

Day 1 – New Haven to Deep River

| Turn | Total Miles | Street | For |
|-------------------|-------------|--|-----|
| | | Union Station | |
| R | 0.0 | Union Ave. | 0.3 |
| R | 0.3 | Water St. → Forbes Ave. | 1.9 |
| R | 2.2 | Woodward Ave. | 1.7 |
| R | 3.9 | Townsend → South End | 1.5 |
| L | 5.4 | Silver Sands Rd. | 0.6 |
| Str | 6.0 | Cozy Beach Rd. | 0.2 |
| R | 6.2 | Catherine St. | 0.2 |
| L | 6.4 | Cozy Beach Ave. | 0.3 |
| L | 6.7 | Coe Ave. | 0.1 |
| 1 st R | 6.8 | Bradford | |
| 2 nd L | | Henry St. | 0.5 |
| R | 7.3 | Elliot → Hoop Pole Ln. | 0.4 |
| L | 7.7 | Mansfield Grove Rd. | 0.4 |
| R | 8.1 | Short Beach Rd. | 2.1 |
| R | 10.2 | Stannard Ave. | 0.7 |
| L | 10.9 | Harbor St. | 0.5 |
| R | 11.4 | Maple St. (deli) | 0.1 |
| R | 11.5 | Indian Neck Ave. | 0.9 |
| BR | 12.4 | CT-146 (Slincy Fields on right – PIT if no deli) | 2.2 |

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| L | 14.6 | Blackstone Ave. CT-146 | 1.3 |
| R | 15.9 | Stony Creek Rd. CT-146 | 4.9 |
| L | 20.8 | Sachem Head Rd. at T | |
| QBR | | Water St. CT-146 | 1.3 |
| | 22.1 | Guilford - LUNCH | |
| | | | |
| Cont | 22.2 | Boston St. CT-146 | 1.3 |
| BR | 23.5 | Rte. 1 Boston Post Rd. | 1.1 |
| L | 24.6 | Wildwood Ave. | 0.4 |
| BR | 25.0 | Green Hill Rd. | 2.0 |
| L | 27.0 | Durham Rd. CT-79 | 4.4 |
| R | 31.4 | CT-80 at traffic circle | 10.0 |
| L | 41.4 | TRO CT-80 | 1.9 |
| R | 43.3 | Main St. CT-154 | 0.2 |
| L | 43.5 | Riverwind Inn 209 Main St. 860-526-2014 | |
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Day 1 – Flatter Route

| Turn | Total Miles | Street | For |
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| | | Same as original route to Guilford | |
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| | | Continue from Guilford | |
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| Cont | 22.2 | Boston St. CT-146 | 1.3 |
| BR | 23.5 | Rte. 1 Boston Post Rd. | 11.9 |
| L | 35.4 | CT-153 Essex Rd. | 4.3 |
| L | 39.7 | Westbrook Rd. | 0.8 |
| R | 40.5 | Main St. | 0.1 |
| L | 40.6 | CT-154 Middlesex Tpk. | 2.4 |
| R | 43.0 | Riverwind Inn 209 Main St. 860-526-2014 | |
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Day 4 – Narragansett to Norwich

| Turn | Total Miles | Street | For |
|-------------------|-------------|---|-----|
| L | 0.0 | Ocean Rd. | 0.2 |
| 2 nd L | 0.2 | Exchange St. → Kingstown Rd. | 0.6 |
| L | 0.8 | Kingstown Rd. (RI 1A) | 0.4 |
| R | 1.2 | Mumford Rd. | 0.2 |
| L | 1.4 | Bike Path | 0.6 |
| L | 2.0 | MacArthur Blvd. | 0.2 |
| X | 2.2 | X Rte. 108 onto Path | 0.6 |
| L | 2.8 | Main St. (RI 1A) | 1.4 |
| BR | 4.2 | Onto ramp | 0.1 |
| BR | 4.3 | US 1 south | 3.1 |
| L | 7.4 | Onto U-Turn road and onto US 1 north | 0.4 |
| BR | 7.8 | Exit onto Matunuck Beach Rd. | 1.4 |
| R | 9.2 | Cards Pond Rd. | 1.2 |
| R | 10.4 | Moonstone Beach Rd. | 0.4 |
| L | 10.8 | Matunuck Schoolhouse | 3.3 |
| L | 14.1 | Old Post Rd. (RI 1A) | 1.1 |
| BR | 15.2 | US 1 north | 0.3 |
| L | 15.5 | U-Turn Rd. onto US 1 S | 6.1 |

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| L | 21.6 | Shore Rd. (RI 1A) | 5.1 |
| BR | 26.7 | At T – Watch Hill Rd. | 0.4 |
| R | 27.1 | Lunch – Cooked Goose | |
| R | 27.1 | Watch Hill Rd. (RI 1A) | 1.0 |
| BL | 28.1 | TRO Watch Hill (RI 1A) | 2.2 |
| L | 30.3 | US 1 Broad St. | 0.7 |
| BL | 31.0 | TRO US 1 S. Broad St. | 4.4 |
| R | 35.4 | Flanders Rd. | 0.9 |
| BL | 36.3 | Deans Mills Rd. | 0.7 |
| BL | 37.0 | Mistuxet Ave. | 0.2 |
| BR | 37.2 | Jerry Browne Rd. | 1.6 |
| R | 38.8 | CT 27 | 0.8 |
| BR | 39.6 | Shewville Rd. | 2.6 |
| L | 42.2 | TRO Shewville Rd. | 2.0 |
| L | 44.2 | CT 214 (Indiantown Rd.) | 0.1 |
| R | 44.3 | Shewville Rd. | 3.1 |
| L | 47.4 | CT 2 | 4.9 |
| STR | 52.3 | Main St. (after bridge) | 0.6 |
| BR | 52.9 | Washington (at T) | 0.1 |
| 1 st L | 53.0 | CT 82 West | 2.3 |
| R | 55.3 | Laura Blvd. | 0.1 |
| L | 55.4 | Holiday Inn | |
| | | 860-889-5201 ext. 168 | |

Day 5 – Norwich to New Haven

| Turn | Total Miles | Street | For |
|-------------------|-------------|-------------------------|------|
| | | Exit Holiday Inn | |
| R | 0.0 | Laura Blvd. | 0.2 |
| R | 0.2 | Salem Tpk. (CT-82) | 16.9 |
| BL | 17.1 | CT-148 (Ferry Rd.) | 1.5 |
| L | 18.6 | TRO CT-148 (Ferry Rd.) | 0.1 |
| | 18.7 | Take ferry across river | 0.3 |
| Str | 19.0 | CT-148 | 7.9 |
| L | 26.9 | CT-81 | 2.7 |
| R | 29.6 | Green Hill Rd. | 6.3 |
| BL | 35.9 | Wildwood Ave. | 0.4 |
| R | 36.3 | US 1 Boston Post Rd. | 1.1 |
| L | 37.4 | CT-146 (Boston Rd.) | 1.3 |
| | 38.7 | Lunch - Guilford | |
| R | 38.8 | Water St. (CT-146) | 1.3 |
| R | 40.1 | Leetes Island Rd. (146) | 3.6 |
| Str | 43.7 | Stony Creek (CT-146) | 1.3 |
| Str | 45.0 | Damascus (146 goes L) | 1.5 |
| Str | 46.5 | Pine Orchard Rd. | 0.5 |
| R | 47.0 | Montowese St. | 0.1 |
| 1 st L | 47.1 | Meadow St. | 0.5 |
| L | 47.6 | Kirkham St. → Maple | 0.9 |

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| L | 48.5 | Short Beach Rd. (CT-142) | 3.0 |
| R | 51.5 | Hemingway (at T) | 0.2 |
| L | 51.7 | Dodge | 1.1 |
| BL | 52.8 | Burr | 0.2 |
| R | 53.0 | Ft. Hale | 0.4 |
| L/R | 53.4 | At Townsend TRO Hale | 0.2 |
| R | 53.6 | Woodward | 1.2 |
| L | 54.8 | Forbes Ave. (US 1) | 1.9 |
| | 55.5 | RAILROAD TRACKS! | |
| | | cont. onto Water St. | |
| L | 56.7 | Union St. | 0.3 |
| L | 57.0 | Union Station | |
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| | | Trains @ 3:27; 3:45; | |
| | | 5:47; 6:47 | |
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