

**Bicycle Rides In
Central New Jersey
(from vicinity of Princeton)
For The Serious Cyclist**

By Alan Kammerman

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CRANBURY - ROOSEVELT - IMLAYSTOWN - CLARKSBURG

Ride Distance - 44 miles - a loop from Cranbury

Terrain - flat to rolling

Difficulty - relatively easy, unless you run into wind coming back to Cranbury

Start - PNC Bank, Main St., Cranbury

Directions to start - from Exit 8A, N.J. Turnpike, west on Rt. 32 and South on Rt. 130 to Cranbury's Main Street

Parking - on local streets, bank lot on Sundays, or at Village Park (2 blocks north from bank and 1 block east)(between Main St. and Rt. 130)

Bathroom facilities at start at Village Park

Pre-ride snack at deli on Main St. (one block north of bank)

The ride heads roughly southeast from Cranbury in Middlesex and Monmouth Counties, is mostly flat with some rolling terrain, and goes through farmland, horsefarms, wildlife area, and some rural homesites, once out of the immediate Cranbury area. There is a rest stop at the Clarksburg General store/deli at about 25 miles. If an earlier stop is needed, there is a deli (Rossi's) in Roosevelt at about 9 miles. The ride passes through Imlaystown, a town that time seems to have passed by. You might want to stop in at the Post Office in Imlaystown at about 17.8 miles; there is also a nice lake with a recently reconstructed small dam in Imlaystown, in the same general area. You will also pass Clayton park, on your left at about 19 miles, which has some good mountain bike trails. The rest stop at the Clarksburg deli is somewhat of a mecca for local cyclists (as it is the main deli in the general area), so you may be able to chat with some other riders. The Assunpink wildlife area (miles 10-12) is particularly pretty in the fall with foliage colors. Some of the horse farms you pass before reaching the Clarksburg deli have small tracks for exercising the horses. The area is undergoing some home development, of a low density nature, which has not yet impacted significantly on the quiet nature of many of the roads on the route.

Bathroom options during the ride are Clayton Park on your left (19 mi.) and the Clarksburg deli (26.3 mi.) (bathroom in rear of store).

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

**POINT TO
POINT
MILEAGE** **CUMULATIVE
MILEAGE**

		0.0	Leave PNC Bank lot and left on Main St.
.4		0.4	L on Station Rd., Cross Rt. 130 and it becomes Rt. 615
1.3		1.7	Continue over turnpike and follow road to right
.2		1.9	L over railroad tracks
.1		2.0	R at T on Halsey Reed Rd.
.8		2.8	R on Wycoffs Mill Rd.
.8		3.6	L at T on Probasco Rd. (Applegarth Wycoffs Mill Rd.)
1.0		4.6	R at Stop sign on Applegarth Rd.
.8		5.4	Continue across Rt. 33, on 619 South (Butcher Rd.)
1.0		6.4	L at T on Disbrow Hill Rd.
.2		6.6	R on Battleground Rd.
1.1		7.7	R at T on Perrineville Rd.
.3		8.0	L on 571 South and continue through Roosevelt
1.6	FB	9.6	Continue straight where 571 makes a left turn and enter Assunpink Wildlife Management Area (with a short hill)
.5		10.1	R at T (listed as Clarksburg-Robbinsville Rd., but there is no road sign)
1.4		11.5	L at N.J. Dept. of Environmental Protection building (before dirt road)
.5		12.0	R at T
.3		12.3	L on East Branch Rd.
1.5		13.8	L on Rt. 524 (Stagecoach Rd.)
.7		14.5	R on Chambers Rd.
.3		14.8	R on Rues Rd. (a very pretty narrow smooth road)
2.3		17.1	R on Rt. 526 (sign says Imlaystown Rd.)- stay right when Rt. 43 immediately bears left
.6		17.7	L on Imlaystown Rd. (just past blue warehouse on right) as you pass lake, road changes to Davis Station Rd.
1.0		18.7	L on Emleys Hill Rd.
2.1	B	20.8	L at church on Burlington Path
.9		21.7	L at Red Valley Rd.
.8		22.5	R on Rt. 526
1.1		23.6	L on Olde Noah Hunt Rd.
.9		24.5	R on Yellow Meeting House Rd.
.9		25.4	L on Red Valley Rd.
.9	FB	26.3	Stop at Clarksburg deli near intersection of Spring Rd. and Rt. 524 (bathroom in rear of store)
.0		26.3	exit deli to Left on Rt. 524 (Stagecoach Rd.) (heading east)
2.8		29.1	L on Stillhouse Rd.
.8		29.9	L on Backbone Hill Rd.
1.8		31.7	bear R when Schoolhouse Rd. joins from left (stop sign)
.2		31.9	R on Millstone Rd.

.6 32.5 L on Bittner Rd.
.9 33.4 R at T on Agress Rd.
1.2 34.6 L at T on Perrineville Rd.
.4 35.0 Continue straight when road turns left - you are now on
Prodelin Way
.5 35.5 L on Huneke Way
.6 36.1 R at T on Disbrow Hill Road
.9 37.0 bear R on North Disbrow Hill Road
1.0 38.0 R at T on Rt.619 (Butcher Rd.)
.3 38.3 Continue across Rt. 33, now on Applegarth Rd.
.8 39.1 L on Probasco Rd. (Applegarth Wycoffs Mill Rd.)
1.0 40.1 R on Wycoffs Mill Rd.
.5 40.6 L on Brickyard Rd
1.7 42.3 Carefully cross Rt. 130 at traffic circle, one side of
Rt. 130 at a time, and bear right on Rt. 539 (becomes
Rt. 535 and then Main St., Cranbury)
1.5 43.8 Continue on Main St. back to PNC Bank in Cranbury

HOPEWELL - RINGOES - SERGEANTSVILLE - FRENCHTOWN

Ride distance - 56 miles - a loop from Hopewell

Terrain - rolling to hilly

Difficulty - this could be a difficult ride, particularly if you are not used to hills, or do not know the difference between an approximately metric flat ride and a hilly one

Start - Hopewell Elementary School, Princeton Ave., Hopewell, N.J.

Directions to start - from Rt. 518 in Hopewell, go south past 2 blocks and make a right turn past the school into the parking lot (behind a gas station)

Parking - in the school parking lot, or if during school term on weekdays, park on local streets

Bathroom facilities - try gas station by parking lot

Pre-ride snacks - deli on Rt. 518 and S. Greenwood Ave., one block west of Princeton Ave.

The ride heads north and west from Hopewell to Frenchtown and aside from the beginning and end in Mercer County, the bulk of the ride is in Hunterdon County. The terrain is generally rolling to hilly, with the exception of a flat 11 mile stretch after the rest stop in Frenchtown at the Bridge Street cafe, where you can pick from a wide selection of baked goods, in addition to more substantial fare. There are 2 large hills - Upper Creek, just past Sergeantsville at 17 miles, and Runyon Mill, at about 50 miles. Much of the ride is on narrow shaded roads through the rolling terrain of rural Hunterdon County. Optional rest stops are at the Carousel deli in Ringoes (at 11 and 48 miles) and at the Sergeantsville general store (at 16 miles), with a selection of Chinese food, including dumplings (but heed the climb up Upper Creek one mile down the road). The numerous shorter hills on the rolling terrain eventually take their toll, making the climb up Runyon Mill the hardest part of the ride. If it is a hot day, you may want to tank up on the ice cold water from the soda tap at the Carousel deli before heading east on Wertsville towards Runyon Mill Rd. You will also pass a covered bridge on this ride, just before turning onto Upper Creek Rd.

Horshoebend Rd. before reaching Frenchtown has a nice 2 mile downhill stretch, but remember to downshift into a very low gear after you go over a bridge, as you will shortly be hitting a wall with a very steep uphill. If you forget to do this, you will be walking up that hill.

The bathroom options for the ride are the gas station by Rts. 31/202 (10.8 and 48.3 miles), the Sergeantsville general store (15.9 mi.) (up the stairs to the left of the counter), the Bridge St. Cafe (26.3 mi.) (on way to patio seating area), and Bulls Island recreation area (about 35.2 mi.) (enter on your right from Rt. 29 and head towards the walking bridge over the Delaware River; there are a few portable toilets on the left before the bridge).

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

POINT TO POINT MILEAGE **CUMULATIVE MILEAGE**

		0.0	L on leaving Hopewell Elementary school parking lot
.1		.1	L on Columbia Ave.
.2		.3	R at T on S. Greenwood Ave.
.1		.4	L at light on Rt. 518
.3		.7	Bear L at fork at light on Rt. 654 (W. Broad Ave.)
1.4		2.1	R on Stony Brook Rd. (at bottom of hill) and watch the gravel at the turn
1.5		3.6	Cross Rt. 518 and continue on Stony Brook - it is recommended that you stop to cross 518 as you will be going uphill when you reach it
1.3		4.9	L on Snyderstown Rd. (when you go over a little bridge at 6.5 mi., downshift to a low gear as there
will			shortly be an uphill right turn
1.7		6.6	R on Linvale Rd. (watch the gravel at the turn)
2.0		8.6	L on Rocktown Rd at T over the bridge
.5		9.1	R on Losey
.5		9.6	L on Wertsville Rd.
1.2	B	10.8	Cross Rts. 31/202 and Continue straight (bathroom at gas station across 31/202)
.3	F	11.1	L on Rt. 579 (John Ringo Rd.) (Carousel deli on your left)
.1		11.2	Bear R on Rt. 179 and quick Right on Boss Rd.
1.5		12.7	L on Rt. 604 (Ringo-Rosemont Rd.) and continue through Sergeantsville (general store at 15.9 at light)
	FB		
4.5		17.2	R just past covered bridge on Upper Creek Rd.
1.7		18.9	L on Featherbed Lane (watch gravel at turn)
1.9		20.8	R on Rt. 519
2.4		23.2	L on Fairview Rd.
.1		23.3	quickly bear R on Horshoebend Rd. for long downhill but when you pass a bridge around 25 make sure you downshift into a very low gear because you will shortly be hitting a wall (steep uphill), and if you are in the wrong gear you will be walking
2.4		25.7	L on Rt. 12/610 (Kingwood Ave.)
.6		26.3	L over bridge at T on Race St.
.1		26.4	R on Bridge St. and continue up to bridge, where the
.1	FB	26.5	Bridge St. cafe is on your left
		26.5	R on Front St. after leaving cafe
.1		26.6	L on Lott St.

.1 26.7 R on Rt. 29 (Trenton Ave)
11.6 38.3 L on Rt. 519 (B at about 35.2)
.2 38.5 R at next street, Lower Creek Rd.
2.1 40.6 R on Covered Bridge Rd., though the sign is rarely
there (look for maroon shed on the right)
.7 41.3 R on Rt. 523
.2 41.5 next L on Rt. 605 (Cemetary Rd.)
.4 41.9 L on Sandy Ridge
.05 41.9 quick R on Sandy Ridge - Mt Airy Rd. (next right)
1.3 43.2 L on Lambertville Headquarters Rd.
1.1 44.3 R on Bowne Station Rd.
.9 45.2 L on Garboski Rd.
1.8 47.0 R on Boss Rd.
.9 47.9 L on Rts. 179/579
.1 FB 48.0 R on Wertsville Rd., at Carousel deli
2.6 50.6 R on Runyon Mill Rd.
1.3 51.9 L on Mountain Rd. (before the dirt road)
1.1 53.0 R on Rileyville Rd. (turns into N. Greenwood Ave)
3.2 56.2 Continue across Rt. 518 (W. Broad St.)
.1 56.3 L on Columbia Ave.
.2 56.5 R on Princeton Ave.
.1 56.6 R into the Hopewell Elementary school parking lot

PENNINGTON - LAMBERTVILLE (OPTION 1)

Ride Distance - 33 miles - a loop from Rosedale Park in Pennington
Terrain - rolling with some hills

Difficulty - moderately difficult if you are not used to hills; if you are a hill rider, then the ride is not too difficult.

Start - Rosedale Park, entrance off Federal City Road, Pennington, N.J.

Directions to start - Rosedale Park is about 3 miles east of Pennington town center; from route 295/95, take exit for Route 546 for Lawrenceville-Pennington Road, and after about 1.5 miles west, take Federal City Road to the right. After you pass Blackwell Road on the right, the entrance to Rosedale Park is the next right, as the road bends to the left. Enter into the park and bear right to the parking area inside the park, not the parking area adjacent to Federal City Road.

Bathroom facilities are in the park.

There are no pre-ride snack options in the park, so bring something if you will be hungry.

This ride is in Mercer and Hunterdon Counties, and from Rosedale Park in Pennington heads generally west and north to Lambertville, which is along the Delaware River, opposite New Hope, Pennsylvania. Other than passing through the town center for Pennington and the city of Lambertville, the ride is on rural rolling backroads. There are a few hills, though the distinction between uphill rolling terrain and a hill may be dependent on your biking experience. The hillier portion of the ride is after the break in Lambertville at 19.6 miles. There is a somewhat steep uphill exiting from Lambertville and the immediate Delaware River valley area, and then a longer more gradual hill, Pleasant Valley, starting at 23.5 miles. You have the option after the stop at the Lambertville Trading Company for coffee, snacks and/or baked goods, to meander around the city for a leisurely few miles of pedaling, as the city portion of Lambertville is less than 2 miles from north to south and a few blocks wide. The ride passes a variety of rural homes and farms, including a number of stone houses and varying architectural styles. While the area is undergoing some development, it is of a low density nature, which has not impacted significantly on the rural nature of the area. You will also be passing the Belle Mountain ski area to your right as you descend down Goat Hill Road at about 22 miles.

The bathroom options during the ride are the Lambertville Trading Co. (19.6 mi.) (in the rear left of the store), and that's about it (other than the woods).

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

**POINT TO
POINT
MILEAGE** **CUMULATIVE
MILEAGE**

	0.0	Exit from the parking area in Rosedale Park
.3	0.3	R on Federal City Road upon exiting the park
.3	0.6	R on next right, Old Mill Road
.7	1.3	L at T on Rt. 624, Pennington-Rocky Hill Rd.
.4	1.7	R at next right, King George Rd.
.4	2.1	bear R and stay on King George Rd. (it becomes Park Ave. if you stay straight)
.3	2.4	R on Eglantine Rd., the next right
.1	2.5	L on Franklin Ave., the next left
.2	2.7	L on Green Ave., the second left
.3	3.0	R at T, on Delaware Ave.
.1	3.1	Continue across Rt. 31
.6	3.7	R on S. Timberlane, past school
.2	3.9	L on Rt. 623, at stop sign (Harbourton-Pennington Rd.)
.5	4.4	R on Burd Rd.
1.0	5.4	L at T on Woosamonsa Rd.
.2	5.6	Bear L (remaining on Woosamonsa) when Poor Farm Rd heads right (You missed the turn if you eventually are going up a very steep uphill.)
1.8	7.4	R at T on Rt. 579 (Trenton-Harbourton Rd.)
.7	8.1	L on Harbourton-Mount Airy Rd (Harbourton-Rocktown Rd.), at old Village store sign (past cemetery on right)
1.2	9.3	Continue across Rt. 518, and be careful crossing this intersection, as you will be going slowly uphill; road becomes Hunterdon Rt. 601
3.4	12.7	R at T on Mount Airy Village Road (it is still Rt. 601, according to sign, but not according to maps)
.3	13.0	Bear R at T onto Rt. 179 for less than .1 miles and make quick left on Queen Rd., Rt. 605
2.4	15.4	L on Brookville Hollow Rd., just past a newer looking house
.9	16.3	L on Seabrook Rd. (road becomes unpaved if you continue)
2.1	18.4	L at T on Rt. 29
.3	18.7	R on Cherry St., before shopping center
.1	18.8	L on N. Union St. and pedal through the city of Lambertville
.8	FB	19.6 L on Bridge St., and rest stop at Lambertville Trading Company on the right (coffees, baked goods, bottled drinks)
	19.6	Leave Lambertville Trading Company exiting to the right
.1	19.7	R at T at second light, Franklin St.
.1	19.8	L at Rt. 518 (Brunswick Ave.) and quick right up S. Franklin - continue past Stop sign up steep hill. This

is a confusing intersection, so make sure you are not heading up Quarry Rd.(becomes Rocktown Rd.), which is the left just before Brunswick Ave. (Rt. 518). Also, if the steep uphill up S. Franklin is too much for you, there is the option to go up S. Franklin only until the first left, Swan Rd., where you take the left and then make a right on Studdiford. The mileage will be about the same, as Studdiford becomes Goat Hill Rd.

- .3 20.1 Continue up S. Franklin on steep uphill and L on Highland Ave.
- .2 20.3 R on Studdiford St. (becomes Goat Hill Road - but you have already climbed up it) (This hill is a lot tougher going the other way.)
- 2.1 22.4 L at T on Valley Rd.
- 1.1 23.5 L at T on Pleasant Valley Rd. and up gradual climb with a slightly steeper portion in about a mile and a half
- 3.0 26.5 Continue across Rt. 579, on Rt. 623 (Pennington -Harbourton Rd.)
- 2.4 28.9 R on S. Timberlane Rd.
- .3 29.2 L on Pennington - Titusville Rd.
- .4 29.6 Continue across Rt. 31 - becomes Delaware Ave.
- .2 29.8 L on Green Ave.
- .4 30.2 R on Franklin Ave.
- .2 30.4 R on Eglantine Rd.
- .1 30.5 L on King George Rd.
- .2 30.7 L at stop sign, still on King George Rd.
- .4 31.1 L at T on Rt. 624 (Pennington-Rocky Hill Rd.)
- .5 31.6 R on Old Mill Rd. (past something like an old mill)
- .6 32.2 L at T on Federal City Rd.
- .4 32.6 L into Rosedale Park when road bears right
- .3 32.9 Continue into parking area inside the park

PENNINGTON - LAMBERTVILLE (OPTION 2)

Ride Distance - 37 miles - a loop from Rosedale Park in Pennington
Terrain - rolling with some hills

Difficulty - moderately difficult if you are not used to hills -
otherwise not too tough.

Start - Rosedale Park, entrance off Federal City Road, Pennington,
N.J.

Directions to start - Rosedale Park is about 3 miles east of
Pennington town center; from route 295/95, take exit for Route 546 for
Lawrenceville-Pennington Road, and after about 1.5 miles west, take
Federal City Road to the right. After you pass Blackwell Road on the
right, the entrance to Rosedale Park is the next right, as the road
bends to the left. Enter into the park and bear right to the parking
area inside the park, not the parking area adjacent to Federal City
Road.

Bathroom facilities are in the park.

There are no pre-ride snack options in the park, so bring
something if you will be hungry.

This ride offers an alternative route from Pennington to
Lambertville over generally rolling terrain with a few hills. This
route is also in Mercer and Hunterdon Counties. From the start at
Rosedale Park in Pennington (Mercer County), the route goes through
Pennington's town center to some rolling rural roads and then ascends
Goat Hill at 11.0 miles, the major climb before the break. This way
up Goat Hill is the more traditional route and is a ladder-like climb
that is less steep than doing Goat Hill (Studdiford) out of
Lambertville, as in Option 1 of the Pennington - Lambertville ride.
The suggested rest stop is again the Lambertville Trading Company,
with its assortment of coffees, bottled drinks and baked goods (with
the bathroom in the rear of the store). The climb out of Lambertville
is very gradual and long (1.7 miles) on Quarry Rd./Rocktown Rd. (Do
not take Rt. 518 at this confusing intersection - stay on the road
farthest to the left when starting the climb out of Lambertville.)
The route also descends down the very steep Poor Farm Road at 30.5
miles, avoiding what is usually a granny gear climb, but still
encounters some climbing before reaching Woosamonsa Rd. at 31.7 miles.
If you feel hill deprived, you can backtrack the 1.2 miles to go up
the steep part of Poor Farm and then turn around and head back to
Woosamonsa (for an extra 2.4 miles total). The bulk of the route,
outside of Pennington and the city center of Lambertville, is on
shaded quiet rural farm and country roads.

The only food and bathroom stop is at the Lambertville Trading
Company at 21.8 miles. This route is of equivalent difficulty to
Option 1 from Pennington - Lambertville, and has a noticeably easier
beginning after the rest stop.

The mileage indicated below is the point to point mileage
(mileage for that leg) and the cumulative mileage at the indicated

turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

**POINT TO CUMULATIVE
POINT MILEAGE**

	0.0	Exit from the parking area in Rosedale Park
.3	0.3	R on Federal City Road upon exiting the park
1.1	1.4	Becomes E. & W. Delaware Ave
.9	2.3	Becomes Pennington-Titusville Rd.
1.0	3.3	R on Scotch Rd.
.4	3.7	Becomes Burd Rd.
.9	4.6	L at T on Woosamonsa Rd.
.3	4.9	Bear L when Poor Farm Rd. bears right
1.7	6.6	R at T on Trenton-Harbourton Rd.
.4	7.0	L on Pleasant Valley - Harbourton Rd.
1.8	8.8	R on Pleasant Valley Road
1.1	9.9	R on Valley Road
1.1	11.0	R on Goat Hill Rd. (becomes Studdiford Rd.)
2.1	13.1	Watch out for grate in middle of road
.1	13.2	L at T on Swan Ave.
.2	13.4	R on Rt. 29 (Franklin Ave.)
.1	13.5	Go past light and bear left on N. Franklin
.2	13.7	L on Delavan St.
.1	13.8	R on N. Main St.
.7	14.5	R on Alexauken Creek Rd.
2.5	17.0	L on Queen Rd. (Mt. Airy - Sandy Ridge Rd.)
1.0	18.0	L on Lambertville HQ Rd.
1.6	19.6	L at T on Seabrook Rd.
1.0	20.6	L at T on Rt. 29
.3	20.9	R on Cherry St.
.1	21.0	L at T on N. Union St.
.8	F B 21.8	L at Bridge St. to stop at Lambertville Trading Co.
.0	21.8	exit right from Lambertville Trading Co. on Bridge St.
.2	22.0	R at 2nd light on Franklin St. (Rt. 29)
.1	22.1	L at next street and quick left up Quarry Rd./Rocktown Rd. on extreme left (not Rt. 518)
3.2	25.3	R on Mt. Airy - Harbourton Rd.
2.0	27.3	Cross Rt. 518 and continue
1.2	28.5	R at T on Rt. 579 (Harbourton - Rocktown Rd.)
.4	28.9	L at Harbourton - Woodsville Rd.
1.6	30.5	R on Poor Farm Rd.
1.2	31.7	Continue on Woosamonsa Rd.
.2	31.9	R on Burd Rd.
1.0	32.9	L on Rt. 623
.5	33.4	R on S. Timberlane Rd.
.3	33.7	L at T on Pennington - Titusville Rd.
.4	34.1	Continue across Rt. 31 - becomes Delaware Ave.
.2	34.3	L on Green Ave.
.4	34.7	R on Franklin Ave.

- .2 34.9 R on Eglantine Rd.
- .1 35.0 L on King George Rd.
- .2 35.2 L at stop sign, still on King George Rd.
- .4 35.6 L at T on Rt. 624 (Pennington-Rocky Hill Rd.)
- .5 36.1 R on Old Mill Rd. (past something like an old mill)
- .6 36.7 L at T on Federal City Rd.
- .4 37.1 L into Rosedale Park when road bears right
- .3 37.4 Continue into parking area inside the park

ETRA - MILLSTONE TOWNSHIP - ALLENTOWN

Ride Distance - 37 miles - a loop from Etra Lake Park

There is an option for a shorter ride of 21 miles

Terrain - flat with a few rollers

Difficulty - easy - If there is a strong wind with a westerly component (the prevailing wind direction), the flat stretches on Rts. 524 and 526 could be somewhat difficult; if the weather is extremely hot, you will bake on this ride. This ride may appeal to a recreational rider looking for no hills, or a more serious bicyclist looking for a fast route with fewer turns.

Start - Etra Lake Park, Etra, N.J. (a few miles southeast of Hightstown, N.J.)

Directions to start - from downtown Hightstown (accessible from Exit 8, New Jersey Turnpike), take Rts. 539S/571E and make a left at Etra Rd. (571E), go 1.6 mi., make a left on Disbrow Hill Rd. and the entrance to the park is on your left.

Bathroom facilities are in the park.

There are no pre-ride snack options in the park, so bring something if you will be hungry.

This ride is mostly in the westernmost sliver of Monmouth County, except for the start and finish in Mercer County. This ride has been routed to have fewer turns than most, so that the speedsters will not have to consult the ride sheet too often. There are longer stretches on Rts. 524 and 526, the major east-west roads in the area. The ride passes through vegetable farms and horse farms and stops in Allentown for a snack. There is a scenic stretch on Rues Rd., which is a narrow shaded road ending in Imlaystown, a quiet town over 300 years old. There is one stretch on Rising Sun Tavern Road with rollers to break up the general flat nature of the ride.

The rest stop in Allentown at Woody's Towne Cafe comes at 23.9 miles, and there are also options to stop at the Clarksburg deli at 14.9 miles and Rossi's Pizza at 34.4 miles. Woody's is usually kept quite well air conditioned and is a welcome respite from the sun on a hot riding day. They have some excellent cookies at 3 for a \$1, and the bottled drink coolers are kept extra cold. The bathroom options during the ride are Clarksburg deli (14.9 mi.) and Woody's (23.9 mi.).

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

**POINT TO
POINT
MILEAGE** **CUMULATIVE
MILEAGE**

.0 Leave Etra Lake Park, left on Disbrow Hill Rd.
 (watch the grates in the road at 2.6 - 2.7)

3.2 3.2 L at T on Perrineville Rd. (Monmouth Rt.1)

.4 3.6 Continue straight on Baird Rd., when Rt. 1 turns right

3.3 6.9 R on Rt. 527 (Woodville Rd.)

2.9 9.8 R on Rt. 537

.4 10.2 R on Rt. 524 (Stagecoach Rd.)

4.7 FB 14.9 bear Rt at Clarksburg deli, still on Rt. 524

2.0 16.9 L on Chambers Rd.

.3 17.2 R on Rues Rd.

2.3 19.5 R on Rt. 526 (stay right at immediate fork)

4.3 23.8 L on Rt. 539

.1 FB 23.9 stop at Woody's Towne cafe about a block down on left
 23.9 leave Woody's with right on Rt. 539

1.1 25.0 R on Rt. 524

6.8 31.8 L on Rising Sun Tavern Rd. (Rt. 571N)

2.3 34.1 R at stop sign, still on Rt. 571N/W

.3 F 34.4 Rossi's Pizza on right

1.3 35.7 bear L, still on Rt. 571W, not sharp left on Windsor

1.8 37.5 R on Disbrow Hill Rd.

.1 37.6 L into Etra Lake Park

OPTION FOR A SHORTER RIDE OF 21 MILES -SAME ROUTE UP TO CLARKSBURG
 DELI (AT 14.9 MILES) AND SAME ROUTE BACK, FROM TURN ONTO RISING SUN
 TAVERN ROAD

**POINT TO
POINT
MILEAGE** **CUMULATIVE
MILEAGE**

.0 Leave Etra Lake Park, left on Disbrow Hill Rd.
 (watch the grates in the road at 2.6 - 2.7)

3.2 3.2 L at T on Perrineville Rd. (Monmouth Rt.1)

.4 3.6 Continue straight on Baird Rd., when Rt. 1 turns right

3.3 6.9 R on Rt. 527 (Woodville Rd.)

2.9 9.8 R on Rt. 537

.4 10.2 R on Rt. 524 (Stagecoach Rd.)

4.7 FB 14.9 bear R at Clarksburg deli, still on Rt. 524

.6 15.5 R on Rising Sun Tavern Rd. (Rt. 571N)

2.3 17.8 R at stop sign, still on Rt. 571N/W

.3 F 18.1 Rossi's Pizza on right

1.3 19.4 bear L, still on Rt. 571W, not sharp left on Windsor

1.8 21.2 R on Disbrow Hill Rd.

.1 21.3 L into Etra Lake Park

HOPEWELL - ROUND VALLEY RESERVOIR

Ride distance - 54 miles - a loop from Hopewell

Terrain - rolling to very hilly, with some flat stretches

Difficulty - quite a difficult ride, as there are about 8 or 9 hills and the rest stop is at mile 34

Start - Hopewell Elementary School, Princeton Ave., Hopewell, N.J.

Directions to start - from Rt. 518 in Hopewell, go south past 2 blocks and make a right turn past the school into the parking lot (behind a gas station)

Parking - in the school parking lot, or if during school term on weekdays, park on local streets

Bathroom facilities - try gas station by parking lot

Pre-ride snacks - deli on Rt. 518 and S. Greenwood Ave., one block west of Princeton Ave.

Optional start - Whitehouse Station at White House train station on New Jersey Transit's Raritan Valley line, if you are coming by train from New York City - this is at mile 23.4 of route (head east one block to Railroad Ave. to pick up the route at mile 23.4)

The ride heads generally north from Hopewell and is primarily in Hunterdon County, with the exception of the start and finish in Mercer County, and a 2 mile stretch in Somerset County (miles 42.3-44.2). The terrain is generally rolling to hilly with some flatter stretches; however, there are at least 9 hills, and on a hot day, it feels like many more. Much of the ride passes through scenic wooded terrain and farms with some rural developments. The section after mile 40 until mile 53 is on particularly quiet peaceful roads.

After climbing over the Sourland Mountain ridge near the start by the easy way up Stony Brook, the ride climbs over Manners Road (Rt. 609) with its 2 hilly sections (miles 9-11) and reaches the flattest section of the ride at miles 11-25, though there is some rolling terrain beginning at Cole Rd. at mile 18. Once you reach Old Mountain Rd. at mile 25.5 and start the climb up Cushetunk Mountain, there are 5 hills before the rest stop at the Stanton general store at mile 34. While none of the 5 are real killers, they add up. There are at least 3 hills in the counterclockwise climb around Round Valley reservoir, then a long downhill, and another 2 hills, the last of which delivers you to the general store at Stanton. On a hot day while climbing those last 2 hills, I am usually thinking about which kind of giant muffin to eat and whether I'll wash it down with the fruit punch or the lemon lime quart of gatorade. The Stanton general store is a rustic country store, and you can either sit inside and watch the action, or out back on the patio. Besides the biggest muffins for miles around, there are a wide assortment of sandwiches and bottled drinks. A bathroom is located out the rear of the store and to the right.

If you think you cannot make it to mile 34 before food, drink and/or a bathroom stop, there is a Hess gas station at mile 15 with a bathroom and 2 drink machines (Powerade and soda). Also, in

Whitehouse Station, you can make a right on Main St. at mile 23.3 and go about .5 miles to the shopping center on the right before Rt. 22, where there is a bagel deli. Those New York City cyclists taking the train out to White House can join the ride at mile 23.4, Railroad Ave., one block east of the station. Those riders would have the option to make Peacocks General store in Wertsville at mile 47.5 the primary rest stop, with its ample assortment of baked goods, sandwiches, and bottled drinks, in addition to its quiet country feel.

In case you thought that the hard part of the ride is over once you get to Stanton, do not be fooled by the easy downhill 3 miles upon leaving the rest stop. You still have about 4 hills to climb, including the 2 hardest individual hills in the ride - Rainbow Hill at about mile 45, a short very steep hill, and Lindbergh at mile 48, where there is a climb of a mile and a half. The final hill at about mile 51 is deceiving as it comes after a long descent and always seems to feel twice as hard as it looks.

On a hot and humid day this ride can be quite difficult, so save if for a day when you are feeling strong and make sure you are adequately hydrated and fed at the start.

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

POINT TO POINT MILEAGE CUMULATIVE MILEAGE

	0.0	L on leaving Hopewell Elementary school parking lot
.1	.1	L on Columbia Ave.
.2	.3	R at T on S. Greenwood Ave.
.1	.4	L at light on Rt. 518
.3	.7	Bear L at fork at light on Rt. 654 (W. Broad Ave.)
1.4	2.1	R on Stony Brook Rd. (at bottom of hill) and watch the gravel at the turn
1.5	3.6	Cross Rt. 518 and continue on Stony Brook - it is recommended that you stop to cross 518 as you will be going uphill when you reach it
1.3	4.9	Continue past Snyderstown Rd. on left
.4	5.3	R on Mountain Church Rd (just before dirt road)
1.3	6.6	L on Rileyville Ave. (The hills you see in the distance upon descending at mile 7.5 is where you are headed.)
2.0	8.6	R on Wertsville Rd. (Rt. 602)
.4	9.0	L on Rt. 609 (Manners Rd.)(a couple of hills)
2.3	11.3	L on Rt. 514
.1	11.4	R on Old York Rd. (Rt. 613)
3.6	15.0	L at T on Main St.

.1 BF 15.1 Cross 202 (Hess station before you cross 202)

.1 15.2 R on Lazy Brook Rd.

1.7 16.9 L on Locust Rd.

.2 17.1 R on Barley Sheaf Rd.

.9 18.0 L on Pleasant Run Rd.

.1 18.1 R on Cole Rd.

1.6 19.7 L on Holland Brook Rd. (becomes Kosciusko Rd., after you cross Readington Rd.)

2.4 22.1 Continue - road becomes School St.

.7 22.8 L on Whitehouse Ave.

.5 F 23.3 L on Main St. (make a right to shopping center's bagel deli if you can't last until Stanton)

.1 23.4 R on Railroad Ave. (White House train station is one block west on Main St.)

1.2 24.6 Continue across Mountain Ave., still on Railroad Ave.

.9 25.5 L on Old Mountain Rd. (at Cushetunk Mountain) (let the hills begin)

1.7 27.2 L at T on Rt. 629

1.3 28.5 L at T, still on Rt. 629, eventually becomes Stanton Rd.

5.5 34.0 Stop at Stanton General Store

.0 34.0 Leave Stanton General Store and continue left on Rt. 629

1.4 35.4 Continue across Rt. 523 - still on Rt. 629

2.0 37.4 R on Locust Rd.

.8 38.2 L on Lazy Brook Rd.

.4 38.6 L on Summer Rd. (follow it through several 90 degree turns)

1.4 40.0 Continue on Summer and cross Rt. 202 at light

.7 40.7 R at Higginsville Rd. (after Old York Rd.)

1.8 42.5 L at Three Bridges Rd.

.4 42.9 R at Hockenbury Rd. (road bears uphill to the left shortly)

1.1 44.0 R on Rt. 514

.2 44.2 L on Rainbow Hill Rd. (steep uphill after the bridge)

1.8 46.0 R on Wertsville Rd.

1.5 FB 47.5 L on Lindbergh Rd. (long climb and continue past Ridge Rd. at about 49.0)

2.3 49.8 Stay straight (to the right) when Zion Rd. bears left-Road now may be Amwell Road

1.6 51.4 R at T after climbing a deceptively hard hill on Amwell Rd. (Hopewell - Amwell Rd.)

1.6 53.0 R on Rt. 518 (be careful as it is a busy road, and stay single file)

.3 53.3 L on Elm

.1 53.4 R on E. Prospect Ave.

.3 53.7 L on Princeton Ave.

.1 53.8 R into Hopewell Elementary school parking lot

PRINCETON - SOURLANDS - GRIGGSTOWN

Ride distance - 47 miles - a loop from Princeton

Terrain - flat to rolling to hilly

Difficulty - moderate difficulty, with 2 major hills, (though last 20 miles which are relatively easy)

Start - Woodrow Wilson School - Princeton University - corner of Prospect Ave./Washington Rd., Princeton, N.J. (near fountains on Washington)

Directions to start - from Rt. 1, enter Princeton up Washington Rd. past Lake Carnegie and look for fountains on your right before you reach Nassau; Prospect Ave. is street before fountains.

Parking - on Sunday, park on Prospect Ave. near start - other days, go .4 miles down Prospect, beyond metered parking.

Bathroom facilities - try in Woodrow Wilson school (building with the white columns)

Pre-ride snacks - try Small World Coffee on Witherspoon St. (go up Washington to light at Nassau, make left to next light at Witherspoon, make a right and it is a few stores down on left), or Chesapeake Bagel (go up Washington to light at Nassau and about one block to the right).

This ride combines some of the bustle of Princeton with the quiet serenity of the Sourlands, a hill ridge north and remarkably close to Princeton, and adds a flat sprint along the Delaware & Raritan canal from Griggstown to Rocky Hill, with its feel of river bottom land. The ride covers areas in Mercer, Hunterdon & Somerset Counties. The ride starts from the Woodrow Wilson School at Princeton University and exits town along the broad Prospect Ave. The rolling to hilly terrain starts with Cherry Hill Rd. at 5.6 miles and Province Line Rd. at 9.8 miles. A major hill awaits at 12.0, Spring Hill Rd., which takes you into the Sourlands. Miles 15-25 ramble through quiet flat to descending roads through the general area of the Sourlands, before reaching the rest stop at Peacock's Country Store, the obligatory rest stop on any ride whose destination is the Sourlands. Check out the poster about Charles Lindbergh's son's kidnapping (you are on Lindbergh Rd.) while sampling the fine baked goods and sandwiches; the bathroom is downstairs from the rear right of the store. You can sit out on the porch and watch for other bicyclists and locals, or if its a cool day, you may want to soak up the peaceful atmosphere from the few seats inside, while sipping coffee.

Don't get too stuffed because the second major hill, Rileyville, awaits at 25.6 miles. Since you went up and over the ridge on the way in, you at least know what is in store for you on the way back. Once over Rileyville, the route takes a generally flat (with some rolling and downhills) route east towards the Griggstown causeway over the D & R canal with a sprint into Rocky Hill, and a concluding climb up Mt. Lucas Rd. back into Princeton.

On any ride through the Sourlands, I feel that I have encountered a touch of West Virginia, with its hills and hollows, particularly

when I descend down Hollow Rd., like on this ride. Hopefully, the area will resist development that alters the character of the local roads, which give bicyclists a gem easily accessible from Princeton.

Peacock's is the only food stop (at 25 miles), while there are bathrooms at Peacock's and just after the turn left on Campmeeting Ave. (at 32.1 miles).

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn.

R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

**POINT TO CUMULATIVE
POINT MILEAGE
MILEAGE**

		0.0	proceed down Prospect Ave., from Washington Rd.
1.0		1.0	L on Riverside
.3		1.3	Cross Rt. 27 (Nassau Rd.) - becomes Snowden Lane
1.6		2.9	L at T on Herrontown Rd. (becomes Poor Farm Rd.)
1.0		3.9	R on Poor Farm Rd.
.2		4.1	L at T on Mt. Lucas Rd.
1.5		5.6	R on Cherry Hill Rd, crossing Rt. 206
1.8		7.4	L at T on Cherry Valley Rd.
2.4		9.8	R on Province Line Rd.
1.9		11.7	R at T on Rt. 518 (ride single file)
.3		12.0	L on Spring Hill Rd.
2.8		14.8	L at T on Zion Rd.
.5		15.3	R at T on Lindbergh Rd.
.8		16.1	L on Ridge Rd.
1.2		17.3	L at T on Rileyville Rd.
.1		17.4	R on Mountain Ave.
1.1		18.5	R on Runyon Mill Rd.
1.3		19.8	R at T on Wertsville Rd.
.8		20.6	L on Van Lieus Rd.
1.0		21.6	R on Larsen Rd.
.7		22.3	R at T on Manners Rd.
.1		22.4	L on Welisewitz
1.4		23.8	R on Wertsville Rd.
1.2	F,B	25.0	Rest stop at Peacock's Country Store, at Lindbergh Rd.
		25.0	Continue on Wertsville Rd in same direction you were going (west)
.6		25.6	L on Rileyville
1.4		27.0	L on Ridge Rd.
1.2		28.2	R on Lindbergh Rd.
.8		29.0	L on Zion Rd. (becomes Long Hill Rd.)
1.3		30.3	R on Hollow Rd.
1.8	B	32.1	L on Campmeeting Ave.

1.1 33.2 Cross Rt. 601, continue - becomes Skillman Rd.
1.4 34.6 R at T on Burnt Hill Rd.
.3 34.9 L on Orchard
1.5 36.4 Cross Rt. 206 - becomes River Rd., Rt. 533
2.5 38.9 R on Griggstown Causeway (at bridge)
.3 39.2 R at T on Canal Rd.
3.0 42.2 R on Rt. 518 at light
.4 42.6 L at Rocky Hill Inn (Princeton Ave.)
1.1 43.7 bear L on Mt. Lucas Rd.
1.6 45.3 L at light on Ewing
.2 45.5 stay straight on Ewing
.8 46.3 R on Franklin
.05 46.3 L on Linden Lane
.4 46.7 R on Nassau Rd.
.1 46.8 L on Murray Place
.2 47.0 R on Prospect Ave.
.4 47.4 return to Washington Rd.

WASHINGTON CROSSING - STOCKTON

Ride Distance - 30 miles - a loop from Washington Crossing Park, New Jersey side

Terrain - flat to rolling with some hills - a good social pace ride

Difficulty - relatively easy, with 2 hills

Start - Washington Crossing Park, New Jersey side, by the bridge parking area

Directions to start - From Interstate 95, head north on Rt. 29 (last exit in New Jersey) for about 4 miles, and make a left down to the parking area just north of the Washington Crossing bridge to Pennsylvania

Bathroom facilities are in the park, near the parking area.

Pre-ride snack - market at Rt. 29 near bridge

This ride, in Mercer and Hunterdon Counties, is best done during weekday non-rush hours, or early on Sunday, as it heads upriver on Rt. 32 in Pennsylvania for 3 miles between New Hope and Solebury, and Rt. 32 lacks much of a shoulder and is dangerous with a lot of traffic. The route meanders up the Delaware from Washington Crossing into Lambertville on flat to rolling terrain, with a hill (Goat Hill) at 8.2 miles. From Lambertville the ride requires a walk over the bridge into New Hope and resumes on the very smooth surface of Rt. 32 for 3 miles, where there is another walk over the Delaware River bridge from Solebury to Stockton. There is a flat spin south on Rt. 29 back to Lambertville where the rest stop is at the Ennis market on N. Union St., near Bridge St., at 18.5 miles, with deli fare. The return ride takes the gradual long hill at Rocktown/Quarry Rd. at 19 miles and then is on mostly rolling to flat terrain.

The food stop is at the Ennis Market in Lambertville at 18.5 miles. A food/bathroom stop is available at Meile's at 15.0 miles, if necessary, where excellent pastries, coffees and more substantial fare is also available.

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

POINT TO POINT MILEAGE	CUMULATIVE MILEAGE
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	0.0 Exit from the parking area in Washington Crossing Park, near the bridge into Pennsylvania and head north along the Delaware River on River Dr.
1.1	1.1 R on Church Rd.
1.9	3.0 L on Bear Tavern Rd. (Rt. 579)
1.1	4.1 L on Pleasant Valley Rd.
3.0	7.1 R on Valley Rd.
1.1	8.2 R on Goat Hill Rd.

10.3 Watch out for grate in road
2.2 10.4 L at T on Swan Rd.
.2 10.6 R at Stop sign on Rt. 29
.2 10.8 L at light on Bridge St.
.3 11.1 walk across bridge to New Hope, Pennsylvania
.2 11.3 R on Rt. 32
3.2 14.5 Bear R to Delaware River Bridge - walk across to
Stockton, N.J.
.5 F,B 15.0 R on Rt. 29 at Meile's
2.6 17.6 R on Cherry St.
.1 17.7 L on N. Union St.
.8 F 18.5 rest stop at Ennis Market just before Bridge St.
.0 18.5 L on Bridge St.
.2 18.7 R at second light on Franklin St. (Rt. 29)
.1 18.8 L at next street and quick left up Quarry
Rd./Rocktown Rd. on extreme left (not Rt. 518)
3.2 22.0 R on Mt. Airy - Harbourton Rd.
2.0 24.0 Cross Rt. 518 and continue
1.2 25.2 R at T on Rt. 579 (Harbourton - Rocktown Rd.)
2.4 27.6 R on Church Rd.
1.8 29.4 L at T on River Dr.
1.1 30.5 return to parking area - Washington Crossing Park

WASHINGTON CROSSING - LUMBERVILLE

Ride Distance - 46 miles - a loop from Washington Crossing Park, New Jersey side

Terrain - flat to rolling to hilly

Difficulty - moderately difficult with some steep hills

Start - Washington Crossing Park, New Jersey side, by the bridge parking area

Directions to start - From Interstate 95, head north on Rt. 29 (last exit in New Jersey) for about 4 miles, and make a left down to the parking area just north of the Washington Crossing bridge to Pennsylvania

Bathroom facilities are in the park, near the parking area.

Pre-ride snack - market at Rt. 29 near bridge

This 46 mile ride in Mercer and Hunterdon Counties heads up and down the Delaware River Valley zigzagging west and east between Washington Crossing, New Jersey and Lumberville, Pennsylvania (just across the pedestrian bridge from the Bulls Island Recreation Area north of Stockton). The route is rolling to hilly with some flat stretches, and includes 3 major hills (Locktown-Sergeantsville Rd. at 17 miles, a/k/a "twin towers"--S.Franklin/Studdiford/Goat Hill at 36 miles--Pleasant Valley at 40 miles). The rest stop is at the Lumberville Store at 28.5 miles, just across the pedestrian bridge at Bulls Island, into Pennsylvania and a bit south on Rt. 32. This stop offers the quintessential country store experience with hospitality, baked goods, sandwiches, drinks, and craft items, and a choice of seating outside on the porch (where you can check out the passing scene), inside the store, or out back at some picnic tables. The store is also the local post office so you might want to stay for a while and knock off some postcards. Bathrooms are available at Bulls Island by the pedestrian bridge going to or coming back from Lumberville.

You should not underestimate the hills after the rest stop as the ascent out of Lambertville at 36 miles is rather steep and the latter part of Pleasant Valley at 40.5 miles is also steep. The "twin towers" hill at 16.7 miles offers an initial very steep climb with a descent for about a half a mile and then another somewhat less steep rise. There is a flat 7 mile stretch on Rt. 29 after the rest stop as you pass through Stockton and Lambertville. (You should avoid doing the ride so that this part is during weekday rush hours.) Much of the route west of Rt. 29 is on quiet country roads with some low-density home development gradually occurring. There is also a fast flat to downhill stretch on Rt. 651 at miles 22.5-27 while descending towards the Delaware and Rt. 29.

The food stop is at the Lumberville Store at 28.5 miles. A bathroom stop is available at Bulls Island at 28.2 miles and 28.7 miles.

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated

turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

POINT TO POINT MILEAGE **CUMULATIVE MILEAGE**

		0.0	Exit from the parking area in Washington Crossing Park, near the bridge into Pennsylvania and head north along the Delaware River on River Dr.
1.1		1.1	R on Church Rd.
1.9		3.0	L at T on Bear Tavern Rd. (Rt. 579)
2.3		5.3	L on Harbourton-Mt. Airy Rd. (at Village Store)
1.2		6.5	Cross Rt. 518 and continue on Rt. 601
3.4		9.9	R at T on Mt. Airy Village Rd (Rt. 601N)
.3		10.2	Bear R on Rt. 179
.0		10.2	Quick L on Queen Road (Rt. 605)
3.1		13.3	L on Sandy Ridge Rd.
.0		13.3	Quick R on Cemetery Rd. (first right - no sign)
.5		13.8	R at T on Rt. 523
.1		13.9	L on Covered Bridge Rd.
.7		14.6	R at T on Lower Creek Rd.
.6		15.2	R at T on Rt. 604 (covered bridge to your left)
.2		15.4	L on Reading Rd.
1.3		16.7	L at T on Locktown-Sergeantsville Rd.
2.0		18.7	R still on Locktown-Sergeantsville Rd.
.7		19.4	L on Kingwood-Locktown Rd. (past white church on right)
1.1		20.5	Continue past Hammer Rd. on Kingwood-Locktown Rd.
1.9		22.4	R at T on Rt. 519
.1		22.5	L on Rt. 651 (Byram-Kingwood Rd.)
1.5		24.0	Bear L on Rt. 651 (at T)
3.0		27.0	L at T on Rt. 29
1.0		28.0	R at Bulls Island Recreation Area
.2	B	28.2	walk across pedestrian bridge to Rt. 32 in Pennsylvania
.2		28.4	L at T on Rt. 32
.1	F	28.5	Stop at the Lumberville Store
.1		28.6	R across pedestrian bridge back to Bulls Island, N.J.
.1	B	28.7	Continue to Rt. 29
.2		28.9	R at T on Rt.29-go south to Lambertville
6.8		35.7	L at Church St. (block before light)
.1		35.8	R on N. Franklin St.
.2		36.0	L on Swan
.0		36.0	Quick R on S. Franklin St (steep uphill)
.2		36.2	L on Highland Ave.
.3		36.5	R on Studdiford (becomes Goat Hill Rd.)
2.0		38.5	L at T on Valley Rd.
1.1		39.6	L at T on Pleasant Valley Rd.
3.0		42.6	R on Bear Tavern Rd. (Rt. 579)
1.7		44.3	R at light on Rt. 546
1.6		45.9	R at River Dr. into parking area

SOURLANDS SOJOURN (50 MILES)

PRINCETON - WERTSVILLE - NESHANIC

Ride Distance - 50 miles - a loop from Princeton

Terrain - rolling to hilly with some flat stretches

Difficulty - relatively difficult with a long hill and a lot of rolling terrain

Start - Princeton, N.J., at corner of Prospect Ave. and Murray Place.

Directions to start - From Rt. 1, head towards Princeton on Washington Rd. Prospect Ave. is a right at the second light past Lake Carnegie, just before the fountain on the right and the Woodrow Wilson School building with the white columns. Go .4 miles on Prospect and park on the right, just past Murray Place on the left, where all day street parking is permitted.

There are no pre-ride bathroom facilities at the start; however you could try in the Woodrow Wilson school back up Prospect, if necessary.

Pre-ride snack - The Wild Oats market is up Murray Place to Nassau St. (.2 miles) and to the left.

This 50 mile ride is a loop from Princeton north through the Sourlands, a hill range and mountain preserve area, and follows roads in Mercer, Hunterdon and Somerset Counties. The high points (figuratively and literally) are the climbs and rolls on Province Line Rd./Amwell/Lindbergh Rds. for parts of miles 7.8 to 11.7, and the long ascent up Zion Rd for miles 23.4 to 26.0. Zion is by far the biggest hill in the area and measures 1.6 miles from Rt. 514 to the crest of Sourland Mountain. The first .6 miles are gradual and you may be thinking "hey, this is no big deal." Then the grade becomes noticeably steeper for the next .5 miles before backing off for another .5 miles. I treat the climb up Zion as an inexpensive trip to the country, as I always feel like I have gotten away from the bustle of daily life during the long climb, which seems to put things in perspective. If you are a real hill freak, you can toss in an extra Zion loop, by instead of making a left at 27.3 miles on Wertsville, making a right just past that on Wertsville, and at the T make a right on Rt. 514 and then the next right up Zion again. This adds about 6 miles to the ride.

The rest stop is at Peacock's Country Store at 31.2 miles, with available baked goods, sandwiches and drinks. Read some of the posted messages and notices to get the feel of this horse farm area, with its rural roots, much removed from the relatively nearby more urban areas.

The return to Princeton takes an easier way over the Sourlands ridge, with a more gradual ascent up Linvale and Snyderstown Rds. at miles 33.6 to 37.6, but your legs may still feel the cumulative rolling terrain. A final short climb on Pretty Brook Road within miles 45.4 to 47 feels harder than it is. If there have been recent rains, you will notice the brook to your right is aptly named.

The only food and bathroom stop is at Peacock's at 31.2 miles.

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

POINT TO POINT	CUMULATIVE MILEAGE	
	0.0	Exit from the street parking area and go up Murray Pl.
.2	.2	L at T on Nassau St.
.1	.3	R on Chestnut St. (becomes Walnut Lane)
.8	1.1	L on Valley Rd.
.5	1.6	R on Mt. Lucas Rd.
.1	1.7	L on Cherry Hill Rd. and cross Rt. 206
1.8	3.5	L at T on Cherry Valley Rd.
2.4	5.9	R on Province Line Rd.
1.9	7.8	Cross Rt. 518 and continue on Province Line Rd.
1.5	9.3	R at first right - Amwell/Lindbergh Rds. (no sign)
2.4	11.7	L on Ridge Rd.
1.2	12.9	R on Rileyville Rd.
1.3	14.2	L at T on Wertsville Rd.
.4	14.6	R on Van Lieus Rd.
1.9	16.5	R at T on Rt. 514 (Amwell Rd.)
6.9	23.4	R on Zion Rd.
2.7	26.1	R at T on Longhill Rd.
1.2	27.3	L on Wertsville Rd.
3.9	F, B 31.2	Rest stop at Peacock's Country Store
.0	31.2	Continue west on Wertsville Rd.
2.4	33.6	L on Rocktown Rd. (sign on right for Linvale)
.3	33.9	L on Linvale Rd.
1.9	35.8	L on Snyderstown Rd.
1.8	37.6	R at T on Stoney Brook Rd.
1.2	38.8	Continue across Rt. 518
1.5	40.3	L at T on Pennington-Hopewell Rd. (Rt. 654)
.5	40.8	R on Crusher Rd.
1.9	42.7	Bear R on Hopewell-Princeton Rd.
1.5	44.2	L on Cleveland Rd.
1.2	45.4	L at T on Province Line Rd.
.0	45.4	Quick R on Pretty Brook Rd.
1.8	47.2	R at T on Great Rd.
.3	47.5	L on Mountain Ave.
.6	48.1	R at T on Rt. 206
.2	48.3	L on Birch Ave.
.3	48.6	R at T on Witherspoon St.
.1	48.7	L on Franklin St.
.3	49.0	R on Jefferson
.2	49.2	L on Wiggins/Hamilton Ave.
.2	49.4	R on Chestnut St.
.2	49.6	L on Nassau St. at light
.2	49.8	R on Murray Pl. and back to parking area on Prospect

PRINCETON - HOPEWELL - PENNINGTON - LAWRENCEVILLE

Ride Distance - 43 miles - a loop from Princeton

Terrain - flat to rolling with one major hill

Difficulty - moderate - other than the major hill, it is relatively easy

Start - Princeton, N.J., at corner of Prospect Ave. and Murray Place.

Directions to start - From Rt. 1, head towards Princeton on Washington Rd. Prospect Ave. is a right at the second light past Lake Carnegie, just before the fountain on the right and the Woodrow Wilson School building with the white columns. Go .4 miles on Prospect and park on the right, just past Murray Place on the left, where all day street parking is permitted.

There are no pre-ride bathroom facilities at the start; however you could try in the Woodrow Wilson school back up Prospect, if necessary.

Pre-ride snack - The Wild Oats market is up Murray Place to Nassau St. (.2 miles) and to the left.

This 43 mile ride is a loop from Princeton that has a major climb into the Sourlands, up Dutchtown Zion Rd. at 9.1 miles, and then settles down to a flat to rolling spin through parts of several towns near Princeton, including Hopewell, Pennington and Lawrenceville. The ride is relatively easy after the climb up Dutchtown Zion Rd, though the rolling terrain on Province Line Rd (miles 16.6 - 18.3) requires some effort. The smaller climbs up Cherry Hill Rd. at 1.7 miles and up Mt. Lucas Rd. at 37.1 miles are also noticeable. The route passes through suburban and semi-rural areas and stops at Terhune Orchards at 29.2 miles. You can sample the delicious cider donuts, muffins and bottled drinks (and pick up some local produce, too). This ride may hit the spot if you are undecided about how hard a ride to do. The Dutchtown Zion climb will ward off hill deprivation anxiety and allow you to enjoy an easier spin for the remainder of the ride. Mt. Lucas Rd., Herrontown Rd. and Snowden Lane (from 37.1 miles to 41.5 miles) cover some of the more scenic areas in the immediate Princeton vicinity.

The only food and bathroom stop is at Terhune's at 29.2 miles.

The mileage indicated below is the point to point mileage (mileage for that leg) and the cumulative mileage at the indicated turn. R means right; L means left. The term "T" indicates that the road ends and the rider must turn at that point. Food availability is indicated with an F, and bathrooms are indicated with a B.

**POINT TO CUMULATIVE
POINT MILEAGE
MILEAGE**

	0.0	Exit from the street parking area and go up Murray Pl.
.2	.2	L at T on Nassau St.
.0	.2	R on Maple St.
.2	.4	L on Spruce St.

.1 .5 R on Chestnut St. (becomes Walnut Lane)
 .7 1.2 L on Valley Rd.
 .4 1.6 R on Witherspoon St./Mt. Lucas Rd.
 .1 1.7 L on Cherry Hill Rd. and Cross Rt. 206
 1.7 3.4 L at T on Cherry Valley Rd.
 .0 3.4 Quick R on Cherry Hill Rd.
 1.7 5.1 L on Rt. 518 (stay single file)
 1.1 6.2 R on Rt. 601
 2.9 9.1 L on Dutchtown Zion Rd.
 1.7 10.8 L on Pin Oak Drive
 .5 11.3 R at T on Grand View Rd.
 .4 11.7 R at T on Hollow Rd.
 1.0 12.7 L at T on Long Hill Rd.
 .8 13.5 L on Spring Hill Rd.
 2.7 16.2 R at T on Rt. 518 (stay single file)
 .4 16.6 L on Province Line Rd.
 1.7 18.3 R at T on Cherry Valley Rd. / Pennington-Rocky Hill Rd.
 4.8 23.1 L on Federal City Rd.
 2.5 25.6 L on Lawrenceville-Pennington Rd.
 .4 26.0 L on Keefe Rd.
 1.1 27.1 L at T on Cold Soil Rd.
 2.1 F,B 29.2 Rest stop at Terhune's Orchards at right
 .0 29.2 R on Cold Soil Rd. on leaving Terhune's
 .4 29.6 R at T on Carter Rd.
 .3 29.9 L on Carson Rd.
 1.1 31.0 L at T on Province Line Rd.
 1.1 32.1 R on Rosedale Rd.
 1.6 33.7 L on Elm Rd.
 1.4 35.1 L on Stuart Rd.
 1.0 36.1 R at T on Cherry Hill Rd.
 .9 37.0 Cross 206
 .1 37.1 L at T on Mt. Lucas Rd.
 1.7 38.8 R on Poor Farm Rd.
 .2 39.0 L at T on Bunn Drive
 .2 39.2 R on Herrontown Rd.
 .8 40.0 R on Snowden Lane
 1.5 41.5 R on Hamilton Ave.
 .6 42.1 L on Chestnut St.
 .1 42.2 L on Spruce St.
 .1 42.3 R on Maple St.
 .2 42.5 L on Nassau St.
 .0 42.5 R on Murray Place
 .2 42.7 back to parking area on Prospect Ave.