

# The Bike Shop Metric Century 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: **64.7 miles**

Elevation Gain: **2000 feet (est'd)**

Degree of Difficulty Index: **2000 ft / 64.7 mi = 30.91 ft/mi**    Terrain: **Flat to Rolling**

Killer Hills:     **None; 2 climbs of note Rte 168 in Suffield - long but 4-5% gradient; Ellsworth Rd short but steep 12% gradient**

Geographical Region: **North Central Connecticut**

Starting Location (city/town): **South Windsor**

Starting Location (detailed directions to): **Town Center Shops, 1735 Ellington Road, So. Windsor; take I-84 to Buckland Street, Manchester. Head North, approximately 2 miles, Town Center Shops (Stop & Shop) on left.**

**From I-291 east: Exit Rte 5, cross Rte 5 to Rte 30, 4 miles to Town Center Shops on the left.**

**From Rte 5 North: Left on Sullivan Ave, approx 4 miles after the Traffic Light in Center of Town, right into parking lot.**

Ride Description: **The ride tours through the rural areas of north central CT. It is flat and rolling with no killer hills; the two mentioned are not terribly difficult. There are large picturesque farms in Ellington and Somers, historic Victorian homes on Rte 5 in Enfield and beautiful colonial homes in Suffield. There is a boat launch, pavilion and pier at Congamond Lake together with restaurants. Finally, there are great views of the Connecticut River from both sides.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
12.4	Farm Stand on left in season, apples peaches etc.
	<i>Many Farms through out E. Windsor &amp; Somers</i>
25	<i>Old Historic Homes of Enfield, Rte 5</i>
25.7	Cross CT River on Rte 190 Bike Trail
27.6	<i>Views of CT River from Suffield Side</i>
	<i>Farm Country of Suffield</i>
39.2	<i>Cross Farmington Valley Greenway</i>
40.7	<i>Pavilion, Pier, Restaurants and Port o Lets at north end of the second Congamond Lake</i>
49.7	<i>Old Historic Homes of Suffield</i>
54.5	<i>Views of CT River, Pavilion on Right across from Osborne Park, Public Restroom in Water Plant</i>

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**Ride description: Wu-New201**

**Route sheet: RS-New201**

**Ride submitted by: Andy Johnson, 9/18/12 (updated 10/25/12)**