

Folks on Spokes – 40 Mile Route

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

Total Distance: **41.58 miles**

Elevation Gain: **915 feet**

Degree of Difficulty Index: **915 ft / 41.58 mi = 22.01 ft/mi**

Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **Southwest Connecticut**

Starting Location (city/town): **Milford**

Starting Location (detailed directions to): **To the rear of the Public Library in Milford, located on Rt. 162 (New Haven Ave) just east of Milford's heavily trafficked intersection with River St. Use public parking on far side of tennis courts near the baseball field.**

Ride Description: **This ride is largely over flat terrain with just a few mild hills on the route. It features spectacular views of Long Island Sound en route to West Haven before heading inland into Orange before returning to the center of Milford on the way to Milford Point and a visit to the Audubon Center with spectacular views of nearby salt marshes and various interesting displays. On the return the ride takes a quick peek into Silver Sands State Park.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Fowler Field: baseball fields, tennis courts, boat launch, Milford Public Library
1.0	Gulf Beach on right (seasonal bathrooms); Milford Harbor on right; Gulf Pond on left
5.0	Spectacular view of LI Sound from Morningside
10.8	Bradley Point Park on the right
34.3	Audubon Building: displays, views, bathrooms & water
37.2	Silver Sand State Park main entrance
41.6	Fowler Field: baseball fields, tennis courts, boat launch, Milford Public Library

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Ride description: Wu-New197

Route sheet: RS-New197

Ride submitted by: Betty Gunning, 9/21/09 (updated 5/22/10)