

Start: Highland Lake Park, 639 Shewville Rd, Ledyard

Elevation 1542 feet

Elevation 911 feet

Leg	Total	Long Ride	
		R - Shewville Rd	
0.3	1.2	L - Whitford Rd	
0.5	1.7	R - Lantern Hill	
2.0	3.7	S - Cross Rt 184 TRO Lantern Hill	
0.1	3.8	L - North Stonington Rd	F
0.7	4.5	S - Rt 201	i
4.2	8.7	R - Rt 2	r
1.7	10.4	R - Rocky Hollow Rd	s
1.3	11.7	R - Rt 184	t
0.8	12.5	L - Taugwonk	
3.1	15.6	S - Pequot Trail	
0.3	15.9	L - N Main St	F
1.5	17.4	R - Rt 1	o
1.9	19.3	R - Cove Rd	l
1.5	20.8	R - Mistuxet Ave	d
0.4	21.2	BL - Pelligrino	
0.8	22.0	L - Flanders	
0.3	22.3	L - Pequot Trail	
		Second	Fold
0.2	22.5	R - Wheeler	
3.1	25.6	L - Rt 184	
0.8	26.4	R - Al Harvy	
1.3	27.7	L - Rt 201	F
1.4	29.1	R - Wolfneck	i
1.1	30.2	S - Whitford	r
0.5	30.7	R - Shewville Rd	s
1.3	32.0	Finish - Highland Lake Park	t
			F
			o
			l
			d

Leg	Total	Short Ride	
		R - Shewville Rd	
1.1	1.1	R - TRO Shewville Rd	
2.6	3.7	R - River Rd	
2.4	6.1	L - Starr St	
0.1	6.2	E - Pearl St	
0.5	6.7	L - W Main over bridge	
0.1	6.8	R - Crotrell St (bathroom stop)	
0.1	6.9	L - Washington St	
0.3	7.2	R - Roosevelt Ave	
0.2	7.4	S - Rt 1 Williams Ave	
1.4	8.8	L - Cove Rd	
1.5	10.3	R - Mistuxet Ave	
0.4	10.7	BL - Pellegrino	
0.8	11.5	L - Flanders	
0.3	11.8	L - Pequot Trail	
0.2	12.0	R - Al Harvey Rd	
3.7	15.7	L - Rt 201	
2.0	17.7	R - Rt 184	
		Third	Fold
0.7	18.4	R - Latern Hill	
1.9	20.3	L - Whitford	
0.5	20.8	R - Shewville Rd	
1.3	22.1	Finish - Highland Lake Park	

**Cycling Guidelines and Responsibilities**

- All cyclists on organized rides must wear an approved helmet.
- Be prepared by bringing adequate clothing, food, water, tools and spare tube.
- Act responsibly:
  - **Obey all traffic laws (e.g. stop lights, stop signs, stay to the right, ride single file in traffic)**
  - When stopping, get well off the traveled portion of the road.
  - Be considerate. When appropriate, communicate and signal, i.e. "on your left", "car up", "car back"
- Enjoy the ride