

Cheshire Valley Express

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

Total Distance: **53.0 miles**

Elevation Gain: **1941 feet**

Degree of Difficulty Index: **1941 ft / 53.0 mi = 36.62 ft/mi** Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **Southwest Connecticut**

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

Starting Location (detailed directions to): **Shepherd Glen School; off Rt. 10 in Hamden go west on Skiff Street to Skiff Street Ext. Skiff Street is just south of the Meadowbrook Country Club. The school is on the right about 0.5 miles from Rt. 10 just after crossing Mix Ave.**

Ride Description: **The Cheshire Valley offers miles of flat to rolling terrain on scenic side roads as you pedal from Hamden to Bristol (passing ESPN Headquarters). The ride sticks to the valley on the outbound segment and then loops back through swooping, rolling terrain.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Shepherd Glen School
6.5	<i>Brooksvale Recreational Park on the left</i>
11.3	Food and water on the left
16.6	<i>Mount Southington Ski Area on the left</i>
20.1	<i>Briarwood College on the right</i>
21.0	<i>Lake Compounce Park on the left</i>
21.9	<i>Part of the ESPN complex on the left</i>
25.4	Food on the right
34.7	Food & water at IGA store
49.8	Dunkin Donuts

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Ride description: Wu-New179

Route sheet: RS-New179

Ride developed by: Jon Swallen, September 2004

Ride submitted by: Mark Kiley, 7/6/09 (updated 11/12/09)