



Plymouth Pedalers Lite Biking Club

2022 Lite Group Schedule 4 - Aug 31 through Oct 12

Aug 31 - 9:30 **Lake Nokomis to Mississippi River Gorge** **Leader: Deb Grill**
(lunch at Sea Salt at Minnehaha Falls)

Meet at the beach house on Nokomis Parkway in Minneapolis, 5074 W Lake Nokomis Parkway. We ride east to Minnehaha Park, where we'll have lunch at Sea Salt at 11:00 am. We'll then ride north on River Rd. trail to Lake St, cross the Mississippi, head south to east River Road trail to the Ford bridge and back. **Approx. 14 miles.** Directions: The beach house is at the northwest side of Lake Nokomis on West Lake Nokomis Parkway. You can take the Crosstown Highway (MN 62) to Cedar Ave. Go north on Cedar. After crossing the bridge over the west portion of the lake, turn right onto W Lake Nokomis Pkwy. There is a charge for parking in the parking lot. Street parking is free. Beach house is on the right. [\(Start Location\)](#)

Sep 7- 9:30 **Wirth-Victory Pkwy/N Miss Park** **Leader: Norm Spaeth**

Meet at the parking lot in the Lakeview Terrace Park in Robbinsdale. We will travel via Wirth, Victory Memorial, and Webber Pkwy. to Webber Park and then by W. River trail to N. Miss. Park; then return via 47th Ave., Shingle Creek and the Pkwy. Trail: Paved, **about 12 miles.** Directions: From Hwy 100 go east on 36th Ave N to Bottineau Blvd. Cross Bottineau Blvd, parking will be on left in Lakeview Terrace Park. [\(Start Location\)](#)

Sep 14 - 9:30 **Medicine Lake to Theodore Wirth** **Leader: John Heibel**

Meet at West Medicine Lake Park, 1920 West Medicine Lake Dr, Plymouth. Ride the Luce Line east to Theodore Wirth Chalet and stop for coffee. Paved bike trails, mostly flat but a few moderate hills. **About 17 miles.** Directions: From Hwy 55: go north on West Medicine Lake Dr. From Rockford Rd: go south on Northwest Blvd then south on West Medicine Lake Dr. [\(Start Location\)](#)

Sep 21 - 9:30 **Fish Lake/Eagle Lake Loop** **Leader: John Olson**

Meet in the parking lot at Fish Lake Regional Park, 14900 Bass Lake Road. We'll head south from the park onto the Medicine Lake Regional Trail. Then ride around Lake Camelot to Cheshire Pkwy and head north to Eagle Lake. Return to Fish Lake. The ride is mostly on bike paths with some hills along the way-14 mi. Directions: Fish Lake Regional Park Road is 1.4 mi. west of I-494 on Ct. Rd. 10 (Bass Lake Road). The park is on the north side of Bass Lake Road and Parking is .6 mi. from the park entrance. [\(Start Location\)](#)

Sep 28 - 9:30 **Mpls Riverfront from Cedar Lake** **Leader: Linda Platt**

Meet at the Triangle park - Drew Ave. So. & Cedar Shore Dr. near Cedar Lake. 3501 W 24th St. The ride will go on N. Cedar Lake Trail to Miss. River. Cross Hennepin Ave. bridge. Coffee stop at Wild Roast Cafe. Cross Stone Arch Bridge to return via Cedar Lake Trail. Distance approx. 15 mi. Flat trails. [\(Start Location\)](#)

Oct 5 - 9:30 **Dakota Trail - Wayzata to Navarre/Mound** **Leader: Deb Grill**

Meet at the beach house parking lot in Wayzata - 238 Grove Lane East, Wayzata, MN. Ride on the Dakota Rail Regional Trail from Wayzata to Mound. We will stop for refreshments in Mound and then return to Wayzata. Trail: Level on paved rail bed, **about 18 miles roundtrip.** Direction: Take County Rd 15 (Lake Street) west through Wayzata to Grove Lane, turn left and follow Grove to the parking area. [\(Start Location\)](#)

Oct 12 - 9:30 **End of Season Ride and Luncheon** **Leader: John Heibel**
(Lites & Regulars)

Meet at the Green Mill Restaurant in Plymouth, 2705 Annapolis Ln N, Plymouth, MN 55441. We'll ride along Medicine Lake Plymouth streets. If the weather cancels the ride, go to the Green Mill for lunch at 12:00. See the newsletter for more details. Trail: Streets, trail and moderate hills. 15-20 miles, depending on weather and interest. Direction: Green Mill is located on the Southeast corner of Hwy 55 and Interstate 494. [\(Start Location\)](#)

Oct 12-12:00 * End of Season Lunch at Green Mill (494 & Highway 55) *****