

Muffin Ride - modified

Total Distance: **32.1 miles**

Elevation Gain: **945 feet**

Degree of Difficulty Index: **945 ft / 32.1 mi = 29.44 ft/mi**

Terrain: **Flat to Rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Guilford**

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

Ride Description: **This ride travels over mostly flat terrain (with a few moderate hills) in Guilford en route to a lunch stop at Stony Creek. Along the way the ride features visits to Guilford Harbor, Chaffinch Island Park, Mulberry Point and Sachem's Head. For Long Island Sound viewing, it doesn't get any better than this! After visiting Stony Creek, an inland route is taken back to the CPL with a stop at Bishop's Farm Store, a neat place in which to browse.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.2	Convenience Store on right
1.8	<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>
2.7	Guilford Town Dock: Restrooms, water (seasonal) --- <i>views of Long Island Sound</i>
6.2	<i>Chaffinch Island Park: Views of Long Island Sound</i>
7.8	<i>Mulberry Point: Views of Long Island Sound</i>
16.1	<i>Scenic Mill Pond</i>
17.3	Stony Creek: Deli on left
17.6	<i>Stony Creek: Views of Thimble Islands and harbor</i>
24.6	Bishops Orchard Farm Store: Restroom
32.1	Convenience Store 0.2 mi. south of CPL

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