A regional coalition of Tampa Bay
• BikeWalk Tampa Bay is a regional coalition of citizens, employers, professionals and allied organizations created to make walking and bicycling the preferred modes of transportation in the Tampa Bay region. The Coalition was formed by a partnership between the following:
  • St. Petersburg Transportation Alliance
  • Tampa Downtown Partnership
  • Wheel Share Alliance
  • Tampa Bay Area Regional Transportation Authority
  • St. Pinellas Transportation Partnership
  • Florida Department of Transportation
  • Community Traffic Safety Teams of Tampa Bay
  • Metropolitan Planning Organizations of Hillsborough and Pinellas Counties

To accomplish this goal, we engage and empower local communities and stakeholders to achieve our region’s vision for a better transportation future.

To find the trail guide on the Web, go to www.pinellascounty.org/trailgd

Find the trail guide on the Web. Go to www.pinellascounty.org/trailgd

www.bikewalktampabay.org

www.pinellascounty.org/trailgd

Rails & Bicycle Lanes Guide

www.pinellascounty.org/park/volunteer

Volunteer Services at (727) 549-6136 or visit www.pinellas.com/en/community/emergency-ride-home.

The Bike Buddy program matches bicycle commuters with another. The goal is to encourage more people in the Tampa Bay region to try bicycle commuting and to ultimately make the number of trips made by bicycle.

How do I sign up?
2. Once you’ve received your list, contact the other bicyclist on your list and arrange a meeting time to discuss your routes.
3. Begin your bike commute!

The Bike Buddy program is a free service through Tampa Bay Area Regional Transportation Authority (TBARTA).

2018-2022

Be a Bike Buddy

The Bike Buddy program matches bicycle commuters with another. The goal is to encourage more people in the Tampa Bay region to try bicycle commuting and to ultimately make the number of trips made by bicycle.

How do I sign up?
2. Once you’ve received your list, contact the other bicyclist on your list and arrange a meeting time to discuss your routes.
3. Begin your bike commute!

The Bike Buddy program is a free service through Tampa Bay Area Regional Transportation Authority (TBARTA).

Back the Bike Buddy program with your community and support bicycle commuting in the Tampa Bay region.

Coast-to-Coast Trail Connector

A regional coalition of Tampa Bay

A 75-mile regional network of trails will circle the county

Distance that the Pinellas Trail stretches in the county

Distance around the Pinellas Trail Loop once complete

A regional network of trails will include the county and link some of its most popular parks, scenic coastal areas, commercial centers and nature reserves.

Joining the Pinellas Trail with the Coast-to-Coast Trail Connector is part of the county’s strategic plan goal to foster continual economic growth and vitality by providing safe and effective transportation systems to support regional connectivity.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills. Cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.

Be in Florida. Biking is fun and easy to do, and there are many local trails that you can use with cycling as well. Regular cycling improves general muscle functions gradually, with health benefits that come with cycling as well. Regular cycling can reduce the risk of strain or injury. It strengthens and tones leg muscles, and improves motor skills.
Welcome to Pinellas Trail

The Pinellas Trail is a linear park and urban trail used by thousands of people each month for walking, jogging, bicycling and fishing. The trail was created on an abandoned railroad corridor and named in honor of Fred Marquis, who served as Pinellas County administrator during the trail’s creation.

The trail runs from St. Petersburg to Tarpon Springs and is planned to be expanded throughout the rest of the county. It connects several county parks, coastal areas and points of interest through multiple access points along the way. There are emergency and smoke detector boxes along the trail designed so trail goers can avoid traffic and stay connections such as bridges over bodies of water.

Use of the trail is free, but please consider donating a small amount to help offset the cost of maintaining the trail. Contact your local government or the Friends of the Pinellas Trail for more information.

Always use the trail as a pedestrian. It can help you relax and enjoy nature, but always use it safely and responsibly.

Prima Vista Trailhead

A Pinellas County Trail and Conservation Resources administered by Keep Pinellas Beautiful. For more information on how you can participate, visit our website at www.KeepPinellasBeautiful.org

Keep Pinellas Beautiful

Countryside Park Trailhead

Friends of the Pinellas Trail

MIDNIGHT IN THE SOUTH

Kathy Marquis

SUNSET TIMES

MANY TRAILS
NO TRAILS

THE PINELLS TRAIL

AM A PROGRAM

A PROGRAM

Keep Pinellas Beautiful Inc.

1910 5th Street N

Clearwater, FL 33755

Toll Free: 1-800-345-6789

www.keeppinellasbeautiful.org

Pinellas Trail to other trails across the state.

2014 A new 1.4 mile segment of the First Florida Trail opens.

2011 Groundbreaking for Downtown Trail to allow bicyclists to share roads with vehicles. Pets must be kept on a 6-foot leash and under control.

Horses are prohibited. 

Keep your bike safe and secure. 

Tips for Locking Your Bike

• Lock your bike with a U-Lock or heavy cable

• Lock your wheels to your frame

• Avoid locking to trees and objects that move

• Lock your bike in a well-lit area or where people are present

• Register your bike – you will have a better chance of getting it back in the event of theft

PET TIPS

WATER BOTTLE

HIKE 3 TIMES PER WEEK

• Dry mouth: Drink plenty of water

• Skin: Avoid sunburn

• Eyes: Wear sunglasses

• Headache: Drink lots of water

• Clothing: Wear loose clothing

• Ears: Protect from noise

• Water: Avoid water that has a strong smell

• Mosquitoes: Avoid Mosquitoes

• Insects: Avoid insects

• Sun: Avoid sunburn

• Heat: Avoid heat

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool

• Warm: Avoid warm

• Cold: Avoid cold

• Rain: Avoid rain

• Snow: Avoid snow

• Wind: Avoid wind

• Windshield: Avoid windshield

• Air conditioner: Avoid air conditioner

• Cool: Avoid cool
Biking is just a good thing to do.

Not only is bicycling fun and easy to do, there are many health benefits that come with cycling as well. Regular cycling improves general muscle function gradually, with little risk of strain or injury. It strengthens and tones leg muscles, and improves heart health and decreases stress. Cycling is also good for improving heart health and reducing stress.

Cycling burns approximately 300 calories per hour. Cycling is considered low impact, and has low risk of strain or injury. It strengthens and tones leg muscles, and improves heart health and decreases stress.

To accomplish this goal, we engage and empower local transit advocates, professionals and allied organizations created a regional coalition of citizens, advocates, professionals and allied organizations. Bike/Walk Tampa Bay is a regional coalition of citizens, advocates, professionals and allied organizations. Bike/Walk Tampa Bay is a regional coalition of citizens, advocates, professionals and allied organizations.

Bike/Walk Tampa Bay is a regional coalition of citizens, advocates, professionals and allied organizations. Bike/Walk Tampa Bay is a regional coalition of citizens, advocates, professionals and allied organizations.

Bikes on Buses

• Loading and accepting the bike onto the bus is the sole responsibility of the cyclist. Bikes may not be loaded on the back. An exception is made for single-seat, two-wheeled bicycles.
• Folding bikes are allowed on the bus, but as long as they are unfolded, they must be brought on or out of the aisle.
• PETA is not responsible for damage to bicycles or related property, except in the event that PETA is found to be negligent or at fault in an accident. Theft, damage or injury while loading and/or unloading are the sole responsibility of the passenger/cyclist, or PETA.
• Before you exit, remember to tell the driver that you have a bike on the bus.
• If the bike rack on your route is full on the last trip of the day, you may bring your bike inside the bus. For more information on where to lock your bike when not riding, see www.tbarta.com/en-handled-consultations/lock-bikes-on-buses

Be a Bike Buddy

The Bike Buddy program matches bicycle commuters with another. This is a free service through Tampa Bay Area Regional Transportation Authority (TBARTA). To participate, you must be a bicycle commuter. To match a commuter, you must sign up for the program. To sign up, you must be a bicycle commuter. To match a commuter, you must sign up for the program. To sign up, you must be a bicycle commuter. To match a commuter, you must sign up for the program. To sign up, you must be a bicycle commuter. To match a commuter, you must sign up for the program. To sign up, you must be a bicycle commuter. To match a commuter, you must sign up for the program. To sign up, you must be a bicycle commuter. To match a commuter, you must sign up for the program.

How do I sign up?
2. Once you’ve received your list, contact the other bicycle commuter and arrange a convenient time to discuss your routes.
3. Begin your bike commute!

Biking in Florida

The Tampa Bay area has four seasons but comfortable biking year-round. But this is Florida so be prepared with food and water, sunscreen lotion, a wide brimmed hat and insect repellent.

• Summers are hot and humid, and generally have afternoon thunderstorms.
• Winters are usually the dry season. There is a cold wind called coastal onshore.
• Spring and autumn with moderate temperatures and usually warm, but slightly cooler.

If You See a Volunteer... Say "Hi!" They are friendly and helpful! We rely on volunteers to help us make the trail safe and enjoyable for all users.

• Respect the weather, wake of heat and humidity.

Cost-to-Coast Trail Connector

305 miles: Length of Coast-to-Coast network of trails starting from Pinellas County to Duval County that will allow bicyclists and pedestrians to travel across the state.

5.5 million: Construction cost of the Pinellas Trail Coast-to-Coast Connector segment. Work began in May 2018 and was completed in July 2021. The state legislature funded the project with the approval of Governor Rick Scott.

54 miles: Distance that the Pinellas Trail stretches in the county from Tarpon Springs to St. Petersburg. It is one of the most popular trails in Florida and among the most heavily used trails in the United States.

75 miles: Distance around the Pinellas Trail Loop once complete. This regional network of trails will include the county and link some of its most popular parks, scenic coastal areas, commercial areas, village and neighborhoods.

Joining the Pinellas Trail with the Coast-to-Coast Trail Connector is part of the county’s strategic plan goal to foster sustainable economic growth and vitality by providing safe and effective transportation systems to support regional connectivity.
Cycling Tips

Welcome to Pinellas Trail

Pinellas Trail is a 40-mile long, multiuse bicycle trail in Pinellas County, Florida. The trail connects a variety of urban and rural areas, offering a convenient and enjoyable way to get around.

Make Eye Contact

When riding near a vehicle, make eye contact with the driver. This helps ensure they see you and are aware of your presence.

Be Careful at Intersections

Many accidents happen at intersections. Be extra cautious when riding through or near parking lots, driveways, and other potential hazards.

Use Hand Signals

Signal your turns before you make them. This helps other drivers and cyclists anticipate your movements.

Use Lights at Night and When Visibility is Poor

Make sure your lights are working properly and clearly visible to others. This is especially important during nighttime or low-visibility conditions.

Beware of Car Doors

Car doors can open unexpectedly, so always be aware of cars parking or opening doors.

Lock Your Bike

Secure your bike to a fixed object, using a strong lock. This helps deter theft.

Avoid Road Hazards

Be aware of potential hazards, such as construction, debris, and uneven surfaces. Stay alert and ride defensively.

Right-of-Way

When turning right, yield to vehicles already in the intersection. Look both ways before crossing

Use Designated Path

Use the designated paths provided for cycling and walking. This helps keep the trail clear for everyone.

Keep to the Right

Keep to the right side of the trail, especially when passing others. This allows for smooth and safe maneuvers.

Use Pedestrian Push Buttons

Use the pedestrian push buttons at intersections to cross safely.

Where trails kick down to sidewalks, bicycles, skaters, wheelchair users and automated vehicles all share the right-of-way. It connects several county parks, coastal areas and points of interest through Pinellas County’s extensive system.

Tips For Locking Your Bike

• Lock your bike with a U-lock or heavy cable
• Lock your wheels to your frame

Additional Tips

• Avoid locking to trees and objects that aren’t secure
• Lock your bike in a well-lit area where people are present

Your Name Here