



# West Shore



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DISTANCE (MILES)

25.4

DIFFICULTY

low key  
—legit—  
hard core

NOTES

Hill Neighborhood  
Yale Bowl (alternate routing)  
West Campus  
West Haven (BEACH)  
Milford (METRO NORTH STATION)

MILE MARKER

CUES

0.0 Head east down ELM ST and RIGHT onto COLLEGE ST.  
0.8 Turn LEFT onto HOWARD AVE.  
1.0 Veer RIGHT onto WASHINGTON AVE.  
1.1 Turn RIGHT onto COLUMBUS AVE.  
1.2 Turn LEFT onto WASHINGTON AVE.  
1.7 Continue across Boulevard onto SPRING ST.  
alternate routing joins in — 2.5 Turn LEFT onto 1ST AVE.  
4.3 Continue around the bend as 1st Ave becomes BEACH ST.  
5.1 Turn RIGHT onto WASHINGTON AVE.  
5.4 Turn LEFT onto CPT THOMAS BLVD.  
6.6 Continue as Cpt Thomas Blvd becomes OCEAN AVE.  
8.6 Continue as Ocean Ave becomes NEW HAVEN AVE.  
12.6 Turn RIGHT at DANIEL ST.  
12.7 Continue onto RAILROAD AVE.  
12.7 The MILFORD METRO NORTH STATION will be on your right.

OPTION

Purchase ticket from machine and board MNR to New Haven.  
FARE: \$2.75 (cards accepted)  
NOTE: \$5 lifetime bike permit must be obtained beforehand,  
either by mail or at the Union Station ticket window.  
More info at [www.mta.info/mnr/html/getaways/bikerule.htm](http://www.mta.info/mnr/html/getaways/bikerule.htm)

UNION STATION TO YALE

0.0 Turn RIGHT onto UNION AVE.  
0.3 Make a RIGHT then an immediate LEFT onto STATE ST.  
0.5 Turn LEFT onto CHAPEL ST.  
1.0 Turn RIGHT onto HIGH ST.

ALTERNATE ROUTING

0.0 Head east down ELM ST and RIGHT onto COLLEGE ST.  
0.3 Turn RIGHT onto CHAPEL ST.  
1.9 Turn LEFT onto YALE AVE.  
2.2 Continue onto Marginal Drive.  
2.9 Turn RIGHT onto WESTFIELD ST and LEFT onto GILBERT ST.  
3.3 Cross Boston Post Rd to FRONT AVE. USE EXTREME CAUTION.  
4.0 Turn RIGHT onto SPRING ST and LEFT onto 1ST AVE as before.  
Use Marginal > Yale > Edgewood > Howe > Elm on return.