***brollCENTclinto***

SOUTHERN CONNECTICUT CYCLE CLUB

library of events

## September 2024



***INSTRUCTIONS FOR USE***

* ***This library of Rides, Hikes and Walks can be used to submit your events to*** [***Submissions@ctcycle.org***](mailto:Submissions@ctcycle.org)***. It greatly reduces the amount of information you need to convey when submitting your event, diminishes the likelihood of an error, and eases the preparation of our monthly newsletter.***

* ***Instructions for submitting events to club staff:***

1. ***Choose the Ride Name and Town assigned to the event, and add:***
   * ***When:*** *Both Day and Date*
   * ***Time:*** *Both ‘Meet’ and ‘Start’ times*
   * ***Leader:*** *Your name, phone number(s), email and any instructions on call times, particularly if they differ from the listing.*
   * ***Any special instructions or information*** *(e.g. stop for lunch, etc.)*
2. ***Email your submission to*** [***Submissions@ctcycle.org***](mailto:Submissions@ctcycle.orgs)***.***

***RIDE & WALK LEADER CONTACT INFORMATION***

**Mark Ammann**. Email: [markammann451@hotmail.com](mailto:markammann451@hotmail.com). Cell: 203.218.2797, before 9 P.M.

**Barb Berkowitz**. Email: [barbbikes19@gmail.com](mailto:barbbikes19@gmail.com). Cell: 203.606.7462. No calls after 9:30 P.M. or before 7:30 A.M.

**Wayne S. Chapman**. Email: [chapm@comcast.net](mailto:chapm@comcast.net). Cell: 860.342.0576. Contact leader by 9AM day of the event if the weather is questionable.

**Mike Cohen**. Email: [mrc06405@gmail.com](mailto:mrc06405@gmail.com). Cell: 203.314.5710, before 9:00 P.M.

**Neil Cohen**. Email: [neilcohen5153@yahoo.com](mailto:neilcohen5153@yahoo.com). Cell: 203.247.1925.

**Tom Ebersold**. Email: [bikehikekayak123@sbcglobal.net](mailto:bikehikekayak123@sbcglobal.net).

**Michael Ferrucci**. Email: [mrferrucci@aol.com](mailto:mrferrucci@aol.com). Cell 203.215.5639

**Sal DeFrancesco**. Email: [k1rgo@hotmail.com](mailto:k1rgo@hotmail.com). Cell: 203.467.3590, before 9:00 P.M. Cell on ride: 203.214.9242.

**Dave Homer**. Email: [david.k.homer@gmail.com](mailto:david.k.homer@gmail.com). Cell: 203.314.6291.

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**BJ Lambert**. Email: [7ski3cycle@comcast.net](mailto:7ski3cycle@comcast.net). Cell: 203.605.1094 voice or text. No calls after 9:30 P.M.

**Carol Nardini**. Email: [elmcitygirl135@gmail.com](mailto:elmcitygirl135@gmail.com). Cell: 203.397.3111, no calls after 9:00 P.M.

**Marge Pelliccio**. [Marjorie.george@snet.net](mailto:Marjorie.george@snet.net). Home: 203.272.3316, Cell: 203.606.4128.

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**Jeanne Shoneck**. Email: [greenpnp@snet.net](mailto:greenpnp@snet.net). Home: 860.391.3123, no calls after 9 PM.

**Tom Philips**. Email: [tkpmep@gmail.com](mailto:tkpmep@gmail.com). Cell: 203.893.2694. No calls after 9:30 pm.

**Karen Weiss**. Email: [karenweiss@mac.com](mailto:karenweiss@mac.com). Home: 860.444.7660, Cell: 860.235.9333, both until 9:00 P.M.

**Important Reminders**

* Helmets are required for all rides. Head & tail lights and rear view mirrors are strongly recommended.
* Also strongly recommended – a kit to repair the occasional puncture: a spare inner tube and an adhesive patch, tire levers, and a CO2 inflator with at least two cartridges or a pump that attaches to your bike frame.
* Ride safely and visibly! [https://www.watchformect.org/](about:blank) is dedicated to increasing awareness of pedestrian and bicyclist safety issues.
* Please do not call our ride leaders after 9:00 PM, unless specifically noted.
* Please check the web calendar for the most current event list. Event changes and other updates to events after the newsletter is published will be reflected only on the web calendar.
* It is strongly recommended that event leaders provide a cell phone number when submitting an event, and that participants provide a cell number at event sign-in, just in case a ride leader or participant gets lost getting to the meeting point, or if issues arise during an event.
* ***And last, but not least — Have Fun!***

**IMPORTANT INFORMATION**

**SAFETY HELMETS: SCCC POSITION — PLEASE READ AND HEED**

The Southern Connecticut Cycle Club believes that all cyclists should wear safety helmets. Helmets should be ANSI and/or Snell approved, fitted and worn in accordance with the manufacturer’s instructions, and worn at all times while riding. While the SCCC is not an authority on bicycle safety or safety equipment, the club believes there is reasonable evidence to show that the proper wearing of safety helmets is in the best interest of all cyclists.

**Club policy is that helmets are *required* and *must* be worn in order to participate in any club ride. Additionally, flashing front and rear-mounted lights, as well as a rear-view mirror, are strongly recommended.**

* Riders are responsible for choosing rides that are appropriate for their skill level and equipment.
* The RIDE RATING SYSTEM provides a detailed description of ride speeds, distances, and terrains.
* Newcomers are encouraged to call the leader to discuss their capabilities prior to any ride. Riders are responsible for their own repairs. It is suggested that bikes be in good repair, and that the equipment needed to fix a flat and tools needed to make minor adjustments be carried at all times.
* Riders are urged to carry sufficient water for their needs, as refills are not always available.

**RIDE RATING SYSTEM**

**CATEGORY**

Le ..... Leisurely, (beginner/novice group ride)

So ..... Social (fun group ride)

Rc ..... Recreational (still fun, but aimed at the serious cyclist with experience)

Tr ..... Training (hard work to improve cycling skills for advanced riders)

**TERRAIN**

Mt .... Mountainous Rl .... Rolling

Hl ..... Hilly Fl .... Flat

**RIDE ORGANIZATION**

Sw ... Swept (leader stays with slower riders)

Rg ... Regrouping (leader stops and waits at points during the ride)

Cue .. Cue sheet available

Map.. Mapped (riders are expected to follow maps or cue sheets)

**MISCELLANEOUS:**

CPL.. Commuter Parking Lot

Show & Go.. No cue sheet is provided – stay with the leader.

***BRANFORD: RIDES***

**BRANFORD EVENING RIDE**

* LOCATION: Branford
* RIDE DESCRIPTION: “Show & go” ride, no cue sheets, stay with leader, regroup.
* START LOCATION: Meet in parking lot of Stony Creek Brewery, 5 Indian Neck Ave., Branford, CT.
* RIDE DISTANCE/TYPE: 15 +/- miles, FL/RL, RC (Recreational Level), 11-14 mph finished ride average
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email, call or text leader by 4:30 pm the evening before the ride.

**BRANFORD GUILFORD GREEN AND STONY CREEK RIDE**

* LOCATION: Branford
* RIDE DESCRIPTION: This is a mostly flat ride through some shore sections of Branford and Guilford. We will have a lunch/rest stop on Guilford Green or at Stony Creek—can choose where they want to stop.
* START LOCATION: Meet at I-95 Exit 56 (Leetes Island Rd.) CPL.
* RIDE DISTANCE/TYPE: 20 miles, an additional 10+- mi. to Pine Orchard. 11-13 mph (So, Fl/Rl, Cue, Rg,) Joint with NHHC.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email, call or text leader by 4:30 pm the evening before the ride.

**BRANFORD CENTER TO GUILFORD LAKES**

* LOCATION: Branford/Guilford
* RIDE DESCRIPTION: Moderately hilly ride with beautiful scenery. Rolling terrain with water views along the sound on Route 146, past Guilford Green, then up to Guilford Lakes for a rest / snack.
* START LOCATION: Municipal lot next to Assaggio Resturant, 168 Montowese St, Branford.
* RIDE DISTANCE/TYPE: About 32 miles or more, depending on variations. 12-13 mph. Recreational/32+ miles/Hilly, Rolling/ Regrouping. Bring food & water.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**BRANFORD TO GUILFORD SHO & GO RIDE**

* LOCATION: Branford
* RIDE DESCRIPTION: “show & go” ride, no cue sheets, stay w/leader, regroup
* START LOCATION: Parking lot of Stony Creek Brewery, 5 Indian Neck Ave, Branford, CT
* RIDE DISTANCE/TYPE: 25+/- miles, FL/RL, social, average 11-13 mph
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email or text leader by 8:30 am the morning of the ride.

**BRANFORD, MULBERRY POINT, SACHEMS HEAD AND STONY CREEK RIDE**

* LOCATION: Branford
* RIDE DESCRIPTION: This is a mostly flat ride through some shore sections of Branford and Guilford. We will ride thru Mulberry Point and cut over to Sachems Head and see the tree carving of Chief Sachem then continue onto Stony Creek. We will have rest stops on the Guilford Green and Stony Creek and stop by the grave site of a revolutionary soldier named Leetes.
* START LOCATION: Meet at I-95 Exit 56, Leetes Island Road, CPL.
* RIDE DISTANCE/TYPE: 22 miles, with an additional 10+ miles to Pine Orchard. 11-13 mph (So, Fl/Rl, Cue, Rg.).
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**BRANFORD STONY CREEK CIRCUIT**

* LOCATION: Branford
* RIDE DESCRIPTION: Start with an inland pedal along shady country lanes, then head to the shore for many miles of water views in Mulberry Point, Sachems Head and Linden Point. Lunch in Stony Creek.
* START LOCATION: Meet at Walsh Intermediate School, 185 Damascus Rd., Branford. Park in the large lot near the tennis courts.
* RIDE DISTANCE/TYPE: 32 miles. 1,675 feet of elevation gain or 52 ft. of climbing per mile.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCEL.

**GUILFORD GREEN & BRANFORD STONY CREEK RIDE**

* LOCATION: Branford
* RIDE DESCRIPTION: This is a mostly flat ride through some shore sections of Branford and Guilford. We will have a lunch/rest stop on the Guilford Green or Stony Creek. Rider's choice.
* START LOCATION: Meet at I-95 Exit 56 (Leetes Island Rd.) CPL.
* RIDE DISTANCE/TYPE: 20 miles, with additional 11+ mile to Pine Orchard.11-13 mph (So, Fl/Rl, Cue, Rg.)
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**STONY CREEK BREWERY RIDE**

* LOCATION: Branford
* RIDE DESCRIPTION: “Show & Go” ride, no cue sheets, stay w/leader, regroup
* START LOCATION: Meet in parking lot of Stony Creek Brewery, 5 Indian Neck Ave., Branford
* RIDE DISTANCE/TYPE: 15 +/- miles, FL/RL, RC (Recreational Level Ride), 11-14 mph finished ride average.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email, call or text leader by 4:30 PM the evening of the ride.

**BRANFORD CAROUSEL TRIP #2**

* LOCATION: Branford
* RIDE DESCRIPTION: This mostly flat ride travels through portions of Branford, East Haven and New Haven and visits several areas with spectacular views of the Sound and of Branford Harbor. The ride visits Foote Park and Lighthouse Park. There is much to see on this ride.
* START LOCATION: Take I-95 Exit 54 (Cedar St). Follow Cedar St across Rt. 1 into center of Branford to end. Turn left on Main St (Rt. 146). Follow Rt. 146 about 0.3 miles through town and go right onto Montowese (still Rt. 146). In about 0.2 miles turn left onto Pine Orchard Rd. In 0.4 miles (where Pine Orchard goes sharp right) go straight onto Damascus. Follow for about a mile to school parking area next to ball fields on the right.
* CUE SHEET: http://www.ctbikeroutes.org/rides/pdf\_route/dlb99241.pdf
* RIDE DISTANCE/TYPE: 30.4 miles , So, Fl, 11-13 mph, but speed is dependent upon conditions and/or riders.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* RAIN, or likelihood of rain, CANCELS (call ride leader if in doubt)

**EAST HARBOR SHORELINE TOUR**

* LOCATION: Branford
* RIDE DESCRIPTION: Enjoy frequent water views alone this tour of the shoreline in Branford, East Haven, and New Haven with views of the Long Island Sound, Branford Harbor, and New Haven Harbor. Restrooms available at Lighthouse Point Park in New Haven. We are not stopping at any stores, so bring all needed food and water. The route has 1,400 feet of elevation gain or 49 ft. of climbing per mile.
* START LOCATION: Meet at Walsh Intermediate School, 185 Damascus Rd., Branford. I-95 to Exit 55 (Rt. 1). South on Rt. 1 for one third of a mile. Left onto Windmill Hill Rd. at the light just before the Mobil. Left at the stop sign onto Damascus Rd. The school is on the right. Park in the lot before the bus loop.
* CUE SHEET: Route information, map, and GPX file at https://ridewithgps.com/routes/29715309
* RIDE DISTANCE/TYPE: 30 miles , RC, RL, Cue, 13-14 mph.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* RAIN, or likelihood of rain, CANCELS (call ride leader if in doubt)

***BRANFORD: HIKES & WALKS***

**BRANFORD SHORE WALK**

* LOCATION: Branford
* WALK DESCRIPTION: 5 mile scenic walk along the beautiful Branford shoreline.
* START LOCATION: Meet at Lenny’s Indian Head Restaurant, 205 S. Montowese Ave.(Rt 146).
* WALK DISTANCE: 5 miles. Lunch in Branford center for those who are interested.

**BRANFORD SUPPLY POND HIKE**

* LOCATION: Branford
* HIKE DESCRIPTION: A 3+ mile hike around Supply Pond with a visit to the dam and fish ladder before heading to the backwoods trails. Optional lunch at the Townhouse after the hike.
* START LOCATION: From I-95 exit 54 (Cedar Street) head south to Rt. 1 (Main St.), left on Rt. 1 continue .8 miles to Chestnut Street, take Left, (Tommy Sullivan’s on right) pass pond over bridge to parking lot at trailhead.
* HIKE DISTANCE/TYPE: 3+ miles.
* Snow or rain or icy conditions cancels.

***BREWSTER, NY: RIDES***

**MAYBROOK TRAILWAY, BREWSTER TO POUGHQUAG, NY**

* LOCATION: Brewster, N.Y.
* RIDE DESCRIPTION: This out and back ride on the paved Maybrook Trailway travels past scenic wetlands, pond and lakes with plenty of shade from the trees along the side. In the hamlet of Poughquag, we jump on the road for a two-mile downhill blast, bringing us to store for a food stop. The last 12 miles are downhill to flat. The route is rolling with 1,000 ft. of elevation gain, or 28 ft. of climbing per mile.
* GPS track: <https://ridewithgps.com/trips/69689982>, also see the map at <https://www.traillink.com/trail-maps/maybrook-trailway/>
* START LOCATION: Brewster Metro North RR Station, 401 Railroad Ave., Brewster, N.Y. Park on the track side by the retaining wall and the signs “Metered Parking Only,” opposite Marvin Avenue. Parking is free on weekends and holidays.
* RIDE DISTANCE/TYPE: 34 miles with regrouping. (RC, RL, Cue, 13 mph) 34 miles. Cue sheet available from the club. For a longer ride, you can go all the way to Hopewell Junction.
* DIRECTIONS: I-84 West to Exit 69, then right on Rt. 121 North for 0.1 miles. Left on Route 202/6 West for 1.7 miles. Right on Railroad Ave. for 0.3 miles. Left into a parking space opposite Marvin Ave.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS

***CHESHIRE: RIDES***

**CHESHIRE-SOUTHINGTON- HAMDEN RAMBLE RIDE**

* LOCATION: Cheshire
* RIDE DESCRIPTION: This ride is mostly rolling hills and some flat stretches on small town roads and parts of the bike trail. There is a bathroom at the Jarvis Street parking lot. Will regroup as necessary.
* START LOCATION: Meet at the Jarvis St. lot in Cheshire.
* RIDE DISTANCE/TYPE: It is a 36.1 miles. Desired speed will be between 12-13 mph and there will be one rest stop at about mile 20. Cue sheet available on website.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**CHESHIRE TO LAKE COMPOUNCE, BRISTOL RIDE**

* LOCATION: Cheshire
* RIDE DESCRIPTION: Cycle through the farmlands of Cheshire, en route to Lake Compounce in Bristol, and beyond. There is little shade along the way so be sure to wear your sunscreen. This is truly about the flattest ride you will encounter in Conn with only 600 ft of elevation gain or 19 ft per climbing mile. If you like hills, this isn’t your ride.
* START LOCATION: Meet at Lock 12 Historical Park, 487 North Brooksvale Rd. (Rt 42), Cheshire.
* RIDE DISTANCE/TYPE: 31 miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**CHESHIRE 2 RIDE**

* LOCATION: Cheshire Park, Route 10
* RIDE DESCRIPTION: 34+ mile ride with rolling hills & some flats. Mostly residential streets & farmlands, with three sections of paved trails. Fairly shaded. Lunch or snack stop at mile 15.6 at Lock Keeper’s House on Farmington Canal Trail, with real bathrooms. Bring own food & water.
* START LOCATION: Cheshire Park, Route 10
* RIDE DISTANCE/TYPE:34+ miles, 11-13 mph average.
* Leader will provide cue sheets before we ride.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**CHESHIRE: REVISED TOUR OF CHESHIRE II**

* LOCATION: Cheshire
* RIDE DESCRIPTION: 34.1 mile ride with some flats & rolling hills. Relatively shady in most parts. we will be averaging 12-13 mph overall. Bring own snacks & lots of liquids. Snack/bathroom stop at about mile 15.6 on Canal Trail. 3 short sections of trails; otherwise, all roads.
* START LOCATION: Cheshire Park, Route10/Highland Avenue, Cheshire, CT, 06410
* RIDE DISTANCE/TYPE: Rolling, Social, Cue, Mapped. Bring Lunch.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**TOUR OF CHESHIRE II RIDE**

* LOCATION: Cheshire
* RIDE DESCRIPTION: Easy paced ride (average 12 –14 mph) through Cheshire with an excursion into Southington along the new bike path; the route includes sections of all three local bike paths including the beautiful Quinnipiac River Gorge trail in Meriden.
* START LOCATION: Meet at Cheshire Park, Cheshire. Cheshire Park is 2 miles north of Cheshire Center on Rt. 10 (Highland Avenue) near Creamery Road.
* RIDE DISTANCE/TYPE: Rolling terrain with no significant hills. So, Ro/Fl, cue 12-14 mph. 35.6 miles. There will be an optional rest stop at the midpoint of the ride; bring water and a snack.
* Cue sheet: https://docs.wixstatic.com/ugd/e1e0b6\_ade57ae6ec2c4491b544cf25e83025cb.pdf.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**ROGERS ORCHARD RIDE**

* LOCATION: Cheshire. North Central.
* RIDE DESCRIPTION: This is a ride over mostly rolling terrain with a few hilly sections on the way. The route passes Shuttle Meadow Reservoir, several fruit orchards and many lovely pastoral scenes. The suggested lunch/snack stop is at Timberlin Park with its pretty lake, golf course and picnic area. Please note that the ride route uses a few state roads and passes through some areas with traffic.
* START LOCATION: I-691, Exit 3 CPL (Rt. 10) in Cheshire near the Southington town line.
* RIDE DISTANCE/TYPE: Degree of Difficulty Index: 1117 ft/32.2 mi=34.69 ft/mi. Killer Hills: NONE, a couple of hilly sections. Terrain: Rolling.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email or text leader by 7:30 A.M. the morning of the ride.

***CHESHIRE: HIKES & WALKS***

**FARMINGTON CANAL WALK**

* LOCATION: Cheshire
* WALK DESCRIPTION: This will be a 4 to 5 mile walk on the new section of the Farmington Canal in Cheshire.
* START LOCATION: Meet at the Jarvis St. parking lot. Jarvis Street is off Rt. 10 north of the CT Correctional Center at the first light. The parking lot is about a mile on the right side just before where the trail crosses.
* WALK DISTANCE / TYPE: 4-5 mile. If weather is questionable, call the leader at home before 9:00 am.
* Rain cancels. No pets.

***CHESTER: RIDES***

**CONNECTICUT RIVER ESTUARY RIDE**

* LOCATION: Chester
* Geographical Region: South Central Connecticut City/Town: Chester
* RIDE DESCRIPTION: This ride goes over some less familiar terrain in Chester en route to Deep River and Essex, and shoots down toward Westbrook before returning to Ivoryton. The ride up to this point is flat to rolling, but afterwards it requires negotiating some character building hills before passing on to a mostly downhill 5-mile return to the CPL.
* START LOCATION: Rt. 9, Exit 6 CPL (Rt 148) in Chester
* RIDE DISTANCE/TYPE: Total Distance: 28.5 miles. Elevation Gain: 1192 feet
* Degree of Difficulty Index: 1192 ft/28.5 mi=41.82 ft/mile. Terrain: Rolling Killer Hills: None.
* RL, RC (Recreational Level Ride), 11-13 mph finished ride average.
* Print your route sheet from www.ctbikeroutes.org. I will have a few.
* If the weather is uncertain, text or email the leader by 7:00 A.M. the morning of the ride.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**CONNECTICUT RIVER ESTUARY EXCURSION RIDE**

* LOCATION: Chester
* RIDE DESCRIPTION: This ride is over mostly rolling terrain and visits several towns that adjoin the Connecticut River Estuary. There are many spectacular views of the Connecticut River along the way with stops at Essex Village (snack break) and Deep River Landing. For the most part the route avoids heavily traveled roads (except for a 3.2 mile stretch along Rt. 154 in lower Essex).
* START LOCATION: Rt. 9, Exit 6 CPL (Rt 148) in Chester
* RIDE DISTANCE/TYPE: 33.2 miles, elevation gain 1640 feet, rolling to hilly, RC (Recreational Level), Cue, 12-15 mph finished average, regroup.
* PRINT AND BRING ROUTE SHEET: http://www.ctbikeroutes.org/rides/pdf\_route/dlb01085.pdf.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If the weather is uncertain, email, call or text the leader by 7:30 am the morning of the ride.

**CONNECTICUT RIVER VIEWS RIDE**

* LOCATION: Chester/South Central Connecticut
* RIDE DESCRIPTION: This is a mostly flat to rolling ride from Chester to Old Saybrook and return. In addition to CT river views there are spectacular views of Long Island Sound where we ride along the shoreline with a possible brief water stop. Saybrook Point (the approximate mid-point of the ride) is a fine location with toilets for a lunch or snack break There is an optional gut-busting hill climb (adds 2.1 miles and 456 feet of vertical) near the end of the ride for those who would enjoy an additional challenge.
* START LOCATION: Route 9 Exit 6 CPL (Rt. 148) in Chester.
* RIDE DISTANCE/TYPE: Total distance: 42.8 miles. Elevation Gain: 1551 feet. Degree of difficulty: 1551/42.8 mi=36.24 ft/mi. Terrain: Rolling Killer Hills: One optional hill at end of ride.
* FL/RL, RC, 11-14 mph finished ride average.
* ROUTE SHEET: Print your own, available at:www.ctbikeroutes.org/rides/pdf\_routes/dlb97206.pdf
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If the weather is uncertain, email, call or text the leader

**ESSEX TWICE RIDE**

* LOCATION: Chester
* RIDE DESCRIPTION: This comfortable ride travels over mostly rolling terrain through several small towns in the Connecticut River Estuary. It visits Essex Village twice, Ivoryton twice (possible lunch stop), Centerbrook twice and negotiates the Otter Cove maze, all while clipping the edges of Old Saybrook, Chester, Deep River and Westbrook. There is 1300' (+/-) of vertical on the ride.
* START LOCATION: Rt. 9, Exit 6 CPL (Rt. 148)
* RIDE DISTANCE/TYPE: FL/RL, REC, average 11-13 mph. Total Distance:.7 miles Gain: feet. Degree of Difficulty Index: ft / 38.7 mi = 33.51 ft/mi: to Rolling Killer Hills.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If the weather is uncertain, email, call or text the leader by 7:30 AM the MORNING of the ride.

**VIC’S AFTER WORK RIDE (EXTENDED)**

* LOCATION: South Central Connecticut
* RIDE DESCRIPTION: This ride is over mostly rolling terrain with lots of back country road riding. It visits Chester, Deep River, Essex, Centerbrook, Ivoryton, Winthrop and Westbrook.
* START LOCATION: Chester. Rt 9 Exit 6 CPL (Rt. 148) in Chester.
* RIDE DISTANCE/TYPE: 32.8 miles. Elevation Gain: 1375 ft. Terrain: Rolling. Killer Hills: None. Degree of Difficulty Index: 1375 ft/32.8 miles= 41.92 ft/mile.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If the weather is uncertain, email, call or text the leader by 7:00 am the morning of the ride.
* Bring snack. Possible after ride lunch in Chester or Essex.
* BRING YOUR OWN ROUTE SHEET, available at: http://.ctbikeroutes.org/rides.

***CHESTER: WALKS***

**COCKAPONSET STATE FOREST**

* TIME: Meet at 9:45am, leave at 10am from Pattaconk Recreation Area.
* LOCATION: Chester
* WALK DESCRIPTION: This is an easy 5 mile walk/hike at Cockaponset State Forest around Pattaconk Reservoir followed by lunch at a local venue (tbd) for all who want to join.
* START LOCATION: From Middletown area: take Route 9 south, Exit 6. Turn right off the exit ramp and go west on Route 148 for approximately 2 miles. Take a right onto Cedar Lake Road and drive approximately 2 miles. Take a left at the Pattaconk Lake sign.

From Old Saybrook area: take Route 9 north, Exit 6. Turn left off the exit ramp and go west on Route 148 for approximately 2 miles. Take a right onto Cedar Lake Road and drive approximately 2 miles. Take a left at the Pattaconk Lake sign.

* ADDITIONAL INFO: <https://portal.ct.gov/DEEP/State-Parks/Forests/Cockaponset-State-Forest>
* INCLEMENT WEATHER CANCELS.

***CLINTON: RIDES***

**CLINTON TO SAYBROOK POINT RIDE**

* LOCATION: Clinton
* RIDE DESCRIPTION: This scenic ride meanders along the shoreline over mostly flat terrain as it works its way east to Saybrook Point. While there is some riding along Rte. 1 and Rte. 156, both state roads have smooth surfaces and wide shoulders. Saybrook Point is roughly the mid-point of the ride which then takes an inland route back to Clinton via some back roads and state roads (Rte. 1, Rte. 1 54 & Rte. 145).
* START LOCATION: Abraham Pierson School, Clinton. From I-95 Exit 63 (Rt. 81) off ramp, head south approx. 0.75 mi. on Rt. 81 to the intersection w/ Rt. 1 at the traffic light; turn left on Rt. 1, and Abraham Pierson School will be 0.7 miles on the right-hand side next to Episcopal Church of the Holy Advent.
* RIDE DISTANCE/TYPE: (So, Fl,cue 11-13 mph) 35 miles. For more info and cue sheet: http://www.ctbikeroutes.org/ridepage.php?ride=wu-new212.htm&desc=wunew212.pdf&route=rsnew212.pdf&map=1849354
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**WESTBROOK GAZEBO RIDE**

* LOCATION: Clinton
* RIDE DESCRIPTION: This is a mostly flat ride through sections of Clinton, Madison and Westbrook with copious views of Long Island Sound. Hammonasset State Park will be an excellent mid-ride spot for a lunch or snack break. The ride features a “Gee Whiz Great” downhill at the 25.7 mile mark.
* START LOCATION: I-95, Exit 63, CPL (Rt.81) in Clinton.
* RIDE DISTANCE/TYPE: 12-14 mph avg. Total distance 28 miles. Elevation gain: 685 feet. 685 ft/28.7 mi=23.87 ft/mi. Terrain: Flat to rolling. Killer hills: none.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***CLINTON: HIKES & WALKS***

**MINI TOUR OF CLINTON WALK**.

* LOCATION: Clinton
* WALK DESCRIPTION: Walk from the Town Dock to the Town Beach and back via the Town Cemetery. Lunch to follow for those interested.
* START LOCATION: Clinton Town Dock.
* WALK DISTANCE/TYPE: 4-5 miles
* Directions: I-95 North, Exit 63. Right onto N. High St., left onto W. Main St., first right onto Grove St. and right onto Riverside Drive. The Town Dock parking lot is on the left side, next to Aqua Restaurant (34 Riverside Drive, Clinton, CT.
* Inclement weather cancels.

***DERBY: HIKES & WALKS***

**SOUP HIKE AT OSBORNDALE STATE PARK**

* LOCATION: Derby
* WALK DESCRIPTION: Join us for a 5 mile hike. Soup and warm fire afterwards at the Pavilion. Kellogg Environmental Center will be open for information on local species.
* START LOCATION: Osborndale State Park.
* WALK DISTANCE/TYPE: 4-5 miles
* DIRECTIONS: From Route 8 south: Take Exit 17. Take a left at the end of the exit ramp. Take another left at the lighted intersection (Division Street). Drive approximately ¾ miles. Osborndale State Park will be on the right across from Derby High School. From Route 8 north: Take Exit 18. Take a left at the end of the exit ramp. Drive approximately ½ mile. Osbornedale State Park will be on the right across from the Derby High School.
* Inclement weather cancels.

***DURHAM: RIDES***

**DURHAM LOOP RIDE**

* LOCATION: Durham
* RIDE DESCRIPTION: This ride travels over some less familiar country and back roads on mostly rolling terrain (with a few hilly sections) through Durham, Middletown & Middlefield and features visits to Wadsworth State Park and a lunch/snack stop at Lyman Orchards farm store. Download cue sheet: http://www.ctbikerountes.org/rides/pdf\_route/dlb99253.pdf.
* START LOCATION: Meet at Coginchaug Regional High School parking lot, Durham. From Rt 17 in the center of Durham, just north of Rt 68, turn east onto Maiden Lane. Follow for 0.4 miles and turn right onto high school access road (sign). High school parking lot is about 0.25 miles on left (up a little hill) beside the high school.
* RIDE DISTANCE/TYPE: Social/Rolling to Hilly, 11-13 mph) 28.5 miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**FIELDS OF DURHAM**

* LOCATION: Durham
* RIDE DESCRIPTION: The route can be seen on RideWithGPS: <https://ridewithgps.com/routes/33443585?privacy_code=umpPsftl3f6F8Eoq>
* START LOCATION: Meet at I-91 Exit 15 CPL (Rt. 68) in Wallingford (CPL bounded by Barnes Rd & Rt. 68)
* RIDE DISTANCE/TYPE: RC, RL/HL, Cue, 13 mph, 29.3 miles, 1,492 ft of climbing.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***EAST HAVEN: RIDES***

**EAST HAVEN TOUR RIDE**

* LOCATION: East Haven
* RIDE DESCRIPTION: A rolling ride starting in Foxon, to the East Haven center, past the airport, and ride to Lighthouse Park and along the shoreline. A regroup at the seawall and visit to the Trolley Car museum before heading back. Cue sheets available.
* START LOCATION: Meet at Thompson Plaza parking lot opposite Ride Aid pharmacy on right. From Branford and East, I-95 Exit 52 take right, 3rd traffic light (~3 miles), take left (Mill St.), cross Rt 80 at traffic light, (Thompson St.), take left into parking lot.
* Coming from New Haven and West, I 95 exit 51 Frontage Rd. take 4th right (Forbes Place) at light, and a sharp left onto Kimberly Ave. tolight, left (N. High St.) 5th traffic light (~3miles), take left (Mill St.), cross Rt,at traffic light (Thompson St.), left into parking lot.
* RIDE DISTANCE/TYPE: 11-13 mph avg (So, Fl, RL) ~26 miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**TYLER MILL TREK RIDE**

* LOCATION: East Haven
* RIDE DESCRIPTION: A rolling ride starting in Foxon through the back roads of Foxon, North Haven and Wallingford, through Tyler Mill preserve and return by Route 17. (cue sheets available).
* START LOCATION: Meet at Thompson Plaza parking lot opposite Ride Aid pharmacy on right. From Branford and East, I-95 Exit 52 take right, 3rd traffic light (~3 miles), take left (Mill St.), cross Rt 80 at traffic light, (Thompson St.), take left into parking lot.
* Coming from New Haven and West, I 95 exit 51 Frontage Rd. take 4th right (Forbes Place) at light, and a sharp left onto Kimberly Ave. tolight, left (N. High St.) 5th traffic light (~3miles), take left (Mill St.), cross Rt,at traffic light (Thompson St.), left into parking lot.
* RIDE DISTANCE/TYPE: 11-13 mph avg (So, Fl, RL) ~24 miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**TOTOKET TREK**

* LOCATION: East Haven
* RIDE DESCRIPTION: After a suburban tour of East Haven and North Haven, return through farm country in Wallingford and North Branford. There is a climb over Totoket Mountain, followed by a relaxed pedal past the watershed lands of Lake Saltonstall. Lunch stop in Northford. The route has 2,100 feet of elevation gain or 62 ft. of climbing per mile.
* START LOCATION: Grove J. Tuttle School, 108 Prospect Rd. East Haven. I-95 North, Exit 51, then continue straight on Frontage Road, and then Route 1 for 1.3 miles. Right on Route 142 for 0.6 miles, then right on Pennsylvania Ave. for 0.2 miles. Left on Prospect St, then immediate right into the parking lot next to the school.
* I-95 South, Exit 52, then left on Route 100 (High St.) for 0.3 miles. Left on Route 1 (Main St.) for 0.1 miles. Right on Chidsey Ave. (becomes Prospect Road) for 0.3 miles. Right into the parking lot just past the school building..
* RIDE DISTANCE/TYPE: 13-14 mph (RC, RL) 34 miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***ESSEX: RIDES***

**ESSEX "OVER-THE-BRIDGE" TO OLD LYME RIDE**

* LOCATION: Essex
* RIDE DESCRIPTION: Picturesque ride over mostly flat terrain and features “going and coming” rides over the Baldwin Bridge on the pedestrian/bike path. It visits the CT DEP Marine HQ and a (seasonal) ride to the end of the boardwalk for spectacular views of the mouth of the CT River and adjoining marsh land. The ride then continues east to Smith Neck’s Road and the boat launch and viewing platform w/ various displays. Continuing its easterly meander, the ride drops into White Sands Beach for some ocean views, and returns via an inland route before re-crossing the Baldwin Bridge and returning to the starting point. Possible lunch or snack in Essex after ride.
* START LOCATION:9 Exit 3 CPL (Route 154) in Essex; CPL is on Route 154 just east of intersection with Route 153.
* RIDE DISTANCE/TYPE: 32.3 miles, flat with a few moderate hills, social, regroup, no drop, average 11-13 mph.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email, call or text leader by 7:30 am on the morning of the ride.
* PRINT AND BRING ROUTE-SHEET: www.ctbikeroutes.org/rides/pdf\_route/rs-new214.pdf

**MODERATE THURSDAY NIGHT RIDE-ESSEX**

* LOCATION: Essex
* RIDE DESCRIPTION: This is an alternative to the RC/TR ride that also leaves from Exit 3 on Thursday evening. The moderate ride routes are typically not as hilly, and the average speed is slightly lower. Distances will be 18-30 miles, shorter early in the season, increasing depending on hours of daylight and decreasing later in the season. Riders will regroup at least once. Possibly meet for dinner after the ride at a local restaurant chosen by participants.
* START LOCATION: Rt 9, Exit 3 old CPL, next to Essex Fire House, 11 Saybrook Rd (Rt.154). Do not park in Fire Department log. This is an alternative to the RC/TR ride.
* RIDE DISTANCE/TYPE:(RC, FL/RL, Cue, 13-15 mph)
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD AND TAIL LIGHTS, REARVIEW MIRROR AND REFLECTIVE WEAR STRONGLY RECOMMENDED, ESPECIALLY IN THE EARLY AND LATE SEASON.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***FAIRFIELD: RIDES***

**LAKE MOHEGAN TO THE SOUND RIDE**

* LOCATION: Fairfield
* RIDE DESCRIPTION: This 16 mile ride goes from Lake Mohegan in the northern part of Fairfield to Beach Road in the south, and back.
* START LOCATION: Lake Mohegan Parking Lot in Fairfield. From Merritt South take Exit 46, and turn left onto Congress Street. After 1 mile, make the first left on Morehouse Drive and after 0.2 miles, make the first left on Primrose Lane. After 0.3 miles make a left on Mohican Hill Road and immediately turn right on Morehouse Drive. Turn left at the first stop sign into the Lake Mohegan Parking Lot.
* RIDE DISTANCE/TYPE: LE / SO, FL/RL, Cue, 10-12 mph, 16 miles
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email, call or text leader by 8:30 am morning of ride.

**FAIRFIELD TO THE SEA RIDE**

* LOCATION: Fairfield
* RIDE DESCRIPTION: This 23-mile ride goes from Lake Mohegan in the northern part of Fairfield to the beach in the south, then to Captain’s Cove in Bridgeport and back.
* START LOCATION: Lake Mohegan Parking Lot in Fairfield. From Merritt South take Exit 46, and turn left onto Congress Street. After 1 mile, make the first left on Morehouse Drive and after 0.2 miles, make the first left on Primrose Lane. After 0.3 miles make a left on Mohican Hill Road and immediately turn right on Morehouse Drive. Turn left at the first stop sign into the Lake Mohegan Parking Lot.
* RIDE DISTANCE/TYPE: LE / SO, FL/RL, Cue, 10-12 mph, 23 miles)
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email, call or text leader by 8:30 am morning of ride.

**SOUTHPORT SOJOURN RIDE**

* LOCATION: Southport, Fairfield
* RIDE DESCRIPTION: This scenic tour follows the shoreline of Southport, Fairfield and Black Rock, exploring hidden gens including Sasco Beach and the mansions above St. Mary’s By the Sea in Black Rock.
* START LOCATION: Meet at Fairfield Town Hall, 611 Old Post Rd, Fairfield. I-95 South, Exit 22, Left onto North Benson Road, cross Post Road/Rt. 1, continue one block to stop sign, Right onto Old Post Rd, Continue one black to stop sign. Town Hall is across the street on the left. Park in the lot near the church. I-95 North, Exit 22, Right onto Round Hill Road, cross Post Road/Rt. 1, continue one block to stop sign. Town Hall is across the street on the right. Park in the lot near the church.
* RIDE DISTANCE/TYPE: SO/RC, FL/FL, CUE, 12 mph. 29 miles.
* The route is rolling with a mere 900 ft. of elevation gain, which is only 31 ft of climbing per mile. The leader will provide cue sheets. GPS track: https://ridewithgps.com/routes/30672326.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***FARMINGTON: RIDES***

**FARMINGTON CANAL BIKE PATH TO MASSACHUSETTS RIDE**

* LOCATION: Farmington to Mass.
* RIDE DESCRIPTION: Moderate paced Show &ride (no cue sheet) that covers the entire length of the bike path from the Farmington River in Farmington, CT to Westfield MA.+/- miles round trip (though we may cut it back to 58 miles). Terrain: quite flat. Bring water and snacks.brief rest stops en route. Lunch stop on the return at Red Riding Hood's Basket, Southwick, MA. Bring money for food purchase, if desired. Aflat, enjoyable ride through beautiful countryside.
* START LOCATION: Brickyard Road parking lot next to the bike path in Farmington, CT.  
  Take Farmington Ave (route 4) west from Farmington center (intersection of CT rts 4 and 10) 1.7 miles to Brickyard Road (Wood n Tap on corner).Turn right on Brickyard Rd and proceed 1.0 mile to the bike path parking lot on the left.(use GPS address 221 Brickyard Road, Farmington, CT).
* RIDE DISTANCE/TYPE: 62+/- miles round trip. (12– 15 mph total ride average pace)
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If the weather is uncertain, text or email leader by 7:00 am the morning of ride.

**FARMINGTON VALLEY EASY RIDER #2**

* LOCATION: Farmington
* RIDE DESCRIPTION: This is a rolling ride with a few short hills through the Farmington River Valley with pleasant scenery along much of the way. Start with a 2-mile section along the paved rail trail, then local roads past the Farmington River, and traverse about 2 miles of gravel path (suitable for road bikes) through the woods to Town Forest Park and at Stratton Brook State Park. View Connecticut's largest sycamore tree, ride along the base of Talcott Mountain with views of Heublein Tower...and more. Enjoy many miles of quiet backroads. Print a cue sheet and/or download a GPS track from the links below. Bring all needed food, as there are no stores along the middle of the route. Restrooms with water are available at Stratton Brook State Park. The route has 1,000 feet of elevation gain.
* START LOCATION: Farmington Canal Trail parking lot, with an approximate address of 210 Brickyard Road, Farmington. From I-84 West take Exit 39 to Route 4 West for 3.2 miles. Right on Brickyard Rd. for 0.9 miles. The parking lot is on the left before the trail.
* RIDE DISTANCE/TYPE: 34 miles with regrouping. (RC, RL/HL, Cue, 13 mph)
* Cue sheet: <http://www.ctbikeroutes.org/rides/pdf_route/dlb01095.pdf>,
* GPS track: <https://ridewithgps.com/routes/973255>
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If the weather is uncertain text or email leader by 7:00 am the morning of ride.

***GROTON: HIKES & WALKS***

**BLUFF POINT WALK**

* LOCATION: Groton
* WALK DESCRIPTION: Enjoy this 2-3 mile shoreline walk with views of Fishers Island Sound. Dogs ok on leashes. Casual pace.
* START LOCATION: From I-95 North, exit 88 and turn right onto SR 117 south. Turn right at the end onto Rt 1 South. Turn left at the first light onto Depot Rd. Park entrance is at the end of the road. From I-95 South, turn left onto 117 south. Turn right at the end onto Rt. 1 south, see rest of instructions above. Meet in the parking lot.
* Bring snack and water.

***GUILFORD: RIDES***

**CRUSING TO KILLINGWORTH RIDE**

* LOCATION: Guilford
* RIDE DESCRIPTION: This is an inland tour through the rolling hills of Guilford, Madison, Killingworth and Clinton with forested views and some quiet but occasionally hilly back roads in the norther part of the route. Enjoy a long descent along Green Hill Road about 2/3 of the way into the ride.
* START LOCATION: Guilford. From I-95 Exit 57, go south on Rt. 1 for about 0.75 miles; immediately after passing Bishops’ Orchard farm store on your left, turn right onto Dunk Rock Road; in 0.1 mi. turn left onto Farm View Lane. Turn right into A.W. Cox School parking lot in about 0.1 miles.
* RIDE DISTANCE/TYPE: Total Distance: 36.1 miles, Elevation Gain: 1600 feet (est). Terrain: Rolling. Killer Hills: County Road@ 13.0 miles for about 3/4 mile is a touch climb...not terribly steep but a lengthy climb.
* Degree of Difficulty Index: 1600 ft / 36.1 mi= 44.3 ft/mile.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email or call or text leader by 8 A.M. the morning of the ride.

**GUILFORD COASTAL EXPLORER RIDE**

* LOCATION: Guilford
* RIDE DESCRIPTION: Explore the many hidden corners of Guilford's craggy coastline with frequent water views. Due to the many cul-de-sacs that we explore, there will be frequent regrouping opportunities, including by the Circle of Life, a celestial calendar constructed from large slabs of granite. Rest stop by the water at Chaffinch Island Park. The only place to buy food comes late in the ride, so be sure to bring all needed food and water. Total climbing is 700 ft. of elevation gain or 27 ft. of climbing per mile.
* START LOCATION: Calvin Leete School, 280 South Union Street, Guilford. If the school parking lot is full due to a school event, backtrack to the Goose Lane CPL at Exit 59 off I95 and the ride will start from there.
* RIDE DISTANCE/TYPE: (SO, RL, Cue, 10mph) 25 miles. Total climbing is 700 ft of elevation gain or 27 ft of climbing per mile.
* Directions: I-95 Exit 59 North or South (Goose Lane). From I-95 North, right on Goose Lane. From - South, left on Goose Lane. Cross Rt. 1 and immediately turn right on Rt. 146 and travel 0.75 miles. Turn left on South Union St. and go 0.25 miles. The school is on the left.
* CIRCLE OF LIFE WEBSITE and NEW YORK TIMES ARTICLE: : <https://linesync.com/circleoflife.html> and <https://www.nytimes.com/2005/10/13/garden/the-monoliths-next-door.html> respectively.
* GPS TRACK: <https://connect.garmin.com/modern/activity/55071903>
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**GUILFORD‘S GOOSE LANE TO HAMMONASSET RIDE #1**

* LOCATION: Guilford
* RIDE DESCRIPTION: This is mostly flat ride one or two modest hills) through sections of Guilford and Madison, with a lunch break at Hammonasset State Park’s West Beach. The return trip from Hammonasset State Park features a scenic ride along the Madison shoreline with fine views of Long Island Sound. The leader will supply cue sheets. Preview is available at :http://www.ctbikeroutes.org/rides/pdf\_route/dlb97148.pdf.
* START LOCATION: I-95 Exit 59 CPL, 110 Goose Lane, Guilford.
* RIDE DISTANCE/TYPE: RC, FL/RL, Cue, Rg., 13-15 mph,) 27 miles. Print your route sheet from www.cttbikeroutes.org.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**GUILFORD WALLINGFORD WANDERER**

* LOCATION: Guilford
* RIDE DESCRIPTION: Cycle along quiet and shady backroads through Guilford, past farms in Northford, en route to rolling fields in Wallingford, before heading back south again via a slice of East Haven. There are no stores along rural route, so bring all needed food and water, and use the restroom prior to the ride.
* START LOCATION: The rear parking lot at A.W. Cox School, 143 Three Mile Course, Guilford.
* RIDE DISTANCE/TYPE: (RC, RL/HL, 13-14 mph) 34 miles
* DIRECTIONS: I-95, Exit 57 to Rt. 1 North. Right on Dunk Rock Road, just past Bishop’s Orchards, then left on Farmview Lane, then the first right into the REAR parking lot of the school. If you are by the playground, you are parked in the front, which is not the ride start location.
* GPS TRACK: <https://connect.garmin.com/modern/activity/510934124>
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAILLIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**GUILFORD’S GOOSE LANE TO HAMMONASSET RIDE #2**

* LOCATION: Guilford/Madison
* RIDE DESCRIPTION: Goose Lane to Hammonnasset.
* START LOCATION: Goose Lane Exit 59 on I95 CPL.
* RIDE DISTANCE/TYPE: 12-14 mph.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**LAKE Q ENCIRCLEMENT SHOW & GO RIDE**

* LOCATION: Guilford
* RIDE DESCRIPTION: "show & go" ride, no cue sheets, stay w/leader, regroup; possible ice cream stop
* START LOCATION: Guilford Harbor Parking lot at end of Whitfield St.
* RIDE DISTANCE/TYPE: 25+/- miles, FL/RL, social, average 11-13 mph.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**GUILFORD LAKE TO SHORE SHUFFLE**

* LOCATION: Guilford
* RIDE DESCRIPTION: This ride highlighting various bodies of water in Guilford, including Lake Quonnipaug, Guilford Lakes and the Long Island Sound. Also enjoy country vistas in the farm country. Rest stop to visit the llamas by Lake Quonnipaug where food and drink may also be purchased.
* START LOCATION: Meet in the REAR parking lot at A.W. Cox School, 143 Three Mile Course, Guilford.
* Directions: I-95 Exit 57 to Rt. 1 North. Right on Dunk Rock Road, just past Bishop’s Orchards, then left on Farmview Lane, then right into the school. There is a restroom outside Bishop’s Orchards, which is useful prior to the ride. Bring all needed food and water. Seasonal restrooms available at Lake Quonnipaug.
* RIDE DISTANCE/TYPE: 31 miles with regrouping. RC, RL, Cue, 12-13 mph. Download and print a cue sheet from <https://ridewithgps.com/routes/32597671>.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***GUILFORD: HIKES & WALKS***

**BITTNER PARK HIKE**

* LOCATION: Guilford
* HIKE DESCRIPTION: A 3+ mile hike along the West river and inner Bittner park trails
* START LOCATION: At the Rt 80 and Rt 77 junction traffic light, head south on Rt 77 for about 1.4 miles, look for park entrance sign on the right, follow gravel road on your right to the end at the kiosk and skate park where we will meet.
* Rain/snow/ice cancels.

**GUILFORD GREEN TO HARBOR WALK**

* LOCATION: Guilford
* WALK DESCRIPTION: We will walk through the green and down to the harbor and back.
* START LOCATION: Meet in parking lot behind the Guilford Library on the corner of Park and Broad Streets across from the Guilford Green.
* WALK DISTANCE / TYPE: Total of 5 miles. Lunch will follow for those that are interested.

***HAMDEN: RIDES***

**HAMDEN TO LONG WHARF CANAL RIDE**

* LOCATION: Hamden
* RIDE DESCRIPTION: This will be about a 27 mile round trip, slow paced, sow and go, ride that goes along the Farmington Canal from Brooksvale Park in Hamden to Long Wharf in New Haven.
* START LOCATION: Brooksvale Park. Take exit 10 off I-91 and follow the Rt 40 connector to the end in Hamden. Follow Rt 10, Whitney Avenue, north toward Cheshire for 2.5 miles (1/2 mile past Sleeping Giant golf course); turn left on Brooksvale Ave, small sign on the corner for Brooksvale Park. Continue 3/4 mile to Brooksvale Park (use GPS address 395 Brooksvale Ave, Hamden). Please use the south parking lot, first one on the left as you approach from Whitney Avenue.
* Note: for those interested in a shorter, 20 mile ride, meet at the Sherman Avenue trail lot in Hamden for a 10:15 AM start. We’ll pick you up there. Parking: The lot is on the left side of Sherman Ave. From Rt 10 (Whitney Ave) and Sherman Ave. There is a Dunkin Donuts and an Amity Wine and Liquor store in the shopping plaza on the corner.
* RIDE DISTANCE/TYPE: (So, Flat, Rg, 11-13 mph). 27/20+ miles, depending on start location.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**HAMDEN TO NEW HAVEN CANAL RIDE**

* LOCATION: Hamden
* RIDE DESCRIPTION: This will be about a 20 mile round trip, paced, show and go, ride that goes along the Farmington Canal from Sherman Ave. in Hamden to New Haven.
* START LOCATION: We'll leave from the Sherman Avenue trail lot in Hamden. Lot is on the left side of Sherman Ave. Route 10, turn west at the (traffic light) Route 10 (Whitney Avenue) and Sherman Avenue. There is a Dunkin Donuts and anAmity Wine and Liquor store in plaza on the corner.
* RIDE DISTANCE/TYPE: So, Flat, Rg, -12 mph.)20+- miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**RICH ZIEMBA MEMORIAL CANAL RIDE**

* LOCATION: Hamden to Southington
* RIDE DESCRIPTION: This will be a 20 or 32 mile (rider’s choice) round trip, slow paced, show and go, ride that goes along the Farmington Canal from Sherman Ave. in Hamden to the end of the trail in Southington.
* START LOCATION: We’ll leave from the Sherman Avenue trail lot in Hamden. The lot is on the left side of Sherman Ave. From Route 10, turn west at the intersection (traffic light) of Route 10 (Whitney Avenue) and Sherman Avenue. There is a Dunkin Donuts and an Amity Wine and Liquor store in the shopping plaza on the corner.
* RIDE DISTANCE/TYPE: 20 or 32 miles. (S0, Flat, Rg, 10-12 mph).
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**HAMDEN-CHESHIRE CIRCUIT**

* LOCATION: Hamden
* RIDE DESCRIPTION: Explore the quiet backroads of Hamden and Cheshire, as you cycle past farms and fields with views of Meriden Mountain and the Sleeping Giant, and through the peaceful Quinnipiac Gorge. Many miles of flat cruising with some short hills to climb. With 1,440 ft. of elevation gain, there is only 44 ft. of climbing per mile. GPX track at <https://connect.garmin.com/modern/activity/55066071>.
* START LOCATION: Meet at Brooksvale Park, 389 Brooksvale Road, Hamden. Park in the larger parking lot (not the small one by the farm and playground).
* DIRECTIONS: From Rt. 15, Exit 61, head North on Whitney Ave. (becomes Rt. 10) for 5.6 miles. Left on Mt. Sanford Rd. (one block north of the Cheshire-Hamden town line), next left on Brooksvale Ave., then second right into Brooksvale Park (across from 390 Brooksvale Ave.) Park in the large parking lot. If you are parked in the small lot near the farm, you are in the wrong place.
* RIDE DISTANCE/TYPE: 33 miles with regrouping. RC, RL, Cue, 13-14 mph. The leader is not supplying cue sheets, so download and a print cue sheet from this email.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**WEST ROCK TO EAST ROCK RIDE**

* LOCATION: Hamden
* RIDE DESCRIPTION: Enjoy superb views of South Central Connecticut from West Rock and East Rock with their panoramic views of the surrounding area, including the Sleeping Giant and New Haven Harbor. From one “rock,” you get a clear view of the other one. Even if you have been there before, the views are truly stunning. Relax with an almost flat pedal back to Brooksvale Park along the Farmington Canal Trail. This is a road ride taking place entirely on paved streets. To download cue sheet, contact ride leader.
* GPX track: <https://connect.garmin.com/modern/activity/170359194>
* START LOCATION: Meet at the large parking lot at Brooksvale Park, 389 Brooksvale Ave., Hamden.
* DIRECTIONS: Directions: From Rt. 15, Exit 61, head North on Whitney Ave. (becomes Rt. 10) for 5.6 miles. Turn left on Mt. Sanford Rd. (one block north of the Cheshire-Hamden town line), take the next left on Brooksvale Ave., then the second right into Brooksvale Park (across from 390 Brooksvale Ave.) Park in the large gravel parking lot. If you are parked in the small paved lot near the farm, you are in the wrong place! From the north, take I-84 or I-91 to I-691 to Exit 7 (Old Exit 3). Head south on Rt. 10 for 7 miles, then turn right into Mt. Sanford Rd. and follow the above directions.
* RIDE DISTANCE/TYPE: 33 miles; Rc, Rl/Hl, Cue; 13 mph
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***HAMDEN: HIKES/WALK***

**LAKE WINTERGREEN HIKE**

* LOCATION: Hamden
* WALK DESCRIPTION:
* START LOCATION: Meet at Lake Wintergreen. 29 Main St., Hamden. From Rt. 15, Exit 60, head south on Rt. 10. Right at the next light onto Benham St. Left at T-intersection to Main St. Right into parking lot at curve in the road.
* Lunch to follow at Katz Deli.

**SLEEPING GIANT STATE PARK HIKE**

* LOCATION: Hamden
* HIKE DESCRIPTION: Depending on conditions we will do the main trail and not the Orange Trail to the Tower. Sturdy boots are required.
* START LOCATION: Meet at Park entrance on Mount Carmel Avenue, off Whitney Ave., Hamden.
* HIKE DISTANCE/TYPE: About 3 miles.
* Lunch at local venue for those interested.
* Wet conditions, rain, sleet or heavy snow cancels.

***LITCHFIELD: RIDES***

**YELLOW SURPRISE RIDE-Short Route**

* LOCATION: Litchfield
* RIDE DESCRIPTION: "YELLOWSURPRISE", that is (arguably) the most scenic ride in CT. The main feature, beside less travelled roads, is a field of beautiful daffodils, where we can stop and have a snack. The route includes the field of daffodils, farms, and numerous scenic vistas. The ride length is 35.5 mi with 2300’ of climbing. Terrain is rolling with some hills. It is early in the season but the daffodils won’t wait. We will keep the pace moderate and stop frequently to regroup. This is a very special ride!
* RIDE DISTANCE/TYPE: 35.5 miles, Re: 11-13 mph finished ride average
* START LOCATION: Litchfield High School, 14 Plumb Hill Rd, Litchfield.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***LYME: HIKES/WALK***

**BROCKWAY/HAWTHORNE LYME LAND TRUST PRESERVE WALK**

* LOCATION: Lyme Land Trust Preserve
* WALK DESCRIPTION: This 4.5 mile walk is a combination of Lyme Land Trust woods roads/trails and lightly traveled rural roads. About 1/3 is in the woods and the remainder on paved roads. Walk highlights include a fascinating 300 year old colonial cemetery, old colonial homes, and beautiful views of Seldon Cove, Whalebone Cove and the Connecticut River. We can also stop at the Hadlyme Country Market which is a must see.
* START LOCATION: Gillette Castle State Park, main parking lot. Then, car pool to the walk start at the Brockway/Hawthorne Lyme Land Trust Preserve. The Preserve is about 1.5 miles from parking lot.
* WALK DISTANCE / TYPE: 4.5 miles. Lunch will follow at the Fox Hopyard Golf Club Pub for those interested.
* Rain or snow cancels.

***MIDDLETOWN: HIKES/WALK***

**MIDDLETOWN RIVER WALK AND MAIN STREET**

* LOCATION: Middletown
* WALK DESCRIPTION: 4-5 mile walk along the Connecticut River and through town.
* START LOCATION: Meet at the elevated parking lot off the south side of Court St. between Main St. and Rt 9 by the County Court House, just north of the Destinta Theater lot.
* WALK DISTANCE / TYPE: 4-5 miles. No pets.
* If weather is questionable, call the leader at home.
* Lunch to follow at a local restaurant for those interested.

**MIDDLETOWN WALK**

* LOCATION: Middletown
* WALK DESCRIPTION: Join us on an enjoyable walk around Middletown.. We will explore Main St and then work our way up to the Wesleyan campus with stops at the Olin Library and the Freeman Athletic Center. From there wi will walk through the campus, past Foss Hill and the Van Velk Observatory. We’ll return to Main St past the Russell Library where we can find many spots to stop for a snack, coffee or whatever.
* START LOCATION: Meet in front of the Middletown Police Station on Main St. between Court St and Dingwall Drive. Numerous parking lots free on Sundays.

***MADISON: RIDES***

**GUILFORD LAKES/THE TIMBERLANDS ROUNDABOUT RIDE**

* LOCATION: Madison/Guilford
* RIDE DESCRIPTION: This ride travels over mostly rolling terrain and features visits to the Guilford Lakes, Guilford Harbor and circumnavigates the Timberlands, a 650 acre (+/-) tract of managed forest land near Guilford Lakes. It also passes through some quiet residential areas of Guilford and Madison. The Guilford Green provides a nice respite for lunch
* START LOCATION: Robert’s Food Market parking lot, Rt. 80 in No. Madison (200 yards east of Rt. 79/Rt.80 traffic circle) Park away from the various businesses, in more remote areas of the parking lot.
* RIDE DISTANCE/TYPE: Total Distance: 30.1 miles. Altitude Gain: 1272 feet. Degree of Difficulty Index: 42.26 ft /mi:. Killer Hills: None
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain, email, call or text leader by 4:30 pm the evening of the ride.

**HAMMONASSET STATE PARK TO GUILFORD LAKES RIDE**

* LOCATION: Madison
* RIDE DESCRIPTION: Show & Go Ride. Hamm. State Park to Guilford lakes via River Rd. to Road to Nortontown Rd to North Madison Rd to the Lakes region .Return via North Madison Rd by golf course and left on Nut Plains Rd to Goose Lane Rf to Tanner Marsh Rd to Rt. 1 and then a ride along the Madison shore back to Hammonasset with a ride through the state park and finish at the parking area. This is a scenic ride with no killer hills.
* START LOCATION: Hammonasset overflow parking lot. Exit 62 off I-95 (Take right or left depending on direction)-towards Route 1 via the Hammonasset Connector. Take a left onto Rt 1—then drive 300 yards to the parking area on the right.
* RIDE DISTANCE/TYPE:28 miles. FL/RL, 12-14 mph.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.

**MADISON 22 MILE ROUTE RIDE**

* LOCATION: Madison
* RIDE DESCRIPTION: This short ride passes through many upscale residential areas in Madison with brief visits to Guilford, Killingworth and Clinton. It uses mostly back roads or residential roads with limited automobile traffic and features a scenic 1.5 mile ride along the Madison shoreline with spectacular views of Long Island Sound. The ride skirts Madison’s business district but passes by Madison Green and the beautiful Congregational Church towards the end of the ride.
* START LOCATION: Polson Middle School, Madison, CT: From I-95 Exit 61, go north (away from the ocean) on Rt. 79 for about 1 mile to the 1st traffic light. Turn left on Green Hill Rd and follow for about 1 mile to Polson Middle School (the old Daniel Hand HS) on the left. Turn left on the access road and park in the parking area furthest from the school. Social, flat to rolling, cue and regroup. 11-13 mph finished ride average. 22.7 miles total.
* PLEASE BRING YOUR OWN ROUTE SHEET:  
  http://www.ctbikeroutes.org/rides/pdf\_route/rs-new189.pdf
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS .If weather is uncertain, email, call or text leader by 8:30 am morning of ride.

**MOSTLY MADISON RIDE**

* LOCATION: Madison
* RIDE DESCRIPTION: As the name implies, this ride is largely in Madison (with brief forays into Clinton and Guilford) and is over rolling to flat terrain on some less-traveled back roads. Ham. State Park (Meigs Point) brief stop for snack. There will be some shoreline riding on the return from Hammonasset State Park.
* START LOCATION: Roberts Food Center parking lot off Rt. 80 just east of the Rt. 79/80 traffic circle in No. Madison. Park to the far right as you enter.
* RIDE DISTANCE/TYPE: 30.7 miles, elevation gain 945 ft, FL/RL, Recreational Level ride, 11-14 mph overall average speed at end of ride. No drop, regrouping.
* Please print and bring your own route sheet, available at.org/rides/pdf route/dlb99218.pdf
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***MADISON: HIKES/WALK***

**HAMMONASSET BEACH WALK**

* LOCATION: Madison
* WALK DESCRIPTION: Walk from West Beach to the Meig’s Point/Bird watch platforms area.
* START LOCATION: Meet at West Beach parking lot at Hammonasset State Park.
* FORECASTS OF RAIN, SNOW, EXTREME COLD AND/OR UNSAFE WALKING CONDITIONS CANCELS

**HAMMONASSET STATE PARK-SHORELINE GREENWAY TRAIL TO MIDDLE BEACH ROAD WALK**

* LOCATION: Madison
* WALK DESCRIPTION: Meet at the Hammonasset State Park campground visitor parking lot (this parking lot is just to the right of the entrance booths on the main road) for along the Shoreline Greenway Trail into Madison on scenic Middle Beach Road to the seawall and back.
* Some members of the group go out for lunch after the walk.
* FORECASTS OF RAIN, SNOW, EXTREME COLD AND/OR UNSAFE WALKING CONDITIONS CANCELS

**MADISON TOWN AND SHORE WALK**

* LOCATION: Madison
* WALK DESCRIPTION: This will be a 3 mile plus walk from the center of town down to the Wharf and along the shore.
* START LOCATION: Take exit 61 off I-95 and go south towards Rt.1 on Rt 79 to end. Turn right onto Rt. 1. The parking lot is on the right on Rt.1, just past Academy St. across from Island Ave. and before the town Green.
* Lunch at local restaurant for those interested
* FORECASTS OF RAIN, SNOW, EXTREME COLD AND/OR UNSAFE WALKING CONDITIONS CANCELS

**TRAIL AT HAMMONASSET WALK**

* LOCATION: Madison
* WALK DESCRIPTION: We will walk along the Shoreline Greenway Trail and onto back roads of Madison towards Middle Beach Road and its seawall. The route is scenic with many water views.
* START LOCATION: Meet at the Shoreline Greenway Trail parking lot (located east of the Hammonasset Park entrance on Rte. 1—it’s on your right as you head to Clinton). Lunch to follow for those interested.
* FORECASTS OF RAIN, SNOW, EXTREME COLD AND/OR UNSAFE WALKING CONDITIONS CANCELS

**WINTER BEACH WALK**

* LOCATION: Madison
* WALK DESCRIPTION: Brisk morning beach walk. Walk on the beach boardwalk and park walking trails.
* START LOCATION: Meet at Hammonasset State Park-West Beach parking lot.
* FORECASTS OF RAIN, SNOW, EXTREME COLD AND/OR UNSAFE WALKING CONDITIONS CANCELS
* Some members of the group go out for coffee or lunch after the walk for those interested.

***MERIDEN: HIKES/WALK***

**QUINNIPIAC GORGE TRAIL WALK**

* LOCATION: Meriden
* WALK DESCRIPTION: This will be a 4-5 mile walk on the new and older section of the trail along the Quinnipiac River between Meriden and Cheshire.
* START LOCATION: Meet at parking lot by the red bridge, 562 Oregon Rd., off Rt 70. Directions: From Cheshire, head east on Rt. 68/70 from the center of town. Stay on left at the folk onto Rt. 70 then to the right on Rt. 70 at the next fork. Take a left in about 2 miles at the red walking bridge onto Oregon Rd. (not marked). The parking lot is a short distance on the right.
* WALK DISTANCE / TYPE: 4-5 miles. Lunch to follow at Avanti Restaurant for those interested.
* If weather is questionable, call the leader before start time.

***MILFORD: RIDES***

**FOLKS WITH SPOKES RIDE**

* LOCATION: Milford
* RIDE DESCRIPTION: This ride is largely over flat terrain with just a few mild hills on the route. features spectacular views of Long Island Sound en route to West Haven before heading inland into Orange before returning to the center of Milford. There is an optional 9 miles that goes out to Milford Point and a visit to the Audubon Center with spectacular views of nearby salt marshes and various interesting displays. the return the ride takes a quick peek into Silver Sands State Park.
* START LOCATION: Start at Pavilion behind Milford Library. This is across the bridge from Lisman Landing (the picnic location).
* RIDE DISTANCE/TYPE: So, Fl, cue 11-13 mph, 31.6 miles
* Please print out cue sheet: http://www.ctbikeroutes.org/rides/pdf\_route/rs-new197.pdf
* NOTE: The cue sheet is for a 40 mile ride. Mile 30 is where we can either do 31 miles, or do the additional loop out to Audubon Center.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**MILFORD MEANDER RIDE**

* LOCATION: Milford
* RIDE DESCRIPTION: Pedal along Milford’s long coastline past Gulf Beach and through Woodmont before heading inland for some forested scenery along gently rolling roads. Finish the first loop with a cruise past Milford’s two duck ponds. The second loop heads to the Milford Audubon Center and passes through Walnut Beach and Silver Sands State Parks on the way back. Option to shorten the ride to 15 miles by skipping the second loop. Terrain is mild throughout with many miles of flat cruising linked by the occasional short hill. Bring snacks. The first loop has a 500 ft. of elevation gain and the second loop has a 300 ft. of elevation gain for 800 ft of total climbing, or 29 ft. of climbing per mile. The cue sheet is not on the CT Bike Routes, but copies will be provided at the ride. Map and GPX track at: https;//ridewithgps.com/trips/14540062.
* START LOCATION: Meet Fowler Field/Wilcox Park, Milford, behind the Milford Library, 57 New Haven Ave, Milford.
* RIDE DISTANCE/TYPE: SO, FL/RL, RG, Cue, 12 mph. 26 Miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**MILFORD TO WEST HAVEN RIDE**

* LOCATION: Milford
* RIDE DESCRIPTION: This is the FOS 40 mile ride but without the ride out past Chicks. This is a tour of the Milford Shoreline, up to the northern part of the city, ending with a picturesque ride to the Audubon Center; Silver Sands State Park; and back to Milford Harbor.
* START LOCATION: Park behind Milford Library (57 New Haven Ave= Route 162), beyond the tennis court across from the boat ramp. (If you park at the Pavilion, you’re in the wrong place).
* RIDE DISTANCE/TYPE: 32 miles, Social/Flat to Rolling, 11-13 mph.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**SAVIN ROCK RAMBLE RIDE**

* LOCATION: Milford
* RIDE DESCRIPTION: Many miles of water views through Milford. Mostly flat along shore with some mild hills on inland return loop. Route has a mere 800 feet of climbing.
* START LOCATION: Margaret Egan Center, 40 Mathews St., Milford. (Your GPS may not recognize this spelling of Mathews St., but that is correct spelling). GPS track: http://connect.garmin.com/modern/activity/55069034
* Directions: I-95 Exit 34. Right onto Route 1S for 0.5 miles. Left onto Naugatuck Avenue at the light, and travel 0.4 miles. Turn right onto Mathews Street, and park in the rear of the building.
* From Route 15, Exit 54 to I-95 South and follow above directions.
* RIDE DISTANCE/TYPE: SO, RL, Cue, 12-13 mph. 26 miles
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***MILFORD: HIKES/WALK***

**HIKE WITH VIEW OF CHARLES ISLAND**

* LOCATION: Milford
* HIKE DESCRIPTION: A 3-5 mile hike along the shoreline but short of going out to the island, due to tides.
* START LOCATION: Silver Sands Park parking lot down by the boardwalk. We’ll do a beach walk down to Walnut Beach, and back through the park.
* HIKE DISTANCE: 3-5 miles.
* Join us afterwards for chili for those interested.
* In case of rain or snow, hike would cancel but chili would still be available.

***MYSTIC: RIDES***

**MYSTIC/STONINGTON BACK ROADS RIDE**

* LOCATION: Mystic/Stonington, CT
* RIDE DESCRIPTION: This is a picturesque ride through sections of Stonington and Mystic with a visit to Stonington Point and the Stonington Village Green. The ride is over flat to rolling terrain and has great views of Mystic Harbor and Fishers Island Sound.
* START LOCATION: I-95 Exit 91 CPL (Rt.234) in Stonington, CT
* RIDE DISTANCE/TYPE: So/Fl/Rl/Cue 11-13 mph. 33.7 miles
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is doubtful, email call or text leader by 7:30 am morning of ride.
* Bring or buy snack/lunch.
* Please print and bring your own route sheet, available at: <https://ctbikeroutes.org/rides/pdf_route/dlb98146.pdf>

***NEW HARTFORD: RIDES***

**FARMINGTON RIVER ROLLERCOASTER, NEW HARTFORD RIDE**

* LOCATION: New Hartford
* RIDE DESCRIPTION: Extensive cruise along the Farmington River and other country roads in rural Northwestern CT, including a loop along the People’s State Forest and American Legion State Forest. The leader will supply cue sheets for this ride, which is not on CT Bike Routes.
* START LOCATION: Satan’s Kingdom State Recreation Area, 92 Main Street (Route 44), in New Hartford. Route 8 North to the end of the highway in Winsted (58 miles from where I95 meets Routes 8/25N). Turn left onto Route 44E for 7.7 miles. Satan’s Kingdom is on the left, across from Foothills Plaza. From the Hartford area, take Route 44W to Satan’s Kingdom.
* RIDE DISTANCE/TYPE:RC, RL, RG, Cue, 13 mph). 32 miles.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***NEW HAVEN: HIKES/WALK***

**CENTRAL NEW HAVEN & MUSEUM WALK**

* LOCATION: New Haven
* WALK DESCRIPTION: We’ll be taking a walk through central New Haven with walks through Grove Street Cemetery, Yale Campus and a stop for lunch at Bar Restaurant on Crown St. We will return through the historic New Haven Green and end with a visit to the New Haven Museum (free on the 1st Sunday of each month).
* START LOCATION: Meet at the Peabody Museum parking lot at the corner of Whitney Ave. and Humphrey St.

**EAST SHORE PARK WALK**

* LOCATION: New Haven
* WALK DESCRIPTION: 5+ miles walk through the park and along the water of New Haven Harbor to the Seawall and beyond.
* START LOCATION: Meet at the parking lot at the corner of Woodward Ave and Tuttle Street. Directions: Take Rt 95 to exit 50 (New Haven Airport exit). Head south on Woodward Ave. The parking area is on the right by the ice skating rink.
* WALK DISTANCE / TYPE: 5+ miles. Lunch at a local restaurant for those who are interested.

***NIANTIC: HIKES/WALK***

**NIANTIC BAY BOARDWALK, 4-5 MILES WALK**

* LOCATION: Niantic, Cini Memorial Park
* WALK DESCRIPTION: The walk starts on the Niantic Boardwalk along the water, leads to a beachfront park scenic overlook and heads west into the neighborhoods. Before retracing on the boardwalk to the parking lot, we can detour into downtown Niantic and grab lunch for those who are interested. Finally, follow the 1.1 mile concrete boardwalk back to our cars. 4-5 miles total.
* START LOCATION: I-95 north, exit 72. Follow this one-way connector to the end at traffic light, turning left onto Rt 156 East to Cini Park, which is about 3.6 miles east of Rocky Neck State Park. Turn left into Cini Park, shortly past Dad’s Restaurant at 147 Main Street, also on the left. If you drive over the Niantic Bridge, you went too far! Cini Park sits somewhat under the bridge. Park in the lower part of the lot.
* Rain/snow/ice cancels.

***NORTH HAVEN: HIKES/WALK***

**PETER’S ROCK HIKE**

* LOCATION: North Haven
* HIKE DESCRIPTION: A~ 3 mile hike of the renewed trail system. We will visit the community gardens and Bee hives and lookout lower vista along the way. Optional lunch at Guillio’s Apizza.
* START LOCATION: GPS address is: 133 Middletown Ave, North Haven. Take Exit 8 on I-91, take a left and bear left to the next traffic light, take a left. On Middletown Ave, head north 5 traffic lights and stay straight and take a quick right past intersection just before “First Fuel” gas station into parking lot. For info and maps, visit www.petersrockassociation.org.
* Rain, snow, or ice cancels.

***OLD LYME: RIDES***

**LEISURELY LYMES #2 RIDE**

* LOCATION: Old Lyme
* RIDE DESCRIPTION: This is a neat ride in Old Lyme over rolling and flat terrain with a few moderate hills (one long hill at the start). Stops at Ely’s Landing on the Connecticut River and at Hain’s Park on Rogers Lake. Later there will be a visit to the DEP Marine Headquarters and its boardwalk. There are interesting interpretive display signs about the local flora and fauna at the end of the boardwalk.
* START LOCATION: Big Y parking lot, Rt. 1 in Old Lyme. Take I-95 Exit 70 (east of Baldwin Bridge). If eastbound on (-95, at the end of the ramp turn left onto Rt. 1 & Rt. 156. At the light go right on the continuation of Rt. 1 (Rt 156 goes straight here); the access road to the Big Y will be on your right in about 300 yards (traffic light). If westbound on (-95, at the end of the ramp go straight onto Rt. 1 south for 0.4 mile to the Big Y on the left. Park to the right of the access road, closest to Rt. 1 (not close to the store).
* Bring or buy snack.
* Please print and bring route sheet, route and description available at: http://www.ctbikeroutes.org/rides/pdf\_route/dlb98073.pdf; http://www.ctbikeroutes.org/rides/pdf\_writeup/wu-sl024.pdf
* RIDE DISTANCE/TYPE: FL/RL, RC (Recreational Level), 11-14 mph finished average. Regroup, 29.2 miles
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS. If weather is uncertain text or email leader by 8:00 AM the morning of ride.

***OLD SAYBROOK: HIKES/WALK***

**OLD SAYBROOK/FENWICK WALK**

* LOCATION: Old Saybrook
* WALK DESCRIPTION: A 4 mile walk across the causeway into the area of Fenwick. Lunch will follow for those interested.
* START LOCATION: Meet at the public parking lot at Saybrook Point. From I-95 take exit 67 and follow Rt. 1 south to Rt. 154 West and follow the signs to Saybrook Point.

**OLD SAYBROOK WALKING TOUR**

* LOCATION: Old Saybrook
* WALK DESCRIPTION: This will be a 4.5 mile walk to the center of the shore line town of Old Saybrook.
* START LOCATION: Meet at the public parking lot at Saybrook Point, Old Saybrook. Take I-95 to Exit 67, follow Rt 1 South to Rt. 154 West and signs to Saybrook Point.
* WALK DISTANCE/TYPE: 4.5 miles.

***ORANGE: RIDES***

**AMITY EXTRAVAGANZA**

* LOCATION: Orange, CT
* RIDE DESCRIPTION: Enjoy quiet, shady backroads with peaceful scenery, including horse farms, reservoirs, and forests. The occasional steady uphills are rewarded with some whizzing downhills that you can truly enjoy due to the lack of traffic. Lunch in Bethany. In the fall, foliage should be at its peak, adding to the ride enjoyment. The route has 2,100 ft. of elevation gain, or 72 ft. of climbing per mile. <https://ridewithgps.com/routes/26761497>.
* START LOCATION: Race Brook School, 107 Grannis Road, Orange.
* DIRECTIONS: Rt. 15 North or South to Exit 57 (Rt. 34 East) for 1 mile. Right on Rt. 114 South for 1 mile. Left on Grannis Rd. at light for 0.5 miles. Right into school. I-95 North to Exit 41. Left on Marsh Hill Rd. Right on Indian River Rd. at light. Cross Rt. 1 onto Rt. 114 North for 1.4 miles. Right on Grannis Rd. at light. Go 0.6 miles and right into the school. I-95 South to Exit 42. Left onto Saw Mill Rd. (becomes Bull Hill Lane). Left on Rt. 1 South. Right on Rt. 114 North for 1.3 miles. Right on Grannis Rd. at the light. Go 0.6 miles and right into the school.
* RIDE DISTANCE/TYPE: 29 miles, RC, HL, CUE, 13 MPH, but speed will depend upon conditions and/or riders.
* If weather is uncertain text or email leader by 7:00 AM the morning of ride.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***PLAINVILLE: RIDES***

**PLAINVILLE TO SIMSBURY**

* LOCATION: Plainville, CT
* RIDE DESCRIPTION: Though most of this recreational leaning ride is flat to rolling, there are two significant hills. Utilizing 21 miles of roads, and 8 miles of the Farmington Canal Trail, the ride crosses the Farmington River four times and rides alongside it in two sections. There are no facilities at the start, but porta potties are found at miles 4, 13 and 21. Bring your own food for planned rest stop at Simsbury’s Drake Hill Flower Bridge. Convenience stores can be found if necessary. We will regroup as needed.
* START LOCATION: Plainville Farmington Trail parking lot, Northwest Dr, Plainville at corner with Johnson Ave.
* DIRECTIONS: Take RT 10 North in Plainville, turn left on Northwest Dr. Go almost a mile to the clearly visible parking lot on the right at the corner with Johnson Ave.
* RIDE DISTANCE/TYPE: 29 miles, REC/SO, FL/RL, CUE, 11-13 MPH, but speed will depend upon conditions and/or riders.
* If weather is uncertain text or email leader by 7:00 AM the morning of ride.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***STONINGTON: RIDES***

**WATCH HILL WANDERINGS RIDE**

* LOCATION: Stonington, Clarks Falls, CT
* RIDE DESCRIPTION: This is an interesting ride over mostly flat to rolling terrain in towns along the Connecticut-Rhode Island border. On the way to the Watch Hill Lighthouse, the route follows along the east side of the Pawcatuck River, passes through Westerly, RI, and makes a circuit of Avondale. From the Watch Hill Lighthouse, the ride passes Misquamicut State Beach and then returns through forest and farmland in western Rhode Island. Bring snacks and water. We can take a snack break halfway at Salty's Clam Shack
* START LOCATION: I-95 Exit 93 CPL (Rt.216) at the Connecticut/Rhode Island state line.
* RIDE DISTANCE/TYPE: 38.6 miles. Elevation gain: 889 feet. Degree of Difficulty Index: 889 ft / 37.9 mi = 23.03 ft/mile. Terrain: Flat to rolling. Killer Hills: none.
* ROUTE SHEET: <http://www.ctbikeroutes.org/rides/pdf_route/dlb98058.pdf>
* RideWithGPS: <https://ridewithgps.com/routes/37011837>
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***TRUMBULL: RIDES***

**GREAT PUMPKIN RIDE**

* LOCATION: Trumbull
* RIDE DESCRIPTION: Pre-Halloween ride up to Jones Tree Farm in Shelton with a possible cookie and cider stop. Lunch stop available later in the ride. Enjoy cruising along many low-traffic roads past several reservoirs and farms, a golf course and Stratford's Boothe Memorial Park. If you need restroom facilities prior to the ride, there is a Mobil station on Rt. 108, just south of Rt. 8.
* START LOCATION: Rear parking lot of the Center at Priscilla Place, 23 Priscilla Place, Trumbull.
* DIRECTIONS : Rt. 15 South, Exit 52 to Rts. 8/108 South and follow to Rt. 108 at the split. Right at the light to Rt. 108 North. Head north one mile. Left onto Priscilla Place. Rt. 15 North, Exit 51, Rt. 108. Left at the light on Rt. 108 North. Left on Priscilla Place.
* RIDE DISTANCE/TYPE: 32 miles, 2,200 ft. of elevation gain. (RC, HL, Cue, 12.5 mph).
* RideWithGPS: <https://ridewithgps.com/trips/106802184>
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**PEQUONNOCK VALLEY GREENWAY RIDE**

* LOCATION: Trumbull
* RIDE DESCRIPTION: Join us for a 15-20 mile ride in two parks and two rail trails in Trumbull (Twin Brooks Park, Beardsley Park, Pequonnock Valley Greenway and Old Parlor Rock Park). Enjoy this pleasant, leisurely, ride that runs largely in the shade. Average speed will be less than 10 mph as the trails and parks have lots of walkers, including children.
* START LOCATION: Parking lot behind 900 White Plains Road.
* DIRECTIONS: Take exit 50 off the Merritt Parkway South and turn right onto SR 127 North (White Plains Road). After 0.9 miles, turn right into the parking lot behind 900 White Plains Road and park behind Bruegger’s Bagels / Ichiro Hibachi / Sunny Daes.
* RIDE DISTANCE/TYPE: 15-20 miles. (Le, 8-10 mph).
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**PEQUONNOCK PARKS PERAMBULATION**

* LOCATION: Trumbull
* RIDE DESCRIPTION: Join us for a 30-mile ride through various parks and trails in Trumbull. The river trail has a slight upward grade from south to north with a low point of 50 ft. at Crown St. in Bridgeport and a high point of 450 ft. at the Monroe-Newtown border. The route is rolling to hilly with 1,100 ft. of elevation gain, or 37 ft. of climbing per mile. About 12.5 of the 30 miles of this route have a hard-packed stone dust surface suitable for a hybrid bicycle. The half-mile Newtown section is a single-track trail. The trail is paved from Twin Brooks Park to Beardsley Park, and from Whitney Avenue to the Monroe town line. There are no stores on or adjacent to the trail, although there are many on nearby Rt. 25. Seasonal restrooms are available by the lake at Wolfe Park. GPS track: <https://ridewithgps.com/trips/90976362>. The average speed will be low as the trails and parks have lots of walkers, including children.
* START LOCATION: Merritt Pkwy Exit 50 CPL, 499 White Plains Rd. (Rt. 127), Trumbull.
* DIRECTIONS: From Merritt South, take exit 50. The CPL is opposite the exit ramp. From Merritt North, take Exit 51, make a left over the parkway, then left on Merritt South to Exit 50.
* RIDE DISTANCE/TYPE: 30 miles. (Le, 10-12 mph).
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**PEQUONNOCK RIVER TRAIL, BRIDGEPORT-TRUMBULL-MONROE**

* LOCATION: Trumbull
* RIDE DESCRIPTION: Join us for a 28 mile ride through various parks and trails in Trumbull. The rail trail has a slight upward grade from south to north with a low point of 50 ft. at Crown St. in Bridgeport, and a high point of 460 ft. at the Monroe-Newtown border. The route has 900 ft. of elevation gain, or 32 ft. of climbing per mile. About 17 of the 28 miles of this route are paved. The trail is paved from Twin Brooks Park south to the end of Beardsley Park, and from Whitney Avenue north to the Monroe town line. The trail is paved along the entry road to Wolfe Park in Monroe. Most other parts have a hard packed stone dust surface suitable for a hybrid bicycle. There are no stores on or adjacent to the trail, although there are many on nearby Rt. 25. Seasonal restrooms are available by the lake at Wolfe Park, and sometimes at Twin Brooks and Old Mine Parks. The average speed will be low as the trails and parks have lots of walkers, including children.
* START LOCATION: Merritt Pkwy Exit 50 CPL, 499 White Plains Rd. (Rt. 127), Trumbull.
* DIRECTIONS: From Merritt South, take exit 50. The CPL is opposite the exit ramp. From Merritt North, take Exit 51, make a left over the parkway, then left on Merritt South to Exit 50.
* RIDE DISTANCE/TYPE: 28 miles. (Le, 10-12 mph).
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

**PEQUONNOCK RIVER TRAIL, TRUMBULL TO NEWTOWN**

* LOCATION: Trumbull
* RIDE DESCRIPTION: Join us for a 20-mile ride through various parks and trails in Trumbull. The rail trail has a slight upward grade as you cycle north. There is 400 ft. of total climbing, or 20 ft. per mile. The trail is paved from Whitney Avenue in Trumbull to the Victorinox (Swiss Army) property in Monroe, and again along the entry road to Wolfe Park in Monroe. Including the roads used to connect the trail, 6.4 miles of the route is paved. Most other parts have a hard packed stone dust surface suitable for a hybrid bicycle. The Newtown stretch has some roots to bounce over, but you can avoid them by turning back at the Monroe border. There are no stores on or adjacent to the trail, although there are many on nearby Rt. 25. Seasonal restrooms are available by the lake at Wolfe Park, and perhaps at Old Mine Park in Trumbull. Stay on the access roads and off the paths marked “No Bikes”. Use the bike racks and do not lean bikes against walls to avoid hassles with the park ranger. The left fork at mile 3.95 merely loops out to busy Rt. 25 (Main St.). GPS track: <https://connect.garmin.com/modern/activity/383394625>.
* START LOCATION: Parking lot at 10 Tait Road, off Route 127 (Church Hill Road) in Trumbull.
* DIRECTIONS: From Rt. 25 North, take Exit 9. Left at end of ramp onto Daniels Farm Rd. Right at the light on Church Hill Rd. (Rt. 127) Bear right on Tait Rd. by the Helen Plumb Building. From Rt. 25 South, left on Park Street, and right on Daniels Farm Rd. and follow as above.
* RIDE DISTANCE/TYPE: 20 miles. (Le, 10-12 mph).
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***TRUMBULL: HIKES/WALK***

**HOUSATONIC RAIL TRAIL WALK**

* LOCATION: Trumbull
* WALK DESCRIPTION: Join us for a 5 mile walk on rail trail-Trumbull (Pequonnock Valley Greenway). We will walk on the Trumbull portion of the trail up to Whitney Avenue and the beginning of Old Parlor Rock Park before turning back. Enjoy this pleasant, woodsy setting in the suburbs close to stores and major highways.
* START LOCATION: Meet at Tait Road parking lot. Take exit 50 off the Merritt Parkway, turn right onto SR127 North. At the intersection of Church Hill Road and Daniel’s Farm Road, bear left at light (still SR127) up Church Hill Rd, followed by an immediate right on Tait Road (not Tait’s Mill Road) at the unsigned, twenty plus-car parking area immediately on the right beside the old town hall (now called the Helen Plumb Building, 571 Church Hill Road). The trail head lies 50 yards down the road on the left.
* WALK DISTANCE / TYPE: 5 miles. Lunch afterwards at the “O” Bar and Grill.

***WALLINGFORD: HIKES/WALK***

**'Q'-RIVER LINEAR TRAIL WALK**

* LOCATION: Wallingford
* WALK DESCRIPTION:
* START LOCATION: Meet at Community Lake parking lot, located at 291 Hall Ave, at 10:45 a.m. for a 4 mile walk along the Quinnipiac River. From the Wilbur Cross Pkwy (Rt 15) heading north, take exit 65. At the end of the ramp, take a left to the end of the street. Cross Hall Ave. into the Community Lake parking lot. Joint with NHHC.
* WALK DISTANCE / TYPE: 4 miles.

**TOUR OF WALLINGFORD AND WINERY WALK**

* LOCATION: Wallingford
* WALK DESCRIPTION: 3 mile plus walk past some of the most beautiful Victorian homes in Wallingford. We will also visit the campus of Choate Rosemary. Following the walk we will car pool/caravan to the Gouveia Vineyard. The Vineyard asks that no beverages be brought in. Besides serving a variety on wines, they have botted water, soda, tea and cappuccino. We ask that members bring an appetizer to share.
* START LOCATION: Meet in the parking lot behind TD Banknorth, on the corner of Center Street and North Main St.
* WALK DISTANCE/TYPE: 3 miles.

***WESTBROOK: RIDES***

**WESTBROOK GAZEBO RIDE—SEE CLINTON LISTING**

**WESTBROOK TO MADISON SURF CLUB RIDE**

* LOCATION: Westbrook, CT
* RIDE DESCRIPTION: Mostly flat, 24- 26 mile social ride around 12 mph through scenic areas in Westbrook and Clinton to Madison Surf Club for a swim and lunch break. We will regroup periodically.
* BRING: Water, towel, bathing suit and lunch, (food stand & picnic tables on grassy area Also, showers and changing facilities are available).
* START LOCATION: Behind the Westbrook Volunteer Fire Department at 18 S. Main Street, Westbrook Center.
* RIDE DISTANCE/TYPE: 24-26 miles, So / Fl.
* DIRECTIONS: Traveling North on I95 to exit 65 Westbrook, right at end of ramp on Route 153 to Westbrook center (Traveling South, left at Exit 65 on to Route 153 to Westbrook Center). Bear right in front of Town Green to continue to traffic light, opposite Congregational Church on Rt 1. Westbrook Volunteer Fire Department will be immediately after light. Turn left onto S Main Street fork off Rt 1 and enter parking lot ON LEFT just after Westbrook Volunteer Fire Department. GPS Address: Rear of 18 S Main Street, Westbrook, CT 06498. Destination is approximately half a mile from Exit 65.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

***WEST HAVEN: HIKES/WALK***

**SAVIN ROCK WALK**

* LOCATION: West Haven
* WALK DESCRIPTION: Enjoy a 3-4 mile walk along the boardwalk to Sandy Point, and then along the Savin Rock trail to Bradley Point. We'll walk a bit further on the beach after the sidewalk ends. Lunch across the street at Savin Rock Roasting Company for those who are interested.
* START LOCATION: Meet at Savin Rock Shopping Plaza at the corner of Campbell Avenue and Captain Thomas Blvd in West Haven.
* WALK DISTANCE / TYPE: About 3 miles along the boardwalk.

***WEST HARTFORD: HIKES/WALK***

**WEST HARTFORD RESEVOIR WALK**

* LOCATION: West Hartford
* WALK DESCRIPTION: This will be a 3 mile walk around the beautiful grounds of the West Hartford reservoir.
* START LOCATION: Take I-84 east to exit 39 (left hand exit) (Rt 4 Farmington) at light turn right onto Farmington Ave. W.H.T.P. is approximately 2.5 miles on the left. Meet at the end of the parking lot.
* WALK DISTANCE / TYPE: 3 miles.
* Lunch and a walk around West Hartford center to follow for those interested.

***WETHERSFIELD: HIKES/WALK***

**WALK IN OLD WETHERSFIELD & WETHERSFIELD COVE WALK**

* LOCATION: Wethersfield
* WALK DESCRIPTION: Enjoy a brisk 4 to 5 mile walk exploring the beautiful historic district of Old Wethersfield, including the Cove area. If it’s cold enough, we will see ice fishing in the Cove.
* START LOCATION: Meet at the Broad Street Green (on Constitution Way, across from Garden St.). Take I-91 to exit 26 (Old Wethersfield exit) and follow the signs to Old Wethersfield. Take a sharp left on Broad St., across from the cemetery. Constitution Way is in the middle of the green.
* Lunch to follow for those interested.
* Snow or rain or icy conditions cancels

***WOODBRIDGE: RIDES***

**FIVE TOWN RIDE**

* LOCATION:/Bethany/Hamden/Wallingford/Cheshire
* RIDE DESCRIPTION: Relatively hilly ride on backroads through these five towns--woods, residential areas.
* START LOCATION: lot next to Mother church of the Assumption. 1700 Litchfield Turnpike, Woodbridge, CT. Hwy 69.
* RIDE DISTANCE/TYPE: 31.1 miles; 4-5 significant hills. 12-13 mph. Hilly Terrain.
* Cue Sheet Available. Bring your own food/water.
* HELMETS REQUIRED, FLAT REPAIR KIT (SPARE TUBE / TIRE LEVERS & ALLEN KEYS / PATCH / CO2 INFLATOR OR PUMP) STRONGLY RECOMMENDED.
* HEAD & TAIL LIGHTS + REARVIEW MIRROR STRONGLY RECOMMENDED.
* INCLEMENT WEATHER AND/OR DANGEROUS ROAD CONDITIONS CANCELS.

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