

# Stratford Shore to Forest to Shore

**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: **35.0 miles**

Elevation Gain: **1450 feet**

Degree of Difficulty Index:

Terrain: rolling hills and shoreline flats

Killer Hills: **1** (starting at about mile 12)

Geographical Region: Fairfield County

Starting Location (city/town): Stratford CT

Starting Location (detailed directions to): Lordship School, 254 Crown St. Stratford, CT 06615. Parking lot is located on Pauline Street.

Ride Description: This ride takes you from the Stratford beaches, through the center of Stratford, and up into the Roosevelt Forest. After crossing the Sikorski Memorial Bridge, you return via the Milford shoreline, and back through downtown Stratford before again visiting the shoreline. There are a fair amount of urban high traffic areas and busy intersections that must be traversed when going between shoreline and inland roads. Always use extra caution.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.8	Long Beach Stratford
2.2	Stratford sea wall
2.5	Russian Beach Stratford
3.8	Stratford Lighthouse
4.9	Short Beach, Stratford
14	Roosevelt Forest, Stratford
16.4	Sikorski Memorial Bridge
20.1	Milford Green (Tony's Bike Shop)
21.5	Milford Sea wall
22.5	The Greek Spot (restaurant)
22.8	Silver Sands State Park, Milford
25.5	Audubon Sanctuary

[www.ctbikeroutes.org](http://www.ctbikeroutes.org)

**Ride description: Wu-229**

**Route sheet: RS-229**

**Ride submitted by: Andrew Martin**