



**21-, 38-, and 47-mile: Moderate terrain, hilly, for intermediate cyclists**

The China Lake region is one of the most popular recreational areas in Maine and has some of the state's most attractive agricultural lands. All rides start from Waterville, home of Colby College. The 21-mile loop is a tour of farms and fields. The 38-mile loop goes around China Lake. Challenging hills and excellent views make the 47-mile loop a pleasure in spring, summer, or fall. Views abound from the hills above China Lake, and the villages along the way are charming. The hills are generally short but can be quite steep. There are endless possibilities for places to picnic. Plan to take a full day, as these rides should not be rushed.

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:** Runnels Field parking area in Waterville off Louise Ave

At	Go	Onto	For	Travel Information
		<b>21-mile ride</b>	<b>Farms and Fields</b>	
0.0	R	Louise Ave	0.2	
0.2	R	West River Rd (ME 104)	0.1	At stop sign
0.3	L	Abenaki Rd	0.3	Follow signs to Sidney, China, and ME 137
0.6	R	ME 137	1.0	Cross bridge over Kennebec River. At traffic lights, continue straight on ME 137 at US 201 intersection.
		<b>Optional Side Trip</b>	<i>Turn left at traffic lights on US 201 for trip to Winslow and downtown Waterville (approx. 1.5 mi one way)</i>	
1.6	R	ME 32	3.0	At second traffic light after bridge. To North Vassalboro. Convenience store.
4.6	R	Oak Grove Rd	0.1	
4.7	L	Cemetery Rd	1.5	Second left after crossing small bridge.
6.2	L	Gray Rd (unmarked)	0.3	At stop sign
6.5	L	ME 32	0.1	At stop sign. Cross bridge.
6.6	R	Lombard Dam Rd	0.9	
7.5	S	Stanley Hill Rd	3.2	<b>Caution:</b> Dangerous intersection. Watch for cars coming from left.
10.7	L	Neck Rd	1.7	Enter China Village
12.4	S	Main St	0.3	
12.7	L	ME 137	6.1	
18.8	L	Veteran Dr/Dunbar Rd	0.9	
19.7	R	ME 32	0.0	
19.7	QL	ME 137 (Carter Memorial Dr)	1.0	At traffic light, cross Kennebec River and follow signs to ME 104.
20.7	L	Abenaki Rd	0.3	Follow signs to ME 104.
21.0	R	West River Rd (ME 104)	0.1	
21.1	L	Louise Ave	0.2	Second left after turning on ME 104
21.3	L	Runnels Field parking lot		<b>End of Ride</b>
		<b>38-mile ride</b>	<b>China Lake Loop</b>	
		<i>Ride continues from mile 12.4 above</i>		
12.4	R	Causeway Rd	0.4	To US 202/ME 9
12.8	R	US 202/ME 9	6.8	Moderate traffic, good shoulder
19.6	R	ME 3/9/US 202	3.2	Ice cream stand and convenience stores
22.8	R	Stone Rd	1.6	
24.4	R	Cross Hill Rd	4.1	At 4-way intersection. Campground.
28.5	S	Taber Hill Rd	2.6	At stop sign
31.1	R	Oak Grove Rd (unmarked)	1.6	
32.7	L	ME 32	0.7	Convenience store 0.1 mi to right
33.4	BR	Bassett Rd	2.2	
35.6	L	Veteran Dr/Dunbar Rd	0.6	
36.2	R	ME 32	0.0	
36.2	QL	ME 137 (Carter Memorial Dr)	1.0	At traffic light, cross Kennebec River and follow signs to ME 104.
37.2	L	Abenaki Rd	0.3	Follow signs to ME 104.
37.5	R	West River Rd (ME 104)	0.1	
37.6	L	Louise Ave	0.2	Second left after turning on ME 104
37.8	L	Runnels Field parking lot		<b>End of Ride</b>

**Special features:** Views of Kennebec River, China Lake, and surrounding countryside; historic Palermo; excellent picnic spots; picturesque small towns and farmland

**Road conditions:** Generally good; short stretch of well-graded unpaved road (for 0.8 mile on Parmenter Hill Road suitable for wider road bike tires)

**Cautions:** Some roads have no shoulders.

**Starting point:** All rides originate from Runnels Field parking area in Waterville. To get there, from I-95 take Exit 127 (Kennedy Memorial Drive) toward downtown Waterville. Turn right on ME 104 and go 0.5 mile. Turn right on Louise Avenue and look for signs to Runnels Field (a baseball field and park) on the left.

Be sure to carry bike tools and spare parts. Basic services available on route.

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



At	Go	Onto	For	Travel Information
		<b>47-mile ride</b>	<b>Challenging Hills and Rewarding Views</b>	
		<i>Ride continues from mile 12.8 in 38-mile ride</i>		
12.8	S	Pleasant View Ridge Rd	0.5	At stop sign, cross US 202/ME 9. Dangerous intersection.
13.3	BR	Pleasant View Ridge Rd	0.3	Danforth Rd forks left
13.6	BR	Pleasant View Ridge Rd	0.5	Dutton Rd forks left. Sharp turn.
14.1	BL	Pleasant View Ridge Rd	2.8	McCaslin Rd forks right
16.9	BR	Parmenter Hill Rd	2.0	Bear right at unmarked intersection. Steep climb up Parmenter Hill.
18.9	R	Old Route 3	0.5	Historic Palermo Village 0.1 mi to left
19.4	BR	ME 3	1.7	Convenience store
21.1	L	Dirigo Rd	3.9	At flashing yellow light
25.0	R	Tyler Rd (unmarked)	1.8	At stop sign, cross bridge, bear left on Tyler Rd
26.8	S	Tyler Rd	0.4	At stop sign, cross ME 32 (Ridge Rd)
27.2	BR	Weeks Mills Rd	2.1	At yield sign, Tyler Rd becomes Weeks Mills Rd
29.3	R	Legion Park Rd	2.7	At stop sign, cross US 202 (N. Belfast Ave), ME 3/9. <b>Caution:</b> Dangerous crossing.
32.0	S	Stone Rd	1.6	
33.6	R	Cross Hill Rd	4.1	At 4-way intersection. Campground.
37.7	S	Taber Hill Rd	2.6	At stop sign
40.3	R	Oak Grove Rd (unmarked)	1.6	
41.9	L	ME 32	0.7	Convenience store 0.1 mi to right
42.6	BR	Bassett Rd	2.2	
44.8	L	Veteran Dr/Dunbar Rd	0.6	
45.4	R	ME 32	0.0	
45.4	QL	ME 137 (Carter Memorial Dr)	1.0	At traffic light, cross Kennebec River and follow signs to ME 104.
46.4	L	Abenaki Rd	0.3	Follow signs to ME 104.
46.7	R	West River Rd (ME 104)	0.1	
46.8	L	Louise Ave	0.2	Second left after turning on ME 104
47.0	L	Runnels Field parking lot		<b>End of Ride</b>