

Only Old Lyme Odyssey 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: **30.3 miles**

Elevation Gain: **1370 feet**

Degree of Difficulty Index: **1370 ft / 30.3 mi = 45.2 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

Starting Location (city/town): **Old Lyme**

Starting Location (detailed directions to): **Big Y parking lot, Rt. 1 in Old Lyme. Take I-95 Exit 70 (east of Baldwin Bridge).**

If eastbound on I-95, at the end of the ramp turn left onto Rt. 1 & Rt. 156. At the light go right on the continuation of Rt. 1 (Rt. 156 goes straight here); the access road to the Big Y will be on your right in about 300 yards (traffic light).

If westbound on I-95, at the end of the ramp go straight onto Rt. 1 south for 0.4 mile to the Big Y on the left.

Ride Description: **Ride starts by traveling on pretty Old Lyme hillside roads before heading south towards Rocky Neck State Park. Once at the beach, an extension can be added to visit the Rocky Neck Pavilion located on the hill near the furthest beach access point and above the bathrooms and picnic area. Just follow the paved road opposite the beach parking and up the hill to access it. Once you leave Rocky Neck, you travel to White Sands Beach and the Great Island Boat Launch on Smith Neck Landing Rd, which is a beautiful spot to watch for eagles and ospreys. Then a fun winding path up to Johnny Cake Hill Rd and into the center of Historic Old Lyme before returning to The Big Y lot.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Start Point - Big Y Groceries (Bathrooms in Big Y)
5.9	<i>Hains Park (Rogers Lake)</i> Bathrooms - seasonal
16.2	<i>Rocky Neck State Park & Pavillion</i> Bathrooms - seasonal
24.0	<i>White Sands Beach Gazebo</i> Bathrooms - seasonal
26.7	<i>Great Island Boat Launch and Observation Deck</i>
30.3	End of Ride - Big Y Groceries (Bathrooms in Big Y)

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Ride description: **wu-new248**

Route sheet: **rs-new248**

Ride submitted by: **Pete Rowland 04/2023**