

Exploring The Bay

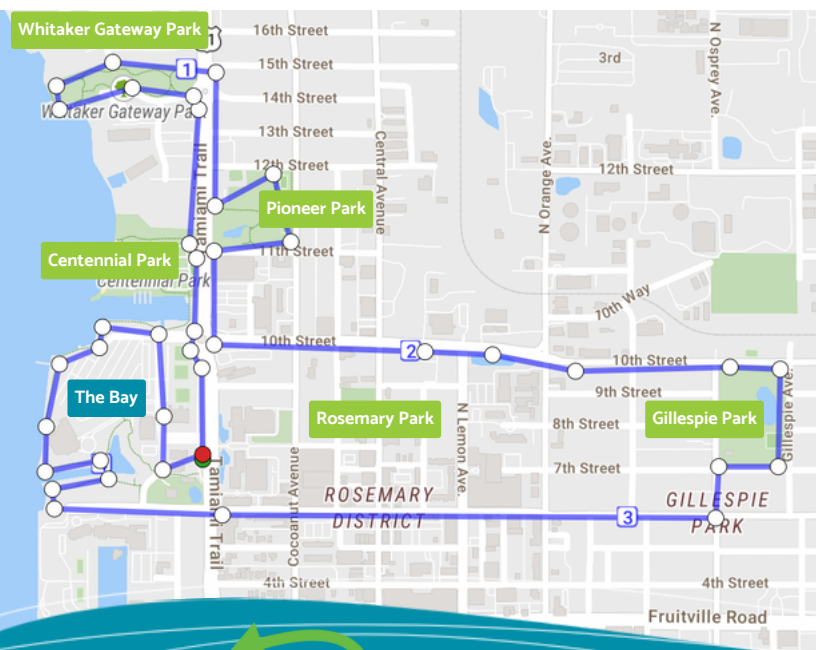
1.5 Miles

This scenic walk winds through the natural beauty of The Bay's mangroves, native plants, and waters, while taking you through the most picturesque views of the park, including the Sunset Deck and the Mangrove Bayou Walkway.



Scan to view the map online!

The Bay's trails are smooth, ADA-accessible, leashed dog-friendly, and have hydration stations along the way.



A Walk Around the Neighborhood

5 Miles

Explore six local parks all in the same stroll! Begin and end at The Bay, circle through Centennial Park, Whitaker Gateway Park, Pioneer Park, Gillespie Park, and the Rosemary District's new pocket park.



Scan to view the map online!



Scan for Events Calendar!

Learn more about all free events at The Bay by visiting TheBaySarasota.org/calendar



Embrace companionship:

- Bring your dog (and a leash!). Furry friends love exploring new places too!
- Invite a neighbor or friend to join, the more the merrier
- Phone a loved one to share your joy while you walk
- Meet a new friend along the way

Engage your senses:

- Listen to an audiobook, music, or podcast
- Watch a spectacular sunset from one of the many overlooks along Sarasota Bay
- Sip on a photo-worthy treat from The Nest
- Smell the fresh air. Notice the warmth of sunshine
- Engage your mind with a gently-used book from one of the four Lending Libraries at The Bay (feel free to drop off a book too, if you'd like!)

Get your heart pumping:

- Use intervals to adjust your pace (for example, alternate walking 40 seconds and jogging for 20 seconds)
- Maintain a brisk pace. Try timing yourself each loop and see if you can quicken your pace over time
- Take short breaks while walking to increase your heart rate with jumping jacks or squat jumps
- Set a wellness goal. Can you take two 20-minute walks a week? Walk 30 miles in 30 days? You can do it!



Enjoy nature:

- Identify plants, birds and other wildlife with iNaturalist app and help create research-quality data for scientists!
- Take breaks to snap photos. For inspiration: Sunset Deck, the Osprey Nest, or Mangrove Bayou Bridge!
- Practice mindfulness or gratitude; deep breathing does wonders for your nervous system
- Try geocaching

Tag, like, and share on social!

@TheBaySarasota #TheBaySarasota #OneParkforAll

Scan to visit iNaturalist!

