



Plymouth Pedalers Lite Biking Club

2025 Lites Group Schedule 4 - Sep 3 through Oct 15 (all rides start at 9:30, except for Sep 17 & Oct 1, which start at 10:00)

Sep 3 - 9:30

Coon Rapids Dam to Bunker Hills Park

Leader: Bob Flynn 612-280-9540

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. Distance: About 17 miles. Trail: Mostly flat & paved. ([Start location](#))

Sep 10 - 9:30

Fort Snelling to Mississippi River Gorge (11:00 lunch at Sea Salt at Minnehaha Falls)

Leader: Ray Boll 763-269-9027

Meet at Leonard Nieman Soccer Field parking lot 6247 Bloomington Rd. We will ride Veteran's Park, old Ford Plant/Highland neighborhood, and East River Rd. Directions: Hwy 62 to Bloomington Rd (exit 116A). At the 1st stop sign, turn left onto Airport Service Rd. At the next stop sign take a right onto Bloomington Rd, then a left onto Minnehaha Ave to access the parking lot on the south side of soccer field. 18 miles. ([Start location](#))

Sep 17 - 10:00

Lunch Ride to Prye's Brewery (start at 10:00 a.m.)

Leader: Linda Platt (612) 723-0838

Meet at Triangle Park at - Drew Ave. So. & Cedar Shore Dr. near Cedar Lake. 3501 W 24th St. Mpls. Ride to the Brewery. A few moderate hills. 15 miles. ([Start Location](#))

Sep 24 - 9:30

Medicine Lake to Theodore Wirth

Leader: Norm Spaeth (763) 458-2431

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. ([Start Location](#))

Oct 1 - 9:30

Fish Lake/Eagle Lake Loop

Leader: Laurie Netznik 952-451-4581

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. ([Start Location](#))

Oct 8 - 10:00

Cannon Valley Trail: Welch to Lunch in Red Wing restaurant - start at 10:00 am

Leader: Norm Spaeth (763) 458-2431

Meet in the trail parking lot Welch Cannon Valley trail access. 26674 144th Way Welch 55089
Ride to Red Wing for lunch, return to Welch afterwards. Paved railroad bed flat. \$7 daily user fee. (exact change required). Directions: Take 494 east to US-52, go south to Hampton/MN-50, MN-50 and US-61 east to Goodhue County 7. Turn south to Welch. The parking lot is visible on the right just after you cross the Cannon River. 61 miles from PCC. 20 miles. ([Start location](#))

Oct 15-12:00 * End of Season Lunch at Plymouth Community Center *****