

Best of the Shoreline -- Over to Watch Hill

Total Distance: **60.5 miles**

Elevation Gain: **1497 feet**

Degree of Difficulty Index: **1497 ft / 60.5 mi = 24.74 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **Southeast**

City/Town: **Stonington**

Starting Location: **I-95 Exit 91 CPL (Rt. 234) in Stonington**

Ride Description: This mostly flat ride visits many points along the eastern Connecticut shoreline with sensational views of Fishers Island Sound and Block Island Sound. The ride passes through the scenic town of Mystic (both going and coming), travels west to Groton Long Point and Noank before heading east to Borough of Stonington and the recommended lunch stop at Stonington Point. The ride then heads further east to visit the Barn Island Wildlife Management Area and boat launch with its marvelous salt marsh views and educational display. From this point it's over to Watch Hill by way of Pawcatuck, CT and Westerly, RI. There are a couple hilly sections on the return trip from Watch Hill.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
5.5	<i>Start of 3-mile ride along the Mystic River with special views of the river, Mystic Harbor and the Old Mystic Seaport museum across the river</i>
8.4	Downtown Mystic (various facilities)
8.6	<i>Comfort station on the left shortly after turning onto Rt. 215</i>
11.9	<i>Start of 3-mile tour of Groton Long Point (views)</i>
14.8	Groton Long Point beach/park on the right (bathrooms in season)
15.5	<i>Start of 1.2-mile tour through the quaint village of Noank (views)</i>
18.9	Comfort station on the right just before reaching downtown Mystic (various facilities)
23.9	Borough of Stonington (various shops, deli)
24.6	<i>Stonington Point with views southwest to Fishers Island Sound (right) and southeast to Block Island Sound (left); excellent lunch stop</i>
29.5	<i>Barn Island boat launch (views & interpretive displays)</i>
37.2	<i>Bridge over Pawcatuck River (Pawcatuck, CT on west side; Westerly, RI on east side)</i>
43.6	<i>Village of Watch Hill</i>
44.3	<i>Watch Hill Light House (spectacular views southwest to Fishers Island Sound (right) and southeast to Block Island Sound (left). The lighthouse station was established in 1807. The current lighthouse and keeper's house were built in 1856. It is located at the juncture of Fishers Island Sound and Block Island Sound. Although the lighthouse is not open to the public, the location and views are spectacular. Don't miss it!</i>
51.1	<i>Bridge over Pawcatuck River (Pawcatuck, CT on west side; Westerly, RI on east side)</i>

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