

TALLAHASSEE SENIOR CENTER SENIOR RESOURCE INFORMATION

OUTDOOR ACTIVITIES

Tallahassee is a great city for people who enjoy getting outdoors, with many options for a variety of activities from hiking to kayaking and cycling. Leon County Senior Outreach offers workshops and other hands-on outdoor activities through their Lifelong Outdoor Pursuits (LOP) program. For more information about the LOP program contact Susan Davis at susan.davis@talgov.com or by calling **850-891-4065**. **Unfortunately, due to COVID-19 restrictions, LOP is not currently planning any activities.** Another great place to start is trailahassee.com. The Trailahassee website offers great resources and links to outdoor organizations and businesses in the area, as well as the Find a Trail search feature, which allows users to search trails by name or by surface (including water), skill level and desired activity (i.e. hiking, biking, paddling, etc.).

While participating in outdoor activities during the COVID-19 pandemic is generally considered safer than indoor activities, it is still important to exercise caution. When in a group be sure to wear a mask and stay at least six feet, about two arm lengths, apart from others. Bring hand sanitizer with you and don't share items with anyone outside of your household.

HIKING

Tallahassee boasts many paved and unpaved trails and paths in and around the city. In addition to state parks in the area, there are a variety of local, city and county managed options as well. Visit floridahikes.com/tallahassee for descriptions of the variety of hiking trails in the area. Both [Alfred Maclay Gardens State Park](#) and [Elinor Klapp-Phipps Park](#) are located within the city limits, and offer beginner level hiking past rugged ravines. Additional paths and trails (many of which are paved) can be found in parks and gardens throughout the city. Outside the city there are further opportunities that offer more intermediate level hiking experiences. The [Aucilla Sinks Trail](#) is a unique trail located in Monticello, FL following a string of sinkholes and featuring walls of limestone, with the Aucilla River visible flowing through the sinkholes.

- The Florida Trail Association (FTA) develops, maintains, protects and promotes a network of hiking trails throughout the state, including the unique Florida National Scenic Trail (commonly known as the Florida Trail). **The local Apalachee Chapter of the FTA is currently offering guided group hikes with COVID-19 safety practices in mind; visit apalachee.floridatrail.org, or contact apalacheefta@gmail.com for details.** To learn more about the Florida Trail and other hiking and volunteer opportunities around the state visit floridatrail.org.
- In addition to a variety of State Parks in the area, there are many city and county parks offering miles of both paved and unpaved trails. Visit floridastateparks.org to see what the state parks in the area have to offer, and visit leoncountyfl.gov/office-of-resources-stewardship/parks-and-recreation and talgov.com/parks for information and maps highlighting local hiking and walking opportunities.
- For anyone interested in birding, the Great Florida Birding and Wildlife Trail provides many opportunities and sites for viewing birds and other wildlife in and around Leon County. Visit floridabirdingtrail.com for more information about the trail as well as upcoming events and checklist.
- There are many trail and birding apps available on mobile devices, such as: All Trails; Trail Link; Audubon Bird Guide; eBird. The Florida Trail has a guide app as well. Additionally, state and national park apps can also be found. These apps are free to download and can help you search for trails with specific lengths, activities and skill levels in mind.

CANOEING AND KAYAKING

In addition to trail hikes, another great way to see wildlife is to travel the waterways in and around the Tallahassee area. Whether you own a canoe or kayak, rent or would like to learn how to canoe, kayak or even use a stand-up paddleboard, there are a variety of options available and suitable for all skills levels. The area around Tallahassee offers a variety of paddling options from beginner level paddling along the Wakulla River to more difficult trips down the [Aucilla River](#) or [Chaires Creek Paddle Trail](#).

- TnT Hideaway, Inc. is located on the Wakulla River and offers canoe, kayak and stand-up paddleboard rentals, as well as eco-tours and guided fishing trips. Eco-tours are guided by professionals and include many of the rivers, creeks, and coastal areas along Florida's big bend. Fresh and saltwater guided kayak fishing trips are also available by professional fishing guides. Visit tnthideaway.com or call **850-925-6412** for more information.
- Harry Smith Outdoors, located in Railroad Square, is a full-service kayak and kayak accessory retail shop specializing in guided eco-tours and fishing trips. They also provide rental, repair and installation services. For more information visit hsmithoutdoors.com or call **850-591-3060**.
- Wascissa Canoe and Kayak Rental is located on the Wacissa River, shuttle services are available to and/or from Goose Pasture, Slave Canal, Aucilla River and Nutall Rise. Group rates are available, as well as free river maps. Additional information can be found at wacissarivercanoerentals.com or by calling **850-997-5023** or **850-545-2895**.
- Jesse's Canoe and Kayak Rental is also located on the Wacissa River, and in addition to boat rental also provides shuttle service for launching and picking up your boat at the head waters of the river. Directions, including a map to the springs are also available. Visit wacissacanoerental.com or call **850-766-1250** for more information.
- Florida Kayak School and Tours offers training courses focusing on technique and safe paddling practices. For more information visit floridakayakschool.com or email info@floridakayakschool.com.

CYCLING

Many of the trails in and around Tallahassee are multiuse trails, offering opportunities for mountain biking in addition to hiking or even horseback riding. In addition to mountain biking there are also a variety of paved cycling trails in the area, including the **St. Marks Historic Railroad State Trail** which is 16 miles of relatively level paved surface which ends near the convergence of the St. Marks and Wakulla Rivers. To find resources and information on cycling shops, rentals, clubs and organizations visit biketallahassee.com.

- Capital City Cyclists promotes cycling for transportation, sport and health through education, advocacy, and rider development by coordinating cycling events, riding groups and safety workshops. Additionally, their website also provides maps of cycling routes for solo riding as well as updates on current cycling news. This information and more can be found at cccyclists.org.
- Tallahassee Mountain Bike Association works to protect access to trails, advocate for new trail development and hosts events large and small. Visit tmba.bike for more details.
- The Great Bicycle Shop, in addition to sales, also offers a bike rental service. Rental bikes are a great way to get outdoors, try out a bike that you might be considering for purchase, or show your out-of-town guests around town. Visit gbs.bike or call **850-224-7461** for more information.