

## Sara's Scintillating Shoreline Sojourn (through Old Lyme)

Total Distance: **32.1 miles**

Elevation Gain: **703 feet**

Degree of Difficulty Index: **703 ft / 32.1 mi = 21.90 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

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 ride never leaves the town of Old Lyme. It travels a mostly flat route and visits many of the shoreline locations open to the public, including the DEP Marine Headquarters, White Sands Beach, two different boat launch sites and the Point 'O Woods residential area. The return trip takes an inland route (with a few modest hills) that is not often traveled.**

Facilities:

<b>Mile</b>	<b>Facility</b>
0.0	<i>Big Y Supermarket; bathrooms</i>
10.0	<i>Big Y Supermarket; bathrooms</i>
11.6	<i>D.E.P. Marine Headquarters; go to end of boardwalk for interpretive displays (views)</i>
14.7	<i>Boat launch @ end of Smith's Neck Road (views)</i>
16.1	<i>Hallmark's Ice Cream on right with portable toilet in back (seasonal)</i>
17.3	<i>White Sands Beach: bathrooms in season</i>
~19.4	<i>Convenience Store on right</i>
20.4	<i>Convenience Store on right</i>
20.4+	<i>Point O' Woods residential area starts after RR underpass...interesting community</i>
22.7	<i>Boat launch site off Oak Ridge Drive with views across the Fourmile River to the rocky bluff on the western side of Rocky Neck State Park; good spot for lunch or a snack (views)</i>
30.7	<i>Old Lyme shops; ice cream shop on the left at ~31.0 mi.</i>
32.1	<i>Big Y Supermarket; bathrooms</i>

Note: Entrance to the Point 'O Woods (private) community at mile 20.4 may be restricted to residents and guests of residents during the summer months. Select the timing of your ride accordingly.

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