

SCCC's Flat Friday Double Crossing

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

Total Distance: **40.5 miles**

Elevation Gain: **856 feet**

Degree of Difficulty Index: **856 ft / 40.5 mi = 21.13 ft/mi** Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

Starting Location (city/town): **Route 9 Exit 3 CPL (Route 154) in Essex; CPL is on Route 154 just east of Route 9**

Starting Location (detailed directions to): **None required; please note that this is a small CPL with limited parking available during the work week.**

Ride Description: **This is a mostly flat ride through parts of Essex, Old Saybrook, South Lyme and Old Lyme with great views of the Connecticut River and Long Island Sound. Saybrook Point is a nice spot to stop for a snack or lunch break. This ride is quite similar to the Flat Friday Double Crossing (modified) ride presently in the website...though there are some significant differences.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
<i>1.8</i>	<i>Beginning of 2.2 mile tour through Otter Cove development (pay attention to street signage – it's easy to go astray)</i>
<i>4.6</i>	<i>Begin 1-mile trip over the Connecticut River via the Baldwin Bridge bike path (views)</i>
<i>~10.0</i>	<i>South Lyme: convenience store on the right</i>
<i>17.5</i>	<i>Old Lyme: various shops</i>
<i>22.7</i>	<i>Begin 1-mile trip over the Connecticut River via the Baldwin Bridge bike path (views)</i>
<i>26.5</i>	<i>Old Saybrook main business district (Main St); watch for cars diagonally parked on the right</i>
<i>28.7</i>	<i>Views of North Cove</i>
<i>29.1</i>	<i>Saybrook Point dead ahead (possible snack/lunch stop; views)</i>
<i>29.4</i>	<i>Causeway crossing (views)</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-New126

Route sheet: RS-New126

Ride submitted by: SCCC (www.ctcycle.org)/DPS, 6/10/07