

The Bike Shop's Strong Road Morning Ride

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 miles**

Elevation Gain: **1000 feet**

Degree of Difficulty Index: **1000 ft / 30 mi = 33.3 ft/mi** Terrain: **Flat to rolling**

Killer Hills: **None, 3 moderate hills**

Geographical Region: **North Central CT**

Starting Location: **South Windsor, CT**

Starting Location: **The Bike Shop, 199 Strong Road. Strong Road crosses Rte 5 approximately 1.5 miles south of the East Windsor Town line and 3 miles north of the I-291 and Rte 5 Intersection. The Bike Shop, 199 Strong Road is 200 yards west of Rte 5 (headed toward Main Street).**

Ride Description: **The ride is relatively flat with three moderate hills, Chapel Street, Griffin Street (by the golf course), and Scantic. The ride traverses the farm lands of South Windsor, Ellington, Somers and East Windsor. Main Street in South Windsor has many older historic homes.**

Facilities and *Points of Interest*:

Mile	Facilities – Points of Interest
<i>11.7</i>	<i>Top Stone Public Golf Course</i>
<i>12.8</i>	<i>Berry Farm (pick your own in season)</i>
<i>18.1</i>	<i>Dairy Farm</i>
<i>20.5</i>	<i>Historic Broad Brook</i>
<i>27.6</i>	<i>Pick your own Apples and Peaches in season</i>
<i>28.5</i>	<i>Historic Homes on Main Street</i>

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Ride description: Wu-New 220

Route sheet: RS-New220

Ride submitted by: Andy Johnson, 3/12/14 (updated by PAR, 3/28/18)