

## Niantic/Waterford/New London Wanderings

Total Distance: **40.1 miles**

Elevation Gain: **905 feet**

Degree of Difficulty Index: **905 ft / 40.1 mi = 22.47 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **Southeast Connecticut**

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

Starting Location: **Niantic Center School parking lot on Rt. 156 (West Main Street) in Niantic. The school is about two miles east of the Rocky Neck Connector (I-95 Exit 72) and its intersection with Rt. 156.**

Ride Description: **This is a lovely ride through portions of Niantic, Waterford and New London over mostly flat terrain. Visit Black Point, the former Seaside Regional Center, Harkness Memorial State Park, Fort Trumbull State Park (suggested lunch/snack spot and Rocky Neck State Park.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
1.0	<i>Start of ~5.7 mile tour of Black Point</i>
6.7	<i>McCook Park (views); bathrooms &amp; water available here seasonally</i>
7.1	<i>Start of tour through Niantic and over the Niantic River (draw) Bridge (views)</i>
12.2	<i>Start of 0.8 mile tour of Seaside Regional Center (Conn. Dept. of Mental Retardation); views</i>
14.2	<i>Harkness Memorial State Park (comfort station &amp; water in season)</i>
16.7	<i>Start of 2.2-mile tour along Thames River (views); Mitchell College campus; Pfizer Research Center</i>
19.6	<i>Fort Trumbull State Park (views); comfort station &amp; water; suggested lunch/snack stop</i>
20.6	<i>Start of 2.1 mile tour on Montauk Ave, passing Lawrence &amp; Memorial Hospital, Mitchell College campus, etc.</i>
36.3	<i>Rocky Neck State Park; bathrooms &amp; water at beach side pavilion</i>

Note: The Niantic Center School parking lot will not be available when school is in session. Thus, it would be best to do this ride during the summer months if you are riding during weekdays. The lot is routinely available during weekends.

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