

TIME TO SHAPE-UP
Northford/Wallingford Loop

Start William Douglas Commons, Old Post Road, Northford

Miles	Turn	
0.0	L	Old Post Road
0.5	Bear L	East Dayton Hill Road
1.0	R	Line Street
1.4	L	Maltby Lane
1.7	R	Andersen Road
2.4	L	Northford Road (Wallingford Town Line)
2.8	R	Cooke Hill Road
		REGROUP AT END
		Watch out for sand on road
4.4	R	Whirlwind Hill Road A REAL UPHILL
4.7	L	North Branford Road
5.0	L	Scard Road - check out that mansion
		Enjoy the long downhill
6.0	Sharp R	Williams Road
	Cross	RR tracks
	R	Williams Road continues
8.5	L	Durham Road
		Pass over I-91
	L	Durham Road continues
10.1	L	Durham Road continues
		go alongside cemetery
	L	New Rock Hill Road
		Pass over I-91
11.1	R	North Airline road
12.0	R	East Center Street
		Pass over I-91
12.1	L	South Airline Road
		REGROUP
13.0	L	Route 150-Woodhouse Avenue
13.8	R	Harrison Road
13.9	QL	Quigley Road
15.0	L	West Dayton Hill Road
15.9	L	Over Bridge
16.0	L	Woodhouse Avenue
16.3	R	East Dayton Hill Road (at curve)
16.6	R	East Dayton Hill Road continues
	S	To parking
17.5		You made it!!