



30- and 41-mile: Moderate terrain, hilly, for intermediate cyclists
67-mile: Varied terrain, steep hills, for experienced cyclists

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

The relatively flat 30-mile loop winds through the agricultural areas of Cornville and Madison. The 41-mile loop is also a rugged, intermediate ride. The northernmost section in Solon has some good climbs and a few miles of gravel road. The hilly and scenic 67-mile gem winds through the historically important Kennebec River Valley and over a mix of agricultural land and rugged mountainous terrain. Long used by Native Americans as a thoroughfare between the St. Lawrence River Valley and the sea, the Kennebec River Valley was later settled by Europeans who attempted to scrape out a living from the rocky soil. Farmers carrying their produce to market once traversed the same roads over which bicyclists now travel. From there, it would be shipped by railroad to large cities such as Boston and New York.

Benedict Arnold also followed this route north to Canada during the Revolutionary War. A few cellar holes, stone fences, and the names of the long-gone towns remind travelers that at one time this area was vibrant. The route is very hilly, particularly the section between Athens and Bingham. Low gearing is essential. Much of the route passes through hardwood forest, so autumn is an especially beautiful time to ride these loops.

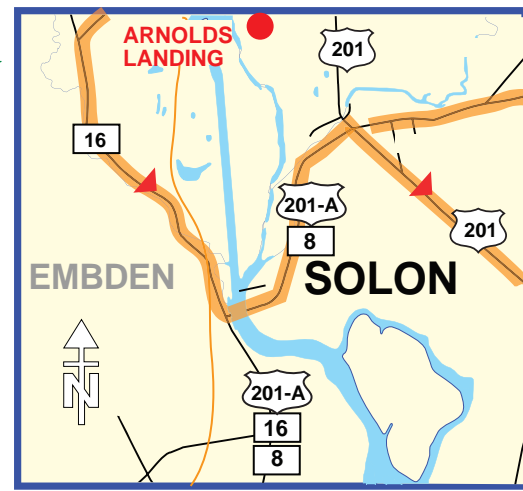


Special features: Route follows historic Arnold Trail; spectacular views from hardwood ridges; views of the Kennebec River and Valley; world's tallest wooden Indian sculpture

Road conditions: Generally fair

Cautions: Roads are generally narrow and some have no shoulders. Give logging trucks lots of room. Services are available sporadically.

Starting point: All loops originate from the municipal parking lot in Skowhegan. The world's tallest Indian sculpture is on the north side of this parking lot and the Skowhegan Information Center is on the south side. Head north on US 201 (Madison Avenue); the parking lot is on the right at the corner of US 201 and High Street.



See p. 10 for accommodation information and events in the area.

Starting Point: Skowhegan municipal parking lot at corner of US 201 and High St

At	Go	Onto	For	Travel Information
30-mile ride				
0.0	R	Leavitt St	0.2	Leavitt St is first right north of parking area from US 201
0.2	L	ME 150/North St (unmarked)	1.0	
1.2	R	Dr. Mann Rd	0.7	
1.9	L	Malbons Mills Rd	1.3	
3.2	BL	West Ridge Rd	7.7	Bear left where Notch Rd forks to right. Malbons Mills Rd becomes West Ridge Rd here. No shoulder.
10.9	R	ME 150 (Beckwith Rd)	0.1	
11.0	L	ME 43 (Shadagee Rd)	11.0	Cross US 201 in 5.4 mi. Stay on ME 43.
22.0	L	Old County Rd	1.4	
23.4	L	ME 148 (White Schoolhouse Rd)	1.1	Paved shoulder. Heavy traffic.
24.5	R	Russell Rd (4-way intersection)	4.7	
29.2	S	N. Middle St	0.8	
30.0	L	Pleasant St	0.1	
30.1	S	Cross US 201 to starting point		End of Ride
41-mile ride				
<i>Continues from mile 11.0 above</i>				
11.0	L	ME 43 (Shadagee Rd)	0.0	Immediately turn right on Chapman Ridge Rd
11.0	QR	Chapman Ridge Rd	3.5	
14.5	L	Hole in the Wall Rd	0.9	Starts out paved, changes to gravel road. Sections not suitable for narrow tire bicycles.
15.4	BR	Hole in the Wall Rd	4.4	At fork in road—2.9 mi of gravel road
19.8	R	French Hill Rd (unmarked)	2.8	Caution: Steep descent into Solon
22.6	L	US 201	1.5	Caution: US 201 has heavy traffic including trucks. Convenience stores on this section.
24.1	R	River Rd	8.4	
32.5	S	Old County Rd	1.4	Cross ME 43 at stop sign.
33.9	L	ME 148 (White Schoolhouse Rd)	1.1	Paved shoulder. Heavy traffic.
35.0	R	Russell Rd (4-way intersection)	4.7	
39.7	S	N. Middle St	0.8	
40.5	L	Pleasant St	0.1	
40.6	S	Cross US 201 to starting point		End of Ride
67-mile ride				
<i>Continues from mile 11.0 above</i>				
11.0	L	ME 43 (Shadagee Rd)	0.0	Immediately turn right on Chapman Ridge Rd
11.0	QR	Chapman Ridge Rd	3.6	
14.6	R	Valley Rd	2.0	
16.6	L	ME 151 (Brighton Rd)	11.7	Turn right for 0.6 mi to Athens village. Convenience store located here. This is the last store until Bingham (22 miles). No shoulder on ME 151. Watch for moose.
28.3	L	ME 16	10.2	At stop sign. Caution: Long steep hill on ME 16 just after turning the corner. Warning: Steep descent into Bingham (10% grade). Logging trucks move at high speed; pull off road when one is coming up behind you.
38.5	L	US 201	0.6	At stop sign. Enter Bingham village. Services available except bicycle repair.
39.1	R	ME 16 (Bridge St)	9.0	Cross Kennebec River
48.1	L	US 201A (Ferry St)	1.1	Cross bridge. Campground and picnic area on right.
49.2	R	US 201	1.5	At stop sign. Caution: US 201 has heavy traffic including trucks. Convenience stores on this section.
50.7	R	River Rd	8.4	Leavitt St is first right north of parking area from US 201.
59.1	S	Old County Rd	1.4	Cross ME 43 at stop sign.
60.5	L	ME 148 (White Schoolhouse Rd)	1.1	Paved shoulder. Caution: Heavy traffic.
61.6	R	Russell Rd (4-way intersection)	4.7	
66.3	S	N. Middle St	0.8	
67.1	L	Pleasant St	0.1	
67.2	S	Cross US 201 to starting point		End of Ride