

SCCC's Roll Around and Dip in the Lake

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

Total Distance: **18.9 miles**

Elevation Gain: **580 feet**

Degree of Difficulty Index: **580 ft / 18.9 mi = 30.69 ft/mi** Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

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

Starting Location (detailed directions to): **I-95 Exit 58 CPL (Rt. 77) in Guilford**

Ride Description: **This is a short, mellow ride over mostly flat terrain with a few mild hills along the way. The route first takes you down to Guilford Green before doing a "U" turn and heading to No. Guilford and Lake Quonnipaug. Along the way the ride passes the monastery in No. Guilford soon after a short bike portage over an abandoned road.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
<i>0.9</i>	<i>Guilford Green directly in front</i>
<i>6.2</i>	<i>Short bike portage through abandoned road</i>
<i>7.4</i>	<i>Little park at the Monastery</i>
<i>8.0</i>	<i>Commence circumnavigation of Lake Quonnipaug</i>
<i>10.5</i>	<i>Guilford Town Beach at Lake Quonnipaug; use restricted to Guilford residents during summer</i>

Note: This ride has been provided by the Southern Connecticut Cycle Club from its Ride Library as a service to the Connecticut bicycling community

www.ctbikeroutes.org

Ride description: **Wu-New107**

Route sheet: **RS-New107**

Ride submitted by: **SCCC (www.ctcycle.org)/DPS, 5/11/07**