

Easing Past Essex Meadows

Total Distance: **31.3 miles**

Elevation Gain: **1251 feet**

Degree of Difficulty Index: **1251 ft / 31.3 mi = 39.97 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Chester**

Starting Location: **Rt. 9 Exit 8 CPL (Rt. 148) in Chester**

Ride Description: This is a mellow (lots of flat riding with only a few modest hills) and scenic ride that heads down through Deep River and Centerbrook on its way to Old Saybrook and a possible lunch/snack stop at Cornfield Point. After the lunch/snack stop the ride scoots back on some seldom traveled (by bicycle) roads into Westbrook and Ivoryton before returning to the starting point.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
5.0	<i>Centerbrook section of Essex</i>
6.3	<i>Essex Meadows retirement community on the right (ride's namesake)</i>
13.9	<i>Cornfield Point (views); possible lunch/snack stop</i>
19.9	<i>Westbrook High School and Middle School on the right</i>
25.6	<i>Roadside park with gazebo in Ivoryton section of Essex</i>

Note: there are several stores en route where food and beverages can be purchased, especially in Centerbrook, at the Rt. 154 crossing (13.4 miles), at McDonald's (16.1 miles), and along Rt. 1 (after 16.7 miles).

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