

Flat Friday Double Crossing - modified

Start: Route 9 Exit 3 CPL (Rt. 154), Essex

Ride Write-up: Wu-WE005

www.ctbikeroutes.org

| Mile | Dir | Road Info/Description |
|------|-----|---|
| 0.0 | O | Start |
| 0.0+ | L | Out of CPL onto Rt. 154 south |
| 1.8 | L | Otter Cove Dr (park like entry) |
| 2.5 | BR | TCO Otter Cove Dr |
| 3.4 | BL | @ SS TCO Otter Cove Dr (n/s) (Lower Rd goes right here) >> Ayers Pt. Rd @ 3.6 |
| 4.0 | L | @ end w/ SS on Essex Rd (n/s) |
| 4.6 | R | Onto bike path over Connecticut River on Baldwin Bridge |
| 5.7 | R | @ end of path on Rt. 156 (traffic) |
| 8.6 | BR | Old Shore Rd (don't miss turn) |
| 9.6 | R | Rejoin Rt. 156 |
| 12.4 | L | Mile Creek Rd (careful turning) |
| 14.9 | BL | @ SS TCO Mile Creek Rd (Flat Rock Hill Rd goes uphill to right) |
| 16.6 | R | Johnny Cake Hill Rd |
| 17.6 | BR | @ end w/ SS onto McCurdy Rd (n/s) |

| Mile | Dir | Road Info/Description |
|------|-----|--|
| 29.5 | ST | >> Rt. 1 @ entrance to I-95 |
| 30.4 | L | @ TL TCO Rt. 1 (now Rt. 154) (use extra caution making turn) |
| 30.7 | R | Entrance to shopping plaza just after crossing over RR bridge |
| 30.8 | O | <i>Old Saybrook Railroad Station</i> |
| --- | ST | Continue through parking area |
| 30.9 | L | @ SS onto N. Main St (n/s) |
| 31.0 | ST | Cross Rt. 1 @ TL onto Rt. 154 (careful of traffic in town) |
| 32.6 | L | North Cove Rd (careful turning) |
| 33.3 | R | >> Cromwell Rd @ bend |
| 33.6 | L | @ SS onto Rt. 154 south |
| 33.7 | ST | @ SS to Saybrook Point |
| 33.8 | O | <i>Saybrook Point</i> |
| --- | RD | Retrace back to Rt. 154 |
| 33.9 | L | @ SS onto Rt. 154 south |
| 38.4 | L | @ end w/ SS Old Boston Post Rd |

| Mile | Dir | Road Info/Description |
|-------|-----|---|
| 17.9 | R | >> Lyme St @ bend (big church) |
| 18.7 | ST | @ TL onto Rt. 1 north (after I-95 overpass) |
| 19.1 | BL | Sill Lane (careful turning) |
| 20.2 | BL | Saunders Hollow Rd |
| 21.2 | R | @ end w/ SS onto Rt. 156 |
| 21.4 | R | Bill Hill Rd |
| 21.7 | R | Burr Rd |
| 22.3 | R | @ end w/ SS onto Town Woods Rd |
| 24.0 | L | Into Hains Park (enter through fence opening before stop sign) |
| 24.0+ | O | <i>Hains Park (Rogers Lake)</i> |
| 24.0+ | R | Out of park onto Rt. 1 south |
| 26.4 | R | @ TL TCO Rt. 1 south |
| 27.1 | ST | @ TL onto bike path (careful) |
| 28.1 | R | @ end of path onto Essex Rd |
| 28.4 | R | >> Ferry Rd @ right bend |

| Mile | Dir | Road Info/Description |
|-------|-----|----------------------------------|
| 38.5 | L | @ TL onto Rt. 1 (traffic) |
| 39.2 | R | @ TL onto Schoolhouse Rd |
| 42.1 | R | @ end w/ SS on Rt. 153 (traffic) |
| 45.2 | R | @ TL onto Rt. 154 |
| 45.3 | L | Into CPL (careful making turn) |
| 45.3+ | O | Finish |

Key:

O = Start, Regroup, Finish X = Cross
 L = Left Turn R = Right Turn
 BL = Bear Left BR = Bear Right
 QL = Quick Left QR = Quick Right
 ST = Straight TCO = To Continue On
 SS = Stop Sign RD = Reverse Direction
 TL = Traffic Light n/s = no street sign
 >> = road name becomes