

# Essex to Old Saybrook Town Beach Ride

**NOTE: This Ride Description and its corresponding Route Sheet may not have been checked for accuracy by the [www.ctbikeroutes.org](http://www.ctbikeroutes.org) team**

Total Distance: **30.4 miles**

Elevation Gain: **496 feet**

Degree of Difficulty Index: **496 ft / 30.4 mi = 16.31 ft/mi**      Terrain: **Flat**

Killer Hills:      **None**

Geographical Region: **South Central Connecticut**

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

Starting Location (detailed directions to): **Essex Plaza. From the intersection of Rtes. 153 & 154 in the Centerbrook section of Essex (at Rt. 9 Exit 3), go west on Rt. 154 (Main St.) for ~ 0.1 mi. and turn right on access road to Essex Plaza (sign). Follow access road for another 0.1 mi. to shopping plaza. Do not use store parking spaces. Park to the right and up a little rise.**

Ride Description: **On the way from Essex to Saybrook Point the ride passes through two upscale Old Saybrook residential areas, Otter Cove and North Cove. After departing Saybrook Point, the route visits Fenwick and Cornfield Point en route to a possible stop at the Old Saybrook Town Beach on Rt. 154. Continuing, the ride route dips down to Indiantown Beach where there is a pavilion that is ideal for a lunch/snack break. The route then meanders on back to the starting point with a stop in Essex Village. The entire ride route is over mostly flat terrain and features many picturesque views of Long Island Sound, the Connecticut River and upscale residential areas of Old Saybrook and Essex.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
2.0	<i>Commence tour of Otter Cove residential area</i>
10.0	<i>Commence tour of North Cove residential area (views of the harbor)</i>
11.3	<i>Saybrook Point (bathrooms; historical displays at park; ocean views)</i>
11.6	<i>Start across causeway (views)</i>
12.2	<i>Commence tour of Fenwick (9-hole golf course; mansions; views)</i>
15.7	<i>Cornfield Point (views)</i>
16.4	<i>Old Saybrook Town Beach (bathrooms; possible lunch/snack stop)</i>
18.9	<i>Indiantown Beach w/ pavilion; possible lunch/snack break stopping point</i>
27.0	<i>Entering Essex Village business district</i>
27.1	<i>Comfort station to the rear of the post office and New Alliance Bank...next to park w/ gazebo</i>
27.5	<i>Essex boat launch &amp; dock; Connecticut River Museum; views of the Connecticut River</i>

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**Ride description: Wu-New182  
Route sheet: RS-New182**

**Ride submitted by: Carol Marchion, 7/10/09 (updated 8/3/09)**