

The Old Saybrook/Old Lyme Figure 8 Ride

Total Distance: **48.8 miles**

Elevation Gain: **926 feet**

Degree of Difficulty Index: **926 ft / 48.8 mi = 18.97 ft/mi**

Terrain: **Flat**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Old Saybrook**

Starting Location: **Old Saybrook Railroad Station parking lot. From the west, use I-95 Exit 67; @ bottom of ramp go straight through the traffic light on Route 1 & Route 154. Just after passing traffic light and going over the Railroad track bridge, take the first right (before the bottom of the hill) into Saybrook Crossing shopping plaza. From the east or from Route 9, use I-95 Exit 68 (the 1st exit after Route 9) and follow Route 1 to the traffic light; go left on Route 1 and follow above directions to get to the Railroad Station parking area. Do not use parking spaces reserved for train passengers.**

Ride Description: **This is a mostly flat ride in Old Saybrook and Old Lyme with some sensational views of Long Island Sound and the Connecticut River. The trip visits Fenwick, Cornfield Point, uses the Baldwin Bridge bike path twice to cross the Connecticut River, stops off at the D.E.P. Marine Headquarters on Ferry Road in Old Lyme, continues on to the suggested lunch/snack stop @ Hains Park on Rogers Lake, and then returns over some great bike touring roads. An ice cream stop @ Hallmark's near the end of the ride is an option.**

Facilities and *Points of Interest*:

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0.0	Saybrook Crossing/Old Saybrook Railroad Station (bathrooms, water in Railroad Station); various shops
0.2	Old Saybrook business district
1.7	<i>Start tour of the North Cove area</i>
3.7	<i>Start 1.6 mile tour of Fenwick (pay attention to the route sheet cues to stay on course)</i>
7.1	<i>Cornfield Point (great views)</i>
9.3	McDonald's
13.1	Public boat launch, portable toilets
13.6	<i>Begin 1-mile trip across the Connecticut River on the Baldwin Bridge bike path (views)</i>
15.9	<i>Enjoy the interpretive displays at the end of the boardwalk @ the DEP Marine Headquarters</i>
30.5	Market with deli on right
30.6	<i>Hains Park @ the south end of Rogers Lake (suggested lunch/snack stop); views</i>
41.2	<i>White Sand Beach; views at the gazebo; bathrooms (seasonal)</i>
42.4	Hallmark's (possible ice cream stop) on the left
45.2	<i>Begin 1-mile trip across the Connecticut River on the Baldwin Bridge bike path (views)</i>
48.8	Saybrook Crossing/Old Saybrook Railroad Station (bathrooms, water in Railroad Station); various shops