

Renate's Barn Island Ride

Total Distance: **31.8 miles**

Elevation Gain: **468 feet**

Degree of Difficulty Index: **468 ft / 31.8 mi = 14.72 ft/mi**

Terrain: **Flat**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

City/Town: **Stonington**

Starting Location: Barn Island Wild Life Management Area, end of Palmer Neck Rd, Stonington. Take I-95 Exit 91 (Rt. 234) and follow Rt. 234/Pequot Trail east, heading towards Pawcatuck and Westerly; in 0.25 miles turn right on Farmholme Rd and follow approximately 1.5 miles to end; turn right at stop sign onto Rt. 1 and then quickly turn left at the traffic light onto Greenhaven Rd; then immediately turn right onto Palmer Neck Rd and follow to end at the boat launch.

Ride Description: This ride is not only over mostly flat terrain but it also visits areas with stunning views of Fishers Island Sound and Block Island Sound. En route to Watch Hill and the Misquamicut Beach area, the ride passes through Pawcatuck, CT and Westerly, RI. The return trip takes a seldom used (by bikers) route close to the Westerly Airport. Misquamicut Beach provides a fine area for a lunch/snack break...and possibly a swim...if desired.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	<i>Barn Island Wild Life Management Area & boat launch (views, displays, port-a-potty)</i>
4.6	<i>Begin tour along the west side of the Pawcatuck River (views)</i>
7.7	<i>Pawcatuck, CT</i>
7.8	<i>Westerly, RI (after crossing small bridge)</i>
8.4	<i>Begin short tour along east side of Pawcatuck River (views)</i>
11.8	<i>Begin loop tour of Avondale (views)</i>
14.2	<i>Watch Hill business district and Watch Hill Yacht Club</i>
14.6	<i>Access road to the Watch Hill Lighthouse. The lighthouse station was established in 1807. The current lighthouse and keeper's house were built in 1856. It is located at the juncture of Fishers Island Sound and Block Island Sound. Although the lighthouse is not open to the public, the location and views are spectacular. Don't miss it!</i>
18.2	<i>Misquamicut State Beach (great spot for lunch/snack break; possible swim; bathrooms/water)</i>
27.2	<i>Westerly business district</i>
27.4	<i>Bridge over Pawcatuck River; Pawcatuck business district</i>

www.ctbikeroutes.org

Wu-SL057 abb

DLB02085