

## Over the Bridge – Old Saybrook to Old Lyme

Total Distance: **50.9 miles**

Elevation Gain: **1710 feet**

Degree of Difficulty Index: **1710 ft / 50.9 mi = 33.60 ft/mi**

Terrain: **Flat to Rolling**

Killer Hills: **None**

Geographic Region: **South Central**

City/Town: **Old Saybrook**

Starting Location: **CPL @ junction of Rt. 154 & Bokum Rd, Old Saybrook**

Special Directions: **Rt. 9 Exit 1 onto Rt. 154 south towards Old Saybrook; CPL is on the right after 0.7 miles, just after passing Bokum Rd w/ little island. CPL is near DPW garage.**

Ride Description: **This interesting ride travels over mostly flat to rolling terrain on many scenic roads in the towns of Old Saybrook, Old Lyme, East Lyme (Niantic), Salem and Lyme, while crossing the Connecticut River (twice) via the bike path on the Baldwin Bridge. There is a great ice cream stop near the end of the ride. There is a lunch stop at a roadside cemetery**

Facilities:

<b>Mile</b>	<b>Facility</b>
<b>0.1</b>	<b>Convenience Store on left</b>
<b>2.6</b>	<b>McDonald's on right</b>
<b>4.8</b>	<b>General Store to right</b>
<b>7.4</b>	<b>Saybrook Point: Restrooms (straight across and, in season, to the right)</b>
<b>9.6</b>	<b>Old Saybrook: Various facilities</b>
<b>12.3</b>	<b>Portable Toilets at boat launch under bridge to the right</b>
<b>~16.0</b>	<b>Hallmark's Ice Cream on right</b>
<b>25.9</b>	<b><i>Old cemetery on left</i></b>
<b>38.3</b>	<b>Hamburg: General Store</b>
<b>43.8</b>	<b>Restrooms (summer only): Go left, then quickly left down drive into Hains Park</b>
<b>43.8+</b>	<b>Laysville Grocery and Deli on left</b>
<b>47.0</b>	<b>Old Lyme: Ice Cream Shop on right</b>

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