



Sunrise Trail

www.sunrisetrail.org

Machias to Ayers Junction = 28 miles

The Down East Sunrise Trail (DEST) takes riders off-road on a journey along the entire Downeast coastal area. Stunning views, wildlife-watching opportunities, and interesting side trips are plentiful for the adventurous. Its compacted gravel surface follows an old railroad bed from Ellsworth to Ayers Junction.

85 miles and growing, the DEST is the longest off-road section of the East Coast Greenway.

FMI: www.sunrisetrail.org
www.greenway.org
www.parksandlands.com



Machias

Location:

Trail crosses US 1 in Machias.

Parking:

At green boxcar and Station 98 just west of causeway (dike) and on causeway (no trailers)

Trail Section Length: 4 miles

Machias to East Machias

Points of Interest & Side Trips:

On this trail section visitors cross over extensive salt marshes and experience beautiful views across the Machias and East Machias rivers. The trail crosses the Machias Dike, where both flea and farmers' markets take place in the summer. A motel, ATM, and nationally famous blueberry pie-making restaurant provide amenities just west of the dike (causeway). Explore town, then consider a side trip to Roque Bluffs State Park for an on-road bike loop ride.



East Machias

Location: Trail crosses US 1 and ME 191.

Parking: Large lot on Willow St. just east of US 1. Limited at ME 191/DEST crossing

Trail Section Length: 7 miles

East Machias to Rocky Lake Crossing

Points of Interest & Side Trips:

This section of the trail runs through fields and forest while paralleling ME 191. The trail intersects the SE corner of Rocky Lake Public Lands, accessed by a multi-use trail, before swinging east toward Dennysville. It is just a short side trip to the boating and camping areas on Rocky Lake's shore.



Visit the East Machias Aquatic Research Center (EMARC) to learn about Maine's fisheries. Cutler Coast Public Lands, Cobscook Bay and Quoddy Head State Parks and lighthouse are recommended side trips.

Rocky Lake Crossing

Location: Trail crosses ME 191 just south of Diamond Match Rd.

Parking: West side of ME 191 at trail

Trail Section Length: 10 miles

Rocky Lake Crossing to Dennysville



Fishing at Rocky Lake



On-trail warming hut

Points of Interest & Side Trips:

Forests and numerous ponds and streams define this trail section. Don't miss Rocky Lake Public Lands. Consider a picnic by the smaller Patrick Lake (access off ME 86). Enjoy beautiful views over Harmon's Stream, the East Ridge, Great Works Wildlife Management Area, and the Denny's River. Cobscook Bay & Quoddy Head State Parks are great side trips from Dennysville.

Dennysville/Ayers Junct.

Location: Trail crosses Milwaukee Rd. in Dennysville.

Parking: US 1 north to ME 86 west to Milwaukee Rd. north 100-ft. to where trail intersects the road.

Trail Section Length: 7 miles

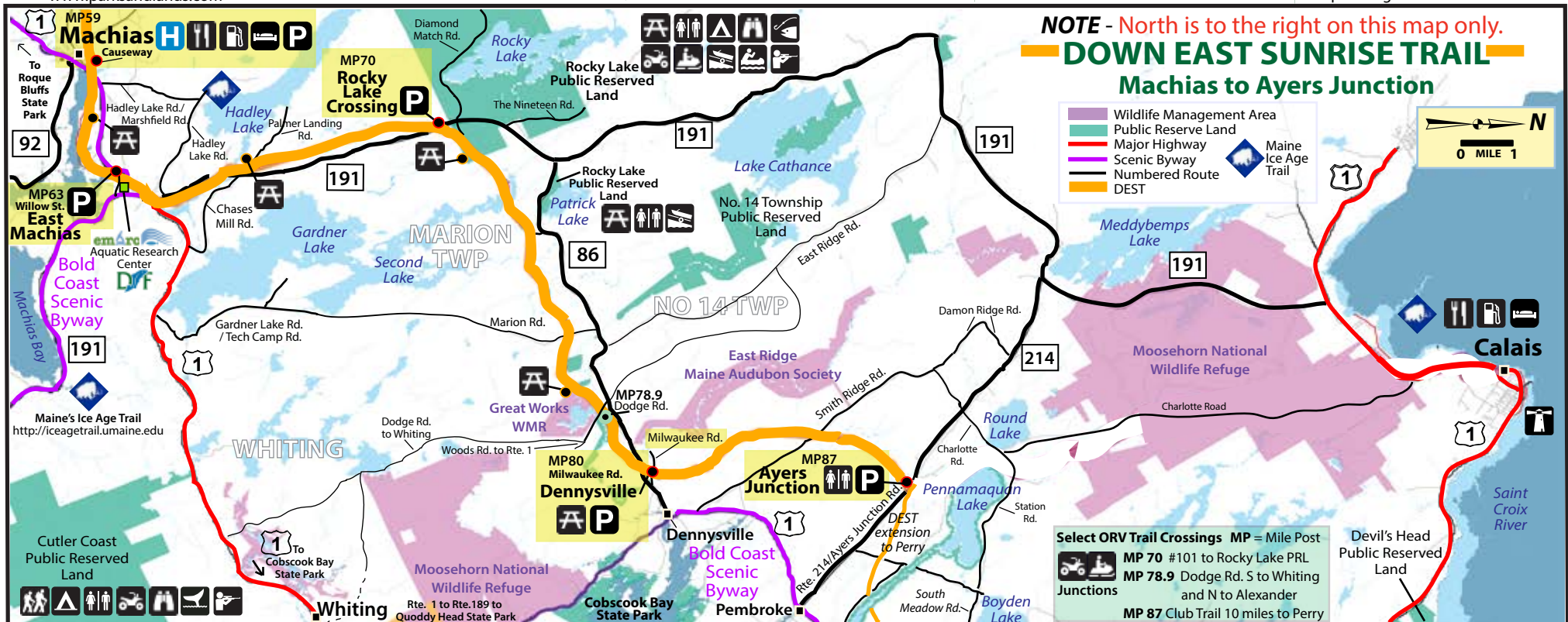
Dennysville to Ayers Junction

Points of Interest & Side Trips:

The trail continues through relatively remote forestland until it reaches its eastern terminus at Ayers Junction, just a few miles north of Pembroke.

Add to your adventure by visiting the village of Pembroke, Reversing Falls, Moosehorn National Wildlife Refuge, Gleason Cove Park, Shackford Head State Park, and historic Eastport.

View Maine's Ice Age Trail at <http://iceagetrail.umaine.edu>.



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