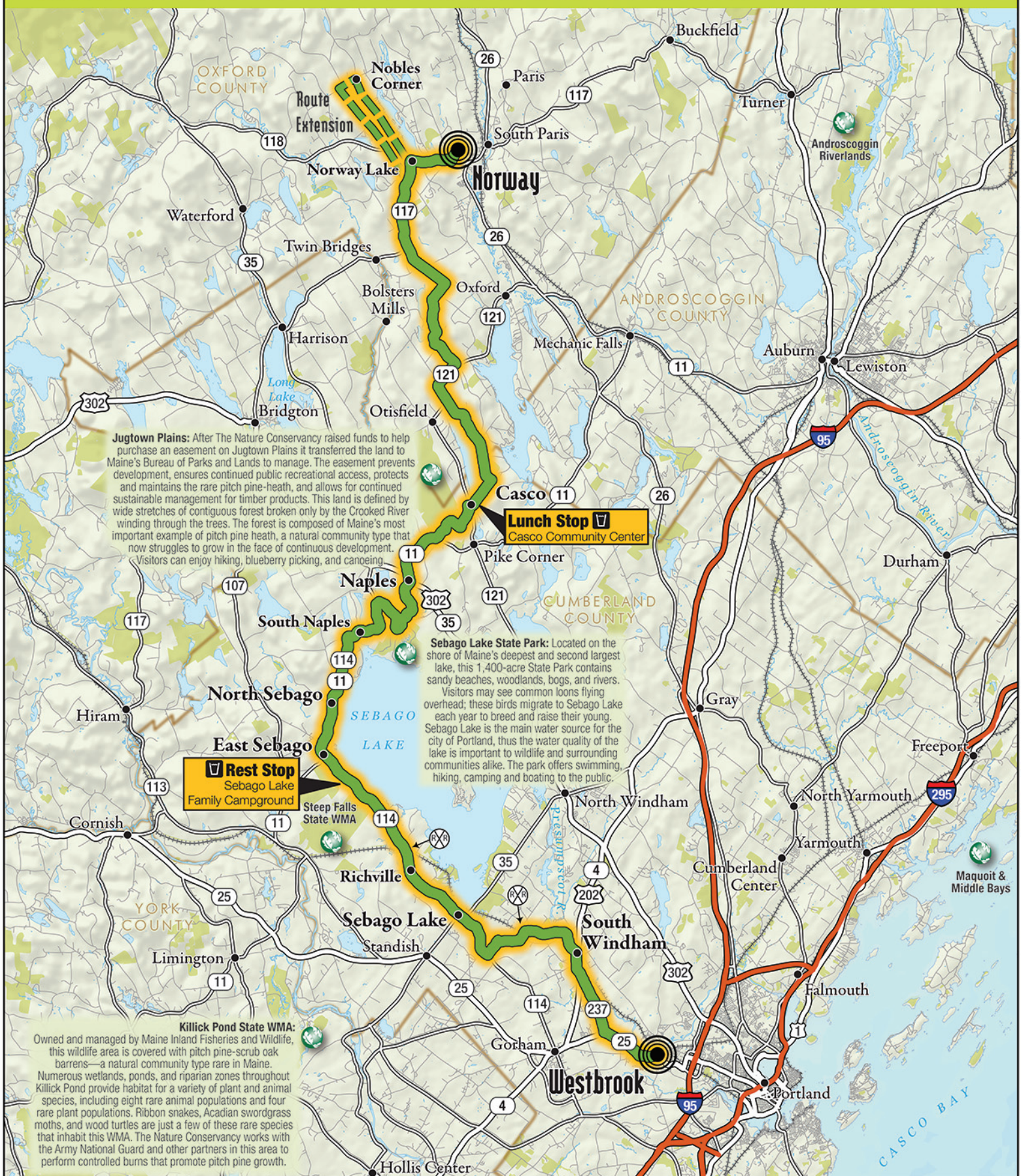


Day 1: Westbrook to Norway

58.8 or 73.3 Miles
2,791' Elevation Gain



Ride safely and courteously.
Obey all traffic laws.
Medical Emergency: 911
SAG/minor medical support: 207-200-7845

0 5 10
Miles



Anthem BlueCross BlueShield

L.L.Bean



Information on natural areas provided by The Nature Conservancy

Cartography/Design by Center for Community GIS

Ride Description

From our waterfront campsite on the Presumpscot River, our route takes us out of Westbrook in grand fashion and eventually onto the Mountain Division Trail. After leaving the trail, our route heads north, tracing the western and northern shore of the state's second largest lake, Sebago. The rolling terrain makes for some inspiring cycling. After crossing over the Cumberland and Oxford Canal, the route hugs the shore of Pleasant Lake with occasional views of the White Mountains to the west. Gaining elevation as we head towards Otisfield, our reward is a wonderful descent to the shore of Penesseewassee Lake and on into Norway.

Ride Turn-by-turn*

Exit Westbrook Riverbank Park, turn right onto Main St	0
Bear right using entrance lane onto ME-25W at traffic signal	0.7
Turn right onto ME-237N	2.5
At roundabout, take first right onto US-202/ME-4N	5.5
After Blue Seal Feeds on right, left onto Mountain Division Trail	6.2
<i>Stay on bike path, crossing 3 roads and Presumpscot River</i>	
Turn left onto Plummer Rd	8.9
Turn right onto Dunlap Rd	9.3
Turn left onto Wescott Rd	10.2
Turn right onto ME-114N	11
Continue on ME-114N after stop sign for ME-35	13.2
Rest Stop, Sebago Lake Family Campground	20.9
<i>Continue on ME-114N through E. Sebago and N. Sebago</i>	
Turn right onto Clement Rd	29.9
Turn right onto unnamed road toward Sebago Lake State Park	30.1
Turn left to stay on State Park Rd, cross Songo Lock	31.7
Turn left onto Songo School Rd	31.9
Turn left onto Roosevelt Trail, US-302/ME-35W	34.1
Turn right onto Sand Rd	34.3
Turn right onto unnamed road, ME-11N	34.9
Turn left onto Leach Hill Rd	36.6
After stop sign, go straight into parking lot of Community Ctr	38.8
Lunch Stop, Casco Community Center	

*Mileage may vary from your odometer.

Verify turns by checking route markings, street names, and odometer.

Continue on Leach Hill Rd, turn left onto Meadow Rd, ME-121N	38.9
Turn right onto Mayberry Hill Rd	39.1
Turn left staying on Mayberry Hill Rd (unnamed)	40.6
Road becomes Powhatan Rd, bear right to stay on Powhatan Rd	43.3
Slight right onto ME-121N	44.7
Bear right staying on ME-121N at intersection with Bell Hill Rd	45.3
Turn left onto Rayville Rd	46.5
Turn right staying on Rayville Rd, becomes Hidden Lake Rd	48.3
Turn left at stop onto unnamed road (Gore Rd)	50.6
Turn right onto ME-117N	53.3
Turn right onto ME-118E/117N	56.5
<i>Road becomes Main St as you enter downtown Norway</i>	
Turn left onto Cottage St	58.3
Turn left into BikeMaine Village, Norway Town Recreation Park	58.8

Ride Extension Turn-by-turn*

Exit BikeMaine Village south on Cottage St	0
Turn right onto Main St	0.3
Continue straight on ME-118W (ME-117 turns left)	2.0
Turn right onto Greenwood Rd	3.0
Slight left onto Don Hunt Rd	5.9
Turn left onto Morse Rd	6.2
Turn left onto Norway Center Rd	6.7
Bear left staying on Norway Center Rd, past Watson Rd	8.6
Turn right onto Morrill Rd	8.9
After stop sign, cross ME-118, becomes Country Club Rd	10.0
After two stop signs, turn left onto ME-117N	11.6
Turn right onto ME-118E/117N	12.4
Turn left onto Cottage St	14.2
Turn left into BikeMaine Village, Norway Town Recreation Park	14.5



Water Quality

Sebago Lake is the water source for Greater Portland, providing water for 15% of Maine's people. According to the Portland Water District, "Sebago Lake is exceptionally clear and soft—clean enough to be exempt from the expensive filtration process required of most surface water sources. The lake covers 30,000 acres. The watershed is more than 50 miles long." Protection of Maine's water resources is included in a November bond issue. This initiative will provide funding to upgrade and replace stream crossings, upgrade drinking water systems and wastewater treatment facilities, and restore wetlands. Sebago Lake holds the world record for the biggest landlocked salmon caught—a 22.5 pound fish caught by Edward Blakey in 1908.

