

SUWANNEE BICYCLE ASSOCIATION

SPRING PEDAL 'N' PADDLE

THURSDAY April 30, 2026

TIME	EVENT	DETAILS
3:00- 8:00 PM	REGISTRATION	Stephen Foster Folk CC State Park. Nelly Bly's Pick up registration and camping locations.
6:30 PM	POT LUCK at Nelly Bly's	Bring a dish to share. SBA provides tea, water, Gatorade, all plates and utensils
	GPS Download MTB Rides at	http://suwanneebike.org/trails/offroad.php
	GPS Download Road Rides at	http://suwanneebike.org/trails/road.php
	GPS Download Gravel Rides	http://suwanneebike.org/trails/gravel.php
Key Code	Road Rides: are in Green Mountain Bike Rides (MTB): are in Yellow Gravel Bike Rides are in Blue Kayak Trips are in Pink	

SUWANNEE BICYCLE ASSOCIATION

SPRING PEDAL 'N' PADDLE

FRIDAY May 1, 2026

TIME	EVENT	DETAILS
7:45 - 9:00 AM	Breakfast	Breakfast for All Participants at Nelly Bly's
8:00 AM	Canoe/Kayak the Ichetucknee River	Kayak: 3–4 hour paddle on Ichetucknee River. Bring own canoe/kayak or call ACA (386-397-1309) to make reservation. Transportation coordinated by Edwin McCook. Make Sack Lunch to take with you. Meet at State Park Canoe launch.
8:30 AM	White Springs –Jasper Loop	Road Ride: 52 miles. Stores every 15-20 miles. Take plenty of liquids and snacks.
9:00 AM	Foster Hammock	MTB Ride: 7mile single-track with shorter bailout options. Palmetto roots, elevations, tight turns and distance make this an intermediate trail.
9:00 AM	Hydroponic Hop - 28 Miles -Tour begins at 11:00am	Road Ride: 28 Mile route departs Nelly Bly's. Follow H on road. Lunch served at Hydroponic Gardens.
9:00 AM	Swift Creek Loop	Gravel Ride: 24.3 miles. From S.F.S.P. head out on County Rd 25A to 154 th Ave, then mostly dirt roads to Genoa, where the route crosses US-41. The route heads to Eagle Lake before returning to town.
9:15 AM	Hydroponic Hop -15 Miles -Tour begins at 11:00am	Road Ride: 15 Mile route departs Nelly Bly's. Bikes loaded to caravan to Pine Grove Methodist Church. Depart on bicycle for Hydroponic Gardens. Lunch served at Hydroponic Gardens.

**SUWANNEE BICYCLE ASSOCIATION
 SPRING PEDAL 'N' PADDLE
 FRIDAY May 1, 2026**

TIME	EVENT	DETAILS
11:30AM-12:30PM	Lunch	Lunch for all participants at Nelly Bly's
1:00 PM	Winfield Wildflower Ride	Road Ride: 13 miles or 23 miles. Easy ride around White Springs. YOYO ride
1:00 PM	The BEAST Trail	MTB Ride: This challenging single track includes a wide variety of terrain. There is also an optional 2-mile section known as the Lollipop loop, defined by a gravel stream crossing. Don't miss the new "playground area"Have fun!!!
5:30-6:30PM	Meet & Greet	Participants invited for snacks, cheese and beverage at Nelly Bly's
6:45-7:15 PM	Welcome To Moe's	Catered by Moe's at Nelly Bly's
	GPS Download MTB Rides	http://suwanneebike.org/trails/offroad.php
	GPS Download Road Rides	http://suwanneebike.org/trails/road.php
	GPS Download Gravel Rides	http://suwanneebike.org/trails/gravel.php

SUWANNEE BICYCLE ASSOCIATION SPRING PEDAL 'N' PADDLE FESTIVAL SATURDAY May 2, 2026

TIME	EVENT	DETAILS
7:15–8:30 AM	Breakfast	Breakfast for All Participants at Nelly Bly's
8:00 AM	Suwannee Springs + Sheriff Boys Ranch	Road Ride: 30 or 55 mi. ride. To complete Century Ride Woodpecker Loop (43 mi)
8:00AM	Canoe/Kayak Suwannee River	Kayaking: 4-5 hour paddle on Suwannee River. Bring own canoe/kayak or call ACA (386-397-1309) to make reservation. Transportation coordinated by Edwin McCook. Kayak trip dependant on Suwannee River water level
9:00 AM	Beavor Loop/Big Shoals	MTB Ride: Beavor Loop: 2miles, Ride to Little Shoals/Big Shoals Approx 12 miles. Return Woodpecker Paved Trail
9:00 AM	Wellborn Orchid Ride	Road Ride: 23 miles. Stop at Country Charm Café for refreshments. Located in downtown Wellborn (at 4 –way stop)!
9:00 AM	Over the Muna	Gravel Ride: A gentle ride out of town on a wide shoulder and then winding back on less traveled dirt roads.

SUWANNEE BICYCLE ASSOCIATION

SPRING PEDAL 'N' PADDLE

SATURDAY May 2, 2026

TIME	EVENT	DETAILS
11:30 AM -12:30 PM	Lunch	Lunch for all participants at Nelly Bly's
1:00 PM	Trifecta Ride: (Bridge to Bridge/Gar Pond/Beast (up to 22 miles)	MTB Ride: B to B:4.5 miles single track. Beginner to intermediate. (Bail out option) GP: 11 miles fast flowly single track. Beginner to intermediate (Bail out option) Beast: 7 miles challenging tight twisting single track. Beginner to intermediate. Add Loli- pop loop for 1.6 miles
3:30 PM	Yoga	Meet at River Overlook in SFFCC State Park
6:00- 6:45 PM	Barbeque Dinner	Barbeque dinner provided by Fat Belly's at Nelly Bly's
7:00 - 8:00 PM	Dessert Bar	Enjoy a variety of Ice Cream and other desserts at Nelly Bly's

SUWANNEE BICYCLE ASSOCIATION

SPRING PEDAL 'N' PADDLE

SUNDAY May 3, 2026

TIME	EVENT	DETAILS
7:30-8:30 AM	Breakfast	Nelly Bly's
8:30 AM	Sunday Morning Ride	Road Ride: 25 or 31 miles- check out of campground/cabins before ride.
9:00 AM	Winfield Wildflower Ride	Road Ride: 13 Mile ease road ride around White Springs and Suwannee Valley.
9:00 AM	Reverse Trifecta (Beast/Gar Pond/Bridge to Bridge)	MTB Ride: B to B:4.5 miles single track. Begin to intermediate. GP: 11 miles fast flowly single track. Beginning Beast: 7 miles challenging twisting single track. Beginning to intermediate. Add Loli- pop loop for 1.6 miles
<p>Campground check out is 1:00pm SAG ends at 1:00pm</p> <p>GPS Download Gravel Rides at http://suwanneebike.org/trails/gravel.php</p> <p>GPS Download MTB Rides at http://suwanneebike.org/trails/offroad.php</p> <p>GPS Download Road Rides at http://suwanneebike.org/trails/road.php</p>		