



Active Florida: Breaking a Sweat in the Sunshine State

Promoting Florida's top sports and activities to move the body and get the heart pumping. Featuring year-round activities like golf, hiking, biking, kayaking, paddleboarding and surfing.

Biking

St. Pete-Clearwater is home to some of the most picturesque, convenient biking trails in Florida. [The Fred Marquis Pinellas Trail Loop](#) is a multi-use pathway stretching continuously for 75 miles from St. Petersburg to Tarpon Springs, passing through Palm Harbor, Dunedin, Clearwater, Safety Harbor, Largo, Seminole, South Pasadena and Gulfport. Attractions along or near the Pinellas Trail include Clearwater Beach, the St. Pete Pier, the [Tarpon Springs Sponge Docks](#), [Clearwater Marine Aquarium](#) and more! [The Courtney Campbell Trail](#) connects Clearwater and Tampa with the 9.5-mile path running on the southern side of the Courtney Campbell Causeway. This trail promises breathtaking Bay views and beautiful breezes alike.

Golfing

Grab your clubs and tee up at some of the best golf courses in Florida. At [Innisbrook Resort and Golf Club](#) in Palm Harbor, [The Copperhead](#), designed by Lawrence Packard, is a favorite stop of the PGA Tour and home of the [Valspar Championship](#). It's many hills promise to challenge even the best of golfers. The [Vinoy Golf Course](#), open to hotel guests and members, is perfectly placed on beautiful Snell Island, where golfers can expect an 18-hole par 71 layout with no absence of wildlife or bunkers. The [Dunedin Golf Club](#), former home of the PGA of America, has seen 18 Senior PGA Championships and golf legends like Bobby Jones, Gene Saraze, Ben Hogan and more. St. Pete-Clearwater also hosts several high-profile tournaments each year, including [The ANNIKA driven by Gainbridge](#) at Pelican Golf Club and the [World Champions Cup](#) at Feather Sound Country Club.

Kayaking & Paddling

St. Pete-Clearwater's constant sunshine and thriving aquatic ecosystem provide the perfect conditions for kayaking and paddle boarding in the destination. [Caladesi Island State Park](#) is a popular kayaking spot, with over 3 miles of trail complete with lush greenery and plenty of wildlife to be seen. One of the area's most immersive experiences can be found at [Weedon Island Reserve](#), where [ECOmersion](#) guides paddlers through a dense network of mangrove tunnels along its South Paddling Trail, eventually leading to open saltwater ponds buzzing with marine life. [Get Up and Go Kayaking](#) offers clear kayak tours at multiple locations throughout the destination, giving visitors a unique and easy way to explore Florida's waterways.

Pickleball

As the fastest-growing sport in America, pickleball has firmly planted itself in St. Pete-Clearwater. The destination is home to several new facilities featuring indoor courts designed for all skill levels. [Pickle & Pint](#) combines 12 indoor courts with a lively bar serving craft beer, wine and smoothies, while [St. Pete Athletic](#) raises the bar with a state-of-the-art complex with 14 indoor courts, a full-service restaurant, coffee bar, and cocktail bar.

Running clubs

Lace up and hit the pavement with one of the many running clubs found throughout St. Pete-Clearwater. Runners can take in the natural beauty of Weedon Island Preserve with [Weedon Island Preserve Parkrun](#) or reward a 5k finish with a post-run “Victory Brew” with [Running for Brews](#). The [Indian Rocks Beach Run Club](#) offers oceanfront routes and flexible pacing, while [Get Fit St. Pete Trail Run](#) welcomes runners and walkers alike for a 5k through the shaded trails of Boyd Hill Nature Park.

Yoga experiences

Finding your zen comes naturally in St. Pete-Clearwater, where scenic settings and year-round sunshine create the ideal backdrop for yoga. [Clearwater BEACH YOGA](#) hosts regular classes on the sand, while the same team also leads [Beach Yoga Pinellas](#) sessions at Redington Shores, creating peaceful, waterfront experiences for yogis of all levels. For a more adventurous option, stand-up paddleboard yoga classes invite participants to test their balance on the water, with sessions available through [Kostal Paddle](#) in Palm Harbor or guided experiences through the [Clam Bayou Nature Preserve](#) with [Salty Buddha](#).