



16- and 29-mile: Moderate terrain, hilly, for intermediate cyclists
54-mile: Challenging terrain for experienced cyclists
107-mile: Varied terrain, steep hills, for experienced cyclists

Earmuffs, Stanley Steamers, the Narrow Gauge Railway, lumber, mountains, and moose all contribute to the diverse and colorful heritage of Franklin County. How they all relate to this wonderful county is explained at the many museums and historical societies along the route. This rich heritage, combined with world-class scenery, makes these rides unforgettable.

The 16-mile loop leaves from the village of Weld and leads you right to Mt. Blue State Park that has magnificent mountain scenery. The 29-mile loop is moderately hilly with one flat section along the Sandy River Valley. The 54-mile loop is also mainly in the Sandy River Valley but has challenging hills with rewarding scenery. The 107-mile loop is a challenging ride for experienced cyclists. This loop makes for a superb multi-day exploration of the lakes and mountains, Sandy River & Rangeley Lakes Railroad in Phillips.

Special features: Beautiful scenery; historic Franklin County; college town of Farmington; historic towns of Stratton, Strong, Rangeley, and Kingfield; Rangeley Lakes State Park; Mt. Blue State Park in Weld; Rangeley Lakes Region Logging Museum; Dead River Historical Society in Stratton; Wilhelm Reich Museum; views of the Bigelow Range; Sugarloaf and Saddleback Mountains; Sandy River & Rangeley Lakes Railroad Museum in Phillips

Road conditions: Generally fair

Cautions: Heavy traffic in Farmington; narrow roads with no shoulders; logging trucks on ME 4 and ME 2. Watch for moose and deer. There are long stretches without services, so carry spare parts and plenty of food, water, and warm clothes for changeable weather.

Starting point: Rides originate (except 16-mile option) from Maine Department of Transportation park and ride lot at the intersection of ME 4 and US 2 in Farmington. Some spaces are designated for overnight parking.

See p. 11 for accommodation information and events in the area. Rangeley, Stratton, and Kingfield offer a wide range of accommodations and make great end points after a day of cycling.



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: The 16-mile ride begins at the junction of ME 142 and ME 156 in Weld village.

At	Go	Onto	For	Travel Information
		16-mile ride		Webb Lake Loop or Optional Side Trip (on 54-mile ride)
0.0		Starting Point:		Weld village, Jct of ME 142/156
0.0	S	ME 142 (Dixfield Rd)	5.8	
5.8	R	West Side Rd	7.0	Mt Blue State Park on right: camping, swimming, and picnicking
12.8	R	Byron Rd	0.5	
13.3	R	ME 142 (Phillips Rd)	2.4	
15.7		Weld village		End of Ride

Starting Point: Rides begin at the Maine Department of Transportation park and ride lot at the junction of ME 4 and US 2 in Farmington.

At	Go	Onto	For	Travel Information
		29-mile ride		Strong—New Vineyard Loop
0.0	L	ME 4	11.4	Farmington has services including bicycle repair. Bear left on ME 4 where ME 27 forks to right.
11.4	S	ME 145 (North Main St)	0.4	Cross bridge over Sandy River. Convenience stores in Strong.
11.8	R	ME 149	0.3	ME 149 to the right is called South Strong Rd.
12.1	BL	ME 234	5.3	No shoulder
17.4	R	ME 27	7.5	
24.9	L	ME 4/27	3.1	At stop sign
28.0	R	Broadway	0.1	At traffic light in Farmington
28.1	L	Front St	0.5	
28.6	R	ME 4	0.1	
28.7	R	Into Park & Ride lot		End of Ride
		54-mile ride		Strong—Phillips—Weld—Wilton Loop
		<i>Continues from mile 11.8 above</i>		
11.8	BL	ME 149	7.0	ME 149 to the left is called Lambert Hill Rd, which turns into River Rd in Phillips. Caution: Narrow, winding, hilly road.
18.8	BL	ME 149	0.1	Cross bridge over Sandy River. Picnic spot on left before bridge.
18.9	BR	Main St (ME 149)	0.5	Village of Phillips. Convenience store on ME 4.
19.4	L	Unmarked road	0.1	
19.5	R	ME 4	1.3	Traffic may be heavy on ME 4.
20.8	L	ME 142 (Weld Rd)	12.0	To Weld jct. of ME 142/156 (Optional side trip: see 16-mile ride)
32.8	S	ME 156	13.0	To Wilton
45.8	L	Main St (unmarked)	2.4	
48.2	L	Temple Rd	0.2	
48.4	R	Pleasant St	0.9	
49.3	BR	Red Schoolhouse Rd	1.8	
		Option (gravel surface shortcut)		<i>Look for Whistle Stop Trail crossing on Red Schoolhouse Rd. Take trail to Oak St in W. Farmington (approx. 2 mi). Turn left on Oak St, then right on ME 43 (Bridge St) to traffic lights on US 2. Turn left, stay in left lane, turn left into Park & Ride lot. End of Optional Ride.</i>
51.1	L	US 2/ME 4	2.4	Cross over Sandy River. Stay in left lane.
53.5	BL	ME 4	0.0	
53.5	QL	Into Park & Ride lot		End of Ride
		107-mile ride		Strong Century +
		<i>Continues from mile 19.5 above</i>		
19.5	R	ME 4	21.5	Traffic may be heavy on ME 4. Convenience store on right. Small's Falls picnic area and scenic falls on left. Start 3-mi climb beyond here. Services available in Rangeley except bicycle repair.
41.0	R	ME 16 (Rangeley Rd)	18.3	Watch for moose.
59.3	R	ME 27/16	22.8	Convenience stores, campgrounds, restaurants, picnic areas
82.1	R	ME 142 (Depot St)	3.5	Enter village of Kingfield. Services available except bicycle repair. Bear left on Pleasant St, bear right on Salem Rd. Stay on ME 142.
85.6	L	ME 145	10.0	Caution: Narrow, winding, hilly road. Watch for moose and deer. Services available in Strong except bicycle repair.
95.6	L	ME 4 (Farmington Rd)	10.8	At stop sign
106.4	R	Broadway	0.1	At traffic light in Farmington
106.5	L	Front St	0.5	
107.0	R	ME 4	0.1	
107.1	R	Into Park & Ride lot		End of Ride