

Visiting Guilford's Town Beaches

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

Total Distance: **29.1 miles**

Elevation Gain: **841 feet**

Degree of Difficulty Index: **841 ft / 29.1 mi = 28.90 ft/mi** Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

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

Starting Location (detailed directions to): **Lake Quonnipaug (Guilford) Town Beach parking lot, Rt. 77, North Guilford, approximately 4 miles north of Route 80 and 6 miles south of Durham.**

Note: Parking lot is not available during the summer months...it is restricted to Guilford residents with beach pass stickers during that time. Plan your ride accordingly.

Ride Description: **This ride is over mostly flat terrain with a few modest hills and travels from the west shore of Lake Quonnipaug down to Guilford Harbor and features an interesting side trip into seldom visited West Lake. The pavilion at the Guilford Town Beach on Long Island Sound is a good spot for a snack/lunch break.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	<i>Guilford Town Beach at Lake Quonnipaug: swimming if Guilford town resident</i>
3.0	<i>Our Lady of Grace Monastery on the right</i>
6.7	<i>West Lake; views; beach; boating (probably restricted to Guilford town residents)</i>
12.6	<i>Bishop's Farm Store access road to the right (food, beverages, restrooms)</i>
15.7+	<i>Guilford Town Beach near end of Seaside Avenue (views; possible snack/lunch stop)</i>
16.5	<i>Guilford Town Dock: Restrooms, Water; Picnic Tables (views)</i>
17.3+	<i>The Henry Whitfield House (1639) is the oldest remaining house in Connecticut. On display are Historical artifacts from the culture of early New England settlers and a wealth of pieces dating To the 17th and 18th centuries.</i>
18.9	<i>Guilford Green; various stores and interesting buildings (churches, etc.) border the green</i>
26.6	<i>Llama farm on the right</i>
29.1	<i>Guilford Town Beach at Lake Quonnipaug: swimming if Guilford town resident</i>

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Ride description: Wu-New155

Route sheet: RS-New155

Ride submitted by: Carol Marchion/DPS, 6/26/08