

Leisurely Lymes Ride #3

Total Distance: **34.4 miles**

Elevation Gain: **1757 feet**

Degree of Difficulty Index: **1455 ft / 34.4 mi = 42.30 ft/mi**

Terrain: **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 is a moderately hilly ride through Old Lyme and Lyme ...but with a slightly different flavor. There will be a mid-ride stop at the Salem Creamery (ice cream only) so bring a lunch or snack to enjoy there or elsewhere along the ride route.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	<i>Various shops including the Big Y; bathrooms available in the A&P</i>
3.6	<i>Brief view of Rogers Lake and its outlet dam to the right</i>
7.1	<i>Tiffany Farms, a 140-acre, 100-head dairy farm operation and the first farm in Connecticut protected through the State's Farmland Preservation Program</i>
8.7	<i>Hamburg village</i>
17.8	<i>Salem Creamery; lunch/snack stop; portable toilet (seasonal)</i>
24.8	<i>Hamburg Cove</i>
27.7	<i>Ely's Landing (site of former Connecticut River ferry operation to Hartford)</i>
34.4	<i>Various shops including the Big Y; bathrooms available in the Big Y</i>

www.ctbikeroutes.org

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