

Leisurely Lymes Ride #2

Total Distance: **29.2 miles**

Elevation Gain: **1234 feet**

Degree of Difficulty Index: **1234 ft / 29.2 mi = 42.26 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

City/Town: **Old Lyme**

Starting Location: **A&P 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 A&P 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 A&P on the left.**

Ride Description: **This is a neat ride in Old Lyme over mostly flat to rolling terrain with stops at Ely's Landing on the Connecticut River and at Hain's Park on Rogers Lake. Later there will be a visit to the DEP Marine Headquarters and its boardwalk. There are interesting interpretive display signs about the local flora and fauna at the end of the boardwalk.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Various shops in the A&P mall; bathrooms inside the A&P
5.3	<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>
7.0	<i>Village of Hamburg</i>
9.3	<i>Ely's Landing (site of old ferry crossing); views of Connecticut River</i>
15.7	<i>Hains Park at the south end of Rogers Lake (views); good spot for lunch or snack break</i>
15.8	Grocery store with deli on left
16.9	<i>Start of a favorite biking road w/ smooth pavement and gently banked curves</i>
21.0	<i>Black Hall Country Club (private golf course)</i>
22.3+	<i>White Sands Beach (@ gazebo (views); seasonal restrooms</i>
23.5	Hallmark's ice cream and snacks; <i>seasonal portable toilets</i>
25.4	<i>Village of Old Lyme</i>
26.6	<i>DEP Marine Headquarters...ride to end of boardwalk with its interpretive displays (views)</i>
29.2	Various shops in the A&P mall; bathrooms inside the A&P

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