

SCCC's Guilford Lakes & Shoreline 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: **41.7 miles**

Elevation Gain: **1829 feet**

Degree of Difficulty Index: **1829 ft / 41.7 mi = 43.86 ft/mi** Terrain: **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 (use the west section of the split CPL)**

Ride Description: **This is an interesting ride that travels up to Lake Quonnipaug before returning to the Shoreline and a tour around Sachem's Head. While there are a few hilly sections, much of the ride is on flat to rolling terrain. There are a few stretches of riding along state routes (Rtes. 80, 77 & 146 in no special order) with higher speed traffic but most of the ride is on back roads with few automobiles.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
8.0	<i>Monastery park and Monastery to the left</i>
8.7	<i>Start ~ four mile circumnavigation of Lake Quonnipaug (views)</i>
10.9	<i>Guilford Town Beach (access limited to Guilford residents during the summer months)</i>
29.4	<i>Start ~ four and a half mile tour of Sachem's Head (views)</i>
35.4	<i>Guilford Green; many interesting shops surround the green</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-New119**

Route sheet: **RS-New119**

Ride submitted by: **SCCC (www.ctcycle.org)/DPS, 5/13/07**