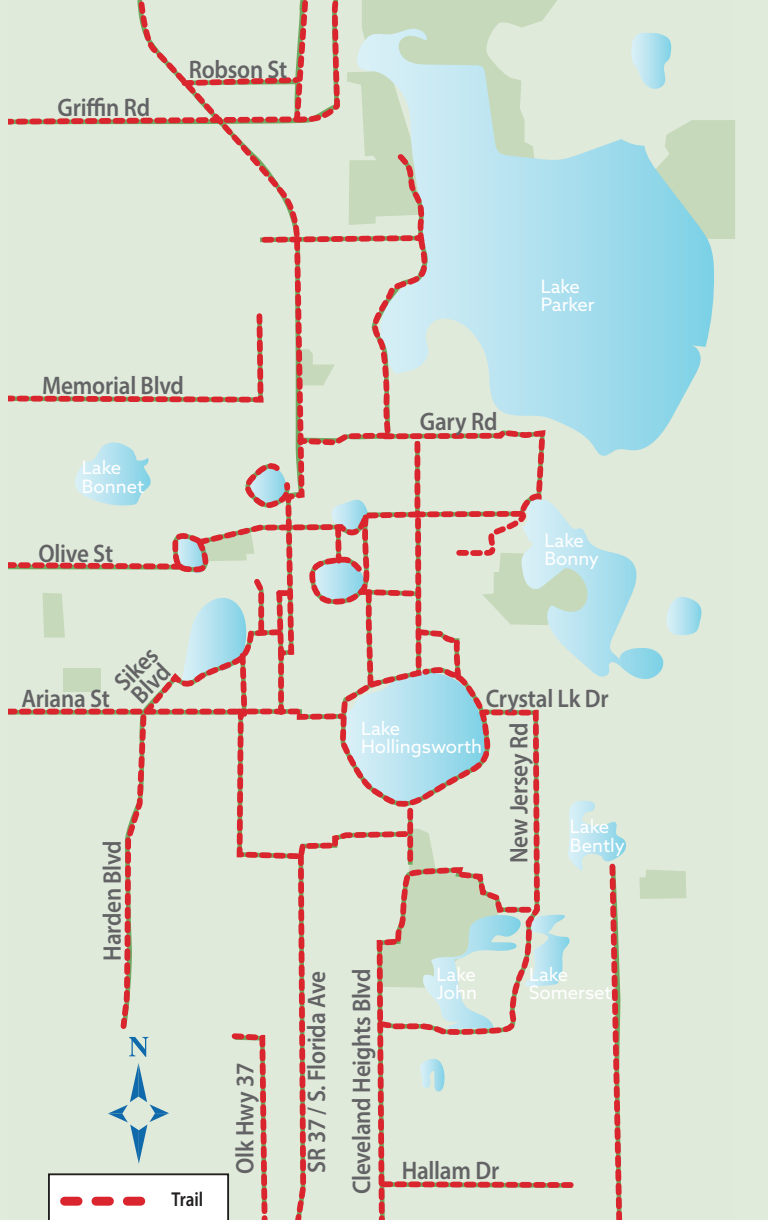
8 LAKE WALES TO FROSTPROOF LOOP

Lake Wales to Frostproof

This 41.7-mile road route extends south from Lake Wales to Lake Reedy in Frostproof.

Directions: Follow Mammoth Grove Road east to Walk in Water Road. Continue south to Lake Reedy Boulevard. Return to Lake Wales via S.R. 17 (N. Scenic Highway).

G-7 R



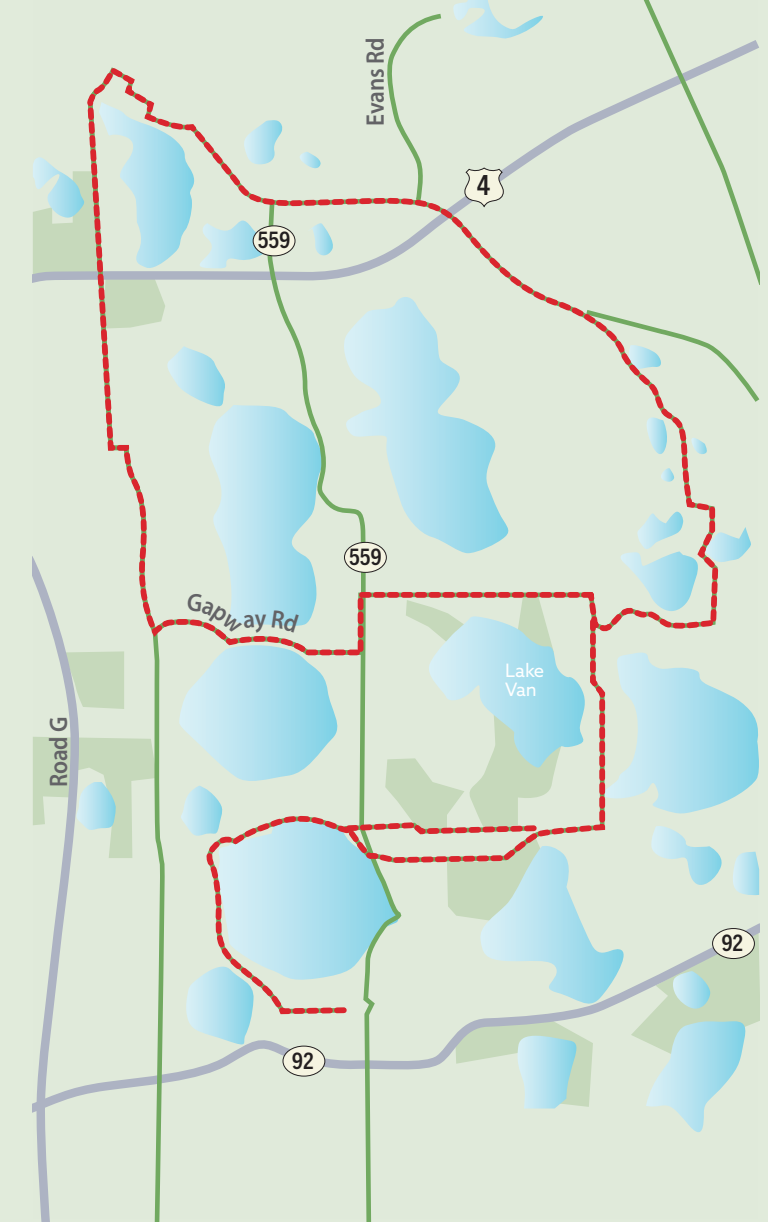
9 LAKE-TO-LAKE CYCLING ROUTE

Lakeland

This 20-mile cycling route is a popular, scenic ride around lakes Parker, Wire, Morton, Hunter, Hollingsworth and John. Signs clearly mark the bikeway to keep you on the route.

Directions: From Hwy. 37 (S. Florida Avenue) in Lakeland, turn east on Beacon Road and south on Lake Hollingsworth Drive. Parking is on your left.

C-5 R



10 POLK CITY RIDE

Auburndale to Polk City

This 34.8-mile road course extends north from Lake Ariana in Auburndale to Lake Agnes in Polk City.

Directions: Route starts at Lake Ariana in Auburndale and runs east to Lake Alfred, making a large loop up to Polk City and back.

E-5 R



11 LOYCE E. HARPE PARK

500 W. Carter Rd., Mulberry 33860, 863-534-4340

Known as Carter Road by locals, this 8-mile bike path at Loyce Harpe Park offers varied terrain including a technical trail to test the endurance of experienced mountain bikers. And on "Wacky Wednesday" the trails reverse, letting riders experience them in the opposite direction.

Directions: From Hwy. 37 in Mulberry, travel north to Carter Road and turn east. Park entrance is a half-mile on the right.





12 TECO AUBURNDALE TRAIL

Denton Ave., Auburndale 33823, 863-965-5545

This 12-foot-wide paved, multi-use trail extends 5.5 miles north of Auburndale.

Connects to the James A. Van Fleet State Trail for a longer route.

Directions: From Hwy. 92, go north on Berkley Road, then west on Denton Ave., and the trailhead will be one mile on the right.

D-4 M

CONNECT

ONLINE CYCLING RESOURCES

For a complete listing of Central Florida cycling routes and direct links to Ride with GPS, Strava and Map My Ride GPS routes, log on to **VisitCentralFlorida.com/Cycling**

NETWORK WITH US:

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 @VisitCentralFL

 @VisitCentralFL

 /VisitCentralFlorida

 @VisitCentralFL

#VISITCENTRALFL

GEAR

AREA BIKE SHOPS

LAKELAND

BENT'S SCHWINN CYCLING & FITNESS

(863) 688-2126
1058 S. Florida Ave.
Lakeland, FL 33803
www.bentscycling.com

TREK BICYCLE LAKELAND

(863) 682-7160
2125 S. Florida Ave.
Lakeland, FL 33803
www.davidsworld.com

LEROY'S BIKEWORKS

(863) 937-9028
6935 S. Carter Rd., Ste. 2
Lakeland, FL 33813

ROAD & TRAIL BICYCLES

(863) 937-8058
5113 U.S. Hwy. 98 S.
Highland City Town Center
Lakeland, FL 33846
www.roadandtrailbicycles.com

WINTER HAVEN

THE BIKE SHOP OF WINTER HAVEN

(863) 299-9907
249 3rd St SW
Winter Haven, FL 33880



[VisitCentralFlorida.com/Cycling](https://www.VisitCentralFlorida.com/Cycling)