

Modified Madison/Guilford “MS 25-miler”

Total Distance: **32.3 miles**

Elevation Gain: **656 feet**

Degree of Difficulty Index: **656 ft / 32.3 mi = 20.31 ft/mi** Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Madison**

Starting Location: **I-95 Exit 62 (Hammonasset S.P. exit) in Madison. Since there is no CPL at this exit, park beside the chain link fence on Duck Hole Road (street sign).**

Ride Description: **This is a mostly flat ride (there are a couple modest hills) through sections of Madison and Guilford with lots of ocean views. You will visit Hammonasset State Park, Vineyard Point and Sachem’s Head en route to a lunch or snack break stop at Guilford Green.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
1.8	<i>Fish Tale Restaurant and Deli across from the Fish Tail</i>
4.3	<i>Meig’s Point pavilion; rest rooms and water available (seasonal)</i>
7.9	<i>Start of stretch of lovely Long Island Sound views</i>
9.7	<i>West Wharf: spectacular view of Long Island Sound</i>
15.1	<i>Guilford Green w/ numerous shopping venues (including food emporiums)</i>
18.0	<i>Vineyard Point causeway followed by beautiful Vineyard Point estates</i>
19.2	<i>Guilford Yacht Club (have to really look for it)</i>
19.5	<i>Footbridge over inlet</i>
24.5	<i>Guilford Green...possible lunch stop; food available at several nearby locations; shops</i>
28.6	<i>Daniel Hand High School (Madison)</i>
	Note: during the summer season (roughly from July 1 st thru Labor Day) it may not be possible to gain access to the West Wharf (cue 9.7) w/o a Madison Beach Pass. Please plan your ride accordingly.

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