



2016 **BIKE MAINE**

Discover the **Bold Coast!**

DAY 5
 Sept. **15**
54.4 miles
2,449 ft
 elevation gain

start
Eastport
 rest stop #1 (13.1 mi)
Pembroke Library
 lunch stop (40.7 mi)
Tide Mill Organic Farm
 finish
Lubec

route color **YELLOW**

SAG Support **207-200-7845**

CUE SHEET

Day **5** | Sept. **15** | **54.4** miles | **2,449** ft elevation gain

Leg	Total	Directions
2.2	0	Turn left out of BikeMaine Village onto ME-190
0.6	2.2	Turn left onto Old Toll Bridge Rd.
0.4	2.8	Turn right onto Snyder Rd.
0.1	3.2	Turn left onto Perkins Rd.
0.1	3.2	Turn right onto Conner St.
0.5	3.3	Conner St. turns slightly left and becomes Vanasse Rd.
3	3.8	Turn left onto ME 190
0.5	6.8	Turn left onto Old Eastport Rd.
0.2	7.3	Turn right onto Mahar Lane
3.5	7.5	Turn left onto US 1 S
1.6	11	Turn left onto Old County Rd.
0.9	12.6	Turn left to stay on Old County Rd.
13.1		Turn right into Pembroke Library - Rest Stop
		Turn right out of Pembroke Library
0.1	13.5	Turn right to stay on Old County Rd.
3.4	13.6	Turn left onto Leighton Point Rd.
1.2	17	Turn right onto Clarkside Rd.
1.4	18.2	Turn left onto Reversing Falls Rd./Youngs Cove Rd.
1.5	19.6	Enter Reversing Falls Park (Make a U-Turn)
1.2	21.1	Turn right onto Clarkside Rd.

Leg	Total	Directions
3.3	22.3	Turn left onto Leighton Point Rd.
0.4	25.6	Turn left onto Old County Rd.
2.5	26	Slight left onto US 1 S
0.7	28.5	Turn right onto Cross Rd.
1.2	29.2	Turn left onto South Ridge Rd.
0.5	30.4	Turn right onto US 1 S
0.4	30.9	Turn right onto ME-86 W
0.5	31.3	Slight left onto Main St.
0	31.8	Turn left onto Old Rte 1
0.8	31.8	Old Rte 1 turns slightly L and becomes Bunker Hill Rd.
1.8	32.6	Turn right onto US 1 S
3.7	34.4	Turn left onto S Edmunds Rd.
2	38.1	Turn left onto US 1 S
0.6	40.1	Turn left onto Tide Mill Rd.
40.7		Lunch at Tide Mill Organic Farm
		Tide Mill Rd.
2.2	41.3	Turn left onto US 1 S
10.6	43.5	Turn left onto ME-189 E
0.3	54.1	Turn onto South St.
54.4		Enter BikeMaine Village - Lubec Elementary School

RIDE DESCRIPTION

Although the outline of our day's destination across the bay in Lubec is visible from Eastport, we have some riding to do to get there by bicycle. We retrace our route to Perry, then head west around Cobscook Bay. For riders who want to experience Reversing Falls, a favorite playground for seals, there is an 8-mile round trip ride from Pembroke down Leighton Peninsula to Reversing Falls Park. This natural phenomenon is best viewed 1-2 hours prior to the day's high tide at 10:15 a.m. From Pembroke, the route skirts Denny's Bay. In Whiting, a sharp left turn will put you on the road to Lubec.

TNC SITES OF INTEREST

Cobscook Bay

Defined by its high tides, turbulent waters, and bold coastline, Cobscook Bay is a remarkably rich ecosystem, teeming with wildlife above and below the water. Tucked against the Canadian border in Downeast Maine, its cold, nutrient-laden waters, strong tidal currents, and extensive intertidal habitats create critical breeding and feeding grounds for many marine and shoreline species. Inner coves remain relatively free of ice in winter, attracting the largest congregation of bald eagles in the northeast and a quarter of Maine's wintering black ducks.



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