

SCCC's Guilford Lakes & Lake Quonnipaug 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: **30.9 miles**

Elevation Gain: **1450 feet**

Degree of Difficulty Index: **1450 ft / 30.9 mi = 46.9 ft/mi**

Terrain: **Rolling to hilly**

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...use the western section of the split CPL**

Ride Description: **This interesting and somewhat hilly ride runs true to its name by visiting Guilford Lakes and Lake Quonnipaug. While there is some riding along state roads (about 5.7 miles total), the balance of the ride uses back roads and relatively low-traffic roads through residential areas. The ride has lots and lots of redeeming values that more than off-set the state road riding.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
11.9	<i>Guilford Lakes w/ sluice (views)</i>
12.5	<i>Guilford Lakes Golf Course (9 holes)</i>
17.6	<i>Our Lady of Grace Monastery w/ small park on the left</i>
18.3	Lakeside Farmstand. Picnic Tables, Seasonal Food & Restrooms
20.8	<i>Guilford Town Beach at Lake Quonnipaug (lake access limited to Guilford residents...but its ok for bikers to use the parking lot w/ picnic tables</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-New116**

Route sheet: **RS-New116**

Ride submitted by: **SCCC (www.ctcycle.org)/DPS, 6/12/07 (revised 7/14/25)**