

The Hills of Lyme

Total Distance: **48.9 miles**

Elevation Gain: **3354 feet**

Degree of Difficulty Index: **3354 ft / 48.9 mi = 68.59 ft/mi**

Terrain: **Very Hilly**

Killer Hills: **None: Some Very 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/Route 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 @ a traffic light. Heading west (south) take I-95 Exit 70 (Route 1 Old Lyme); go straight @ bottom of exit ramp and through the traffic light onto Route 1; the Big Y parking lot will be on the left @ a traffic light in about 0.4 miles.**

Ride Description: **This challenging and very scenic ride uses many back roads in eastern CT. Amongst the places visited are Ely's Landing on the CT River, Hamburg Cove, the village of Millington, Devil's Hopyard State Park and the north end of Rogers Lake in Old Lyme. The ride is long and difficult and should be attempted only by those in top physical condition.**

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>
6.6	<i>Ely's Landing...site of former Connecticut River ferry landing (views)</i>
9.3	<i>Hamburg Cove...start of 5-mile long series of killer hills on Joshuatown Rd</i>
20.9	<i>Village of Millington (no facilities)</i>
22.8	<i>Devil's Hopyard State Park picnic area; good spot for a lunch/snack break (bathrooms; water)</i>
30.2	<i>Start of stretch of several hilly sections (~8.5 miles of ups and downs)</i>
41.1+	<i>Market with deli on left</i>
47.4	<i>Old Lyme village; ice cream parlor on left @ 47.7 miles</i>
48.9	<i>Old Lyme Shopping Center with various shops; bathrooms available in the Big Y</i>

www.ctbikeroutes.org

Wu-WE082

DLB04040