

Saybrook Point to Essex Loop

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

Total Distance: **30.2 miles**

Elevation Gain: **497 feet**

Degree of Difficulty Index: **497 ft / 30.2 mi = 16.45 ft/mi**

Terrain: **Flat**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

Starting Location (city/town): **Old Saybrook**

Starting Location (detailed directions to): **I-95 north Exit 68 to Rt. 154; @ 3rd traffic light turn left to continue on Rt. 154 (Rt. 1 goes straight here) through the Old Saybrook business district and continue for about 2.1 miles to a stop sign where Rt. 154 goes sharply right; Saybrook Point is directly ahead from the stop sign.**

Ride Description: **This is an especially scenic ride over mostly flat terrain that visits several places on the Old Saybrook coastline with spectacular views of long Island Sound. Among these are Fenwick, Cornfield Point and Indiantown Beach. The ride then heads inland for a visit to the quaint New England village of Essex with a special view of the Connecticut River from the town dock and boat launch adjacent to the Connecticut River Museum.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.2	<i>Causeway (special views)</i>
0.9	<i>Start tour of Fenwick, an upscale section of Old Saybrook; 9-hole golf course</i>
4.4	<i>Cornfield Point (views)</i>
7.6	<i>Indiantown Beach (views to the left)</i>
15.7	<i>Start through Village of Essex business district</i>
16.1	<i>Connecticut River Museum; town dock and boat launch (views)</i>
20.9	<i>Start tour through Otter Cove, a lovely upscale residential district</i>
28.9	<i>Start tour of North Cove, another upscale residential district w/ outstanding water views</i>

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Ride description: Wu-New176

Route sheet: RS-New176

Ride submitted by: Carol Marchion, 5/22/09 (updated 7/20/09)