

HeartCycle Bicycle Touring Club SOUTH FLORIDA 2022



- Dates:** Orientation meeting Wednesday, February 2. Riding Thursday, February 3, to Wednesday, February 9, with departure Thursday, February 10. (lodging last night is included)
- Leaders:** Jim Schroeder, Ron Finch
- SAGs:** Mayoma Pendergast, Kathleen Schindler
- Miles:** 284 miles (elevation gain not worth mentioning)
- Rating:** Intermediate
- Riders:** 30 (including leaders and sags)
- Price:** \$2,400 (double occupancy); Deposit \$600. Single supplement is \$3,600. Balance due by November 10, 2021.
- Cancellation:** [Standard cancellation policy](#) *Travel insurance is advised.*

OVERVIEW

South Florida will be a special pre-season, “get away from winter” tour for HeartCycle! For a lot of you, it will be a lazy ride to soak up some sun and lay on the Atlantic-side beaches along our route. HeartCycle definitely needs to check out this area before it is under water! We’ll start in Miami Beach at the beachfront Holiday Inn for a couple of nights in Miami Beach. Many of the miles will be on multi-use paths and urban streets designated for bicycle traffic. Our week’s destination will be Key West as we travel on the Florida Keys Overseas Heritage Trail (FKOHT). The week’s activities also include a visit to Everglades National Park.

This is a low mileage intermediate ride and day 3 could be a day off when we visit the Everglades. The last day, we will have some fun and ride around Key West or just relax at the Marriott Courtyard sunning near their Tiki Bar for the day. There will be many opportunities for sightseeing trips on that last day. In the early evening, we will board a charter bus and return to Miami Beachfront Holiday Inn. Bring your bike lock as there will be many places where you may want to stop along the tour. We will provide you a list of the internet’s top 10 to see for each day. Yes, I’m sure some of them will be tourist traps!

Many days will only have a morning stop and lunch stop; make sure to let the SAGs know of your stops along the way. Our group dinner will be in Marathon, at the Lighthouse Grill, on the waterfront behind our hotel.

Weather? Lots of sun. February is rather dry, maybe some quick showers. Average lows are 63 degrees with average highs of 75. Pretty nice, huh?

The club’s Sprinter will NOT be making the trip to Florida. We will rent a 15-passenger Transit van in Florida. Holiday Inn Oceanfront in Miami Beach will accept your bike boxes from FedEx or UPS. Storage of those bike boxes are being negotiated, but we’ll find a way. Miami Beach Bicycle Center (<https://www.bikemiamibeach.com>, (305) 674-0150, is 3.5 miles south of our hotel and rents bicycles. Rates: Scott Carbon Fiber = \$85/day, \$350/week; Cannondale Alloy = \$59/day, \$210/week.

Weeklong parking in Miami Beach is expensive. The nearest 24-hr city parking facility, G12 Collins Park 340 23rd St, is 10 blocks south of the Holiday Inn Oceanfront and is \$20 per day. Another option would be to park your vehicle at the Miami International Airport (\$17/day) and shuttle into Miami Beach (\$25).

As always, route maps with cue sheets are included along with RWGPS event links to all riders.

To get you in the mood for this trip, I recommend checking out “Start Up” on Netflix!

ITINERARY



Wednesday February 2 is Arrival and Orientation Day at the Holiday Inn Beachfront Hotel in Miami Beach.

Relax on the beach for a while and stretch out those legs checking out the art deco architecture that “the Beach” has to offer. There’s also a nice outdoor pool to get some laps in for you triathloners! Orientation is at 8pm!

Thursday February 3. We’ll ride along the beach on the Miami Beach Boardwalk. It’s not a boardwalk at all but a great multi-use concrete path. We’ll venture all the way to South Point and then do some urban riding on bike lanes. We’ll even be on an interstate as we cross the inner channel to Miami. Lunch will be at Oleta River State Park before we hop back into Miami Beach on the North Side. Check out the yachts parked to the right just before ending the ride at the hotel. Just 35 miles!



Friday February 4. We’ll leave the beach, riding through downtown Miami and then to Key Biscayne. Wow, talk about bicycle infrastructure! Bike lanes and bike paths and a state park. And while all the cars are paying tolls and entrance fees, we might just ride in for free! While on your way to Homestead, you’ll be riding in all types of designated bike trails. Reminds me of the movie title,

“The Good, the Bad, and the Ugly.” Pay attention to the cue sheet; it’ll steer you safely. 59 miles.



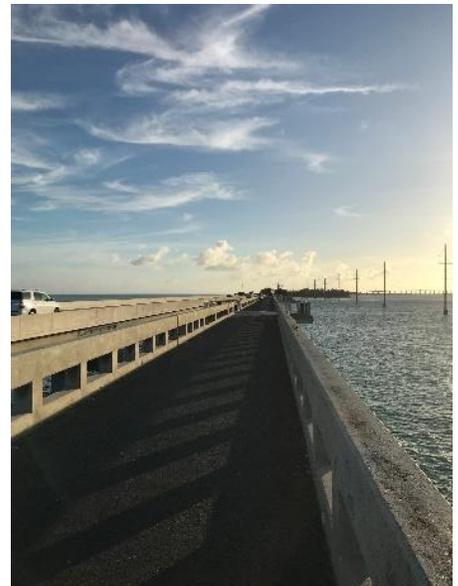
Saturday February 5 will be what I call our option day. One can stay and relax at our hotel in Homestead, but I strongly recommend shuttling with us to Everglades National Park nearby. You don’t have to ride and instead hike, rent a kayak, or go on a boat tour, while the rest can ride a 38-mile ride to Flamingo Beach. We’ll first spend some time at Ernest Coe Visitor Center, enter the national park, then proceed to Royal Palm Visitor Center to see some awfully tame birds and

not so tame alligators. Please be sure to bring along your national park pass. They’ve already told me one pass for 4 admissions on bikes!



Sunday February 6. We head southeast to Key Largo to start our trek to the keys. With only two ways to get there, I found this local road. After climbing up a toll bridge, we’ll turn right onto a nice bike lane into town. We’ll arrive early so there will be plenty of time to check out Bogie and Bacall’s town. 42 miles.

Monday February 7. We are on Florida Keys Overseas Heritage Trail all the way to Marathon. FKOHT is one of the oldest long distance bike trails in the country. Cycling on “Highway One” offers you options of the trail, bike lanes, or shoulders. I rode this during peak spring break season last year. The cue sheet follows what I believe is the safest way to Marathon that includes all types of bicycling travel. Be wary of trail detours that may occasionally divert you on US-1. Just take it easy and it will be okay. We’re planning to have our group dinner behind our hotel at the Lighthouse Grill. 53 miles.





Tuesday February 8. We start the morning on the famous Seven Mile Bridge. The adjacent old Flagler Railroad Bridge on your right will entice you, but there are gaps along the way. “They” promise it will all become part of FKOHT but who knows when. Traffic should be light as it will be morning, but please, always ride single file. The shoulder is a

comfortable width on this 45 mph bridge. After the bridge, more of the same riding on the trail, bike lanes, or shoulder. We’ll arrive in Key West with plenty of time to check out the town or just relax at the Marriott Courtyard hotel. 45 miles.

Wednesday February 9. Welcome to the crazy “Conch Republic.” Have some fun today, but make sure to lock your bikes when unattended. I have planned a 13-mile unsupported bike ride to visit all parts of Key West. We will have three rooms for you to shower and stow your luggage and bikes if you choose not to ride today. We will be loading the Penske with bikes on your bus ride back to Miami in the early evening. If you miss the bus, it’s on you to get back to Miami Beach! The last night of lodging in Miami Beach is part of the tour.



FOR MORE INFORMATION

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