

# NARRAGANSETT BAY WHEELMEN #1 Rev. 3/05

## CUMBERLAND FIFTY

Cumberland - Wrentham - Medway - No Attleboro

12 - 18 - 30 - 54 Miles

**START:** Cumberland Middle School, Highland Ave

- 12 miles: Right at end of Abbot Valley Run onto Nate Whipple
- 18 miles: Left at end of Abbot Valley Run then Right onto Torrey
- 30 miles: Right at end of Forest onto King
- 54 miles: Left at end of Forest onto King, follow map insert

### SCENIC NOTES:

This ride is gently rolling, with a climb up from the Diamond Hill reservoir. Short ride goes through the village of Arnold Mills; note the waterfall by the mills. Longer rides go by the reservoir, which supplies Pawtucket's water. After a steep climb from the watershed you'll ride past dairy farms, Wrentham's horse pastures and barns. 50 miler heads into Franklin, Bellingham, and Medway, returning by the Big Apple in Sheldonville. Stop for fresh cider and apples in season.

#### INTERESTED IN JOINING THE NBW?

Check the website: [www.nbwclub.org](http://www.nbwclub.org)  
for an application.

Or send a self-addressed, stamped envelope to:  
NBW, PO Box 41177, Providence, RI 02940-1177.

**HELMETS ARE REQUIRED TO  
PREVENT SERIOUS HEAD INJURIES**

