

Bridebrook Park Ride

Total Distance: **32.6 miles**

Elevation Gain: **845 feet**

Degree of Difficulty Index: **845 ft / 32.6 mi = 25.92 ft/mi**

Terrain: **Flat to Rolling**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

City/Town: **Niantic (East Lyme)**

Starting Location: **Samuel M. Peretz Park (formerly Bridebrook Park), Rt. 156 in Niantic just east of Rocky Neck State Park. Take I-95 Exit 72 (Rocky Neck Connector); at the end w/ traffic light go left on Rt. 156 past the entrance to Rocky Neck State Park and turn left into Samuel M. Peretz Park just before the Niantic Correctional Facility.**

Ride Description: **This is a very scenic ride over flat to rolling terrain on mostly country roads with a few moderate hills en route. During the early loop the ride passes Pattagansett Lake in East Lyme before heading down to Rocky Neck State Park for a lunch or snack stop (may be purchased at the concession stand in the park during the summer season). The ride then heads east and visits Giants Neck Heights, Black Point and McCook Park viewing the beach communities along the way...where there are great views of the saltwater marshes and sandy beaches.**

NOTE: The ride passes the starting point, Bridebrook Park, three times during the ride: at the 14.0, 17.2 and 20.8 mile points.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Samuel M. Peretz Park (bathrooms)
2.9	Scott's Farm Stand @ corner w/ Rt. 1
~ 6.5	<i>Pattagansett Lake (views)</i>
15.6	<i>Rocky Neck State Park (good lunch or snack stop; bathrooms; water)</i>
18.4	<i>Giants Neck (views)</i>
23.1	<i>Begin tour Black Point (views); pay attention to route sheet cues...lots of turns</i>
28.9	<i>McCook Park (views); bathrooms</i>
32.6	Samuel M. Peretz Park (bathrooms)

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