

# Canaan Valley Tour 1

**NOTE: This Ride Description and its corresponding Route Sheet may not have been checked for accuracy by the [www.ctbikeroutes.org](http://www.ctbikeroutes.org) team**

Total Distance: **40.1 miles**

Elevation Gain: **2366 feet**

Degree of Difficulty Index: **2366 ft / 40.16 mi = 58.91 ft/mi**    Terrain: **Hilly**

Killer Hills: **Two near end of ride @ ~ mile cues 32.4 (1.0 mile long) & 36.4 (0.9 mile long)**

Geographical Region: **Northwestern Connecticut**

Starting Location (city/town): **Norfolk**

Starting Location (detailed directions to): **While traveling west on Rt. 44, enter the Norfolk business district, pass the intersection w/ Rt. 272 (on your left). Rt. 44 quickly bends to the right continuing downhill. Immediately after the bend, turn right onto Station Place. Continue for less than 0.1 mile to the Post Office on the right. Park across from the Post Office and use the available diagonal parking spaces.**

Ride Description: **This is a challenging ride w/ interesting topography largely over back roads w/ very little traffic. Amongst the scenic delights are copious farms, various mining operations, lots of ponds and lakes and a visit to Great Barrington, MA. The first half of the ride is largely over flat terrain w/ a downhill trend...all the way to Great Barrington, the ride's approximate mid-point. The route then climbs past the entrance to the Butternut Basin ski area and follows generally rolling terrain southeasterly to Mill River. Soon two sizeable hills will challenge even the strongest riders before rewarding you with a great 2 mile downhill swoop near the end of the ride.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
0.0	Norfolk business district; post office; shops of varying types; nice New England village structures
18.5	Center of Great Barrington business district; various food shops; little park across from the turn onto Bridge St which is a candidate for a snack or lunch stop
20.3	<i>Entrance to Butternut Basin ski area</i>
29.0	<i>Mill River General Store on the left</i>
35.7	<i>Campbell Falls State Park on the right</i>
40.1	Norfolk business district; post office; shops of varying types; nice New England village structures

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**Ride description: Wu-New045**

**Route sheet: RS-New045**

**Ride developed by: David Bill, summer/fall of 1999**

**Ride submitted by: Don Shildneck, 11/11/09 (updated 11/17/09)**