

Sugar and Spice is NOT everything nice. In spite of the cutesy name, this is a tough climbing ride. You can do it, if your bike has some big cogs and your body is sugar charged. Realistically, this is not for beginners, the wrong bike, or the out of shape.

0.0	-	Sugar & Spice parking lot
0.1	L	Meadow Lake Rd (from Rt 4)
0.3	L	*don't take Sherwood
1.7	R	Chittenden
3.4	R	Main at Y, not Power Rd
4.5	L	Holden
4.6	L	Holden, after bridge
4.8	R	Holden, not Beebe
5.4	R	Holden, at PowerHouse Rd
7.0	*	very steep decline
7.9	L	to Pittsford at Y, becomes Furnace
9.4	*	another screaming decline
9.6	R	Furnace at Y, not Adams
10.1	L	Furnace at T, (at Hitchcock)
11.5	L	Rt 7
12.0	R	Rt 3 at Y, *store
12.4	L	Cornhill at Y, becomes N. Grove
16.3	L	McKinley
17.5	L	Rt 7
17.6	R	Post Rd
19.0	L	Post Rd Exit at Y, not Post Rd
19.3	R	Park Lane at Y
20.2	L	Rt 4
20.6	L	Sugar & Spice

Additional options:

From Sugar & Spice up to Inn adds about 5 miles of climbing.