

## An Old Lyme Odyssey

Total Distance: **31.2 miles**

Elevation Gain: **1335 feet**

Degree of Difficulty Index: **1335 ft / 31.2 mi = 42.79 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Old Saybrook**

Starting Location: **American Legion Post 113 parking lot, Essex Road in Old Saybrook. Post 113 is located near Route 9N Exit 1 just after leaving I-95 and/or Rt. 9S Exit 2; go south on Essex Rd and the American Legion is on the right just before the bike path over the Baldwin Bridge.**

Ride Description: **This is a ride over mostly rolling terrain through Old Lyme. The ride crosses the Connecticut River twice on the Baldwin Bridge bike path, visits Rogers Lake, Rocky Neck State Park (turnaround point), and White Sands Beach.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
0.0+	<i>Start of bike path crossing of the Connecticut River on the Baldwin Bridge</i>
1.2	Shopping Center on right; A&P Supermarket (bathrooms)
6.9	There is a grocery store with a deli a very short distance south (to the right) on Rt. 1
7.0	<i>Hains Park @ the southern end of Rogers Lake (views); seasonal restrooms</i>
16.1	<i>Entrance to Rocky Neck State Park</i>
17.6	Pavilion near entrance to beach; water, bathrooms & snack bar in season; good spot for lunch/snack
24.2	<i>Black Hall Country Club (private golf course)</i>
25.5	<i>White Sands Beach @ gazebo (views); seasonal restrooms</i>
26.8	Hallmark's (ice cream and snacks); portable toilet; seasonal
27.7	<i>Old Lyme Country Club (private golf course)</i>
30.0	Shopping Center on left; A&P Supermarket (bathrooms)
30.2	<i>Start of return trip over the Connecticut River on the Baldwin Bridge bike path</i>

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

Wu-SL020 abb

DLB97140