

Plymouth Pedalers Lite Biking Club

2023 Lite Group Schedule 4 - Aug 30 through Oct 11 (Except for Sept 27 which starts at 10:00, all rides start at 9:30)

Aug 30 - 9:30	<u>Lake Nokomis to Mississippi River Gorge</u> <u>(lunch at Sea Salt at Minnehaha Falls)</u>	Leader: Deb Grill 763-593-5381
<p>Meet at the beach house on Nokomis Parkway in Minneapolis, 5074 W Lake Nokomis Parkway. We ride east to Minnehaha Park, where we'll <i>have lunch at Sea Salt at 11:00 am.</i> 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.</p> <p>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. <u>(Start Location)</u></p>		

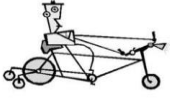
Sep 6- 9:30	<u>Coon Rapids Dam to Bunker Hills Park</u>	Leader: Bob Flynn 612-280-9540
<p>Meet in the Coon Rapids Dam Regional Park on the west side of the Coon Rapids Dam. 10360 W River Rd. 55444. We will cross the dam and head north on the Coon Creek trail to Bunker Hills Regional Park. We'll return on the same route. About 17 miles. Trail: Mostly flat & paved.</p> <p>Directions: From US-169 north, take MN-610 east for 2.5 miles, take Noble Pkwy north for .5 mile, take 97th Ave N east for 1.1 miles, take Russell Ave N (W River Rd) north for .7 mile. The park is on the right. <u>(Start location)</u></p>		

Sep 13 - 9:30	<u>Medicine Lake to Theodore Wirth</u>	Leader: Norm Spaeth 763-458-2431
<p>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.</p> <p>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. <u>(Start Location)</u></p>		

Sep 20 - 9:30	<u>Fish Lake/Eagle Lake Loop</u>	Leader: Laurie Netznik 952-451-4581
<p>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.</p> <p>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. <u>(Start Location)</u></p>		

Sep 27 - 10:00	<u>Welch to Cannon Falls</u>	Leader: Norm Spaeth 763-458-2431
<p>Meet at the trail parking lot at the Welch Cannon Valley trail access. Bring your lunch. We'll ride from Welch to Cannon Falls, have a picnic lunch in a nice park in Cannon Falls and ride back to Welch. Trail: Paved rail bed, very slight grades; about 20 miles. \$5 daily user fee (exact change required). Directions to the Welsh access area parking: Take I-494 to US-52, US-52 south to Hampton/MN-50, MN-50 and US-61 east to Goodhue County 7 south to Welch. The parking lot is visible on the right just after you cross the Cannon River. 61 miles from PCC. <u>(Start Location)</u></p>		

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Oct 4 - 9:30

Dakota Trail – Wayzata to Navarre/Mound

Leader: Deb Grill

763-593-5381

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 11 - 9:30

Mpls Riverfront from Cedar Lake

Leader: John Heibel

763-551-4767

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 18-12:00 * End of Season Lunch at Plymouth Community Center *****