

Canaan Valley Tour II (short version)

Total Distance: **32.5 miles**

Elevation Gain: **1241 feet**

Degree of Difficulty Index: **1241 ft / 32.5 mi = 38.18 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **Northwest Connecticut**

City/Town: **East Canaan, CT**

Starting Location: **North Canaan Congregational Church on Rt. 44 in East Canaan about 5 miles west of Norfolk Center and about 2 miles east of Canaan...the church is set back from the road on the south side of Rt. 44.**

Ride Description: **The ride leaves East Canaan en route to Great Barrington, Massachusetts over relatively flat terrain, with a rolling to hilly return trip. The ride passes through the very pretty country of the Housatonic River Valley in southwestern Massachusetts, crosses the Appalachian Trail twice, visits a remote country store in Mill River, and passes within 0.25 mile of Umpachene Falls.**

Umpachene Falls is located in a small park maintained by the town of New Marlborough, MA. They fall and slide through a rocky section of the river with many small cascades going several different ways. The left side of the falls is continually filled with rushing water funneled from the concave semi-circular ledge at the top of the falls, which then slides down the middle of the falls to eventually fall over the largest cascade at the bottom. When there is enough water, the Umpachene River also flows over the right side of the falls in steps of higher, more distinct cascades. The entire falls is fairly peaceful, but appears to be a popular park for local residents if the small playground and picnic tables are any indication. It is worth going to see.

All but the first and last three miles of the ride are in Massachusetts.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
<i>10.2</i>	<i>Cross Appalachian Trail</i>
14.0	Great Barrington, Massachusetts: deli and other facilities
<i>14.3</i>	<i>Cross Housatonic River</i>
<i>16.0</i>	<i>Butternut Ski Basin on right</i>
<i>18.1</i>	<i>Cross Appalachian Trail</i>
24.2	Mill River: General Store (deli sandwiches)
<i>26.3</i>	<i>Umpachene Falls: Go left ¼ mile down dirt road to parking area on right. Possible swimming, excellent basking.</i>

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