

Flat Friday Double Crossing (modified)

Total Distance: **45.3 miles**

Elevation Gain: **1013 feet**

Degree of Difficulty Index: **1013 ft / 45.3 mi = 22.36 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Essex**

Starting Location: **Route 9 Exit 3 CPL (Route 154) in Essex; CPL is on Route 154 just east of Route 9**

Ride Description: **This is a mostly flat ride through parts of Essex, Old Saybrook and Old Lyme with great views of the Connecticut River and Long Island Sound. Hains Park at the south end of Rogers Lake is an excellent mid-ride spot for a lunch or snack break (a deli is located nearby) or a quick swim.**

Facilities and *Points of Interest*:

| Mile | Facilities - <i>Points of Interest</i> |
|-------------|--|
| 1.8 | <i>Beginning of 2.2-mile tour through Otter Cove development (pay attention to the route cues)</i> |
| 4.6 | <i>Begin 1-mile trip over the Connecticut River via the Baldwin Bridge bike path (views)</i> |
| ~10.1 | South Lyme: convenience store on right |
| 17.9 | Old Lyme: various shops |
| 24.0 | <i>Hains Park; bathrooms and dressing rooms (seasonal); swimming a possibility; good lunch/snack stop; there is a deli located 100 yards toward Old Lyme from the Town Woods Road intersection</i> |
| 24.1 | Market with deli on left |
| 27.1 | <i>Begin 1-mile trip over the Connecticut River via the Baldwin Bridge bike path (views)</i> |
| 30.8 | Old Saybrook Railroad Station; bathrooms & water |
| 31.0 | Old Saybrook business district |
| 32.6 | <i>Begin 1-mile tour around North Cove (views)</i> |
| 33.8 | <i>Saybrook Point (views); public bathrooms</i> |
| 34.1 | <i>Causeway crossing (views)</i> |

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