

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
<b>Starting Point: A Marginal Way Park-n-Ride Lot</b>				
0.0	L	Marginal Way bike lane	0.5	To Eastern Prom Trail (starts on left just beyond underpass)
0.5	S	Eastern Prom Trail	1.8	Scenic views along waterfront
2.3	S	Commercial St	1.2	Visitor Information Center on right; many shops and restaurants
3.5	R	Beach St	0.2	On-ramp to Casco Bay Bridge
3.7	S	Casco Bay Bridge	1.0	Bike lane on bridge
4.7		Jct of ME 77 & Broadway		0-mile starting point. Look for kiosk.
<b>Starting Point: B Portland Transportation Center</b>				
0.0	R	From Transportation Center	0.1	To Fore River Parkway Trail (just before traffic light)
0.1	R	Fore River Parkway Trail	1.0	At traffic light, cross to right side. Do not continue on trail!
1.1	S	Commercial St	0.8	Heavy traffic on Commercial St
1.9	L	Beach St (on-ramp to bridge)	0.2	Use caution in crossing Commercial St to Beach St
2.1	S	Casco Bay Bridge	1.0	Bike lane on bridge
3.1		Jct of ME 77 & Broadway		0-mile starting point. Look for kiosk.
<b>Starting Point: C Bug Light Park, S. Portland</b>				
0.0		Bug Light Park to Breakwater Dr	0.4	Cross Breakwater Dr to start of South Portland Greenbelt
0.4	S	South Portland Greenbelt (paved off-road bicycle and pedestrian trail)	1.7	Services and groceries. <b>Caution:</b> Watch for traffic at road crossings.
2.1		Jct of ME 77 & Broadway		0-mile starting point. Look for kiosk.
<b>22-mile+ ride</b>				
0.0	*	South Portland Greenbelt	2.8	* If coming from Starting Point A or B, turn right at traffic lights onto Greenbelt. If starting at Bug Light (Point C), walk bike across intersection and continue on Greenbelt. Kiosk at trail entrance. Trail also signed as ET (Eastern Trail) and ECG (East Coast Greenway)
2.8	L	Gary L. Mietta Parkway	0.4	
3.2	L	Highland Ave	1.2	
4.4	R	Fickett Rd	0.8	
5.2	S	Sawyer Rd	2.0	Stay straight. Sawyer Rd also goes left.
7.2	L	ME 77	2.5	
9.7	R	Kettle Cove Rd	0.6	Turn after ice cream shop (goes to ocean, beach, trails, restrooms)
10.3	Retrace Route	On Kettle Cove Rd	0.2	To Fessenden Rd
10.5	R	Fessenden Rd	0.2	
10.7	R	Two Lights Rd	0.4	
11.1	BR	Tower Dr	0.3	Two Lights State Park. Site of old fort. Picnic tables, toilets.
11.4	Retrace Route	On Tower Dr	0.3	To stop sign
11.7	BL	Two Lights Rd	1.0	Option: Go right on Two Lights Rd for 0.6 mi to lighthouses.
12.7	R	ME 77	0.2	Convenience store on left
12.9	R	Old Ocean House Rd	1.2	Farm stand on left
14.1	R	ME 77	0.4	Mini-mall with grocery store on left
14.5	R	Shore Rd	2.3	
16.8	R	Fort Williams Park Rd	0.4	To Portland Head Light and Museum
17.2	Retrace Route	To Shore Rd	0.4	
17.6	R	Shore Rd	0.8	
18.4	BR	Preble St	0.8	Convenience store and bakery on right
19.2	R	Fort Rd	0.2	
19.4	S	Fort Rd	0.3	At stop sign go straight to Spring Point Light/Museum. On right, Southern Maine Community College, on site of Old Fort Preble.
19.7	Retrace Route	To stop sign at Pickett St	0.3	
20.0	R	Pickett St	0.2	Breakfast/sandwich shop on right
20.2	S	Breakwater Dr	0.1	<b>Note:</b> If you started from Bug Light Park, see Return Route to Starting Point C at end of cue sheet
20.3	L	South Portland Greenbelt	1.7	Services and groceries. <b>Caution:</b> Watch for traffic at road crossings.

At	Go	Onto	For	Travel Information
22.0		Intersection ME 77 and Broadway		If you started from Portland Transportation Center, see Return Route to Starting Point B at end of cue sheet
22.0		Intersection ME 77 and Broadway		If you started from Marginal Way Park-n-Ride, see Return Route to Starting Point A at end of cue sheet
<b>30-mile+ ride</b>				
<b>Continues from mile 3.2 in 22-mile+ ride</b>				
3.2	R	Highland Ave	1.1	
4.3	S	Continue on Highland Ave	0.7	At 4-way stop. Minimal shoulder, farm market on left
5.0	L	Chamberlain Rd	1.0	No shoulder. Recreational field on left with portable toilets.
6.0	L	ME 207/Black Point Rd	4.0	At Jct ME 77, continue on Black Point Rd. Scarborough Beach State Park on left; Ferry Beach on right. Prouts Neck Bird Sanctuary.
10.0	Retrace Route	To ME 77	2.3	
12.3	R	ME 77 (Spurwink Rd)	5.2	Minimal shoulder. Farm stands, restaurant on ME 77.
		<b>Option: Turn right on Ocean Ave</b>		To Higgins Beach
		<b>Option: Turn right at Park sign</b>		To Crescent Beach State Park: Picnic area, hiking, toilets.
17.5	R	Kettle Cove Rd	0.6	Turn after ice cream shop
18.1	Retrace Route	On Kettle Cove Rd	0.2	To Fessenden Rd
18.3	R	Fessenden Rd	0.2	
18.5	R	Two Lights Rd	0.4	
18.9	BR	Tower Dr	0.3	Two Lights State Park. Site of old fort. Picnic tables, toilets.
19.2	Retrace Route	On Tower Dr	0.3	To stop sign
19.5	BL	Two Lights Rd	1.0	Right on Two Lights Rd to go to lighthouses
20.5	R	ME 77	0.2	Convenience store on left
20.7	R	Old Ocean House Rd	1.2	Farm stand on left
21.9	R	ME 77	0.4	Mini-mall with grocery store on left
22.3	R	Shore Rd	2.3	
24.6	R	Fort Williams Park Rd	0.4	To Portland Head Light and Museum
25.0	Retrace Route	To Shore Rd	0.4	
25.4	R	Shore Rd	0.8	
26.2	BR	Preble St	0.8	Convenience store and bakery on right
27.0	R	Fort Rd	0.2	
27.2	S	Fort Rd	0.3	At stop sign. On right, campus of Southern Maine Community College, located on site of Old Fort Preble. To Spring Point Light and Museum.
27.5	Retrace Route	To stop sign at Pickett St	0.3	
27.8	R	Pickett St	0.2	Breakfast/sandwich shop on right
28.0	S	Breakwater Dr	0.1	<b>Note:</b> If you started from Bug Light Park, see directions below for Return Route to Starting Point C.
28.1	L	South Portland Greenbelt	1.7	
29.8		Jct of ME 77 & Broadway		See Return Routes to Starting Points at end of cue sheet
<b>Return Routes to Starting Points</b>				
<b>Return: To Starting Point A</b>				
				Marginal Way Park-n-Ride Lot
0.0	R	Onto Casco Bay Bridge	1.2	
1.2	R	Commercial St ext. (Park St)	0.1	
1.3	L	Commercial St (US 1A)	1.0	Heavy traffic, no shoulder
2.3	S	Eastern Prom Trail	1.8	
4.1	BL	Marginal Way bike lane	0.5	To starting point
4.6	R	Marginal Way Park-n-Ride Lot		End of Ride
<b>Return: To Starting Point B</b>				
				Portland Transportation Center
0.0	R	Onto Casco Bay Bridge	1.2	
1.2	R	Commercial St ext. (Park St)	0.1	
1.3	R	Commercial St (US 1A)	0.5	Heavy traffic, no shoulder
1.8	BR	Fore River Parkway Trail	1.3	
3.1	L	Thompson's Point Rd	0.1	
3.2	L	Portland Transportation Center		End of Ride
<b>Return: To Starting Point C</b>				
				Bug Light Park, S. Portland
0.1	R	Madison St	0.3	
0.4	BL	Bug Light Park, S. Portland		End of Ride



GREATER PORTLAND & CASCO BAY REGION  
**Tour 14 Portland-Cape Elizabeth-Lighthouses**

22+-mile: Gentle terrain for almost all cyclists  
 30+-mile: Gentle terrain, some hills, for almost all cyclists