

Berkshire Byways – Twin Lakes Loop

Total Distance: **37.2 miles**

Elevation Gain: **1194 feet**

Degree of Difficulty Index: **1194 ft / 37.2 mi = 32.10 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **Northwest Connecticut**

City/Town: **Canaan, Connecticut**

Starting Location: **Stop & Shop parking lot, Rt. 44 in Canaan east of junction w/ Rt. 7**

Ride Description: **A very scenic countryside ride through the farmlands and valleys of the southern Berkshires with a loop to the Twin Lakes. There is a one mile dirt road past Bartholomew's Cobble.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Stop & Shop market; bakery across Rt. 44
1.1	Canaan Diner
10.0	<i>Cross Appalachian Trail</i>
12.0	<i>Shays Rebellion Historic Marker on right</i>
13.6	South Egremont, Massachusetts; food, antiques, ski shop
14.1	Deli on left
20.6	Sheffield: Market w/ deli
27.8	Restrooms, restaurant
36.9	Canaan: Various facilities
37.2	Stop & Shop market; bakery across Rt. 44

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