

# Day 4: Gardiner to Boothbay Harbor

58.2 Miles  
3,774' Elevation Gain



Ride safely and courteously.  
Obey all traffic laws.

Medical Emergency: 911  
SAG/minor medical support: 207-200-7845

0 2.5 5  
Miles



Anthem BlueCross BlueShield  
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L.L.Bean

BICYCLE CORLIOTION

Information on natural areas provided by The Nature Conservancy

Cartography/Design by Center for Community GIS



## Ride Description

Our ride today begins by crossing the Kennebec River to Randolph, before turning south to Pittston and then Dresden Mills. We head northeast up and over Blinn Hill to East Pittston and North Whitefield. We turn south onto Townhouse Road and stop for a snack at the Sheepscot General Store. Back on our bikes, we will cycle through rich farmland until we reach the beautiful West Branch of the Sheepscot River. We follow the west bank of the meandering Sheepscot, crossing to the east side of the river in Lincoln County's historic Head Tide Village. This is quintessential Maine. At the southern tip of Damariscotta Lake, the route travels through Damariscotta Mills, home of the state's oldest and most productive alewife fishery and where the Damariscotta River turns salty. We trace the Damariscotta River down to Newcastle, where we have lunch along its banks. We keep the river to the east as we travel down the Boothbay Peninsula to the lovely village of Boothbay Harbor, the heart of Midcoast Maine and our home for the next two nights.

## Ride Turn-by-turn\*

Exit Gardiner Waterfront Park	0
Turn right onto unnamed street (Maine Ave)	0.2
Turn right onto Bridge St (ME-9/27/126) to cross Kennebec River	0.4
Turn right onto Water Street (ME-126E/27S)	0.7
<i>Take right onto Arnold Rd to see Reuben Colburn House</i>	3.2
Turn left onto Blinn Hill Rd in Dresden Mills	10.0
Bear left at fork onto unnamed road (Blinn Hill Rd)	11.2
Summit Blinn Hill at 445', with views in three directions	12.8
Turn left onto Nash Rd	15.0
Turn left onto ME-194W	16.4
Turn right onto Hunts Meadow Rd	17.1
Turn right onto ME-126E	20.2
Turn right onto Town House Rd	23.2
<b>Rest Stop, Sheepscot General Store, Whitefield</b>	23.8

\*Mileage may vary from your odometer.

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

Turn left onto East River Rd (ME-194E/218N)	27.6
Bear right onto South Wiscasset Road/ME-218S	27.7
Turn left onto unnamed road (Head Tide Rd/ME-194E)	32.1
Pass through North Newcastle, home of Cowshit Corner	35.7
Continue straight onto ME-215S	36.0
Bear right as ME-215S becomes one-way Austin Rd	39.2
Turn left onto ME-215N, road becomes two-way	39.4
Keep left on ME-215N, onto Main St; <i>fish ladder</i>	39.8
Take slight left to return to one-way Austin Road	40.1
Turn right onto Mills Road/ME-215S	40.3
Cross US-1B at double stop sign and blinking light	42.1
<b>Lunch Stop, Second Congregational Church on left, Newcastle</b>	42.1
Turn left onto River Rd	42.2
Bear left to continue on River Rd avoiding Snead Spur	42.9
Turn left onto Pension Ridge Rd	51.8
Bear left staying on Pension Ridge Rd, with Butler Rd on right	53.3
Turn right onto Back Narrows Rd	54.0
Bear left to stay on Back Narrows Rd	56.8
Turn right onto Ocean Point Rd/ME-96W	57.0
Turn right onto Townsend Ave/ME-27N	57.9
<b>Turn left into Boothbay Region Schools and BikeMaine Village</b>	58.2



## Fish Ladders

For every hundred miles of stream that flow through the United States, an average of seven dams stand in the path of millions of migratory fish. While many of these dams provide important services for human communities, in part because of them, fish species like salmon, eel, sturgeon, and river herring have all experienced serious population declines and are either listed or proposed for federal endangered species protection. To ameliorate this consequence, The Nature Conservancy and many other organizations in Maine are encouraging the removal of neglected dams (especially those that pose risk to communities) or the construction of fish ladders to allow fish the opportunity to continue upriver to spawn. Freshwater fish are an important part of Maine's intrinsic value and the local economy, and it is of vital importance that we continue to assist these animals in their essential journey up and down the state's rivers and into the Gulf of Maine.

