

# Day 7: Bath to Westbrook

53.6 Miles  
2,225' Elevation Gain



Ride safely and courteously.  
Obey all traffic laws.

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



Anthem BlueCross BlueShield  
Anthem Blue Cross and Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

L.L.Bean



Information on natural areas provided by The Nature Conservancy

Cartography/Design by Center for Community GIS



## Ride Description

Our last day of riding puts us on the Androscoggin River Path from Bath to Brunswick, where once again you will be following the Androscoggin River. We'll ride through downtown Brunswick, past Bowdoin College, and then back onto quiet roads through lovely Pennellville to Maquoit Bay. We ride into Freeport, home of our founding sponsor L.L.Bean, and stop by L.L.Bean's new Paddling Center located off of Lower Flying Point Road for a morning snack. We skirt downtown Freeport, instead passing through Porter's Landing and South Freeport before turning inland to Yarmouth and Falmouth, and to the top of Blackstrap Road. From here it's a steady descent to the Presumpscot River and the finish line in Westbrook at the world headquarters of IDEXX Laboratories, where hot showers and a farewell luncheon await.

## Ride Turn-by-turn\*

Leave Village via the bikepath and St Mary's Church parking lot	0
Turn left onto Lincoln St	0.1
Turn left onto Congress Ave; <i>Breakfast at American Legion on left</i>	0.3
Cross Congress Ave to pass through Bath Middle School drive	0.4
Turn left onto Old Brunswick Rd	0.5
Cross New Meadows River, becomes Old Bath Rd in Brunswick	2.5
Turn right onto Grover Ln	5.4
Grover Ln ends in parking lot, becomes Androscoggin River Path	5.6
Pathway ends, continue onto Water St in Brunswick	8.2
At four-way stop, proceed straight onto Federal St	8.8
At signal, continue straight onto Sills Dr/ME-123S	9.4
Turn right onto Middle Bay Rd	12.0
Turn left onto Pennellville Rd	12.4
Turn left onto Pennell Way	13.7
Turn right onto Simpsons Point Rd	14.2
Make sharp left onto Mere Point Rd	15.3
Turn right onto Rossmore Rd	15.9
Turn left onto Maquoit Rd	17.0
Bear right onto Woodside Rd	17.8
Turn left onto Bunganuc Rd	18.3
Bear left continuing on Bunganuc Rd, past Casco Rd on right	19.6
Turn left onto Lower Flying Pt Rd, immediate left onto Marietta Ln	22.4
<b>Rest Stop at L.L.Bean Paddling Center, Freeport</b>	22.9
<i>Backtrack down Marietta Ln</i>	
Turn right onto Lower Flying Pt Rd, next left onto Flying Pt Rd	23.3
Turn left onto Lower Mast Landing Rd	26.0

\*Mileage may vary from your odometer.

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

At four-way stop, continue straight onto Porters Landing Rd	27.1
Turn left onto unnamed road (South Freeport Rd)	27.2
At four-way stop, turn right onto Pine St	28.8
At stop sign, turn left onto US-1S	30.3
Turn right onto Old County Rd, becomes E Main St in Yarmouth	31.4
Turn right onto Pleasant St	35.1
Turn right onto ME-88/Lafayette St	35.8
Turn left at stop onto unnamed street (East Elm St)	35.4
Turn right onto Kings Highway	37.7
Bear right onto Tuttle Rd	37.8
Turn left onto Middle Rd	38.0
Turn right onto Woods Rd	40.9
Turn left onto Woodville Rd	42.4
At stop sign, turn left onto unnamed road (Falmouth Rd)	43.9
Just after crossing RR tracks, turn left onto Leighton Rd	44.8
Turn left onto Brook Rd	45.8
At signal for Bridgton Rd/US-302, continue straight onto Pride St	47.8
Bear left onto Austin St	48.7
At stop sign, turn right onto unnamed street (East Bridge St)	49.1
Bear right keeping on East Bridge St, Park St bears left	49.6
Turn left at stop sign onto Bridge St (Methodist Rd is on right)	50.0
Straight at signal continuing on Bridge St (cross Cumberland St)	50.5
Caution as Bridge St bears left downhill, watch backing vehicles	51.3
Turn left onto Main St	51.5
Turn right onto Spring St	51.7
<i>Cross ME-25 at traffic signal</i>	
Turn right onto Eisenhower Dr	53.0
<b>Turn left into IDEXX Laboratories for end of BikeMaine 2014</b>	53.6



## Rising Sustainability in the Gulf of Maine

The Gulf of Maine is one of the most productive marine systems in the world. Its cold, turbulent waters create a plankton-rich foundation that supports an abundant food web. The earliest European ventures into this area were fishing fleets pursuing legendary stocks of popular fish, such as cod. Since then, fishing has helped define our coastal communities, providing community identity, food, and economic livelihoods. But the ecology of the Gulf of Maine is out of balance right now. Centuries of misuse, such as overfishing, along with systemic threats such as warming and acidifying waters, are causing a decline in key species within that food web. The Nature Conservancy is working with fishermen to restore critical habitats and rebuild depleted fish populations. One approach has been to purchase fishing permits and allow fishermen to use those permits in order to research more sustainable harvesting practices. The goal is to restore the Gulf ecosystem, and manage it well into the future, so it will be resilient enough to continue to provide for the people and natural communities that rely on it.

