

23 Mile Route

ECHN Bike Connect

graciously hosted by the Visiting Nurses & Health Services of CT

ECHN Bike Connect is dedicated to raising money for nursing scholarships which will be offered to current ECHN employees. This ride involves a 23-mile circuit connecting the VNHSC, Woodlake at Tolland, Rockville General Hospital and Manchester Memorial Hospital.

STAGE 1: Start at VNHSC, 8 Keynote Drive to Woodlake at Tolland

Estimated miles
from VNHSC take a right.
0.30 Proceed on Keynote Dr. through light to Bolton Road
0.90 Take Right onto Bolton Road
0.70 Turn Left on Bamforth Road
Turn right onto Baker Road
2.00 Continue on Baker past stop sign to Route 31 junction
0.15 Turn Left onto Route 31 to Route 30 intersection light
0.05 Crossover Route 30 intersection
Make your first Right after the intersection onto Fern Street (sharp right)
0.15 Make your first left onto East Street
0.90 Turn Right onto Route 74/Tolland Avenue
0.15 Turn left onto Shenipsit Lake Road to Woodlake at Tolland
<u>5.30</u>

STAGE 2: Woodlake at Tolland to Rockville General Hospital

Estimated miles
0.15 Turn Left out of Woodlake at Tolland onto Shenipsit Lake Road
2.00 Right turn onto Route 74/Tolland Avenue
<u>2.15</u>

STAGE 3: Rockville General Hospital to Millenium Bike Trail

Estimated miles
0.50 Turn Left at the corner of Route 74 and West Main Street
0.4 Turn Left on Spring Street, Turn Right .2 miles to enter Milleniam Trail.
6.1 Enter Millenium Trail in front of CMI Millwork and proceed
<u>7.00 miles from 4th rest stop to finish</u>

STAGE 4: Millenium Bike Trail to Manchester Memorial Hospital

Estimated miles
0.75 Make a right onto Colonial Road in Manchester
Make a left onto Sheldon Road
1.25 Make a Left onto Oakland Road (becomes Summit Street)
Make a Right onto Flower Street
0.4 Turn Right into MMH Parking Lot
<u>2.40</u>

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STAGE 5: Manchester Memorial to VNHSC

Estimated miles	
0	Turn Right onto Haynes Street in front of MMH to Main Street
0.25	Turn Left on Main Street to East Middle Turnpike
0.9	Turn Right on East Middle Turnpike to Parker Street
0.4	Make a Left onto Parker Street to Woodbridge Street
0.4	Bear left, then a quick right to stay on Parker Street at the stop sign
0.85	Turn right onto Lydall Street to Vernon Street
1.96	Turn Left to Vernon St. (becomes Phoenix St.) continue across Washington St. to Warren Ave. Take Right on Warren.
0.8	Take left onto Tunnel Road.
0.7	Go uphill to Keynote Drive
0.03	To VNHSC
<u>6.29</u>	

- 5.30 STAGE 1: VNHSC Starting Point to Woodlake at Tolland
- 2.15 STAGE 2: Woodlake at Tolland to Rockville General Hospital
- 7.00 STAGE 3: Rockville General Hospital to Millenium Bike Trail
- 2.40 STAGE 4: Millenium Bike Trail to Manchester Memorial Hospital
- 6.29 STAGE 5: Manchester Memorial to VNHSC

23.14 TOTAL MILEAGE

**PLEASE:
OBEY ALL TRAFFIC LAWS
RIDE SINGLE FILE
WEAR A HELMET AT ALL TIMES**