

Route 7 Roundabout

NOTE: This Ride Description and its corresponding Route Sheet may not have been checked for accuracy by the www.ctbikeroutes.org team

Total Distance: **38 or 56 miles**

Elevation Gain: **38 miles: 1,500 ft. or 40 ft. per mile**
56 miles: 2,600 ft. or 46 ft. per mile

Degree of Difficulty Index: **38 miles: R**
56 miles: R/H

Terrain: The 38-mile route is rolling.
The 20-mile extension on the 56 mile route is hilly.

Killer Hills: Cooper Hill Rd. is a stiff climb, but the views of the Berkshires from the top, followed by the loop along Twin Lakes is well worth the climb. There are some steady climbs during the last 18 miles on the 56-mile route.

Geographical Region: **Northwest Connecticut**

Starting Location (city/town): **Canaan (Falls Village)**

Starting Location (detailed directions to): **Housatonic Valley Regional High School, 246 Warren Tpke., Falls Village, off Rt. 7 just north of Rt. 112. From Rt. 8, take Rt. 4 West to Rt. 128 to Rt. 7 North. Cross under the covered bridge and drive 5 miles north, then left onto Warren Tpke.**

Ride Description: **Cycle along gently rolling roads (with a few hills) through quiet farm country in Northwestern Conn. and Southwestern Mass. with great views of the Berkshires, and a loop along Twin Lakes. The extended loop has an additional 20 miles of rolling hills, rewarded by a whizzing downhill into Cornwall across a covered bridge. Riders can decide at mile 36 if they want to ride an additional 2 miles or 20 miles.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Housatonic Valley Regional High School
18.0	The Appalachian Trail parallels Kellogg Rd. for a short distance
21.9	The Sheffield Covered Bridge is on the left down a rocky dirt road
23.8	Food Stop at PJ's Convenience with indoor and outdoor seating and restrooms
27.8	There is a beautiful view of the Berkshires from the top of the hill
29.5	Washing Lake (one of the Twin Lakes)
24.5	Food Stop at Sheffield Market
51.0	<i>Historic Cornwall, including the famous covered bridge and ice cream</i>

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Ride description: Wu-New031

Route sheet: RS-New031

Ride submitted by: Tom Ebersold and Mike Ceruzzi, 8-24-06/Rev. 8-1-11