

# Milford Turf to Surf

Meet behind the Milford Library, 57 New Haven Ave., in the parking lot next to Fowler Field and Wilcox Park (on the side by the baseball field, not the boat ramp). From I-95 North, take Exit 37. Right on High St., cross Rt. 1, and head to the Milford Green. Left on South Broad St. and cross the stone bridge. Right into the library parking lot and drive to the back lot BEHIND the tennis courts. From I-95 South, take Exit 36 and get on I-95 North to Exit 37 and follow the above directions. Route has two loops of 24 miles and 13 miles for a total of 37 miles. The 24-mile version has 640 ft. of elevation gain or 26 ft. of elev. gain per mile. The 37-mile loop has 850 ft. of elevation gain or 23 ft. of elev. gain per mile. The inland loop is rolling to moderately hilly. The shoreline section is basically flat. Map and GPX file: <https://connect.garmin.com/modern/activity/502412414>

0.00	<b>Right</b>	Go past the tennis courts to the traffic light by the library	18.55	<b>Straight</b>	Seaview Ave. (becomes B'dway)
0.20	<b>Straight</b>	Prospect St. at N.H. Ave. light	19.70	<b>Straight</b>	E. Broadway at Naug. Ave. SS
0.45	<b>Straight</b>	Plymouth Place at light	20.00	<b>Left</b>	Viscount Dr. at T-int.
0.55	<b>Straight</b>	North St. at merge	20.20	<b>Right</b>	Monroe St. at SS
0.85	<b>Bear Rt.</b>	Orange Ave. at Y-int.	20.45	<b>Left</b>	Pumpkin Delight Rd. at SS
0.90	<b>Straight</b>	Orange Ave. at Rt. 1 light	20.85	<b>Right</b>	Meadowside Rd. at light
1.10	<b>Bear Lt.</b>	Orange Ave.	21.10	<b>Right</b>	Silver Sand State Park at light
1.70	<b>Bear Rt.</b>	Burnt Plains Rd. (one way sign)	21.70	<b>Left</b>	Silver Sands park road by gate
1.85	<b>Bear Rt.</b>	Burnt Plains Rd. at SS	22.00	<b>Left</b>	East Broadway by park exit
2.05	<b>Left</b>	Burnt Plains Rd. at T-int. ( <i>Forest Rd. at right</i> )	22.80	<b>Right</b>	Seaside Ave. at light
2.95	<b>Straight</b>	Old Tavern Rd. at SS	22.85	<b>Left</b>	Trumbull Ave. at beach
4.70	<b>Left</b>	Lambert Rd. at 4-way SS	23.05	<b>Left</b>	Rogers Ave. ( <i>becomes Lafayette St. at the curve</i> )
6.60	<b>Left</b>	Buttonball Rd. at SS	23.75	<b>Right</b>	Green St.
6.95	<b>Left</b>	Rt. 152 at SS <i>Caution: Sharp turn on downhill!</i>	23.95	<b>Right</b>	High St. at T-int.
7.00	<b>Bear Rt.</b>	Ridge Rd.	24.00	<b>Left</b>	Helwig St. by dead end ( <i>becomes Factory Lane</i> )
8.90	<b>Right</b>	Clark Lane at SS	24.20	<b>Right</b>	<b>Walk bikes</b> over footbridge
9.30	<b>Straight</b>	Derby-Milford Rd. at light	If you wish to purchase lunch, there are many options in downtown Milford along the Milford Green and on West River Street.		
9.40	<b>Next Lt.</b>	West River St. (Rd.)	24.40	<b>Straight</b>	through Wilcox Park ( <i>Tennis courts on left; boat ramp on right</i> )
10.60	<b>Bear Lt.</b>	West River St. at Wolf Harbor	24.50	<b>Right</b>	Harborside Drive
11.25	<b>Right</b>	Fresh Meadow Lane	24.60	<b>Left</b>	Bedford Ave at curve
11.95	<b>Left</b>	Wheeler Farms at T-int.	24.70	<b>Right</b>	Gulf St. at SS
12.35	<b>Right</b>	Oronoque Rd. (by I-95 bridge)	25.90	<b>Straight</b>	Welch's Pt. Rd.
12.70	<b>Bear Lt.</b>	Zion Hill Rd. at split	26.15	<b>Right</b>	Milesfield Ave
13.15	<b>Left</b>	W. Rutland Rd. at T-int.	26.25	<b>Left</b>	Bayshore Dr. at SS
13.70	<b>Straight</b>	W. Rutland Rd. at Plains Rd. SS	26.50	<b>Straight</b>	Melba St.
14.10	<b>Right</b>	Naugatuck Ave. at T-int. ( <i>Watch for traffic from the left</i> )	27.00	<b>Right</b>	Platt St. at light
15.55	<b>Right</b>	Riverside Drive ( <i>shortly after passing under I-95</i> )	27.25	<b>Left</b>	Morehouse Ave. at beach
15.65	<b>Left</b>	Waverly Ave. at T-int.	27.30	<b>Next Rt.</b>	Virginia St.
15.75	<b>Straight</b>	Ormond St. at SS by church	27.35	<b>Left</b>	Point Beach Dr. at end
15.85	<b>Left</b>	Bridgeport Ave. (Rt. 1) at light	27.55	<b>Left</b>	Atwater St. at curve
15.90	<b>Next Rt.</b>	Lenox Ave. ( <i>becomes Baldwin St. at curve</i> )	27.80	<b>Right</b>	Edgefield Ave. at T-int.
16.25	<b>Right</b>	Naugatuck Ave. at T-int.	28.20	<b>Right</b>	Yale Ave. at light
16.55	<b>Right</b>	Milford Point Rd. at light	28.30	<b>Right</b>	Ridgewood Dr. at Y-int. by SS
17.45	<b>Bear Rt.</b>	Milford Point Rd.	28.55	<b>Left</b>	Little Pond Rd. at T-int.
17.75	<b>Right</b>	Milford Point Rd. at SS	28.65	<b>Left</b>	Morningside Dr. at SS
18.15	<b>U-Turn</b>	Milford Pt. Rd. at Audubon <i>Restrooms and water available.</i>	29.00	<b>Left</b>	Norwood Ave. at end
			29.10	<b>Right</b>	Ridgewood Dr. at T-int.
			29.13	<b>Next Rt.</b>	Edgefield Ave. at SS

- 29.15 **Next Rt.** South St.
- 29.25 **Left** Hillside Ave. at SS
- 29.65 **Bear Rt.** Merwin Ave. at SS
- 30.00 **Bear Rt.** Abigail St.
- 30.05 **Next Rt.** Abigail St. at split
- 30.20 **Right** Mark St. at T-int.
- 30.23 **Left** King's Hwy at curve
- 30.30 **Next Rt.** Beach Ave.
- 30.70 **Right** Beach Ave.
- 30.80 **Right** Beach Ave. at T-int.
- 31.05 **Left** Bonsilene St. at end
- 31.10 **Right** Hawley Ave. at SS
- 31.30 **Left** Anderson Ave. at T-int.
- 31.35 **Straight** Anderson Ave. at light
- 31.80 **Left** Merwin Ave. at light
- 32.20 **Right** Dunbar Rd. (just before light)
- 32.35 **Bear Rt.** New Haven Ave. at T-int.
- 32.55 **Next Rt.** Brewster Rd.
- 33.20 **Left** Woodmont Rd. at split
- 33.35 **Next Lt.** Pepes Farm Rd. at T-int.
- 34.15 **Right** New Haven Ave. at T-int.
- 34.55 **Left** Pond Point Ave.
- Careful turning at this busy intersection!**
- 34.60 **Next Rt.** Shadyside Lane
- 35.30 **Straight** Old Field Lane at light
- 36.00 **Right** Gulf St. at beach
- 36.80 **Left** Bedford Ave.
- 36.95 **Right** Harborside Drive
- 37.05 **Left** Shipyard Lane  
(Use sidewalk / bike lane on far side of pillars)
- 37.20 **Right** Parking lot

**Parking note:** The starting parking lot is filled on weekdays with cars belonging to Metro North commuters. However, there is usually plenty of on street parking available. Simply head up the unmarked road through Wilcox Park and look for parking spaces along neighboring streets. Be mindful of "No Parking" signs since many streets allow parking only on one side. Another option is parking by the ballfields on Evergreen Ave. on the east side of Gulf Street.

**Scheduling Advisory:**

The Milford Oyster Festival takes place the third Saturday in August, essentially taking over downtown Milford. The Folks on Spokes (FOS) fundraising ride usually takes place in mid-September. The Irish Festival in Milford also takes place in mid to late September. Be sure not to schedule this ride the same day as these events.

Commentary on the cue sheet:

Yes, this route does have more lines than an unedited version of Hamlet. When dealing with a town that is nearly 400 years old, the roads rarely run straight. Some turns are necessary to bypass unpleasantly busy roads.

Caution: Do not be lured into following the blue FOS (Folks on Spokes) signs. This route shares some of the same roads as the FOS ride, but has some significant variations. If you got completely lost, you could eventually follow the FOS signs back to the starting point.