

Flat Friday Double Crossing - modified

Start: Route 9 Exit 3 CPL (Rt. 154), Essex

Ride Write-up: Wu-WE005

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Mile	Dir	Road Info/Description
0.0	O	Start
0.0+	L	Out of CPL onto Rt. 154 south
1.8	L	Otter Cove Dr (park like entry)
2.5	BR	TCO Otter Cove Dr
3.4	BL	@ SS TCO Otter Cove Dr (n/s) (Lower Rd goes right here) >> Ayers Pt. Rd @ 3.6
4.0	L	@ end w/ SS on Essex Rd (n/s)
4.6	R	Onto bike path over Connecticut River on Baldwin Bridge
5.7	R	@ end of path on Rt. 156 (traffic)
8.6	BR	Old Shore Rd (don't miss turn)
9.6	R	Rejoin Rt. 156
12.4	L	Mile Creek Rd (careful turning)
14.9	BL	@ SS TCO Mile Creek Rd (Flat Rock Hill Rd goes uphill to right)
16.6	R	Johnny Cake Hill Rd
17.6	BR	@ end w/ SS onto McCurdy Rd (n/s)

Mile	Dir	Road Info/Description
29.5	ST	>> Rt. 1 @ entrance to I-95
30.4	L	@ TL TCO Rt. 1 (now Rt. 154) (use extra caution making turn)
30.7	R	Entrance to shopping plaza just after crossing over RR bridge
30.8	O	Old Saybrook Railroad Station
---	ST	Continue through parking area
30.9	L	@ SS onto N. Main St (n/s)
31.0	ST	Cross Rt. 1 @ TL onto Rt. 154 (careful of traffic in town)
32.6	L	North Cove Rd (careful turning)
33.3	R	>> Cromwell Rd @ bend
33.6	L	@ SS onto Rt. 154 south
33.7	ST	@ SS to Saybrook Point
33.8	O	Saybrook Point
---	RD	Retrace back to Rt. 154
33.9	L	@ SS onto Rt. 154 south
38.4	L	@ end w/ SS Old Boston Post Rd

Mile	Dir	Road Info/Description
17.9	R	>> Lyme St @ bend (big church)
18.7	ST	@ TL onto Rt. 1 north (after I-95 overpass)
19.1	BL	Sill Lane (careful turning)
20.2	BL	Saunders Hollow Rd
21.2	R	@ end w/ SS onto Rt. 156
21.4	R	Bill Hill Rd
21.7	R	Burr Rd
22.3	R	@ end w/ SS onto Town Woods Rd
24.0	L	Into Hains Park (enter through fence opening before stop sign)
24.0+	O	Hains Park (Rogers Lake)
24.0+	R	Out of park onto Rt. 1 south
26.4	R	@ TL TCO Rt. 1 south
27.1	ST	@ TL onto bike path (careful)
28.1	R	@ end of path onto Essex Rd
28.4	R	>> Ferry Rd @ right bend

Mile	Dir	Road Info/Description
38.5	L	@ TL onto Rt. 1 (traffic)
39.2	R	@ TL onto Schoolhouse Rd
42.1	R	@ end w/ SS on Rt. 153 (traffic)
45.2	R	@ TL onto Rt. 154
45.3	L	Into CPL (careful making turn)
45.3+	O	Finish

Key:

O = Start, Regroup, Finish X = Cross
 L = Left Turn R = Right Turn
 BL = Bear Left BR = Bear Right
 QL = Quick Left QR = Quick Right
 ST = Straight TCO = To Continue On
 SS = Stop Sign RD = Reverse Direction
 TL = Traffic Light n/s = no street sign
 >> = road name becomes