Days like yesterday are one of the many reasons why I live in South Florida – – mid-November, 82 degrees, mild breeze, not a cloud in the sky, and plenty of outdoor adventure to take advantage of. Even though we live near some beautiful bike trails by the ocean, the Shark Valley trail in Everglades National Park has become our favorite Sunday morning ride. Pick your pace, slow or fast, no matter, this trail is always relaxing, and yet…not a dull moment. Some days we ride it faster than others :) ……



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But like I said, November in South Florida……ahhhhhh….

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