



BIKEMAINE 2015

Day **6** Sept. **18**

76.5 miles

3,626 ft
elevation gain

start

Sweden

rest stop #1 (18 mi)

Denmark

lunch stop (41 mi)

Limerick

rest stop #2 (61 mi)

Goodwin's Mills

finish

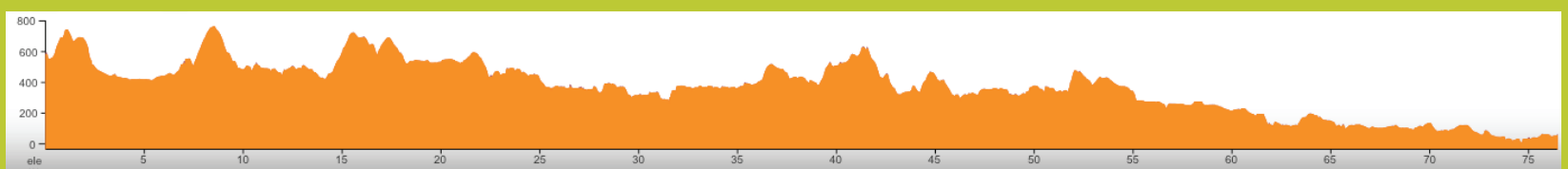
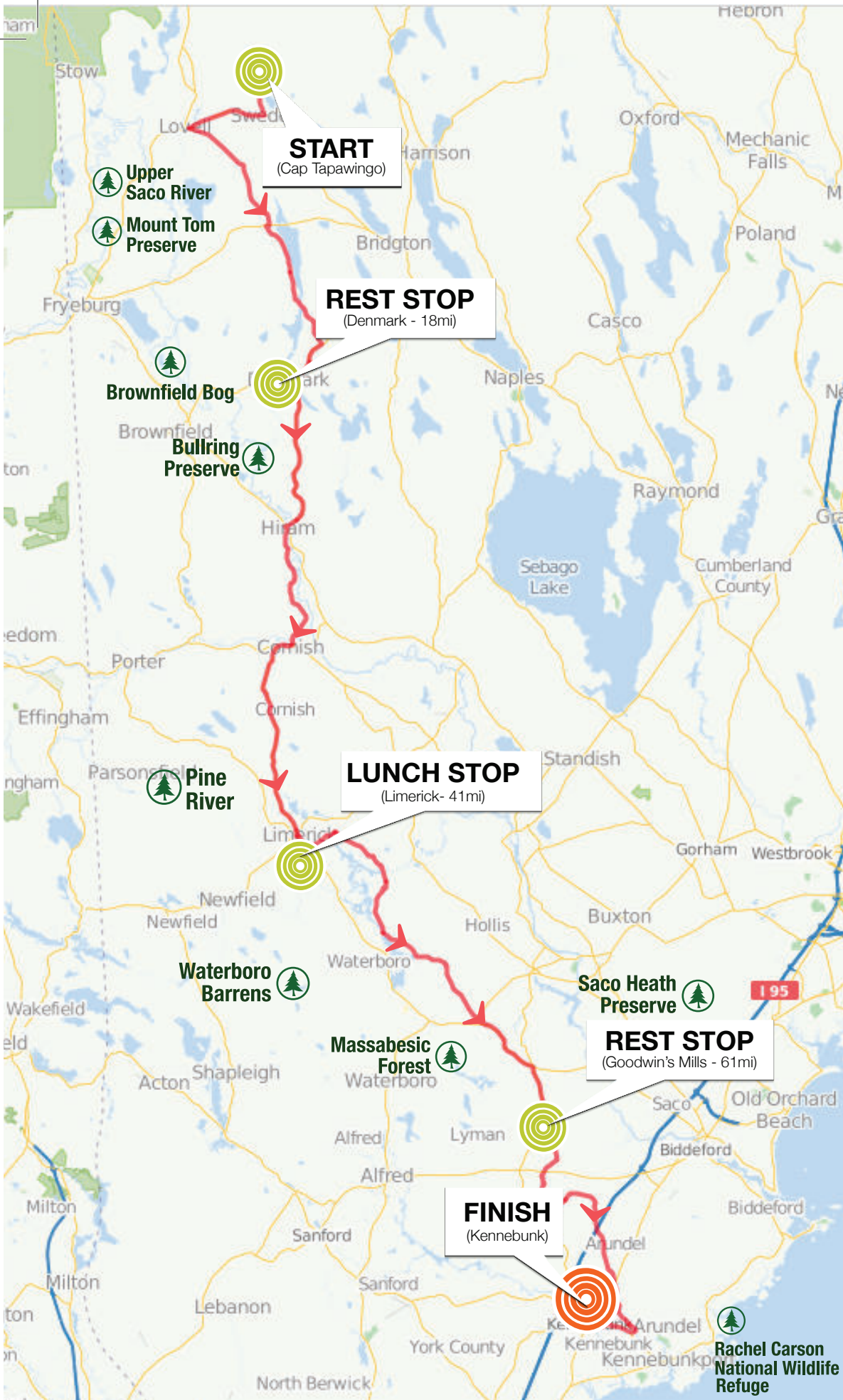
Kennebunk

route marking color

ORANGE

SAG Support

207-200-7845



CUE SHEET

Leg	Total	Description
0.79	0.79	Turn right onto ME-93 N
5.78	4.26	Sharp left onto Knights Hill Rd
0.14	10.04	Turn right onto US-302 W
4.9	10.18	Turn left onto Mountain Rd
1.03	15.08	Turn right onto Hio Ridge Rd
1.89	16.11	Turn right onto ME-117 S
0.37	18	AM Rest Stop at Denmark Congregational Church
0.02	18.37	Turn left to stay on ME-117 S
7.17	18.39	Turn left to stay on ME-117 S
0.06	25.56	Turn right onto ME-113 N/ME-5 N
0.09	25.62	Turn left onto Maple St/River Rd
5.83	25.71	Slight right to stay on Maple St/River Rd
0.16	31.54	Continue onto Bridge St
0.58	31.7	Turn right onto ME-25 W/ME-5 S (Main Street)
8.68	32.28	Turn left onto ME-5 S
0.04	40.96	Continue onto School St
0.11	41	Lunch Stop at Limerick Fire Station
0.06	41.11	Turn left onto Cross St
0.69	41.17	Turn right onto ME-11 S/ME-5 S
1.55	41.86	Turn left onto Burnham Rd
2	43.41	Turn right onto Doles Ridge Rd
1.58	45.41	Turn right onto New Dam Rd
2.05	46.99	Turn right to stay on New Dam Rd (No Road Sign)
0.18	49.04	Slight right onto Chadbourne Ridge Rd (No Road Sign)
1.85	49.22	Turn left onto Webber Rd
4.12	51.07	Continue onto Deering Ridge Rd
0.4	55.19	Continue onto Sarah Vaughn Rd (No Road Sign)
3.02	55.59	Turn left onto ME-5 S
2.39	58.61	Turn right onto ME-35 S
0.4	61	PM Rest Stop at Community Library in Goodwin's Mills
0.17	61.4	Slight left onto Church St
1.44	61.57	Slight right onto Hill Rd after Stop
0.8	63.01	Turn right onto Trout Brook Rd
1.73	63.81	Continue onto Thompson Rd after Stop Sign
0.53	65.54	Turn left onto Curtis Rd (No Road Sign)
1.01	66.07	Turn left onto Irving Rd
0.96	67.08	Continue onto Brimstone Rd
4.13	68.04	Slight right onto Limerick Rd
2.31	72.17	Turn left onto River Rd
0.3	74.48	Turn right onto Durrell's Bridge Rd
1.11	74.78	Turn right onto Summer St
0.23	75.89	Turn left onto Depot St
0.09	76.12	Continue onto Winter St
0.22	76.21	Turn right to stay on Winter St
0.03	76.43	Turn right onto Park St
	76.46	Arrive at BikeMaine Village Parson's Park

ROUTE DESCRIPTION

While the day starts with some challenging hills, things taper off as we approach the coast. Soon after leaving Sweden, we head south past the base of Shawnee Peak Ski Area and the west side of Moose Pond, to Denmark for our morning rest stop. After riding through Hiram and Cornish, we follow what was once the Sokokis Trail through Limerick. We pedal along the east side of Lake Arrowhead, a man-made lake on the Little Ossipee River, through Dayton and Lyman, where we have an afternoon rest stop, then cross the Maine Turnpike and cruise into Kennebunk.

BikeMaine is Proudly Supported by:



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TNC SITES OF INTEREST



Protecting nature. Preserving life.™

Water Quality

The Saco River is the sole source of water for the Biddeford-Saco drinking water system. The river begins as a small stream high in the White Mountains and flows through 136 miles of forest, floodplains and farmland on its way to the ocean. Due to the lack of any substantial industrial development along the shoreline, the Saco River is one of the cleanest major rivers in Maine and New England and provides drinking water for at least 100,000 people. The Nature Conservancy has a history of collaborating with towns, counties, and organizations to protect the Upper Saco Watershed. Together, we educate visitors about the importance of clean water, protecting river habitats, and the "leave no trace" approach to recreation. We identify key habitats that need special protection, and support local land trusts that work with private and public landowners to protect working forests and farmlands along the river. These efforts mean that the Saco River and its surrounding habitats will be protected and continue to provide both clean drinking water and recreational opportunities for people.

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* All mileage is based off of RidewithGPS

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