

## Old Lyme and Uncas Lake Loop

Total Distance: **33.6 miles**

Elevation Gain: **1530 feet**

Degree of Difficulty Index: **1530 ft / 33.6 mi = 45.54 ft/mi**

Terrain: **Rolling to hilly**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

City/Town: **Old Lyme**

**Starting Location: 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: This very scenic ride travels over mostly rolling terrain en route to remote Uncas Lake, a lovely spot in Nehantic State Forest. The ride then dips down to Rogers Lake (possible lunch/snack spot) after which it proceeds over mostly flat terrain to several sites overlooking L.I. Sound. The ride in to Uncas Lake (about two miles one way) is over an unimproved road surface that is easily navigated on road bikes.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
0.0	<i>Various shops in mall, including the Big Y (bathrooms available in the Big Y)</i>
6.5	<i>Ely's Landing (site of old ferry location); views</i>
10.4	<i>Tiffany Farms, a 140-acre, 100-head dairy farm operation and the first farm in Connecticut protected through the State's Farmland Preservation Program</i>
10.7	<i>Nehantic State Forest entrance</i>
13.0	<i>Uncas Lake (views)</i>
20.1+	<i>Hains Park @ the south end of Rogers Lake: good lunch/snack spot (views). A grocery store with a deli is located 0.1mile ahead on Rt. 1.</i>
21.2	<i>Start of great bike route w/ smooth surface and banked curves (one of my favorites)</i>
24.6	<i>Cross Black Hall River</i>
25.2	<i>Black Hall Country Club (private golf course)</i>
26.7	<i>White Sands Beach @ the gazebo (views)</i>
27.9	<i>Hallmark's Ice Cream (and snacks); portable toilet (seasonal)</i>
28.9	<i>Old Lyme Country Club (private golf course)</i>
31.0	<i>DEP Marine Headquarters; go to end of boardwalk for interpretive displays (views); portable toilet on south side of DEP building</i>
33.6	<i>Various shops in mall, including the Big Y (bathrooms available in the Big Y)</i>

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