## KINETIC BIKE STORES

## Beach n Back Century

100 Miles

Rolling Terrain and Flat

Quiet county roads, rolling hills, miles of Florida Pancake, and beach bike paths are all part of this century ride that provide more scenery than you might think possible in just 100 miles

Simply Living Better

KINETIC BIKE STORES

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Naturalists tell us that we pass through 4 distinct regions on this ride. On a bicycle you can really see the change occur. The majority of this route is fairly flat with great roads and bike lanes. While the beach area is busy with many places to stop, other sections are completely empty with multiple miles between houses. Popular stops for local riders include the Red Bay Grocery and the Bruce Café. Seaside is a popular place to stop for lunch on route, or you may choose to get a picnic that you can enjoy on the beach at Grayton. A dip in the Gulf may be the perfect refresher before starting the ride back.

