5-mile: Gentle terrain for almost all cyclists
25-mile: Gentle terrain, some hills, for almost all cyclists
39-mile: Moderate terrain, hilly, for intermediate cyclists

There is so much to see on these 25- and 39-mile loops through Downeast Maine that you may want to take the whole weekend to ride them. The fishing villages, beaches, and coves along the way beg additional exploration. The centerpiece of the 39-mile ride is the working fishing village of Stonington that in earlier times was home to several granite quarries. The area around the town of Sunshine is especially scenic in early June when the lupines are in bloom. With the initial out-and-back warm-up on the Eggemoggin Road, either of these loops can be extended by 5 miles.

Special features: Views of East Penobscot Bay, Eggemoggin Reach, and the Camden Hills; the Deer Isle Granite Museum; the scenic fishing villages of Deer Isle, Stonington, and Sunset; beaches; the Sunshine peninsula

Road conditions: Generally fair with no shoulders. *Wider road bike tires are recommended for these rides.*

Cautions: Traffic can be heavy on ME 15; roads are narrow and winding, and there are no shoulders.

Starting point: To reach the starting point of the rides, follow ME 15 to Deer Isle. Parking is at the tourist information center on the right just after the Deer Isle Bridge.

See p. 9 for accommodation information and events in the area.

CUE SHEET LEGEND

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

Starting Point: Deer Isle–Stonington Chamber of Commerce Information Center

At	Go	Onto	For	Travel Information
		5-mile ride		*Recommended Warm-Up Ride (Not a Loop)*
0.0	R	Eggemoggin Rd	2.7	Information center has portable toilet. Continue straight heading up hill past church and cemetery to scenic spot with views of lighthouse on "Punkin Island" and Eggemoggin Reach.
2.7	Retrace Route	On Eggemoggin Rd	2.7	
5.4		**Tourist Information Center**		**End of Warm-up Ride**
		25-mile ride		*Sunshine Loop*
0.0	R	ME 15 (Ferry Rd)	5.2	To Deer Isle village. **Caution:** ME 15 has moderate to heavy traffic with no shoulders and poor sight distances.
5.2	S	South Deer Isle Rd	0.5	
5.7	L	Sunshine Rd	1.2	
6.9	BR	Sunshine Rd	4.1	
11.0	BR	At intersection with Eastside Rd	0.5	Campground on right
11.5	S	Fire Rd 579	0.2	Turn around at ledge before gravel road.
11.7	Retrace Route	On Fire Rd 579 & Sunshine Rd	4.8	Retrace route and bear right on Greenlaw District Rd
16.5	BR	Greenlaw District Rd	1.6	**Note:** Bear right on return from Sunshine Rd
18.1	BR	Fish Creek Rd	1.1	
19.2	L	Reach Rd	3.6	
22.8	R	ME 15 (Ferry Rd)	2.0	
24.8	L	**Tourist Information Center**		**End of Ride**
		39-mile ride		*Island Loop*
0.0	R	ME 15 (Ferry Rd)	5.2	To Deer Isle village. **Caution:** ME 15 has moderate to heavy traffic with no shoulders and poor sight distances.
5.2	BR	Main St/Bridge St	0.4	Ice cream and food shops in village. Cross causeway.
5.6	R	Pressy Village Rd	1.4	Road becomes Dunham Point Rd
7.0	S	Dunham Point Rd	1.9	
8.9	BR	Dunham Point Rd	0.5	Perez Cross Rd merges from the left
9.4	BL	Dunham Point Rd	0.0	Bear left at intersection with Southwest Harbor Rd
9.4	R	Sunset Rd	3.4	Museum on left, convenience store
12.8	BR	Sand Beach Rd	2.0	Grocery store, picnic area. Becomes West Main St
14.8	R	West Main St at stop sign	0.2	After passing post office and commercial fish pier, continue straight at stop sign into downtown Stonington. Stonington has services except bicycle repair.
15.0	S	ME 15	5.3	Stay on ME 15. **Caution:** ME 15 is narrow with short steep hills, moderate to heavy traffic, and poor sight distances.
20.3	R	Sunshine Rd	1.2	
21.5	BR	Sunshine Rd	4.1	
25.6	BR	At intersection with Eastside Rd	0.5	Campground on right
26.1	S	Fire Rd 579	0.2	Turn around at ledge before gravel road
26.3	Retrace Route	On Fire Rd 579 & Sunshine Rd	4.8	Retrace route and bear right on Greenlaw District Rd
31.1	BR	Greenlaw District Rd	1.6	**Note:** Bear right on return from Sunshine Rd
32.7	BR	Fish Creek Rd	1.1	
33.8	L	Reach Rd	3.6	
37.4	R	ME 15 (Ferry Rd)	2.0	
39.4	L	**Tourist Information Center**		**End of Ride**