8-mile: Gentle terrain for almost all cyclists
15- and 19-mile: Gentle terrain, some hills, for almost all cyclists
19- to 27-mile: Moderate terrain, hilly, for intermediate cyclists

The Damariscotta area in midcoast Maine was once famous for its shipbuilding, which explains the buildings and exhibits that highlight the natural and social history of this fascinating place. Many villages have a working waterfront as well as moorings for pleasure craft. The views are spectacular; there's something for everyone. A particularly interesting event is the alewives run in Damariscotta Mills in the spring. People, osprey, seagulls, and bald eagles turn out each May to greet the alewives as they travel up the fish run that lies over the old mill dam and into Damariscotta Lake to spawn. There is a lot to see in this area; plan to stay for several days so you can see it all.

The 8- and 19-mile loops leave from the large supermarket parking lot on US 1. Both rides include ice cream shops and swimming holes. The 15- and 19- to 27-mile loops leave from Bristol Consolidated School on ME 130. The 15-mile ride takes you to Pemaquid Point Lighthouse, Fort William Henry, and the Colonial Pemaquid Restoration. The 19- to 27-mile loops take you to Christmas Cove, a picturesque spot where Captain John Smith dropped anchor in 1614. Recommended optional side trips will add special scenic ocean views to your ride.

Special features: Colonial Pemaquid Restoration; Pemaquid Point Lighthouse; Fort William Henry; swimming holes; Round Pond with an extremely entertaining Fourth of July parade; Christmas Cove; ocean views; Newcastle, Bristol, Damariscotta, and South Bristol

Road conditions: Generally good; no shoulders except on ME 129 and ME 130

Cautions: Heavy traffic in July and August. Some roads have no shoulders.

Starting points: The first two rides leave from the large supermarket parking lot on Business US 1 approximately 1 mile east of the village in Damariscotta. The other two rides leave from the Bristol Consolidated School on ME 130 in Bristol.

CUE SHEET LEGEND

R	RIGHT TURN
L	LEFT TURN
S	CONTINUE STRAIGHT
BR	BEAR RIGHT
BL	BEAR LEFT
QR	QUICK RIGHT
QL	QUICK LEFT

At	Go	Onto	For	Travel Information
		8-mile ride		*Salt Bay Loop*
		Starting Point:		*Supermarket parking lot on US 1 in Damariscotta*
0.0	R	US 1 Business	0.1	**Caution:** No shoulder, heavy traffic
0.1	L	Church St	0.3	
0.4	R	Hodgdon St	0.4	
0.8	L	Pleasant St	0.0	
0.8	QR	Church St	0.2	
1.0	BR	Elm St	0.2	
1.2	L	Theater St	0.0	Downtown Damariscotta, services available
1.2	R	US 1 Business	0.2	**Caution:** no shoulder, heavy traffic
1.4	R	Glidden St	0.3	
1.7	L	Stewart St	0.2	
1.9	R	Mills Rd (ME 215)	1.7	Damariscotta Mills; alewives run to Damariscotta Lake on left
3.6	L	Pond Rd/Main St (ME 215)	0.3	Ice House Park swimming hole on right on Damariscotta Lake
3.9	L	Austin Rd	0.3	
4.2	L	Mills Rd (ME 215)	1.1	Continue straight on Bayiew Rd in 0.2 mi. Bear right at Borland Hill Rd. Use caution crossing RR tracks.
5.3	R	Belvedere Rd	1.6	Damariscotta River Association preserve on right, picnic area, trails
6.9	S	Belvedere Rd	0.2	Use caution crossing US 1.
7.1	R	US 1 Business	1.0	Ice cream stand on right. **Caution:** No shoulder, heavy traffic.
8.1	L	Into parking lot		End of Ride

At	Go	Onto	For	Travel Information
		19-mile ride		*Round Pond Loop*
		Starting Point:		*Supermarket parking lot on US 1 in Damariscotta*
0.0	R	US 1 Business	0.1	
0.1	R	Biscay Rd	5.1	No shoulder, broken pavement. Biscay Pond beach on right.
5.2	R	ME 32 (unmarked)	3.8	No shoulder, good pavement to Round Pond
		Optional side trip		*Turn left on Anchor Inn Rd and bear right on Town Landing Rd to Round Pond Harbor. Ice cream shop on left and food available at end of road (0.4-mi round trip)*
9.0	S	ME 32 (unmarked)	0.9	Convenience store in Round Pond
9.9	R	Lower Round Pond Rd	2.6	No shoulder
12.5	R	ME 130 (Bristol Rd)	5.0	Good road with shoulder (no shoulder in Damariscotta on ME 139/130). Swimming hole at Bristol Dam on Pemaquid River on right. Convenience store at intersection of ME 129 on right.
17.5	R	School St	0.8	No shoulder, broken pavement
18.3	R	US 1 Business (Main St)	0.3	No shoulder, heavy traffic
18.6	R	Into parking lot		End of Ride
		15-mile ride		*New Harbor/Pemaquid Light Loop*
		Starting Point:		*Bristol Consolidated School on ME 130 in Bristol*
0.0	R	ME 130 (Bristol Rd)	1.4	Paved shoulder
1.4	R	Huddle Rd	1.1	
2.5	R	Old Fort Rd	0.0	
2.5	R	Colonial Pemaquid Dr	0.4	To historic Fort William Henry and Colonial Pemaquid site. Gravel road.
2.9	Retrace Route	To Huddle Rd	0.4	
3.3	S	Snowball Hill Rd	1.0	Pemaquid Beach on right. New Harbor has services, ice cream shop.
4.3	R	ME 130 (Bristol Rd)	2.3	**Caution:** Narrow road, no shoulder, heavy traffic
6.6	BR	Pemaquid Loop Rd	0.8	
7.4	R	Bristol Rd	0.1	To Pemaquid Point Lighthouse
7.5	S	Return on Bristol Rd	2.8	To ME 32 in New Harbor
10.3	R	ME 32 (Bremen Rd)	3.2	**Caution:** Narrow road, no shoulder. Salt Pond Preserve on right.
13.5	L	Foster Rd	1.3	No shoulder, broken pavement
14.8	R	ME 130 (Bristol Rd)	0.0	
14.8	QL	School parking lot		End of Ride
		19- to 27-mile ride		*Christmas Cove*
		Starting Point:		*Bristol Consolidated School on ME 130 in Bristol*
0.0	L	ME 130 (Bristol Rd)	0.4	Paved shoulder, moderate traffic
0.4	L	Harrington Rd (Pemaquid Rd)	2.7	
		Optional side trip		*3-mi round trip to Pemaquid Harbor. Seafood takeout at co-op.*
3.1	L	ME 129	5.1	**Caution:** No shoulder after 0.8 mi, moderate traffic. Convenience store in South Bristol.
8.2	R	Westside Rd	0.3	
8.5	R	Sunset Rd	0.2	
8.7	R	Westside Rd	0.6	
9.3	R	Coveside Rd	0.6	
		Optional side trip		*Turn right for 2-mi round trip for scenic ocean views*
9.9	L	ME 129 (unmarked)	5.5	**Caution:** Shoulder disappears afer 4.7 mi; moderate traffic.
		Optional side trip		*Turn left on S-Road for scenic 3-mi round trip.*
15.4	R	Pemaquid Rd (Harrington Rd)	2.7	
18.1	R	ME 130 (Bristol Rd)	0.5	Paved shoulder
18.6	R	School parking lot		End of Ride

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