

Captain's Cove Ride

NOTE: This Ride Description and its corresponding Route Sheet may not have been checked for accuracy by the www.ctbikeroutes.org team

Total Distance: **25 miles**

Elevation Gain: **1,230 feet**

Degree of Difficulty Index: **1,230 ft / 25 mi = 49.2 ft/mi**

Terrain: **Rolling to hilly**

Killer Hills: **None**

Geographical Region: **Southwest Connecticut**

Starting location (city/town): **Westport**

Starting Location (detailed directions to): **I-95 Exit 18 CPL (Sherwood Island Connector)**

Ride Description: **Cruise past many beaches and mansions from Westport to Bridgeport as you enjoy the Gold Coast lifestyle along a route that is mostly flat to rolling.**

Note: The "Mile" column on the route sheet shows distances in hundredths. Keep in mind that bicycle computers tend to be calibrated differently and that the distances shown on your computer may vary from those on the route sheet.

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
1.4	<i>Burying Hill Beach down access road: seasonal restrooms</i>
2.6	<i>Southport Beach: seasonal restrooms</i>
3.7	<i>Southport Harbor</i>
6.7	<i>Fairfield Beach: seasonal restrooms</i>
12.0	<i>Captain's Cove Seaport at Black Rock Harbor: open the 3rd or 4th Saturday in April through the last weekend in September: restaurant and marina. No restrooms off season.</i>
17.9	<i>Fairfield University ahead</i>
18.2	<i>Fairfield-Ludlowe High School ahead</i>
25.0	<i>You are a short bike ride from Sherwood Island State Park, which gets VERY busy in season</i>

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Ride description: Wu-New026

Route sheet: RS-New026

Ride submitted by: Tom Ebersold, 7-29-06