

## Shoreline Century Ride - 2004

Total Distance: **101.3 miles**

Elevation Gain: **2763 ft**

Degree of Difficulty Index: **2763 ft / 101.3 mi = 27.27 ft/mi**      Terrain: **Flat to rolling**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Chester**

Starting Location: **Route 9 Exit 8 CPL (Rt. 148), Chester**

**Ride Description: This 101-mile ride drops down to the shoreline in Old Saybrook by way of Deep River and Essex and passes through Otter Cove en route to the Baldwin Bridge bike path. After crossing to the east side of the Connecticut River via the bike path, the route heads east to the turnaround point at the former Seaside Regional Center generally following Route 156 (smooth with wide shoulders) with side trips into the Department of Environmental Protection's Marine Headquarters, Rocky Neck State Park, Giants Neck and Black Point. On the return the route also follows Route 156 for several miles before taking an inland route to the suggested lunch/snack stop at Hains Park at the south end of Rogers Lake on Route 1 in Old Lyme. Continuing, the ride takes a circuitous route back to the Baldwin Bridge and once on the west side of the Connecticut River, it heads into Old Saybrook en route to Saybrook Point, a tour of Fenwick, and a quick look-in at Cornfield Point before returning quite directly to the CPL.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
2.6	<i>Start 5.6-mile tour along the Connecticut River en route to Essex (views)</i>
8.0	<i>Essex village with many curio shops, convenience store</i>
8.1	Public restrooms at little park beside the post office and NewAlliance Bank on the right
10.3	<i>Start tour through Otter Cove development (pay attention to the route cues through this area)</i>
13.3	<i>Start 1-mile trip over the Connecticut River via the Baldwin Bridge bike path</i>
15.6	<i>End of boardwalk with interpretive displays @ the DEP Marine Headquarters</i>
25.4	<i>Rocky Neck State Park beach pavilion (bathrooms, water)</i>
30.7	<i>Start 3.5 mile tour of Giants Neck</i>
32.6	<i>Start 6.5 mile tour of Black Point</i>
38.8	McCook Park (bathrooms, water – seasonal)
44.6	Former Seaside Regional Center for the Connecticut Department of Mental Retardation (sensational view)
62.0	Market with deli on right
62.1	<i>Hains Park at south end of Rogers Lake (suggested lunch stop); bathrooms (seasonal)</i>
72.7	<i>White Sand Beach @ the gazebo (views)</i>
80.3	Old Saybrook Railroad Station (bathrooms, water)
83.1	Saybrook Point followed by causeway
84.0	<i>Start 1.6-mile tour of Fenwick village (views) ...pay attention to the route sheet cues</i>
87.4	<i>Cornfield Point (views)</i>
92.1+	Convenience store on right