



Directions to SBA Headquarters

Suwannee Bicycle Association (SBA) headquarters (HQ) is in White Springs, FL on Bridge Street, off Hwy. 41. The entrance to Stephen Foster Folk Culture Center State Park, on the Suwannee River, is just around the corner from HQ. It provides camping, hiking and mountain biking. SBA trailheads are within two miles or less of SBA HQ. Park at HQ to ride or drive to a trailhead.



White Springs trails: SBA trails have sections on high river bluffs overlooking the Suwannee River; through pine and mixed hardwood forests; past sinkholes, ponds and cypress swamps. Experience "old" Florida with uncrowded trails and beautiful country roads. Wildlife is abundant on all trails. Trailheads are two miles or less from SBA headquarters. Directions to access trailheads are from HQ. Trails are signed with yellow discs and directional arrows on metal posts. Routes are subject to change as we continue to add new trails and reroute sections when needed. Because the Suwannee is the longest natural (undammed) river in the country, the Upper Suwannee River floods, and sometimes parts of the trails are underwater.

Bridge-to-Bridge (B2B)

4.5 miles - Intermediate to Challenging

Trailhead directions: Turn left on Hwy. 41 and then turn right on Adams Memorial Dr. which loops around the cemetery. If driving, park in the field across from the ballpark. When Adams Memorial Dr. veers to the left, continue down the short dirt road to the White Springs Tract entrance. This is the trailhead.

Description: B2B trail is a fun singletrack with plenty of turns, short climbs and descents. The Florida Trail Association (FTA) shares a section of the mountain bike trail. This section is also marked with orange blazes used by the FTA to mark their trail. For an easier/shorter ride, turn left at the short FTA connector trail that intersects with B2B and then turn left on B2B to continue to the end of the trail. The end of the trail is at Hwy. 41, **Suwannee River Wayside Park** (boat launch). B2B can also be ridden in the reverse direction (bridge to the ballpark)

Gar Pond

11 miles - Easy to Advanced

Trailhead directions: Turn left on Hwy. 41. After crossing the Hwy. 41 bridge, turn right to park behind the **Agriculture Inspection Station** (AG).

Description: Gar Pond has a variety of terrain inland and along the river, including ponds, sinkholes, mixed hardwood and pine forests. Wildlife is abundant with water birds, deer, turkeys, eagles and tortoises!

Gar Pond tract consists of three sections: the Pond section, the Back Achers section and the River section. Suggested route is to ride it clockwise. **The Pond** section includes three ponds. The first pond is **Horse Pond**. Next is **Gar Pond**, a shallow lake (often dry). There is a big sinkhole before you reach Pit Pond. **Pit Pond** was created by the Hwy. 41 bridge excavation. After Pit Pond, continue straight to ride the **Back Achers** section (4-miles) that loops back to the River section. Or bypass Back Achers and take a short cut to the **River section** by turning right at the sign. To access the River section, ride across **Jacob's Bridge** over a beautiful cypress swamp; follow the trail to the river. The River section is more technical with short descents and uphill, including riding by deep ravines and sinkholes. **Note:** There are several bail out points on the **Back Achers section**, where a doubletrack natural surface road leads to the trailhead/parking. Make sure to only follow the signs, Exit to Trailhead, as there are numerous natural surface roads and paths that intersect with this trail.

Beast of Burden

7 miles - Intermediate to Advanced

Trailhead directions: Turn left on Hwy. 41. Cross the Hwy. 41 bridge and then turn left on the unpaved road (NW Egypt Way) that is across from the AG Station (entrance to Gar Pond). Park at the trailhead across from the Little Shoals Tract sign.

Description: It's not called the Beast for nothing. This challenging singletrack includes a wide variety of terrain. The suggested route is to ride it clockwise starting at the entrance on the left side of the unpaved road. **The Lollipop loop**, defined by a gravel stream crossing (Falling Creek), is an optional 2-mile section. After riding the Lollipop, the trail climbs up the hill for additional twists and turns back to the trailhead. **Note:** based on the river level, the Falling Creek may be too high to ride through.

Beavor Loop

2 miles - Easy to Advanced

Trailhead directions: Turn left on Hwy. 41. Before the bridge, turn left on **Sunshine Dr.** to park at the trailhead.

Description: This short fun singletrack includes some climbs and runs along the river for a short distance. After crossing a small bridge

About SBA

SBA is a not-for-profit organization formed over 30 years ago to promote environmental awareness, bicycling, paddling and hiking in the upper Suwannee River Valley region. SBA coordinates bicycle events and open house weekends. SBA volunteers create new trails and maintain 50 + miles of mountain bike trails around White Springs. SBA members also help maintain our historic headquarter's building. SBA collaborates with the Suwannee River Water Management District, Florida Division of Forestry, Florida State Parks and Florida Wildlife Conservation Commission to provide great mountain biking.

SBA also maintains 30 miles of mountain bike trails close to the town of **Live Oak**, just outside of **Suwannee River State Park**. More information and maps about our **Ellaville** mountain bike trails can be found at our website: www.suwanneebike.org



over a stream, ride it as a loop either way. The suggested route to access Big Shoals is to ride the Beavor Loop counterclockwise.

Big Shoals

5 to 12 miles - Intermediate to Challenging

Trailhead directions: Turn left on Hwy. 41. Follow the directions to access the **Beavor Loop** trailhead (before the Hwy. 41 bridge). You can also ride/drive to the **Little Shoals** entrance on CR 135. From Hwy. 41, turn left on CR 135 and continue for a couple of miles. Turn right at the first entrance for Little Shoals park. There is another entrance that is further down CR 135 that goes to the **Long Branch (Big Shoals)** parking area and canoe launch for the Big Shoals park. This unpaved road is sandy. There is an entrance fee to use the state park.

Description: The Big Shoals traditional route starts with the **Beavor Loop trail**. From the Beavor Loop trail, follow the signs for Big Shoals. The singletrack **Ravine trail** follows an old wagon road over Bottom Bay Creek and winds through levees and flatwoods to the Little Shoals river overlook. Doubletrack leads to the **Palmetto trail**, a singletrack section that goes to the **Big Shoals** overlook. This is a great place for pictures where the river flows over a series of bedrock ledges and drops to create a spectacular section of white water. Continue to ride the shared hiking/biking singletrack to the Big Shoals parking lot and picnic area and restrooms. Next ride the **Long Branch Loop** located across from the restrooms. There are two options to return to the Beavor Loop trailhead. Ride **Road 1**, a natural surface road running parallel to the paved Woodpecker trail, with some small stream crossings back to the parking area. Then continue on **Road 7** back to the Beavor Loop. Or ride the relaxing 3.4-mile paved **Woodpecker trail** to the Little Shoals tract parking area and return to HQ by turning left on CR 135.

Note: During hunting season, the park hosts limited hunts only. Be sure to check the hunt schedules in the spring and fall.

Long Branch Loop

2 miles • Intermediate to Challenging

Trailhead directions: This trail is typically accessed while riding Big Shoals. However, you can ride/drive to the second Big Shoals entrance off of CR 135 by turning at the second entrance to the Big Shoals park. The parking and picnic area has restrooms. This entrance is also used to launch/take out a canoe/kayak or hike downstream to view the white water rapids.

Description: Enter the Long Branch singletrack loop across from



the restrooms (by the kayak launch entrance). There are some nice climbs as the trail meanders through mixed hardwood forests. After completing this loop, take the scenic 3.4-mile paved **Woodpecker Trail** back to the main entrance to Big Shoals, off CR 135. Another option is to take **Road 1**, a natural surface road that runs parallel to the paved Woodpecker Trail. Return to White Springs by riding along CR 135 for several miles. Another option is to return to Hwy. 41 by riding **Road 7** to the **Beavor Loop**.

Foster's Hammock Loop

7 miles • Intermediate to Challenging

Trailhead directions: From HQ, turn right at the blinking light on Hwy. 41 and then turn left at the entrance to Stephen Foster Folk Culture State Park. The trail starts at the multi-use parking area in the state park, next to the campground entrance. There is an entrance fee to enter the state park.

Description: This trail is a singletrack mountain biking and hiking trail with elevation changes. The trail is more challenging as it includes climbs and descents up and down ravines. Suggested route is to ride the trail clockwise (take the trail on the left). The trail on the right is where you exit when riding the entire trail. After crossing the Beavor bridge, the **River Overlook** is a good place for pictures and to rest on park benches. The Florida Trail intersects at the River Overlook. Continue to follow the mountain bike signs to complete the full loop that includes some doubletrack and challenging singletrack with more climbs and descents along ravines.



White Springs Mountain Bike Trails



- █ **Bridge-to-Bridge (B2B)**
4.5 miles
- █ **Gar Pond**
11 miles
- █ **Beast of Burden**
7 miles
- █ **Beaver Loop**
2 miles
- █ **Big Shoals**
5 to 12 miles
- █ **Long Branch Loop**
2 miles
- █ **Foster's Hammock Loop**
7 miles
- P Trail Head Parking
- 🚲 Bike Trail Entrance
- 🏕️ Camping
- 🏠 Agricultural Station
- 🚻 Restroom

Combine these trails for more miles

With over 50 miles of signed trails, you can easily ride from one trail to the next. Here are some of our favorite combination rides. Note that this does not include the road miles to get to a trailhead. All our trails can be ridden in either direction.

- **Bridge to Bridge and Beaver Loop** (total approximately 6 miles)
- **Gar Pond and The Beast** (total approximately 18 miles)
- **Gar Pond and Bridge to Bridge** (backwards) (total approximately 15 miles)
- **Beaver Loop, Big Shoals and Long Branch** (total approximately 14 miles)
- **Fosters Hammock** is inside the state park and can be combined with other trails, such as **Bridge to Bridge** and/or the **Beaver Loop**.

