

## Between the Lines

Total Distance: **29.3 miles**

Elevation Gain: **1704 feet**

Degree of Difficulty Index: **1704' / 29.3 mi = 58.16 ft/mi**

Terrain: **Hilly**

Killer Hills: **Several short ones**

Geographic Region: **Southwest but on the border of South Central**

City/Town: **Middletown**

Starting Location: **I-91 Exit 20 CPL, Middletown**

Ride Description: **The ride covers mostly rolling terrain with several short, steep, challenging hills. One series of these hills is well worth the effort in that there is an awesome view of central Connecticut (mile 8.0). The route follows mostly rural roads through the outskirts of Meriden, East Berlin, and Cromwell, as well as western Middletown. There are a couple convenience stores and a pizza shop along the route where you may be able to purchase a sandwich. However, it may be best to bring lunch. Snacks may be purchased at one of the small convenience stores along the way.**

**Very early bail-out: At mile 5.7 continue straight on Country Club Road for 0.8 mile to starting CPL on right.**

**Another bail-out: At mile 21.0 continue straight on Middle Street for 1.0 mile to the starting CPL.**

**Note: The ride can be shortened slightly. At mile 27.1; the starting CPL is on the left just after the entrance ramp to I-91 south.**

Facilities:

<b>Mile</b>	<b>Facility</b>
9.3	Convenience store on left; Pizza Restaurant, Diner (closes at 2:00) and <b>Berlin Bike Shop</b> on right
18.9	East Berlin: deli/convenience store
25.4	Convenience store on right on East Street (Route 217)

**[www.ctbikeroutes.org](http://www.ctbikeroutes.org)**

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