

Meet the Board Ride

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

Total Distance: **25.9 miles**

Elevation Gain: **1074 feet**

Degree of Difficulty Index: **1074 ft / 25.9 mi = 41.47 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **Southwest Connecticut**

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

Starting Location (detailed directions to): **Sleeping Giant State Park parking area (opposite Quinnipiac University), Mt. Carmel Avenue, Hamden. Mt. Carmel Avenue is off Rt. 10 (Whitney Avenue) in the northeast part of Hamden.**

Ride Description: **This ride tours some of the lesser populated parts of Hamden, Cheshire and Wallingford on mostly rolling terrain. A fine place for a snack/lunch break is on the grounds of Gaylord Hospital about 2/3 of the way through the ride.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	<i>Sleeping Giant State Park; bathrooms; water; hiking trails</i>
3.9	Entrance to Brooksvale Park to the left
16.5	Cheshire town center (busy traffic; various stores)
19.7	<i>Gaylord (Rehab) Hospital; snack/lunch stop; lovely grounds</i>
20.1	<i>The Farms Country Club (Private - golf); views</i>
22.0	<i>Blue Hills Orchards; farm store and orchards galore</i>
25.9	<i>Sleeping Giant State Park; bathrooms; water; hiking trails</i>

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Ride description: Wu-New076

Route sheet: RS-New076

Ride submitted by: Don Shildneck, 10/3/06 (updated 11/9/06)