

The Goose Lane Metric Century Ride

Total Distance: **63.1 miles** Elevation Gain: **1423 feet**

Degree of Difficulty Index: **1423 ft / 63.1 mi = 22.55 ft/mi** Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Guilford**

Starting Location: **I-95 Exit 59 CPL (Goose Lane) in Guilford**

Ride Description: This "bow tie" ride over mostly flat terrain travels over to Branford's Indian Neck area with visits to Guilford Green, Stony Creek and Pine Orchard before returning to the CPL by way of Guilford Harbor, which would be a good spot for a lunch or snack break. After the break it is a short ride back to the CPL, which is the mid-point of the ride. From the CPL the route heads east into Madison and on to Hammonasset State Park on the other half of the "bow tie." During this part of the ride you will meander through lovely residential sections of Guilford and Madison on mostly back roads en route to Hammonasset and then return on a route that features spectacular views of the Madison shoreline.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
1.2	<i>Guilford Green</i>
5.3	<i>Scenic mill pond</i>
8.3	<i>Pine Orchard Country Club – views of the golf course</i>
10.5	<i>Start 3.7 mile tour around Indian Neck...pay close attention to the mileage cues</i>
16.5+	<i>Pine Orchard Country Club – club house; tennis courts; golf pro shop</i>
22.1	<i>Stony Creek Market & Deli</i>
22.3	<i>Excursion boat pier with gazebo (views of the Thimble Islands)</i>
28.9	<i>Guilford Harbor; possible lunch/snack stop; bathrooms and water (seasonal)</i>
29.7+	<i>Henry Whitfield House on left...one of the oldest structures in Connecticut</i>
31.6+	<i>CPL</i>
47.0	<i>Fish Tale restaurant & deli (across from the Fish Tale)</i>
48.5	<i>Picnic grove @ Hammonasset State Park's West Beach area; bathrooms</i>
51.2	<i>Start 1.7 mile tour of Madison shoreline (special views)</i>
52.9	<i>West Wharf jetty (spectacular view of the Sound)</i>
53.2	<i>Madison Country Club – views of the golf course</i>
53.7	<i>Madison Green</i>
58.0	<i>The Country School campus</i>

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