

34- and 40-mile: Moderate terrain, hilly, for intermediate cyclists
58-mile: Challenging terrain for experienced cyclists

The 34-mile loop takes you up and down one of Maine's many peninsulas. Site of the Popham Colony, Phippsburg was between 1607–1608 the first English settlement attempted in New England. You can visit Fort Popham and imagine what it must have been like to be part of that history. If you are interested in taking a break from biking, Popham Beach State Park, scenic Parker Head on the Kennebec River, and Morse Mountain Conservation Area are worth checking out. Views of Seguin Island Light Station (Maine's only First-Order Fresnel Lens lighthouse) can be seen from Popham Beach State Park.

The 40-mile ride includes the scenic and historic features of Merrymeeting Bay and the Kennebec River. You'll pass the Pownalborough Court House and see the historic village of Day's Ferry.

The scenery is magnificent on the pleasant 58-mile ride. So is the history of the area that stretches

Starting Point: Bath YMCA at 303 Centre St

At	Go	Onto	For	Travel Information	CUE SHEET LEGEND R RIGHT TURN L LEFT TURN S CONTINUE STRAIGHT BR BEAR RIGHT BL BEAR LEFT QR QUICK RIGHT QL QUICK LEFT
34-mile ride					
0.0	L	Centre St	0.4	Turn left on Centre St after leaving YMCA.	
0.4	R	ME 209 (High St)	2.5		
2.9	R	High St	1.5	Convenience store	
4.4	L	Campbell Pond Rd	2.3	Changes to Meadowbrook Rd	
6.7	L	Stoney Brook Rd	1.7		
8.4	R	ME 209 (Main Rd)	5.3		
13.7	BL	ME 209	1.7	ME 216 goes straight.	
<i>Optional Side Trip</i>					
<i>Continue straight on ME 216 for 0.8 mi to Morse Mountain Preserve hiking trail to beach.</i>					
15.4	BR	ME 209	2.9	Parker Head Rd goes straight. Stay on ME 209 to Popham Beach (swimming and picnicking) and Fort Popham.	
18.3	Retrace Route	ME 209	2.9	To Parker Head Rd	
21.2	R	Parker Head Rd	5.1	Narrow road, no shoulder	
26.3	R	ME 209 (Main Rd)	4.2		
30.5	BR	ME 209 (High St)	0.5		
31.0	BR	Webber Ave	0.3		
31.3	BL	Washington St	1.9	Maine Maritime Museum on right	
33.2	L	Centre St	0.6		
33.8	R	To Bath Area Family YMCA		End of Ride	
40-mile ride					
0.0	L	Centre St	0.6	Stop sign at High St	
0.6	R	Washington St	0.1	Cross RR tracks, go under bridge. Take quick left to US 1 North.	
0.7	L	Ramp to US 1	1.0	Merge onto US 1, cross Sagadahoc Bridge (5-foot bike lanes) to ME 127.	
1.7	L	ME 127	1.8	Difficult left turn. As an alternative, turn right into underpass under US 1 (located just past Miller St). Walk bike on sidewalk to ME 127. Heavy traffic and no shoulders on ME 127. Convenience store at this intersection. Continue north for 0.1 mi to bike shop on right.	
3.5	L	ME 128 (River Rd)	11.3	To Dresden. Robert P. T. Coffin Wildflower Reservation on left beyond Chops Point Rd.	
14.8	S	ME 128 (River Rd)	3.8	At stop sign. Go straight across ME 197, continuing on ME 128. Pownalborough Court House on left.	
18.6	R	ME 27	5.2	To Dresden Mills. Ice cream stand. ME 27 has wide paved shoulders.	
23.8	R	Gibbs Rd	4.1	Gibbs Rd changes to Lowelltown Rd.	
27.9	R	Mountain Rd	1.9		
29.8	R	Old Stage Rd	3.7		
33.5	L	ME 127	0.1		
33.6	R	Old Stage Rd	1.7	Village of Day's Ferry	
35.3	L	ME 128	0.7		
36.0	R	ME 127	1.8	No shoulders and heavy traffic	
37.8	R	US 1	1.0		
38.8	R	First exit off bridge	0.0	Take immediate right to Front St.	
38.8	QR	Front St	0.1	Chamber of Commerce on right for visitor information	
38.9	L	Centre St	0.7	Continue straight on Centre St at stop sign on High St.	
39.6	R	To Bath Area Family YMCA		End of Ride	

back to pre-Revolutionary days when Maine was part of the Massachusetts Bay Colony. Take time to explore the historic towns of Bath and Wiscasset, both of which offer graceful old homes and a variety of shops. On a clear day, you can see exceptionally fine views of the White Mountains, including Mt. Washington, as well as surrounding landscape from Blinn Hill.

Special features: Historic towns of Bath and Wiscasset and Head Tide village (on the National Register); Robert P. T. Coffin Wildflower Reservation (a secluded nature sanctuary with hiking trails and shore access); pre-Revolutionary Pownalborough Court House; views of Merrymeeting Bay and the Sheepscot River; Morse Mountain (600 acres of wildlife preserve); Maine Maritime Museum; Fort Popham; Popham Beach State Park

Road conditions: Generally fair to good

Cautions: Heavy traffic on Sagadahoc Bridge; heavy traffic on US 1 and ME 127; narrow winding roads

Starting point: The Bath Area Family YMCA is the starting point for all three rides. Restroom use is allowed. From the South: Take US 1 into Bath, take the Congress St exit, veer right. Travel approx. 0.1 mi, take a right onto Congress Ave. Go approximately ¼ mile to the blinking light; take a right onto Centre St. The YMCA is located on the left in approximately ¼ mile. From the North: Take US 1 to Bath, go over Sagadahoc Bridge, take first exit as you pass shopping center on right (Congress Ave/Richardson St exit). Veer right off exit onto Congress Ave, travel approximately ¼ mile to the blinking light; take a right onto Centre St. The YMCA is located on the left in approximately ¼ mile.

See p. 11 for accommodation information and events in the area.



At	Go	Onto	For	Travel Information
58-mile ride				
<i>Continues from mile 18.6 in 40-mi ride</i>				
18.6	R	ME 27	1.6	To Dresden Mills. Ice cream stand. ME 27 has wide paved shoulders.
20.2	L	Blinn Hill Rd	4.9	Blinn Hill Rd turns left beyond convenience store. Ice cream stand on right.
25.1	L	Nash Rd	1.4	At stop sign
26.5	R	ME 194	2.3	Stay on ME 194 in Whitefield. ME 218 crosses here.
28.8	L	East River Rd	0.1	Cross bridge on East River Rd and take quick right on ME 194 (Head Tide Rd).
28.9	QR	ME 194 (Head Tide Rd)	4.6	
33.5	L	ME 194 (Head Tide Rd)	3.2	Swimming and picnic spot at dam in Head Tide to the right in 0.1 mi.
36.7	R	North Newcastle Rd	3.1	
39.8	R	Sheepscot Rd	0.7	
40.5	BL	Sheepscot Rd	0.3	Cross Rd forks right.
40.8	L	ME 218	4.2	Old Lincoln County Jail and Museum on left.
45.0	R	US 1	4.5	Services available in Wiscasset except bicycle repair. Restrooms at waterfront.
49.5	L	Montsweag Rd	2.2	Montsweag Rd is the first left after US 1 RR tracks.
51.7	R	Murphys Corner Rd	2.0	Merge with Barley Neck Rd at bottom of steep hill. Road turns sharply right.
53.7	BR	Barley Neck Rd	0.5	
54.2	L	George Wright Rd	1.0	Town park with picnic tables on left. Road is rough.
55.2	L	US 1	1.6	Heavy traffic on US 1. Sagadahoc Bridge has a paved shoulder.
56.8	R	First exit off bridge	0.0	Take immediate right to Front St.
56.8	QR	Front St	0.1	Chamber of Commerce on right for visitor information
56.9	L	Centre St	0.7	Continue straight on Centre St at stop sign on High St.
57.6	R	To Bath Area Family YMCA		End of Ride