



Presented by:



Mobility Week
OCT 29 – NOV 5, 2021

October 30, 2021

Join Bike/Walk Central Florida, the cities of Orlando, Winter Park, Maitland, Casselberry and the town of Eatonville for the 5th Annual Bike 5 Cities ride.



WHAT: Bike 5 Cities is a welcoming, inclusive 28-mile bike ride to show people of all ages and bicycling abilities where they can comfortably ride in Winter Park, Eatonville, Maitland, Casselberry and Orlando.

WHEN: Saturday, **October 30, 2021**. Staggered start times for social distancing.

WHERE: Select your start city when registering.

DETAILS: Face coverings required at the start, all stops and crowded locations where it's not possible to remain six feet apart. Single sized snacks and bottled water provided at each stop from 8:00 a.m. to 2:00 p.m.

Option 1: Guided, Small Group Ride

Grab your friends, family or join a few other riders and register for a guided, small group ride.

- + Escorted by an experienced ride leader along the 28-mile route
- + Each group determines its pace
- + Choice of start locations
- + Rest stops at each of the five cities
- + Social distancing encouraged



Option 2: Self Guided Ride

All the benefits, support & fun of the guided, small group ride but without a ride leader.

- + Self-guided along the 28-mile marked route
- + Ride with GPS app map or printed cue sheet provided
- + Choice of start locations
- + Rest stops at each of the five cities
- + Social distancing encouraged



NEW for 2021: Family-Friendly Guided Ride

Bring your whole family to this year's new Family-Friendly Guided Ride.

- + Children & families group bike ride (*parent must ride along with their child*)
- + Starts at 10 a.m. at Cady Way Pool Trailhead
- + Five-mile, out-and-back along Cady Way Trail around Lake Baldwin Park
- + Ride leaders and support volunteers show the way



Registration required. Limited spaces. No walk-up registration.
Register at BikeWalkCentralFlorida.org/Bike5Cities



Registered riders receive a t-shirt, ride leader escort, SAG support, photo booth memories, refreshments and more!

Thanks to Bike 5 Cities Sponsors

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