

## From the Forest to the Sea

Total Distance: **32.6 miles**

Elevation Gain: **1270 feet**

Degree of Difficulty Index: **1270 ft / 32.6 mi = 38.96 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Chester**

Starting Location: **Rt. 9 Exit 8 CPL (Rt. 148) in Chester**

Ride Description: **This ride is over mostly rolling terrain with lots of flat riding down close to Long Island Sound. Early in the ride there is a visit Pataconk Lake in the Cockaponsett State Forest. A forest service road (rough pavement but passable with road bikes) is used to return to civilization and a stop off at Chester Airport. The ride then heads down past Messerschmidt Pond en route to a visit of the Westbrook shoreline and a lunch or snack break at the Westbrook Green. On the return the ride visits Essex with a stop at the town dock and boat launch next to the Connecticut River Museum before returning to the CPL through Deep River.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
3.4	<i>Pataconk Lake (views)</i>
3.4+	<i>Start of forest service road @ barrier; use care on the downhill sections (broken pavement)</i>
6.6	<i>Chester Airport</i>
11.2	<i>Messerschmidt Pond after short path w/ barrier at the start</i>
11.8	<i>Beginning of great biking road w/ smooth surface and gentle curves; enjoy!</i>
16.2	<i>Great views of Long Island Sound</i>
17.4+	<i>Westbrook Green: good spot for a lunch or snack break. Various places to purchase food.</i>
23.3	<i>Essex Village; public restrooms in back of Post Office &amp; NewAlliance Bank (23.4 mi)</i>
23.7	<i>Town Dock; boat launch; CT River Museum (super river views)</i>

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