

Anne's "Your Ass is Grass...y Hill and Way Worse" Ride - Extended

Total Distance: **44.1 miles**

Elevation Gain: **2260 feet**

Degree of Difficulty Index: **2260 ft / 44.1 mi = 51.25 ft/mi**

Terrain: **Rolling to hilly**

Killer Hills: None: **Several hilly sections**

Geographical Region: **Southeast Connecticut**

City/Town: **Old Lyme**

Starting Location: **Old Lyme Shopping Center, Big Y parking lot, Route 1 in Old Lyme. Heading east (north), take I-95 Exit 70 (Route 156/Rt. 1) just after crossing the Connecticut River on the Baldwin Bridge; go left @ the traffic light at the bottom of the exit ramp on Route 156/Route 1; @ 2nd light, go right on Route 1; the Big Y parking lot will be on your right shortly @ the traffic light. Heading west (south) take I-95 Exit 70 (Route 1 Old Lyme); go straight @ bottom of exit ramp and the traffic light onto Route 1; the Big Y parking lot will be on the left @ a traffic light in about 0.4 mile.**

Ride Description: **This challenging and very scenic ride travels up beside Rogers Lake on Grassy Hill Road and then goes through Chesterfield en route to the Montville area. After passing the Montville High School, the route heads back west via back roads and Route 82 to Salem and the suggested lunch/snack stop at Salem Creamery (bring lunch since only dairy products are available at the Creamery). After the lunch break the ride travels some great and typical bike routes (again mostly back roads) on the return to the starting point.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	<i>Old Lyme Shopping Center with various shops; bathrooms available in the Big Y</i>
2.9	<i>Market with deli on right</i>
3.0	<i>Rogers Lake (views for the next couple miles)</i>
21.0	<i>Montville High School on left</i>
29.5	<i>Salem Creamery on left...suggested lunch/snack stop</i>
38.4	<i>Tiffany Farms, a 140-acre, 100-head dairy farm operation and the first farm in Connecticut protected through the State's Farmland Preservation Program</i>
44.1	<i>Old Lyme Shopping Center with various shops; bathrooms available in the Big Y</i>

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