

43 Mile Route

ECHN Bike Connect

graciously hosted by the Visiting Nurses & Health Services of CT

ECHN Bike Connect is designed to raise money for nursing scholarships which will be offered to current ECHN employees. This ride involves a 43-mile circuit connecting the VNHSC, Woodlake at Tolland, Rockville General Hospital, Manchester Memorial Hospital and Glastonbury Wellness Center.

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 Turn right onto Bolton Road
0.70 Turn Left on Bamforth Road (sharp left)
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 Manchester Memorial Hospital (ALTERNATE ROAD ROUTE)

Estimated miles
Turn Left at the corner of Route 74 and West Main Street
0.8 Travel West Main St. to the end. Turn left and immediate right onto Regan Rd.
0.2 Make left onto Bellevue Ave. (turns alot through brick apts. & then gray condos)
0.9 To the end, turn left (Sign says 60 & 70 Old Town Road)
0.5 To Rte 83 and turn left
1.5 Left at light onto Dobson Rd
0.4 Straight across Rte 30
0.8 Turn right at Phoenix Street (later becomes Vernon Street)
0.6 Pass Taylor Street (continue on Vernon Street)
2.0 Right onto Middle Turnpike
0.1 Bear right at light to stay on Middle Turnpike
1.3 Left onto Main Street
0.1 Right onto Haynes Street and to MMH
<u>9.2</u>

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STAGE 4: Manchester Memorial Hospital to Glastonbury Wellness Center

Estimated miles
0.1 Turn Right onto Haynes Street in front of MMH to Main Street
1.5 Make right onto Main Street to Hackamatack Street
1.1 Make right onto Hackamatack Street to Keeney Street
1.2 Make left onto Keeney Street to Bush Hill Road
0.7 Make right onto Bush Hill Road to Bell Street
1.6 Make left onto Bell Street to Hebron Avenue
1.7 Make right onto Hebron Avenue to Oakwood Street
0.2 Make left onto Oakwood Street
0 Make right into Glastonbury Wellness Center's driveway
<hr/> 8.1

STAGE 5: Glastonbury Wellness Center to to VNHSC

Estimated miles
0.2 Exit Glastonbury Wellness Center's driveway and turn left onto Oakwood Street
6.3 Make right onto Hebron Avenue to Birch Mountain Road
4.8 Make left onto Birch Mountain Road to Camp Meeting Road (Rt. 85) (Make a left at the fork in road at the stop sign past Villa Louisa Restaurant) CAUTION: Sharp Down Hill Turn
0.3 Make left onto Camp Meeting Road (Rt.85) to Porter Street
1.6 Make right onto Porter Street to Center Street
0.4 Cross East Center Street onto Lennox Street
0.3 Turn Right on East Middle Turnpike to Parker Street
0.3 Make a Left onto Parker Street to Woodbridge Street Bear left, then quick bear right to stay on Parker St.
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 on Tunnel Road to Keynote Dr. and turn left.
0.03 To VNHSC - Finish.
<hr/> 18.54

- 5.30 STAGE 1: Start at VNHSC to Woodlake at Tolland
- 2.15 STAGE 2: Woodlake at Tolland to Rockville General Hospital
- 9.20 STAGE 3: Rockville General Hospital to Manchester Memorial Hospital
- 8.10 STAGE 4: Manchester Memorial to Glastonbury Wellness Center
- 18.54 STAGE 5: Glastonbury Wellness Center to VNHSC

43.29 TOTAL MILEAGE

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

