**June 27, 2021**  
**Mattapoisett Ride**  
14/31/49 miles

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Time</th>
<th>Map No.</th>
<th>Arrower</th>
<th>Route</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10:00 AM</td>
<td>52</td>
<td>D Robillard/M Miller</td>
<td>Mattapoisett, Rochester</td>
</tr>
</tbody>
</table>

**Directions**  
Start at the Commuters' Parking Lot, 87 North St, Mattapoisett, MA - off I-195 at the Mattapoisett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. IMPORTANT: We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, use Industrial Rd just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right). Do NOT park on street or sidewalks and do NOT NOT park in the coffee shop across the street from the commuter lot (you know this is a NO NO to park in the little coffee shop lot, so don't do it, please).

**Drive Time**  
40 minutes

**Description**  
This easy ride travels past Mattapoisett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

Note: Rides begin at 9 AM starting next week and continue for July and August

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**July 4, 2021**  
**Fish Road**  
16/22/33 miles

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Time</th>
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<tbody>
<tr>
<td></td>
<td>9:00 AM</td>
<td>149</td>
<td>M Emma</td>
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</table>

**Route**  
Tiverton, Sakonnet

**Directions**  
Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Road exit. Take a right turn off the exit; parking lot is on the right.

**Drive Time**  
35 minutes from Providence

**Description**  
Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.

Rides start at 9:00 AM in July and August

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**July 11, 2021**  
**Rochester-Middleborough**  
15/31/48 miles

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td>9:00 AM</td>
<td>182</td>
<td>D Robillard/M Miller</td>
</tr>
</tbody>
</table>

**Route**  
Rochester, Middleboro, Lakeville

**Directions**  
Start at the Old Colony Regional Vocational Technical School 476 North Ave, Rochester, MA. From I 195, take exit 24B, Rte 140 North in New Bedford. Use exit 10 to turn left onto Chace Rd. Take the second exit at the rotary onto Mason Rd. In 0.8 miles, turn left onto Middleboro Rd. In 1.2 miles, continue straight onto Morton Rd. The Vocational School is 3.0 miles ahead on the right.

**Drive Time**  
50 minutes from Providence

**Description**  
Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is basically the Lakeville, or Land-O-Lakes ride, an old club favorite. There's nothing wrong with the old start location, and we may return there, but we wanted to try out this location just to see if we could add something new to the ride.

Rides Start at 9:00 AM in July and August
<table>
<thead>
<tr>
<th>Date</th>
<th>Route</th>
<th>Distance</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>July 18, 2021</td>
<td>The Speedway Ride (Glocester, Foster, Putnam, Douglas, Burrillville, Thompson)</td>
<td>23/40/50 miles</td>
<td>This is one of the NBW's newer rides, designed by long time member Paul Rider. This clockwise tour through northwestern RI and northeastern CT, with a pass through Douglas, MA has enough climbing to keep one's heart pumping and one's leg moving. In Thompson, CT, we pass by the Thompson Speedway, for which the ride is named. Rides start at 9:00 AM in July and August</td>
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<tr>
<td>July 25, 2021</td>
<td>Diamond Hill One (Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA)</td>
<td>16/32/48 miles</td>
<td>This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses. Rides start at 9:00 AM in July and August</td>
</tr>
<tr>
<td>August 1, 2021</td>
<td>Miles Standish State Forest ( Wareham-Marion-Carver-Plymouth)</td>
<td>23/50 miles</td>
<td>This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 23 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest, which we eliminated, but left it on the map in case you really want to go off road. Rides start at 9:00 AM in July and August</td>
</tr>
</tbody>
</table>
August 8, 2021  From 'Entering Heaven' to the 5 Steps of He*27/44/54 miles

Sunday 9:00 AM  Map No. 180  Arrover: Rob Edgren

Route Blackstone, Uxbridge, Mendon, Upton

Directions Start at the Blackstone-Millville Regional High School, 175 Lincoln St., Blackstone, MA. Take Exit 14 from Rte 146 North. Merge onto School St. then turn right at the light onto Rte 146A south. In 0.3 miles turn left onto St. Paul St. After about 1.5 miles turn left onto Canal St., then continue onto Bridge St. Turn left in 0.1 mile on to Rte 122N (Main St.). In 0.1 miles, turn right onto Mendon St, continuing for 0.7 miles, then turn right onto Lincoln St. The school is 0.5 miles further on the right.

Drive Time 30 Minutes from Providence

Description This ride uses DNA from Border Crossers, The Recycled Bike Ride, The Animal Farm Ride to give club members a newish ride. The ride has abundant shade, with lots of rollers as we head north from Blackstone, MA up one side of the West River Valley and back down the other. Some of the sights are Southwick Zoo, Cormier Woods, Upton State Forest, Grafton Commons, The U-Mass Veterinary School & Whitehall State Park. All riders will “Enter Heaven” before climbing “The Five Steps of He***” on Northbridge Road and the last climb of the day up to Daniel’s Farmstead on Blackstone Street, before the "Heavenly" finish with downhill rollers and a swing by Wojick’s Farm, where ice cream can be had in season.

Rides start at 9:00 AM in July and August.

August 15, 2021  ♥ Scramble Metric 17/27/55/64 miles

Sunday 9:00 AM  Map No. 88  Arrover:

Route Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro

Directions NEW START: Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left. Please park near the tennis courts and take advantage of the Port-a-John there. School officials have asked that we not park near the main entrance. Good will on the part of the school department will allow us to continue to use this convenient ride start.

Drive Time 10 minutes from Providence

Description The Scramble Metric is an old NBW favorite; it’s scenic and fairly flat. The route travels north through the woods and farms of Norton, Wrentham and Norfolk, returning through Franklin and Sheldonville. The short loops of this ride are good rides for beginners.

Sunday Rides in July and August start at 9:00 AM.

August 22, 2021  Connecticut Coastal & Ridges Ride 22/30/46 miles

Sunday 9:00 AM  Map No. 60  Arrover:

Route Ashaway, Stonington, Mystic

Directions START: Start from the car pool commuter lot in Ashaway, RI. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

Drive Time 45 minutes from Providence

Description A scenic, though hilly, ride traveling to Mystic Seaport and Stonington Point. On the long ride the climb up Lantern Hill past Long Pond leads to an optional foot trail with a great view at the top of Lantern hill. Winterchog Hill offers a tough climb, but rewards with a smooth run to Clarks Falls. 30 and 46 milers detour to the ocean in Stonington. 22 milers cut back before the coast, heading back through Westerly. Thanks to Paul Martens and John Satterlee for revising this old ride.

Sunday Rides in July and August start at 9:00 AM.
August 29, 2021  ♥ Plymouth Century  25/57/103 miles

**Sunday**  9:00 AM  Map No.  122  Arrover: R Edgren

**Route**  Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton

**Directions**  Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.

**Drive Time**  10 minutes from Providence

**Description**  We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor. The Mayflower II returned to Plymouth last year after a long restoration in Mystic CT. The ride back takes us through the rolling hills of Miles Standish Park. Unfortunately, water is no longer available at the park buildings as it was in previous years.

In order to simplify the starting sequence, all loops will start at 9 AM. NOTE: We return to our regular start time of 10:00 AM next Sunday.

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September 5, 2021  ♥ Tom & Pat's Half Century  18/26/46 miles

**Sunday**  10:00 AM  Map No.  19  Arrover: 

**Route**  Coventry, Foster, Sterling

**Directions**  Coventry High School, 40 Reservoir Rd., Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 6 (not 6A) and bear right onto Rt. 3N for about 2.2 miles. Turn left at the traffic light for Reservoir Road. School Access Rd is about 0.3 miles ahead on the left.

**Drive Time**  35 minutes from Providence

**Description**  A very scenic 46 miles straddling the Rhode Island/Connecticut border. The ride was designed by Tom Chabot and Pat Young, who have toured throughout the USA.

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September 12, 2021  ♥ The flattest Metric in the East  29/41/65 miles

**Sunday**  10:00 AM  Map No.  181  Arrover: D Robillard/M Miller

**Route**  Tiverton, Little Compton, Westport, Dartmouth

**Directions**  Start at the Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA. From I-195 East, take Exit 22 (Faunce Corner Rd, Dartmouth). Right at exit. Go 1.2 miles. Turn Left at lights onto Rt. 6 E. Go 0.2 miles. Turn Right at first light onto Tucker Rd. Go 3.3 miles to Dartmouth High School on the left (road name changes to Bakerville at 2nd stop sign).

**Drive Time**  30 Minutes from Providence

**Description**  This ride is being offered in place of the TFCE, which would have happened this weekend had not Covid-19 intervened. No subscription necessary, it is just a normal NBW ride, utilizing the best parts of the TFCE. Thanks to Diane Robillard for naming the ride, and Ted Shwartz for designing it.

♥ Beginners will love these rides!  * Holiday Show'n Go  ** Special Event