

The Lake Quonnipaug Gambol

Total Distance: **29.9 miles**

Elevation Gain: **985 feet**

Degree of Difficulty Index: **985 ft / 29.9 mi = 32.94 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Guilford**

Starting Location: **Guilford Town Dock/Boat Launch, end of Whitfield Street in Guilford**

Special Directions: Take I-95 Exit 58. At the end of the exit ramp turn toward the ocean and follow Rt. 77 south across Rt. 1 (traffic light) and down to the Guilford Green. Turn right onto Broad St., go across the top of the green, turn left onto Whitfield St. and go down the west side of the green continuing on past the center of town all the way to the ocean and a large parking area adjacent to the Town Dock.

Ride Description: This is a ride over mostly rolling terrain with a few modest hills that travels from the shoreline inland all the way to Lake Quonnipaug in North Guilford passing along the way Our Lady of Grace Monastery on Race Hill Rd. The pavilion at the Guilford Town Beach on Lake Quonnipaug is a good spot for a break or lunch.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Guilford Town Dock: Restrooms, Water, Picnic Tables (views)
0.8	<i>The Henry Whitfield House (1639) is the oldest remaining house in Connecticut. On display are historical artifacts from the culture of early New England settlers and a wealth of pieces dating to the 17th and 18th centuries.</i>
~9.0	<i>Our Lady of Grace Monastery on left</i>
12.2	<i>Guilford Town Beach at Lake Quonnipaug: Swimming</i>
~25.7	Bishop's Farm Store up access road to the right (food, beverages, restrooms)
29.1	<i>Guilford Town Beach near end of Seaside Avenue (views)</i>
29.9	Guilford Town Dock: Restrooms, Water, Picnic Tables (views)

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