

## Guilford/Durham/Madison Country Tour

Total Distance: **33.4 miles**

Elevation Gain: **1630 feet**

Degree of Difficulty Index: **1630 ft / 33.4 mi = 48.80 ft/mi**

Terrain: **Rolling to hilly**

Killer Hills: **Two**

Geographical Region: **South Central Connecticut**

City/Town: **Guilford**

Starting Location: **I-95 Exit 59 CPL (Goose Lane) in Guilford**

Ride Description: **This is a rolling to hilly ride that goes up into North Guilford, visiting the Our Lady of Grace Monastery before passing along the eastern side of Lake Quonnipaug. The ride continues up towards Durham along Rt. 77 (wide shoulder) before crossing over to Rt. 79 (also w/ wide shoulder) by way of Sand Hill Road (killer hill) and dropping back down into Madison on back roads. The return ride to the CPL from Roberts Food Market (24.1) is mellow and mostly downhill.**

Facilities and *Points of Interest*:

| <b>Mile</b> | <b>Facilities - <i>Points of Interest</i></b>                           |
|-------------|---|
| 0.0         | Convenience Store 0.2 mi. south of CPL                                  |
| 7.3         | <i>Our Lady of Grace Monastery</i>                                      |
| 8.2         | <i>Start tour along east side of Lake Quonnipaug (occasional views)</i> |
| 24.1        | Roberts Food Center Plaza: Groceries, Restrooms, Pizza                  |
| 26.1        | <i>The Country School campus</i>  |
| 33.4        | Convenience Store 0.2 mi. south of CPL                                  |

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