

The Gold Star Bridge Gambol (long version)

Total Distance: **56.0 miles**

Elevation Gain: **1300 feet**

Degree of Difficulty Index: **1300 ft / 56.0 mi = 23.21 ft/mi** Terrain: **Flat to rolling**

Killer Hills: **None** Geographical Region: **Southeast Connecticut** City/Town: **Niantic (East Lyme)**

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

Ride Description: **This is a neat ride over mostly flat terrain to the suggested lunch stop at UConn's Avery Point campus in Groton. Featured are visits to (or passing close to) Black Point, McCook Park, Connecticut Regional Center for Mental Retardation, Harkness Park, Camp Harkness, O'Neill Center, Mitchell College, Pfizer's Research Center, Fort Trumbull State Park and Fort Griswold Battlefield State Park (amongst others). Use the bike/pedestrian path over the Gold Star Memorial Bridge, both going and coming. There is a lot to see and admire on this lengthy but scenic ride.**

Note: The first 38.7 miles of this ride is exactly the same route as the shorter version of the Gold Star Bridge Gambol. This ride takes a different and slightly longer return route.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Samuel M. Peretz Park (bathrooms and water available)
2.2	<i>Approximate start of 5 ½ mile tour around Black Point (views)</i>
7.9	McCook Park (comfort stop)
8.3	Start of ride through Niantic business district (various stores & shops)
13.4	<i>Begin 0.8 mile round trip tour of Seaside Regional Center (spectacular Long Island Sound views)</i>
15.4	<i>Harkness State Park (comfort station and water here)</i>
16.0	<i>Camp Harkness</i>
16.3	<i>Entrance to O'Neill Center</i>
17.9	<i>Start 2 ½ mile ride along the Thames River passing Mitchell College and the Pfizer Research Center</i>
20.8	<i>Fort Trumbull State Park (views); comfort station & water here</i>
22.3	<i>New London Railroad Station</i>
23.5	<i>Start 1 ¼ mile traverse of Gold Star Memorial Bridge over the Thames River (very narrow path)</i>
25.9	<i>Fort Griswold Battlefield State Park (views)</i>
26.4	<i>Electric Boat nuclear submarine manufacturing complex</i>
29.4	<i>UConn's Avery Point campus; great lunch spot overlooking Long Island Sound, and Fishers Island Sound and Fishers Island (bathrooms and water in building nearby)</i>
~32.0	<i>Groton – New London Airport</i>
37.3	<i>Start 1 ¼ mile traverse of Gold Star Memorial Bridge over the Thames River (very narrow path)</i>
39.3	<i>Connecticut College campus (enjoy a break here)</i>
56.0	Samuel M. Peretz Park (bathrooms and water available)