

Niantic to the Coast Guard Academy Run

Total Distance: **40.5 miles**

Elevation Gain: **969 feet**

Degree of Difficulty Index: **969 ft / 40.5 mi = 23.92 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **Southeast**

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

Starting Location: **Samuel M. Peretz Park (formerly Bridebrook Park) on Route 156 (W. Main Street) 0.4 mile east of the Rocky Neck Connector (I-95 Exit 72) intersection with Route 156 in Niantic (E. Lyme)**

Ride Description: **This could be called the New London College Campus ride. It passes through the middle of Mitchell College, visits Fort Trumbull State Park, and continues through downtown New London, past the United State Coast Guard Academy (see below for entry), and into the Connecticut College campus. It also features spectacular views of Long Island Sound, the Niantic and Thames Rivers from several vantage points in Niantic, Waterford and New London. A seldom used return route from New London is another highlight.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Samuel M. Peretz Park (bathrooms)
0.6	Convenience store on right
2.2	<i>Start 5.7 mile tour around Black Point</i>
7.9	<i>McCook Park</i> (bathrooms & water available seasonally)
8.3	<i>Start of trip through Niantic and over the Niantic River (draw) Bridge. Many facilities available in Niantic.</i>
10.0	<i>Entrance to Millstone Nuclear Power Plant (entry not permitted since 9/11 tragedy)</i>
13.4	<i>Start 0.8 mile tour of Seaside Regional Center (no longer operational); spectacular views</i>
15.4	<i>Harkness Memorial State Park</i> (comfort station with water)
15.9	<i>Entrance to Camp Harkness</i>
17.9	<i>Start of 2 ¼ mile ride along the Thames River (views) and past Mitchell College campus</i>
20.0	<i>Pfizer Research Center</i>
20.8	<i>Fort Trumbull State Park</i> (comfort station and water available here); <i>views</i>
22.3	Various facilities in downtown New London
23.6+	<i>Entrance to the United States Coast Guard Academy. With identification (a driver's license works) for each person, entrance to USCG Academy is permitted. Ask gate attendant for directions to Boat House, a fine place to view the river and enjoy a snack.</i>
24.5	<i>Connecticut College campus; great spot to enjoy a lunch/snack adjacent to the large lawn area</i>
36.8	<i>Niantic River (draw) bridge</i>
40.5	Samuel M. Peretz Park (bathrooms)