

## Leisurely Lymes Ride #1

Total Distance: **31.6 miles**

Elevation Gain: **1508 feet**

Degree of Difficulty Index: **1508 ft / 31.6 mi = 47.72 ft/mi**

Terrain: **Rolling to hilly**

Killer Hills: **One...Grassy Hill Road (not awful, though)**

Geographical Region: **Southeast Connecticut**

City/Town: **Old Lyme**

Starting Location: **Big Y 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 Big Y 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 Big Y on the left.**

Ride Description: **This is a scenic ride over mostly rolling terrain through portions of Old Lyme, Hamburg, Lyme and Black Hall with a visit to Rogers Lake (Hains Park). There is a tough climb up Grassy Hill Road that is immediately rewarded with a great downhill swoop to Rogers Lake. There is an ice cream stop at Hallmark's toward the ride's end.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
0.0	<i>Various shops @ the shopping mall; bathrooms available in the Big Y</i>
6.5	<i>Ely's Landing @ the Connecticut River (site of old ferry location)...views</i>
9.5	<i>Hamburg Cove</i>
13.7	<i>Start of 0.6 mile climb up Grassy Hill Road</i>
15.0	<i>Small church @ top of hill; start of great downhill swoop to Rogers Lake (views at church)</i>
18.4	<i>Hains Park at south end of Rogers Lake (views); good lunch/snack spot; a grocery store and deli is located about 0.1 mile south (west) on Rt. 1</i>
27.0	<i>Black Hall Country Club (private golf course)</i>
28.4	<i>Hallmark's (ice cream and snacks)</i>
29.4	<i>Old Lyme Country Club (private golf course)</i>
31.6	<i>Various shops @ the shopping mall; bathrooms available in the Big Y</i>

**[www.ctbikeroutes.org](http://www.ctbikeroutes.org)**

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