

Niantic/Waterford/New London Wanderings

(Post 9/11 revision)

Total Distance: **30.6 miles**

Elevation Gain: **451 feet**

Degree of Difficulty Index: **451 ft / 30.6n mi = 14.74 ft/mi**

Terrain: **Flat**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

City/Town: **Niantic (East Lyme)**

Starting Location: **Niantic Center School on West Main Street (Rt.156) about two miles east of the Rocky Neck Connector (I-95 Exit 72) intersection with Rt. 156.**

Ride Description: **This is a mostly flat ride with a couple modest hills. There are lovely views of Long Island Sound and the Thames River, a tour of Black Point, and visits to Harkness State Park and Fort Trumbull State Park.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
~ 1.5	<i>Start tour of Black Point</i>
6.8	<i>McCook Park (views); bathrooms & water available here</i>
9.1	<i>Entrance to Millstone Nuclear Power Station (entry not permitted since 9/11)</i>
13.7	<i>Harkness State Park; bathrooms and water available</i>
14.3	<i>Side entrance to Camp Harkness</i>
16.1	<i>Start of tour beside Thames River (views)</i>
17.0	<i>Mitchell College campus</i>
18.2	<i>Pfizer Research Center</i>
20.9	<i>Michael's Dairy (closed) and Mitchell College campus</i>
	Note: There are various convenience stores and food emporiums located along the route.

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