

Middletown Area/Sleeping Giant Ride

Total Distance: **51.3 miles**

Elevation Gain: **3037 feet**

Degree of Difficulty Index: **3037 ft / 51.3 mi = 59.20 ft/mi** Terrain: **Hilly**

Killer Hills: **A few toughies**

Geographical Region: **South Central Connecticut**

City/Town: **Middletown**

Starting Location: **I-91 Exit 20 CPL on Country Club Road in Middletown**

Ride Description: **This calorie burning ride has over 3000 ft of vertical as it wends its way to Sleeping Giant State Park in Hamden (suggested lunch stop) with an early stop-off at Lyman Orchards farm store in Middlefield. After lunch the ride travels through Hubbard Park in Meriden (there's an optional climb up to Castle Craig for any of you masochists) before returning to the CPL. Your granny gear will get a workout on this ride.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
4.6	Convenience store with deli on left
6.0	Lyman Orchards farm store (bathrooms, water, snacks, duck pond)
15.0	<i>Start of "interesting" 2-mile rough road ride through the boonies (occasional broken pavement) Note: It may be necessary to walk bike for short distance</i>
25.5	<i>Sleeping Giant State Park...suggested lunch stop</i>
26.5	Wentworth's Ice Cream on right
39.4	<i>Enter Hubbard Park...views of Merimere Reservoir and Castle Craig ridge to left @ ~ 40.0 mi.</i>

Note: While there aren't many *Points of Interest* spelled out above there is a lot to see during the ride. This is a challenging ride so don't tackle it unless you are in good shape.

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