



**17-mile:** Gentle terrain, some hills, for almost all cyclists  
**31- and 47-mile:** Moderate terrain, hilly, for intermediate cyclists

In the old days, midcoast Maine was home to sailors, ships' captains, and entrepreneurs who quarried the nearby islands for granite used to build many of this country's great public buildings. Today, many of the grand old homes have been restored, and the rolling countryside offers glimpses of the Camden Hills and Penobscot Bay.

The 17-mile loop includes Owls Head Light. From Ash Point, you will enjoy a memorable view of the islands and Penobscot Bay. The 31-mile loop provides some outstanding views of Penobscot Bay. A shorter loop, which is not described here, could begin by parking in St. George and doing a loop of the St. George peninsula. Two rides pass by the entrance of the Owls Head Transportation Museum, which has a collection of antique bicycles.

The enjoyable 47-mile loop takes in the best of the region, from the bustling town of Rockland to the tiny, picturesque fishing village of Port Clyde. Be sure to leave plenty of time for exploration. There are museums, state parks, lighthouses, and other sites of great interest on this ride. Two short optional side trips are well worth the ride. Consider extending your trip with a ferry ride out to Vinalhaven, North Haven, or Matinicus from the ferry terminal in Rockland or to Monhegan Island via a ferry ride from Port Clyde.

**Special features:** Historic Rockland; Owls Head Transportation Museum; Owls Head Light; village of Port Clyde; side trip to Birch Point Beach State Park; views of Vinalhaven and North Haven Islands, Penobscot Bay, and St. George River; Farnsworth Art Museum; Montpelier State Park and home of General Henry Knox; Marshall Point Light; side trip to Spruce Head; Tenants Harbor

**Road conditions:** Generally fair to good

**Cautions:** Limited shoulders; moderate to heavy traffic, especially in summer

**Starting point:** All rides originate from Maine Eastern Railroad Terminal in Rockland on Pleasant Street. Take US 1 to Rockland, follow signs to railroad terminal.

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

**Starting Point:** Maine Eastern Railroad Terminal, Rockland

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>17-mile ride</b>				
0.0	L	Pleasant St	0.1	Rockland has services including bicycle repair.
0.1	R	ME 73 (South Main St)	1.8	Bear right at fork immediately after turn onto ME 73. <b>Caution:</b> Road is rough in spots.
1.9	L	North Shore Dr	2.6	Rough road, no shoulder. Follow signs to Owls Head State Park.
4.5	L	Main St	0.2	Convenience store and post office
4.7	L	Lighthouse Rd	0.8	Owls Head State Park, lighthouse, picnic area, toilets
5.5	Retrace Route	Lighthouse Rd	1.0	Retrace route to South Shore Dr
6.5	L	South Shore Dr	2.4	
8.9	L	Ash Point Dr	1.4	To Ash Point
10.3	Retrace Route	On Ash Point Dr	1.0	Retrace route to Dublin Rd
11.3	L	Dublin Rd	2.1	
				<b>Optional Side Trip</b>
				<i>Turn left on Ballyhac Road for optional side trip to Birch Point Beach State Park (2.8 mi out and back)</i>
13.4	R	ME 73	3.8	South Thomaston, convenience store, restrooms, art gallery
17.2	L	Pleasant St	0.1	
17.3		Maine Eastern RR Terminal		End of Ride



At	Go	Onto	For	Travel Information
<b>31-mile ride</b>				
<i>Continues from mile 13.4</i>				
13.4	S	ME 73 South	1.8	
15.2	L	Waterman Beach Rd	1.9	Campground and lobster shack on left
17.1	L	ME 73 South	0.6	Moderate traffic, no shoulder
17.7	L	Island Rd	1.3	To scenic Spruce Head
19.0	R	Island Rd	0.2	
19.2	Retrace Route	Island Rd	1.6	Retrace route to ME 73
20.8	R	ME 73 North	0.6	Moderate traffic, no shoulder
21.4	R	Waterman Beach Rd	1.9	
23.3	R	ME 73 North	1.8	
25.1	R	Dublin Rd	2.1	
27.2	L	Ash Point Dr	0.4	
27.6	S	Ash Point Dr	1.3	Continue straight at stop sign
28.9	L	North Shore Dr	0.2	
29.1	R	ME 73 (South Main St)	1.7	
30.8	L	Pleasant St	0.1	
30.9		Maine Eastern RR Terminal		End of Ride
<b>47-mile ride</b>				
<i>Continues from mile 8.9</i>				
8.9	L	Ash Point Dr	0.4	
9.3	R	Dublin Rd	2.1	
11.4	L	ME 73	1.4	Moderate traffic, no shoulder
12.8	R	Grierson Rd	1.4	
14.2	S	Kinney Woods Rd	1.6	
15.8	L	ME 131 (St George Rd)	2.8	Heavy traffic, narrow shoulder
18.6	R	Wallston Rd (unmarked)	2.4	
21.0	R	Turkey Cove Rd	2.1	At T intersection
23.1	R	Glenmere Rd	2.2	
25.3	R	ME 131	0.2	Heavy traffic, narrow shoulder. To Port Clyde. Convenience store, ice cream shop, lodging
25.5	L	Factory Rd	0.3	
25.8	R	Marshall Point Rd	0.5	Marshall Point Lighthouse, museum, portable toilet
26.3	Retrace Route	Marshall Point Rd	0.8	Retrace route and continue straight past Factory Rd
27.1	R	Drift Inn Rd	1.0	Beach on right, portable toilet
28.1	R	ME 131	7.6	Heavy traffic, narrow shoulder. Pass through St George: services except bicycle repair. Stay on ME 131 in St George
35.7	R	ME 73	4.0	Moderate traffic, no shoulder. Stay on ME 73, bear left across from South Thomaston boat landing
				<b>Optional Side Trip</b>
				<i>Optional scenic side trip to Spruce Head: Turn right on Island Road and explore island (3 mi out and back). Convenience store on left.</i>
39.7	R	Waterman Beach Rd	1.9	
41.6	R	ME 73	5.6	Moderate traffic, no shoulder
47.2	L	Pleasant St	0.1	
47.3		Maine Eastern RR Terminal		End of Ride