

50-Mile Cycle Challenge

Total Distance: **58.6 miles**

Elevation Gain: **2090 ft**

Degree of Difficulty Index: **2090 ft / 58.6 mi = 35.67 ft/mi**

Terrain: **Rolling**

Killer Hills: **None**

Geographic Region: **South Central**

City/Town: **Madison**

Starting Location: **West Beach Pavilion, Hammonasset State Park, Madison**

Special Directions: **Ride starts from the pavilion located about 0.1 miles from the traffic circle**

Ride Description: **This ride is over the route of a supported ride and uses mostly neighborhood and back country roads on its way to North Madison and Killingworth. The ride then uses Rt. 148 on the way to Chester from whence it takes the classic River Road route down to Essex along the Connecticut River. From Essex, Rt. 154 is followed all the way to Saybrook Point (good lunch stop). The ride then continues on Rt. 154 to Rt. 1 which is followed to Westbrook village. Then it's a back country road over to Clinton where Rt. 1 is used to return to Hammonasset State Park. While there aren't any serious hills on the ride, the 1st half of the ride is over rolling terrain. The portion of the ride from Saybrook Point on is over mostly flat terrain.**

NOTE: This route uses numbered state roads, notably routes 148, 154 and U.S. Rt. 1, for 10.7, 10.5 and 6.0 miles respectively. While these roads generally have good shoulders, they also have a fair amount of high-speed traffic. Use extra caution and ride single file on these roads.

Facilities:

Mile	Facility
0.0	West Beach Pavilion, Hammonasset State Park: Restrooms
12.8	Robert's Food Market on right; restrooms in store (front right corner)
29.3	Chester Village; deli, bakery
31.1	Deep River; supermarket on left after crossing Rt. 154
36.5	Essex village, with various eateries and a convenience store, is to the left here
41.6	Old Saybrook; Subway, various stores and facilities
47.8	McDonald's on right and various services possible along Rt. 1 for next 3 miles
58.6	West Beach Pavilion, Hammonasset State Park: Restrooms

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