

# Sugarloaf Mountain Bike Ride

Mileage for each route: A - 25, B - 29, C - 29



We will begin at Killarney Station, the western terminus of the West Orange Trail. The goal is to the top of Sugarloaf Mountain for one of the best views in Florida. The Black Line is the bike route, showing an optional Grassy Lake Road return. Where the black route follows Old Hwy 50, this part is all Bike Trail, the Minneola Extension. All other parts of the route are roads. Blackstill and Fosgate are back roads, but recent development has increased their traffic; extra caution will be taken on this segment. County Road 455 and 561 both have bike lanes and C.R. 561A has low traffic, while Sugarloaf Mountain Road has virtually none. Once we have reach the summit of Sugarloaf and take in the view, we can decide to A) return the way we came (25.2 miles round trip), B) go down the steepest part of Sugarloaf and circle back around toward Monverde via 561 and 561A (29.1 miles), or C) we can scoot up Grassy Lake Road toward Minneola (28.7 miles). Both B and C routes are hilly. Grassy Lake is relentless. For a regular rider, this is a good heart-thumping workout, but is moderately strenuous considering the distance. If you are a casual rider, this trip is very strenuous; however, we encourage casual riders without current heart issues to take on the "Mountain Challenge". The ride will be geared to allow slow riders to rest and you will not be left behind; as the goal is to provide an opportunity for fellow Trekkers to make the claim of conquering Sugarloaf Mountain - it is not a race. Fast riders can run at their own pace if they please. If this is your first ride in a long time or if you have a fat tire or heavy steel bike, this is not an appropriate ride for you. Be **on time** and **please** take time before the trip to ensure your bicycle is in complete and safe working condition, especially your brakes!. **Helmets** are required, no ear buds and radios. Additional questions can be directed to [cagola1@aol.com](mailto:cagola1@aol.com)

**Directions:** From most places in Orlando, the S.R. 50 Exit at the Turnpike is just one mile east and 2 signals from where West Oakland (S.R. 438) intersects Hwy 50. Actually, there are no signs for this road, just go past the ABC Bus Company on the right of Hwy 50 and the signal at the convenient store, this is where you want to turn right. After your right turn on Oakland and within 100 feet, you have to take an immediate left onto Old Hwy 50. The Killarney trailhead is about 1/4 mile on left down Old Hwy 50. Alternatively, if you skip past this convenient store light, drive about 1500 feet, seeing the trailhead on the right from Hwy 50 which you will pass and there is this little road to the right called Lake Blvd, if it has a sign at all, it is right at the Lake/Orange county line. Turn right on this short road, it ends at Old Hwy 50, turn right again, and the trailhead is immediately to your right. This map shows the intersection of 50 and Oakland road. <http://tinyurl.com/killarneyst1>