



FOR IMMEDIATE RELEASE

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VISIT PALM BEACH ANNOUNCES FALL 2005 BICYCLE & KAYAK TOUR SCHEDULE

Palm Beach County, Fla. (August 22, 2005) -- Visit Palm Beach is pleased to announce their latest Bicycle and Kayak tour schedule for the fall of 2005.

Kayaking is one of the fastest growing activities in America, Visit Palm Beach has created their kayak tours to both introduce the sport to first-time paddlers and yet provide the experienced kayaker with a unique and up-close look at the mangrove forests and waterways of tropical South Florida.

The bicycle tours are designed for both the experienced recreational rider and those who perhaps have not ridden a bicycle in a "few years". Participants can choose from a historically themed tour or one that explores the area's unique and fragile eco-systems.

One of Visit Palm Beach's favorite bicycle excursions, "Coastal Nature Bicycle Tour" (in Boca Raton), is featured on this fall's agenda and offers a wonderful opportunity for people to explore some of the most pristine land in South Florida as the tour winds through six of Boca Raton's finest parks. These parks are filled with mangrove forests, hardwood hammocks, trails and wildlife. Pedaling through local neighborhoods provides a taste of the Boca Raton lifestyle. Participants will learn how to identify different plants, trees and wildlife along the way from the trained naturalist who will accompany the group.

Many of these tours are hosted by respected area organizations like the Gumbo Limbo Nature Center in Boca Raton and The Society of the Four Arts in Palm Beach. A portion of the proceeds from each tour is donated to these VPB partners for their support.

"We are very excited about our latest line-up of bicycling and kayaking excursions," says Brian Marozzi, President of Visit Palm Beach. "We wanted to create tours for the public that are easily accessible to both the residents and visitors to South Florida. These trips are designed to be a great way to escape the hustle and bustle and spend a couple of hours enjoying the outdoors in a relaxing way while getting a little exercise. Most people are shocked when they find out that these great escapes are conveniently located so close to their hotels or homes."

More details on the fall 2005 bicycle and kayak tour schedule for the public follows. All tours may also be coordinated for small private parties or larger corporate groups at additional dates, times and rates. For additional information visit www.visitpalmbeach.com or call (561) 881-9757.

Visit Palm Beach has been providing excursions and events to hotels, corporate travelers, and meeting planners for the past nine years. The recent relaunch of [visitpalmbeach.com](http://www.visitpalmbeach.com) provides information for vacationers and residents to find and reserve recreational activities available in beautiful Palm Beach County, Florida.

VISIT PALM BEACH

704 Fourth Street Lake Park, FL 33403

P/ (561) 881-9757 or (888) PB-IS-FUN F/ (561) 828-2829 www.visitpalmbeach.com

VISIT PALM BEACH'S
FALL 2005
KAYAK & BICYCLE TOUR SCHEDULE
– Boca Raton –

BICYCLE TOURS

Boca Raton Coastal Nature Bicycle Tour – Hosted by Gumbo Limbo Nature Center (GL)

Departing from Mangrove Creek Outpost (Rutherford Park), 24th St - Boca Raton, FL

Dates: September 10th & 24th, October 8th & 22nd and November 26th

Time: 1:30 pm – 3:30 pm

Cost: \$45.00 per person + tax

What's Included: Bicycles, helmets, bottled water and VPB tour guides, GL Naturalist

Historical Boca Raton by Bicycle – Hosted by The Historical Society of Boca Raton (BRHS)

Departing from The Historical Society, 71 North Federal Highway - Boca Raton, FL

Dates: November 12th, December 10th, and March 4th 2006

Time: 10:00 am – 12:00 noon

Cost: \$40.00 per person + tax (BRHS members discount available)

What's Included: Bicycles, helmets, bottled water, VPB tour guides, Tour of Old Town Hall

KAYAK TOURS

Mangrove Creek Eco Kayak Tour – Hosted by Gumbo Limbo Nature Center (GL)

Departing from Mangrove Creek Outpost (Rutherford Park) 24th St - Boca Raton, FL

When: The **first & third - Saturday** of every month.

Date: September 3rd & 17th, October 1st and 15th,
November 5th & 19th, December 3rd & 17th

Time: 10:00 am – 12:00 noon

Cost: \$48.00 per person + tax

What's Included: Kayaks, and all equipment, bottled water and VPB tour guides, GL Naturalist

Introduction to Kayaking – Hosted by Gumbo Limbo Nature Center (GL)

Departing from Gumbo Limbo Nature Center 1801 N. Ocean Blvd. - Boca Raton, FL

Mornings

Date: September 10th & 24th, October 8th & 22nd and November 26th

Time: 9:00 am - 11:00 am

Cost: \$30.00 per person + tax

Afternoons

Date: September 3rd & 17th, October 1st & 15th,
November 5th, 12th & 19th, December 3rd, 10th, 17th

Time: 2:00 pm – 4:00 pm

Cost: \$30.00 per person + tax

What's Included: Kayaks, and all equipment, bottled water and VPB tour guides, GL Naturalist

CALL (561) 881-9757 for reservations or log onto www.visitpalmbeach.com

Space is limited

As of August 18, subject to change

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BICYCLE TOURS

Historical Palm Beach by Bicycle - Hosted by The Society of The Four Arts
Departing from The Society of the Four Arts, 2 Four Arts Plaza, Palm Beach, FL

When: The **second & fourth - Sunday** of every month.
Dates: August 28th, September 11th & 25th, October 9th & 23rd,
November 13th & 27th, December 11th
Time: 9:30 am – 12:00 noon
Cost: \$45.00 per person + tax
What's Included: Bicycles, helmets, bottled water and VPB tour guides

KAYAK TOURS

From Birds to Riches – Hosted by Visit Palm Beach

Departing from The Southern Blvd. Causeway, Southern Blvd. & Flagler Dr. – West Palm Beach, FL

When: The **third - Sunday** of every month.
Date: September 18th, October 16th, November 20th, and December 18th
Time: 9:30 am – 11:30 am
Cost: \$48.00 per person + tax
What's Included: Kayaks, and all equipment, bottled water and VPB tour guides

The Exploration of Dr. Munyon's Island – Hosted by Visit Palm Beach

Departing from John D. MacArthur Beach State Park, 10900 State Rd. 703 - North Palm Beach, FL.

When: The **first - Sunday** of every month.
Dates: September 4th, October 2nd, November 6th, and December 4th
Time: 9:30 am – 12:00 noon
Cost: \$48.00 per person + tax
What's Included: Kayaks, and all equipment, bottled water, park admission and VPB tour guides

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