

The Lunch at Fort Trumbull Ride

Total Distance: **34.6 miles**

Elevation Gain: **701 feet**

Degree of Difficulty Index: **701 ft / 34.6 mi = 20.26 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

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

Starting Location: **Samuel M. Peretz Park (formerly Bridebrook Park), Rt. 156 in Niantic just east from Rocky Neck State Park. Take I-95 Exit 72 (Rocky Neck Connector); at end w/ traffic light go left on Rt. 156 past the entrance to Rocky Neck State Park and then turn left into Bridebrook Park just before the Niantic Correctional Facility.**

Ride Description: **This very mellow ride is over mostly flat terrain with a few modest hills en route. It travels over to New London along mostly shoreline venues including Black Point, the Connecticut Seaside Regional Center, Harkness State Park, Mitchell College and others to Fort Trumbull State Park. The return trip uses a slightly different route for an interesting change of pace. This ride is a "keeper."**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Samuel M. Peretz Park (bathrooms)
2.2	<i>Begin tour of Black Point (pay attention to route sheet cues...lots of turns)</i>
7.9	McCook Park (bathrooms); views
8.6	<i>Niantic business district; various facilities</i>
10.0	<i>Entrance to Millstone Nuclear Power facility (no entry allowed since 9/11)</i>
13.4	<i>Seaside Regional Center (Connecticut Department of Mental Retardation) ...now not operational</i>
15.4	<i>Harkness State Park (bathrooms & water); views</i>
15.8	<i>Camp Harkness (Department of Mental Retardation)</i>
17.9	<i>Views of the Thames River</i>
18.9	<i>Mitchell College campus</i>
20.0	<i>Pfizer Research Center</i>
20.8	<i>Fort Trumbull State Park; good spot for lunch or snack break (views); bathrooms & water</i>
22.2	<i>Lawrence & Memorial Hospital</i>
22.5	<i>Michaels Dairy & Mitchell College campus</i>
27.9	<i>New London Country Club entrance</i>
34.6	Samuel M. Peretz Park (bathrooms)