



FLORIDA COAST TO COAST ROAD BIKE TOUR

Road Biking

-  Families with Older Kids
Private Tours and Custom Tours
Solos, Couples & Friends
-  Departure: Orlando, FL
-  Tour Offered: Jan, Feb, Mar, Nov, Dec
-  Departs On: Sunday

-  Duration: 6 Days
-  Lodging: Casual Inns
-  Fitness Level: 1-2
-  Elevation Range: 0 - 1,000 ft.

There is surely gold to be found in the intertidal zones off Florida's Treasure Coast. Peruvian gold and Mexican silver, in fact, given up by any of the 11 Spanish treasure ships that went to bottom more than three centuries ago. But the real bounty of the Sunshine State's central-east begins with water: from ocean to rivers, inlets and lakes to wetlands. To a region known for barrier islands, aromatic citrus groves, boating and sport-fishing, we've found onto an uncharted and original cycling destination.

Let's start with the most pivotal intrinsic. Our most Southeastern state offers nothing but three season comfort. Fall and winter days are consistently sunny. For a glorious week you can forget the coat and boots.

Our design plays to those rich visual and natural attributes unique to Central Florida. On back roads or dedicated cycling infrastructure, this trip showcases the big Cypress that define interior Florida's wildly lively watersheds. As well as the stately century-old Oaks fringed with Spanish moss, synonymous to the region's Southern heritage. On routes that key on quiet, quartz sand beaches and mesmerizingly blue-green lagoons, we dismount to glimpse a sea turtle, or manatees. Arriving for Spiny lobster and Stone crab seasons, our groups settle in, at day's end, to the charm of an old-Florida lodge of distinction. Moved by a scrumptious tropical breeze, each epic day in the saddle closes out with a cold one. Or perhaps a Jimmy Buffett signature tropical cocktail, topped with a paper parasol to celebrate the sun-kissed Treasure Coast.





THE ESCAPE ADVENTURES EXPERIENCE

For over 25 years, the hallmark of an Escape Adventures tour is personalized, hands-on service, before, during, and after each trip.

OUR PEOPLE

Our Trip Leaders are the best in the business. Trained personally by the owners, our WFR certified Leaders understand the areas you ride and the safety of the group.

OUR COMMITMENT

We don't just preach environmental awareness, we live it. We recycle 90% of our waste and run our LEED Platinum facilities with solar and wind power. Additionally, our facilities are net zero energy (we produce more energy than we consume) which makes us the only commercial outfitter in the world who is net positive energy.

OUR FOOD

Our Leaders prepare meals on the trip with an emphasis on fresh, local and organic foods, ensuring you have the fuel you need to ride, and a delicious, meal at the same time.

OUR SUPPORT VEHICLES

We provide a support van and trailer for every 9 guests on all of our trips so you can count on us to be there when you need us.





DAY 1 | Vero Beach and the Treasure Coast

Today we shuttle two hours to Vero Beach (pop. 16,919), nicknamed Hibiscus City; Atlantic-facing beach community set on a barrier island. The first ride of our tour sweeps north, between the coast and I-95. On that note: It's said that Florida is the only state in the US where the further north you go, the further south you get. All subtext aside, that direction delivers rich visual history, optimum cycling routes and abundant wildlife. Leaving Vero Beach, our route hugs the Atlantic, and more figuratively, what's called the Treasure Coast. (An entire Spanish fleet was lost here in 1715, swept to the bottom by a hurricane. Estimates place two trillion dollars' worth of booty and sunken riches within 60-miles of Florida's coast.) Our routing resolves into a warm, tropical embrace, and a trifecta of wilderness: the St. Sebastian River State Park; the adjacent 21,000-acre Fort Drum Marsh and 6,500-acre Blue Cypress conservation areas. The route wends us past 30-46 ft. tall Cypress trees, most 6-9 ft. at their base, though some reach in excess of 36-ft in diameter. On this stage, we'll also gain an up-close sense of the region's unique geology. As Lake Okeechobee retreated, it left great spans of fossilized mollusk that clung to limestone. These ancient clamshells bore and nurtured gems (called calcites). With a triumphal surge across a handsome cyclist- pedestrian dedicated bridge, we drop into Captain Hiram's Sebastian Inn, our stay for the night. Named for an American GI who perished at Normandy, Captain Hiram's is nothing less than Jimmy Buffett's vision of paradise, or island escapism: an inviting resort of old Florida charm, albeit with a subtle Bahamian vibe. Set alongside Sebastian Inlet, which opens onto the Intracoastal Waterway, the gentle waters here are frequented by manatees, bottlenose dolphins and pelicans if not all manner of colorful waterfowl.



Total Easy Mileage | 35 Miles
Total Moderate Mileage | 41 Miles
Casual Inn | Captain Hiram's Resort

Feet Gain | 301
Feet Gain | 398



DAY 2 | Lake Okeechobee

We hail today's loop as the Lake Okeechobee out 'n back. Known as Florida's inland sea, Okeechobee answers to Florida's largest freshwater lake, as well as America's ninth largest. Hugging the 730-sq mile lake's northern tier, our tour sweeps south, via Taylor Creek. Our enjoyably up-tempo circumnavigation lends great optics onto this tremendous natural resource, divided amongst no less than five Florida counties. Holding one trillion gallons of water—despite being only 9-ft deep—Okeechobee forms the headwaters of the Everglades. At the southern end we cycle past three different islands. Originally settled by pioneer stock, the trio of islands was abandoned in the 1960s. Closing out a brisk ride, we shuttle to the historic Clewiston Inn.

Total Easy Mileage | 23 Miles
Total Moderate Mileage | 45 Miles
Total Seasoned Mileage | 72 Miles
Casual Inn | Clewiston Inn

Feet Gain | 180
Feet Gain | 360
Feet Gain | 585





DAY 3 | Ormond Loop

We follow the Ormond Loop, segueing into the 3,230-acre Bulow State Park. A northerly neighbor of Daytona Beach, the Ormond area is decidedly more tranquil—think bowling, pickleball and pools—if not nature and cyclist friendly than Daytona. Pointing our front wheels onto a network of scenic state and county back roads, this stage merges onto vestiges of the Old Dixie Highway. Our routing transits pine forests, lakes turned red by tannic acids and swamplands patrolled by alligators. Constructed in 1915, then expanded in 1925, the Old Dixie passes over moveable bridges—to accommodate boat traffic—not to mention before more deeply rooted mainstays. Namely, the largest stand of iconic Southern live oak trees. One such beauty, known as the Fairchild Oak, is four centuries old, and the largest of its kind. Today's ride also visits the ruins of an ante-bellum plantation remarkable as much for its remoteness as its building materials. Constructed of coquina, great horizontal slabs of sediments embedded with trilobites, mollusk and other invertebrates, the plantation and its adjacent sugar mill offer a fascinating glimpse onto what was the region's first enterprise/economic lynchpin. Overhead we'll likely glimpse bald eagle and swallow-tailed kites, a small black and white raptor. Our ride closes out at the Minneola Inn, alongside Ormond Lake. A turn-of-the-century property, the Inn gracefully projects old Florida aesthetics, but nuanced with a decidedly Key West vibe. More so, there might not be a better spot to view the sunset or decompress post-ride than at the Inn's waterfront Tiki Bar.



Total Easy Mileage | 23 Miles
Casual Inn | Minneola Inn

Feet Gain | 266



DAY 4 | Alps of Florida

The day's ride loops over what's known as the Alps of Florida. (Don't snicker, Westerners.) Climbing a total of 1,445-ft, our route peaks out at 309-ft above sea level. Sweeping through farmlands, vineyards and orchards from Clermont, west of Lake Apopka, today's ride is punctuated by the Sunshine's State's steepest rollers, terrain completely atypical of the Florida peninsula. At Clermont (pop. 30,200), about 22-miles west of Orlando, we gain unprecedented views from the Florida Citrus Tower. Built in 1956, the 226-ft tower lends a 360-degree view of the surrounding orange groves. Our ride closes out at the Mt. Dora Inn, yet another signature lodge



Total Moderate Mileage | 33 Miles
Casual Inn | Mount Dora Inn

Feet Gain | 1445





DAY 5 | The Withlacachoolee

The day's ride follows a rails-to-trails course, the Withlacachoolee: a linear state park shaped around a dedicated bike path, the state's longest paved trail spanning 46-miles altogether. Smartly built atop the Atlantic Coast Line Railroad, this ride sweeps between a pair of chained lakes. Then over former railway trestles, by virtue of small bridges engineered for cyclists and pedestrians. All throughout, the framing along the Withlacachoolee Trail is quietly stunning if not gleefully rich in feathers and fur. To either side of trail roam wild turkey, white-tailed deer and wild hogs; these five to six foot long interlopers reach 150-lbs and up. Speaking of up, overhead we'll very likely encounter herons, sandhill cranes, wood storks, limpkins (a long legged shorebird) as well as a great many songbirds. Transiting successive state forests, we enter Richloam: a 58,000-acre preserve of pine savannah mixed with forested wetlands. Rolling in and out of piney forest, we stop to savor small, rural Florida townships. They include the stately and picturesque Floral City (pop. 5,216), named for its abundant wildflowers. Should the impulse set in, those gardeners amongst us are free to yell "floribunga"! here. The ride partly follows the 70- mile Crooked River, sweeping through the Citrus Wildlife Management area, the Flying Eagle and Jumper Creek preserves, respectively, before our peloton curls off for Inverness, where we overnight.



Total Easy Mileage | 23 Miles
Total Moderate Mileage | 30 Miles
Total Seasoned Mileage | 62 Miles
Casual Inn | Holiday Inn Express

Feet Gain | 420
Feet Gain | 547
Feet Gain | 1767



DAY 6 | Fleet Trail

Our wrap-up day ride follows the Fleet Trail. From quirky Mascotte (pop. 5,538), named for a small tobacco hauler that sailed between here and Cuba during the Spanish-American War, we sweep across the east edge of the aforementioned Richloam Wildlife preserve; then merge into the adjacent 110,000-acre Green Swamp preserve. Paralleling I-75, west of Orlando, we reach the headwaters of no less than four rivers: the Peace, Withlacachoolee, Ocklawaha, and Hillsborough. Ultimately, our route bisects a 560,000-acre plateau of wetlands, lowlands and sandy ridges; a critical habitat and drinking water source. Closing out here we shuttle back to Orlando.

Total Easy Mileage | 19.5 Miles

Feet Gain | 378



Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking	35	301	41	398		
2	Road Biking	23	180	45	360	72	585
3	Road Biking	23	266				
4	Road Biking			33	1445		
5	Road Biking	23	420	30	547	62	1767
6	Road Biking	19.5	378				

Road Bike Tour Fitness Levels

Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles
Easy	1	1000	10-20	1-5
	2	2000	20-30	5-8
Moderate	3	3000	30-45	8-10
Seasoned	4	4000	45-75	10-12
	5	5000	75+	12-16+



HOW TO PREPARE

ROAD BIKE

For optimal physical preparation, we recommend that you ride at least several hours per week during the month preceding the tour. During the tour you will be on your bike every day, and we can assure you that an unprepared bottom is a sore one! If you can't ride your bike, or don't own one, take a spin class at your local gym a few times a week.

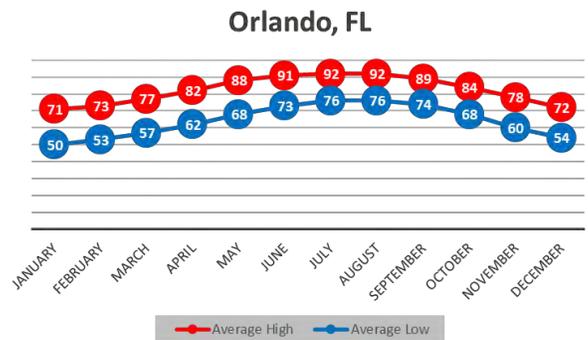


HIKING

To prepare for the tour, we recommend that you hike, jog or run at least several hours per week during the month preceding the tour. Walk/run in the shoes and sock you are bringing on the trip. This will help prevent blisters and sore feet.

WEATHER

Weather predictions are often unreliable, so it is best to be prepared for inclement weather. Please use the following locations when checking the weather online:
Orlando, FL



PACKING

Luggage is limited to one small soft-shelled suitcase or medium/large sized duffel bag (no heavier than 40 pounds). Please ensure your luggage container is water repellant. We also suggest bringing a hydration daypack or small backpack for valuables.

A complete list of what we consider essentials for every trip, as well as items that can be rented from Escape Adventures, is available at www.escapeadventures.com/packing-lists/

BICYCLES AND GEAR

Make your trip as comfortable as possible on the body, as simple as possible for traveling, and hassle free on tour. By choosing to rent a bike from us, we will fit you with the newest, highest quality gear in the industry. Escape Adventures provides only high-end bicycles. All of our bikes are equipped with carbon fiber frames and disc brakes designed for a smooth, comfortable ride.

Specialized Roubaix Disc



Specialized has perfected the road bike. Ride confidently and comfortably for longer distances.

Specialized Sirrus



Our most popular bike for moderate road bike tours is the proven Sirrus. This bike is suited for a wide range of cyclists.

Specialized Como eBike



For those of you who have wanted to join a bike tour but feared your fitness would hold you or the group back, fear no more.

Co-Motion Periscope Tandem



Our tandem is ideal for getting you and your partner or child out together, Tandem is available on request at an additional charge.

Specialized Allez 24"



The Allez Junior is specifically designed for younger riders looking to keep up (or pass) Mom and Dad. The Allez gives all the performance they need to go fast!

Specialized Hotrock 20" & 24"



Escape Adventures is one of the only tour companies to provide a specific selectin of kid's bikes for touring. Your child will feel confident on the Hotrock.

BIKE GEAR

Garmin Edge Explore GPS

All of our road bike trips include a Garmin GPS device to help you navigate through each day safely and smoothly. You'll know how far, fast, and high you've ridden on the flats or climbs or on your way through each day. Simply turn it on and start riding. No paper maps needed!



Be Seen, Be Safe

When you are on the road in the daytime, it is important to us to make sure you are seen from all directions. We offer the best daytime lighting by our partner NiteRider. Each road bike is equipped with a LUMINA MICRO 550 AND SABRE 80 COMBO with a Lumen Output: 550 and Run Time: 1:30 – 20:00 hrs.



TRIP COST INCLUDES

All meals starting with lunch on the first day through lunch on the last day, Specialized road bike rental, support vehicles, snacks, first-aid, bike maintenance, community gear, and a custom sublimated Limited Edition Jersey.



TRIP COST DOES NOT INCLUDE

Airfare to and from departure point, lodging before or after the tour, personal camping gear (if applicable), or gratuities to Escape Adventures Trip Leaders. Tips to the Trip Leaders are given at your discretion and based on the quality of your experience. We suggest 10-20% of your trip cost to be divided between all Trip Leaders.

MEALS

Our Trip Leaders prepare all of your picnic style lunches and breakfasts and dinners are served in the best local restaurants.



TRIP AMENITIES

Inns on this tour are chosen for comfort, scenery, and proximity to our activities. Cell service for this tour is spotty, Verizon is the best service to have for this area.

KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll notify you of any changes prior to departure; other changes may be communicated on the trip by your Trip Leaders.

This is a general itinerary and may vary. Escape Adventures reserves the right to make changes due to weather, local conditions, government intervention, or any other unforeseen reasons that may affect the quality of the trip and/or safety of the participants. Inns are subject to change.

ACCOMMODATIONS

CAPTAIN HIRAM'S RESORT

1580 US-1, Sebastian, FL 32958

(772) 388-8588

www.hirams.com

Capt Hiram's honors the memory of Sergeant Hiram Collins, a brave World War II soldier and great uncle of owner Tom Collins, who was killed at Normandy Beach.

At Capt Hiram's, we believe vacationing should be the easiest thing you ever do. After all, what more do you need than a cold beer (or perfectly poured scotch), fresh-caught seafood, warm sand, palm trees and a tropical breeze? This, plus a collection of 86 guest rooms and suites with romantic river views and live music, has made Capt Hiram's one of Florida's most unique and beloved destinations.



CLEWISTON INN

108 Royal Palm Ave, Clewiston, FL 33440

(863) 983-8151

www.clewistoninn.com

The Clewiston Inn is a historic site and was added to the U.S. National Register of Historic Places in 1991.

Discover southern charm and hospitality at the Clewiston Inn. A beautifully restored classical revival, the Inn offers a perfect blend of country elegance and modern comfort.

Nestled in the heart of South Florida's sugar cane country and on the shore of Lake Okeechobee, the Clewiston Inn provides visitors with a peaceful setting and welcoming retreat.



LAKE MINNEOLA INN

508 S Main Ave, Minneola, FL 34755

(352) 394-0134

www.lakeminneolainn.com

Lake Minneola Inn has been hosting guests near and far for over 100 years. The Inn is set on a beautiful lake front property with the most amazing sunsets in Lake County. You can find a great place to eat right in our back yard at The Tiki Bar & Grill. That's where you really can have a cheeseburger in paradise. The food is always fresh and delicious, and the atmosphere is the best around. If you are feeling a little adventurous, rent one of our new pontoon boats from Tiki Boat Rentals and cruise the gorgeous Clermont chain of lakes.



MOUNT DORA HISTORIC INN
221 E 4th Ave, Mt Dora, FL 32757
(352) 735-1212
www.mountdorahistoricinn.com

Just a short walk to the Historic Downtown Village, Mount Dora Historic Inn is a retreat from the everyday hustle and bustle.

Pamper yourself at one of our many spas, enjoy a glass of wine at one of our charming wine rooms, take that horse drawn carriage ride around the lake before dining at one of our fabulous restaurants—perhaps some dancing afterward to top off that perfect evening.



HOLIDAY INN EXPRESS & SUITES
903 E W Gulf to Lake Hwy, Lecanto, FL 34461
(352) 341-3515
www.holidayinnexpress.com

Enjoy the comfort of our new Inverness-Lecanto Holiday Inn Express Hotel & Suites. This Holiday Inn Express Hotel & Suites is located in beautiful Citrus County, a fantastic destination.

While staying at our Inverness, Florida hotel, enjoy amenities including a heated outdoor saltwater pool, 24-hour Fitness Center and our free hot breakfast bar.



GATEWAY CITY: ORLANDO, FLORIDA

Orlando, a city in central Florida, is home to more than a dozen theme parks. Chief among its claims to fame is Walt Disney World, comprised of parks like the Magic Kingdom and Epcot, as well as water parks. Another major destination, Universal Orlando, offers Universal Studios and Islands of Adventure, with the Wizarding World of Harry Potter straddling both.



ORLANDO AIRPORT

ORLANDO INTERNATIONAL AIRPORT

1 Jeff Fuqua Blvd, Orlando, FL 32827

(407) 825-2001

www.airport-orlando.com

Orlando International Airport is a major public airport located six miles southeast of Downtown Orlando, Florida, United States. In 2018, MCO handled 47,696,627 passengers, making it the busiest airport in the state of Florida and the eleventh-busiest airport in the United States.



ORLANDO HOTELS

SHERATON SUITES ORLANDO AIRPORT

7550 Augusta National Dr, Orlando, FL 32822

(407) 240-5555

www.sheraton-suites-orlando.com

ALLURE RESORT ORLANDO

8368 Jamaican Court, Orlando, FL 32819

(407) 345-0505

www.allureresortdriveorlando.com

MEETING AND DEPARTURE INFORMATION

MEETING LOCATION

HOMWOOD SUITES BY HILTON

5425 Gateway Village Circle, Orlando, FL 32812

(407) 857-5791

<https://www.hilton.com/en/homewood/>

DEPARTURE TIME

7:30 AM on the first day of the tour.

RETURN TIME

By 5:00 PM on the last day of the tour.



CANCELLATION POLICY

In order to keep our tours affordable and provide proper notice to our lodging partners, we must adhere to this timeline, no exceptions. After our refund deadline has passed we cannot provide a refund for any reason, including circumstances beyond your control such as weather-related travel delays, family emergency, or injury. There is also no partial refund if you arrive late to your tour, or depart early. Insurance agencies however, offer a full or partial refund in many circumstances if you purchase travel insurance to cover your tour. Payment in full is due 60 days prior to trip departure.

IF YOU CANCEL YOUR TRIP	YOU WILL RECEIVE
Up until 60 days prior to trip departure	100% of what you have paid minus a \$200 processing fee per person
59-45 days prior to trip departure	50% of what you have paid minus a \$200 processing fee per person
45-30 days prior to trip departure	15% of what you have paid minus a \$200 processing fee per person
29-0 days prior trip departure	No Refund

TRAVEL INSURANCE

We strongly encourage you to purchase travel insurance to protect against extenuating circumstances such as illness and injury-believe us, they do come up! We have a special arrangement with TravelGuard insurance so that you may purchase reasonably-priced travel insurance at the same time you place your tour reservation. For a detailed description of the TravelGuard policy we offer, visit our website or call 866-385-4839 and ask about product **007715**.

TRANSFER POLICY

If you would like to change to a different tour or departure date after signing up, we will be happy to transfer you on a space available basis up until 60 days prior to your tour. Please provide your transfer request in writing - email is sufficient. Please note, a \$25 transfer fee will be deducted from your previous payments for each transfer, and if you later choose to cancel your tour, the cancellation deadlines will apply to the date of the originally scheduled tour.

TOUR CONFIRMATION

Escape confirms tours 60 days prior to tour departure; prior to this time, tours may be cancelled due to low enrollment. After your tour is confirmed, it will not be cancelled for low-enrollment, but in rare cases may be cancelled due to weather, government intervention, unsafe trail conditions, or any other reason that would affect the quality of the scheduled tour or the safety of its participants. If we are forced to cancel your tour, we will provide a 100% refund and work to add you to another trip that works for you.

TRAVEL PLANS

We advise you to avoid non-refundable flights and other travel arrangements and are not responsible for the costs of such arrangement in the event your tour is cancelled. The travel insurance offered in conjunction with our tours covers the cost of your tour but does not cover additional costs such as travel to and from your tour departure location, and hotel stays prior to or following your tour. Please consider purchasing additional insurance coverage.



SIMILAR TRIPS FROM ESCAPE ADVENTURES

BIG SUR ROAD BIKE TOUR

-  Private Tours and Custom Tours
Solos, Couples & Friends
-  Duration: 6 Days
-  Lodging: Luxury Inns & Restaurants
-  Departure: Santa Barbara, CA
-  Fitness Level: 2-4
-  Tour Offered: Mar, Apr, May, Sep, Oct
-  Elevation Range: 0 - 2,000 ft.
-  Departs On: Sunday

We shaped a virtuoso velo interpretation of the Golden State's Central Coast: animated as much by sea cliffs and rolling wine country, iconic Highway One to Redwoods, breaching Gray whales to far more furtive sea otters.



SAN JUAN ISLANDS ROAD BIKE TOUR

-  Private Tours and Custom Tours
Solos, Couples & Friends
-  Duration: 6 Days, 115-170 Miles
-  Lodging: First-Class Camping or Luxury Inns & Restaurants
-  Departure: Seattle, WA
-  Fitness Level: 1-3
-  Tour Offered: Jun, Jul, Aug, Sep
-  Elevation Range: 0 - 3,000 ft.
-  Departs On: Sunday

From quiet pebble beaches to blossoming meadows, San Juan Islands cycling is a peaceful retreat from busy everyday life. A scenic ferry ride from Washington's Fidalgo Island brings us to the maritime world of the San Juan's.

