

Clyde's Milford & West Haven Ride

Total Distance: **20.2 with an option for 31.6 miles**

Elevation Gain: **273 feet (for the 31.6 mile ride)**

Degree of Difficulty Index: **273 ft / 31.6 mi = 8.64 ft /mi**

Terrain: **Flat**

Killer Hills: **None**

Geographical Region: **Southwest Connecticut**

City/Town: **Milford**

Starting Location: **To the rear of the Public Library in Milford, located on Rt. 162 (New Haven Ave) just east of the main city intersection with River St. Use public parking on far side of tennis courts.**

Special Directions: **From Rt. 162 just past the library turn onto Shipyard Lane. Go down hill bearing to the right and around the tennis courts. Public parking will be on the left on far side of tennis courts and near a baseball diamond.**

Ride Description: **This is a flat ride along the Milford and West Haven shoreline with outstanding views of L. I. Sound. After visiting West Haven's Savin Rock area (turnaround), return to the starting point. An 11.4-mile (roundtrip) option to Milford Pt. and the Audubon nature building begins at the same starting/ending location (Milford Public Library).**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Milford Center Park: bathrooms
6.0	<i>Robert Hutchins Parkette on the right</i>
10.4	<i>Start of bike path into Bradley Point Park</i>
11.3	Park Headquarters: water & bathrooms (seasonal)
20.3	Little park on far side of footbridge: good place for lunch or a snack
25.3	<i>Audubon Building: displays, views, bathrooms & water</i>
28.3	<i>Entrance to Silver Sands State Park</i>
	Note: there are many convenience stores, delis, sandwich shops, grocery stores, etc. along the ride route where lunch makings or snacks can be purchased.

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