

A map of the state of Maine, USA, with a grid overlay. A red line traces the path of United States Bicycle Route 1 (USBR 1) from south to north. The route starts at Kittery in the south, goes north to Portland, then west to Augusta, then north to Bangor, then east to Calais, and finally south to Kittery. The word 'MAINE' is written in large green letters across the center of the map. The text 'United States Bicycle Route 1' is at the top, 'Map Book' is below it, and 'South to North Maps and Descriptions 2013' is at the bottom right.

**United States Bicycle Route 1**

# **USBR 1**

**Map Book**

# **MAINE**

**Calais**

**Bangor**

**Augusta**

**Portland**

**Kittery**

**South to North Maps and Descriptions  
2013**

# Mapbook User Guide

Roads in this document are designated by the federal or state route numbers, and or the road name. The name will be in parenthesis after the route number. Not all road segments have names. Numbered routes (federal and or state) can overlap. You may see multiple numbers on a single road. The maps are labeled accordingly. **Example:**

Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
1	ME 103 (Old Post Rd.)	0.1	Old Post Rd. continues to the right	Bear left on ME 103 (Dennett Rd.)	North
1	Government St.	0.2	Me 103 merges with Government St. Stay with ME 103	Right on ME 103 (Cook St.)	Northwest
15	US 202/ME 11/ ME 100	4.2	Cross the Leeds town line Cross the Monmouth town line	Right onto Norris Hill Rd.	Northeast

If a road segment changes names along its course, every effort was made to list all names for that road segment you will travel on, in the order you will encounter them and a possible land-mark where the change takes place. The land-mark will be in the 'Travel Information' column. **Example:**

1	(Dennett Rd.\ State Rd.)	6.9	Dennett Rd. becomes State Rd. at Eliot town line.	Left onto Worster Rd.	North
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Every effort is made to inform you what town you are entering along the bike route. On the description page, town line crossings are listed in the 'Travel Information' column. **Example:**

5	Downing Rd.	1.9	Cross the Arundel town line	Right onto Limerick Rd.	Northeast
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In the 'Travel Information' column, the intent is to list information in the order that you will encounter it as you approach it from the 'south to north' direction that the route is traveling. There is an index on the back of the guide.

Cautions and very important information are highlighted in red. Off-route excursions are highlighted in green.

18	US 201 (Water St.)	0.6	Use <b>caution</b> , heavy, but slow traffic, and narrow streets in downtown Hallowell	Bear Right back onto KRRT At Winthrop St. by waterfront parking	North
18	Kennebec River Rail Trail	2.0	Cross the <b>Augusta</b> town line. Kennebec Valley YMCA connector path (unmarked) on your left just past the water treatment plant. Go thru parking lot (at the trails end, 1/4 mile marker) of Maine Housing Authority to north end and out the drive way on your left	Through the parking lot, Right onto Water St.	North

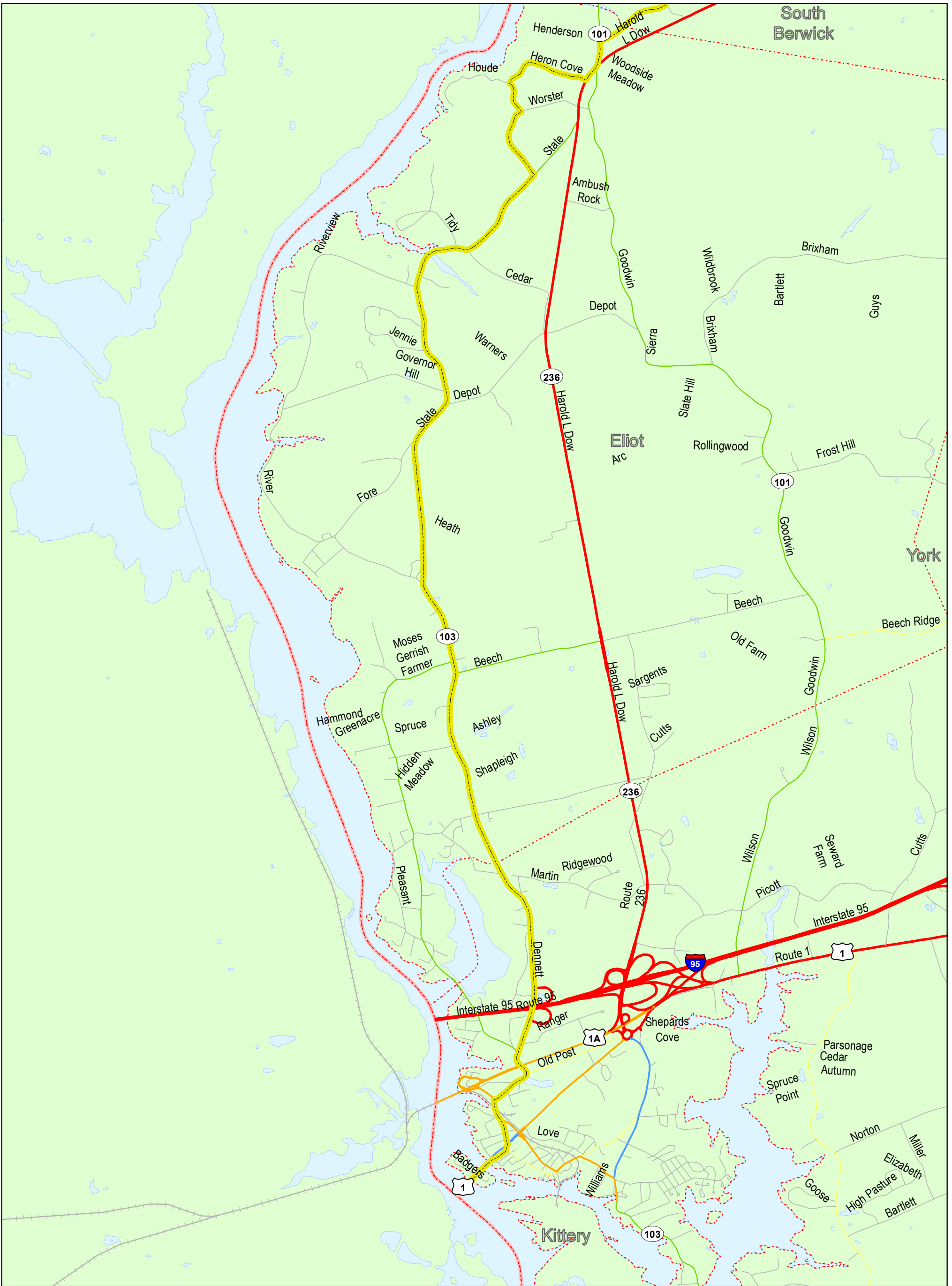
If traveling 'north to south' there may be occasions for short distances, when the route may vary from what is shown in this publication, due to traffic patterns and one way roads. We recommend you carry a detailed map of the area with you.

Not all legend items are in every map.

-  USBR 1
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-  Town Lines
-  County Lines
-  Down East Sunrise Trail

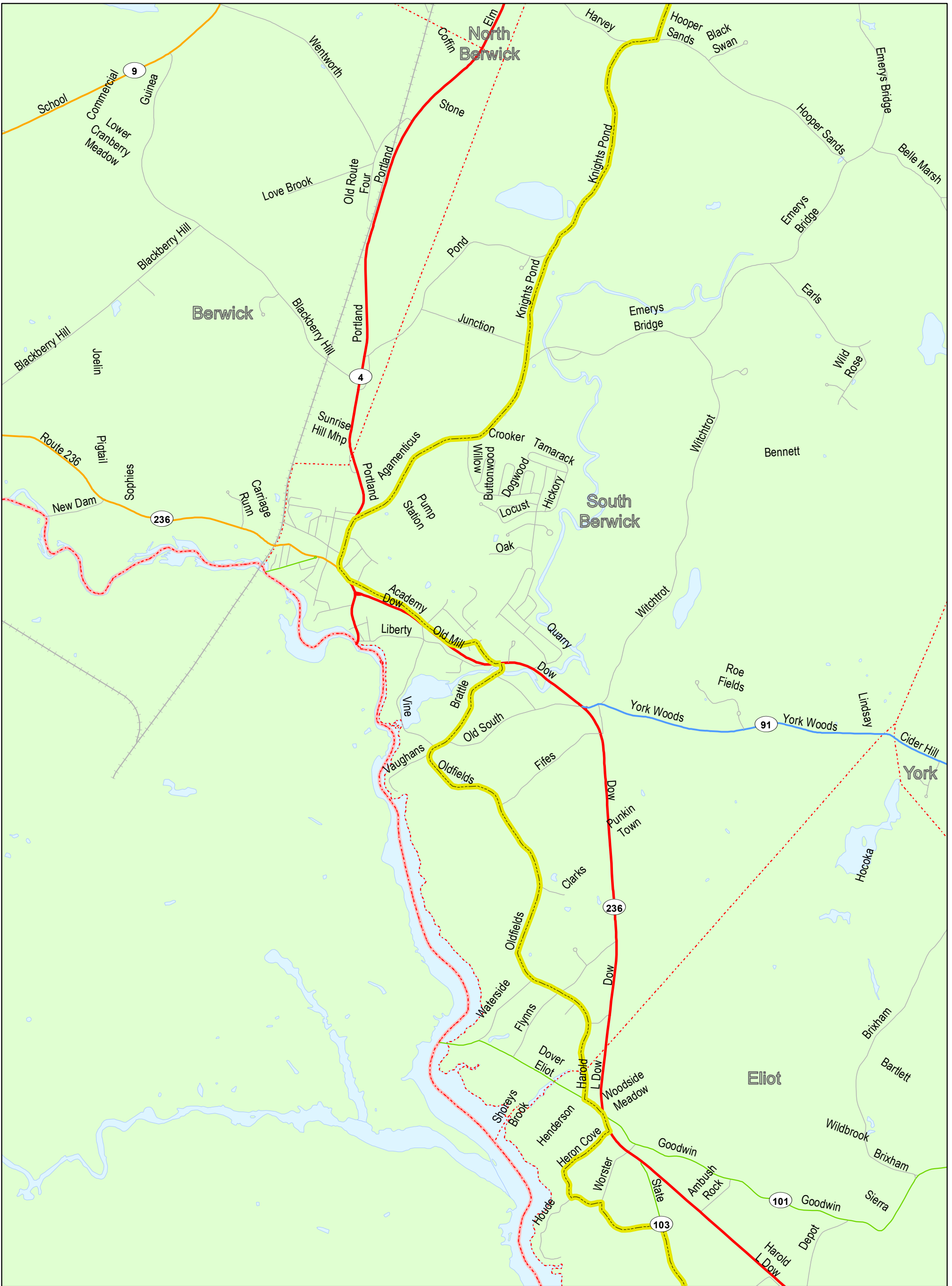
This map of the Maine portion of the United States Bicycle Route 1 is published by the Maine Department of Transportation (MaineDOT) as an aid to bicyclists. Most routes shown on this tour are on regular state and local roads used by automobiles, trucks, buses, and other motorized vehicles. The MaineDOT in no way warrants the safety or suitability of the routes indicated on this tour for shared bicycle/motor vehicle use or for use by young and/or inexperienced riders. Bicyclists assume the risk for their own safety at all times when traveling on the indicated routes. Inclusion in this book does not indicate that the roads are in good condition or currently or ever will have paved shoulders. Although the MaineDOT has made a reasonable effort to ensure that the information contained in this guide is correct as of the publication date, the actual conditions that riders encounter may vary, and the Department in no way warrants its accuracy. Mileages are estimates only. MaineDOT assumes no liability for personal injuries or property damage suffered by bicyclists.

Map Page Number	Starting Point of Route North Bound Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
1	From Memorial Bridge on US 1	0.7	Cross on Memorial Bridge US 1, over the Piscataqua river into <b>Kittery</b> , Maine. Stay right on Hunter Ave.	Left on Government St.	North
1	Government St.	0.2	Me 103 merges with Government St. Stay with ME 103	Right on ME 103 (Cook St.)	Northwest
1	ME 103 (Cook St.)	0.2		Continue straight on ME 103 (Old Post Rd.)	North
1	ME 103 (Old Post Rd.)	0.1	Old Post Rd. continues to the right	Bear left on ME 103 (Dennett Rd.)	North
1	ME 103 (Dennett Rd.\ State Rd.)	6.9	ME 103 diverges west just after the US 1 overpass. Cross the <b>Eliot</b> town line. Dennett Rd. becomes State Rd. at Eliot town line. ME 103 comes back on at the post office in Eliot	Left onto Worster Rd.	North
1	Worster Rd.	0.5		Left onto Houde Rd.	Northwest



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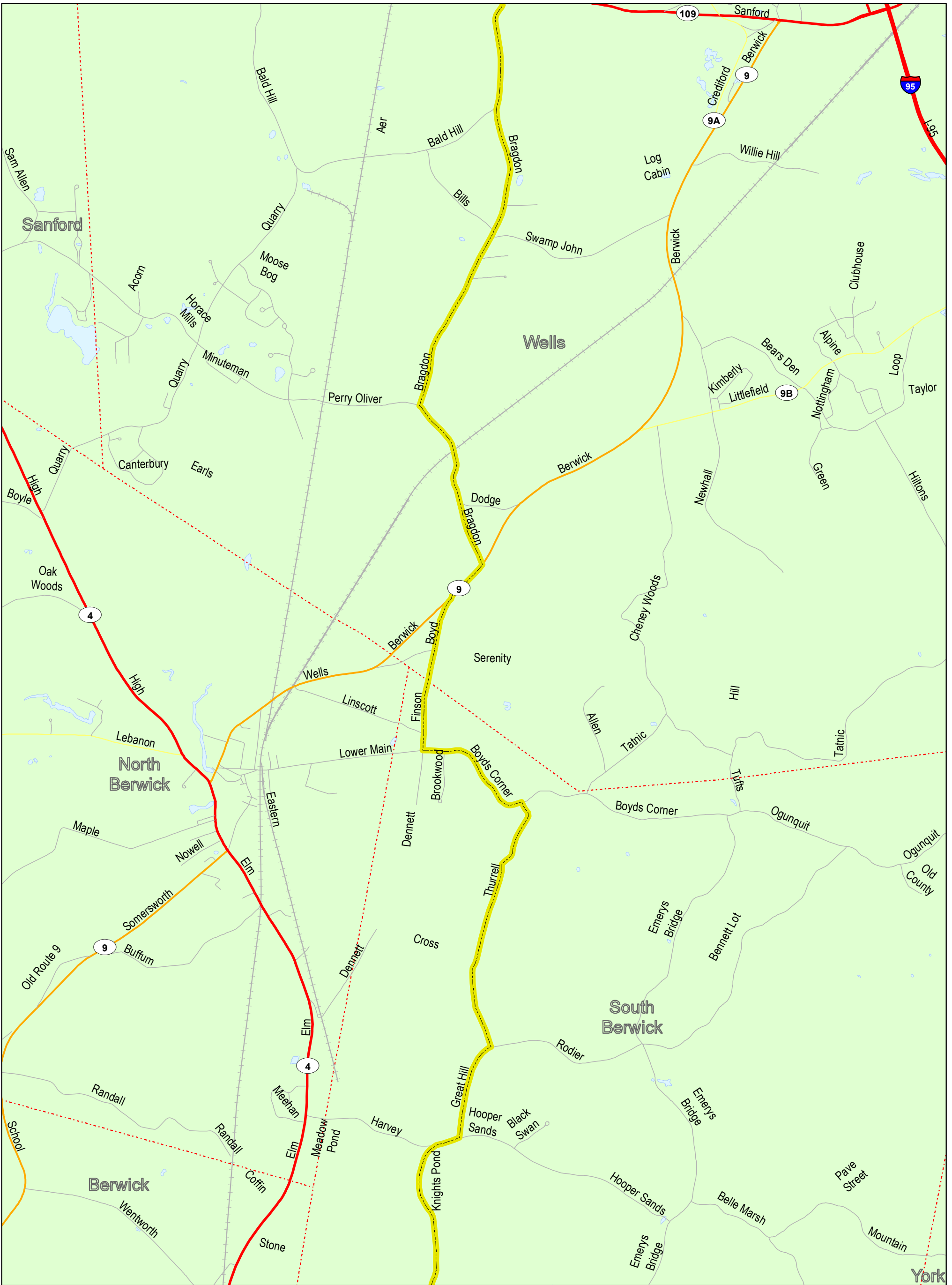
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
2	ME 103 (State Rd.)	6.9		Left onto Worster Rd.	North
2	Worster Rd.	0.5		Left onto Houde Rd.	Northwest
2	Houde Rd.	0.2		Left onto Heron Cove Rd.	Northwest
2	Heron Cove Rd.	0.6		Left onto ME 236/ME 103 (Harold L Dow Hwy)	East
2	ME 236/ME 103 (Harold L Dow Hwy)	0.1		Left onto ME 101 (Dover Rd.)	North
2	ME 101 (Dover Rd.)	0.2		Right onto Oldfields Rd.	North
2	Oldfields Rd.	3.0	Cross the <b>South Berwick</b> town line. Pass Vaughan Woods State Park	Bare right and Continue onto Vaughans Ln..	North
2	Vaughans Ln	0.1		Right onto Brattle St.	East
2	Brattle St.	0.8		Left onto ME 236 (Harold L Dow Hwy)	East
2	ME 236 (Harold L Dow Hwy)	0.1	Left on ME 236 (Dow Highway), then quick Right (500') onto Academy St	Right onto Academy St.	West
2	Academy St.	1.2		Right onto ME 236 (Main St.)	North
2	ME 236 (Main St.)	0.1		Right onto ME 4 (Portland St.)	North
2	ME 4 (Portland St.)	0.4	South Berwick town center	Right onto Agamenticus Rd.\Knights Pond Rd.	Northeast
2	Agamenticus Rd.\Knights Pond Rd.	3.8	Agamenticus Rd. changes to Knights Pond Rd. at Emerys Bridge Rd. Last services on route until Biddeford (~30 miles)	Right onto Hooper Sands Rd.	East



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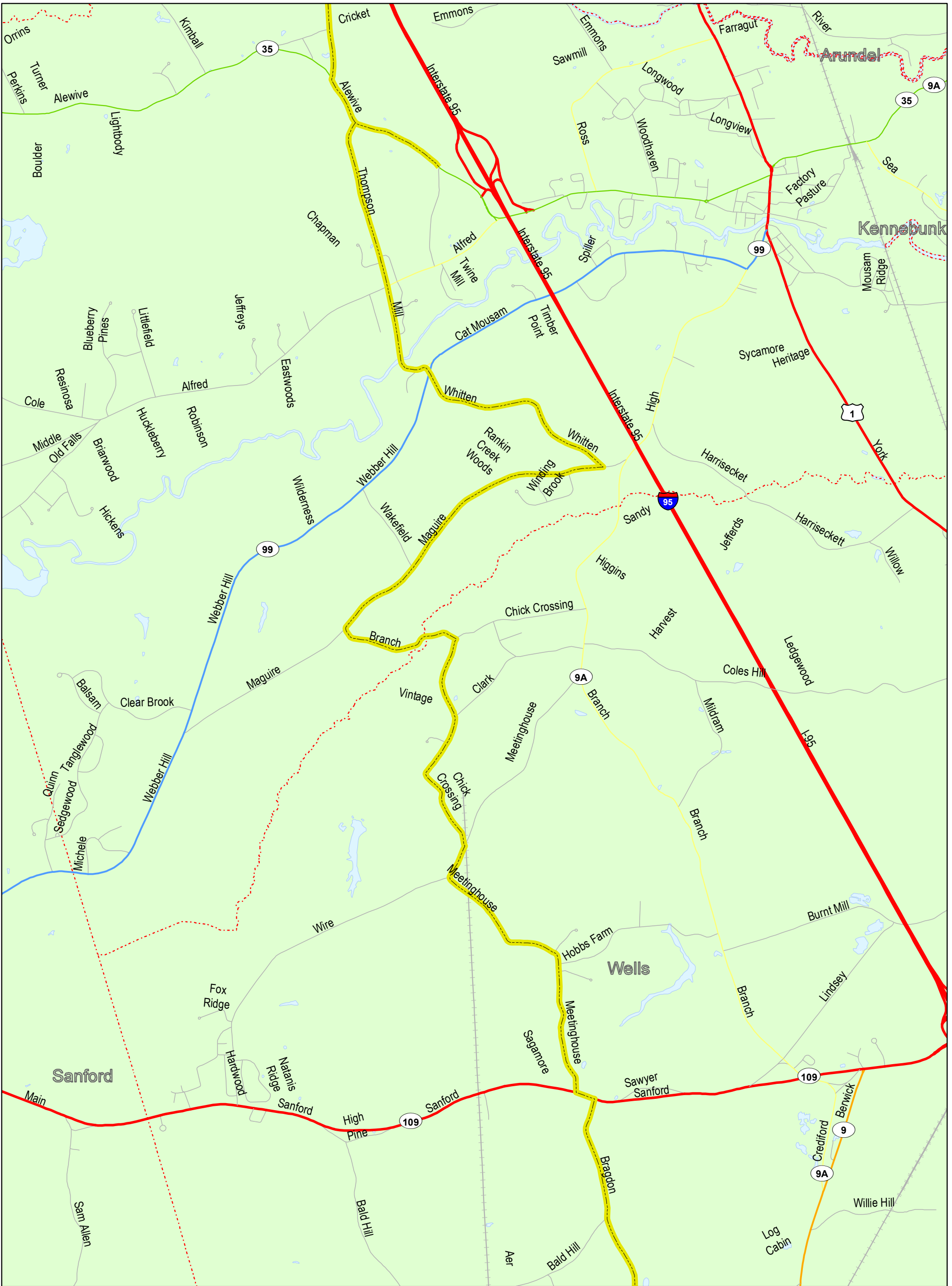
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
3	Knights Pond Rd.	3.8	Last services on route until Biddeford (~30 miles)	Right onto Hooper Sands Rd.	East
3	Hooper Sands Rd.	0.2		Left onto Great Hill Rd.	East
3	Great Hill Rd.	0.7		Left onto Thurell Rd.	Northeast
3	Thurell Rd.	1.7		Left onto Boyds Corner Rd.	Northeast
3	Boyds Corner Rd.	0.8		Right onto Finson Rd.\ Boyd Rd.	North
3	Finson Rd.\Boyd Rd.	1.0	Cross the <b>Wells</b> town line. Finson Rd. changes to Boyd Rd. at town line	Right onto ME 9 (Berwick Rd.)	Northeast
3	ME 9 (Berwick Rd.)	0.3		Left onto Bragdon Rd.	Northeast
3	Bragdon Rd.	4.0	Bear right after rail road tracks to stay on Bragdon Rd. To get to Wells Transportation Center (Amtrak station with roll-on, roll-off bicycle accommodation.). take Swamp John Rd. 1.3 miles, then left on ME 9 for 1.4 miles, then right on ME 109/ME 9/ Sanford Rd for 0.5 miles	Left onto ME 109 (Sanford Rd.)	Northeast





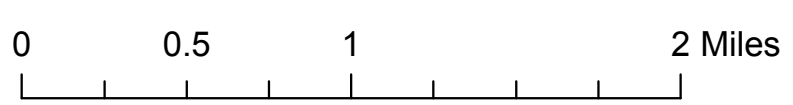
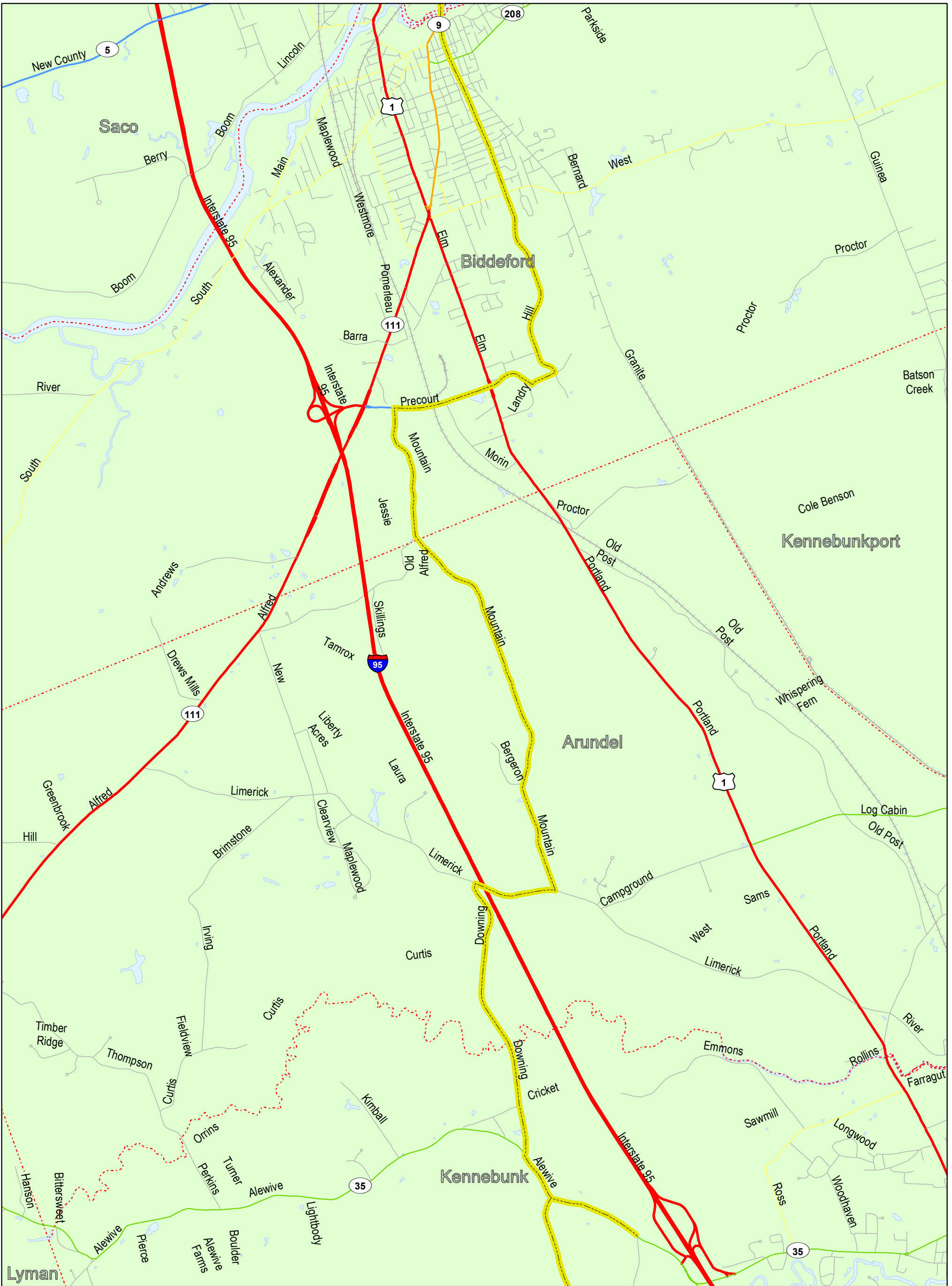
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4	Bragdon Rd.	4.0		Left onto ME 109 (Sanford Rd.)	Northeast
4	ME 109 (Sanford Rd.)	0.1	Wells Transportation Center and the Amtrak Downeaster (with roll-on, roll-off bicycle accommodation) is 2.5 miles east (right) on ME 109, adjacent to Maine Turnpike	Right onto Meetinghouse Rd.	North
4	Meetinghouse Rd.	2.1	Bear right at Wire Rd. to stay on Meetinghouse Rd.	Left onto Chick Crossing Rd.	Northeast
4	Chick Crossing Rd.	1.5		Left onto Day Hill\Branch Rd.	North
4	Day Hill Rd.\Branch Rd.	0.8	Cross the <b>Kennebunk</b> town line. Day Hill Rd.changes to Branch Rd. at town line	Right onto Maguire Rd.	East
4	Maguire Rd.	2.1	Very hard left to get on Whitten Rd	Left onto Whitten Rd.	North
4	Whitten Rd.	1.4		Bear left onto Mill St.\Thompson Rd.	North
4	Mill St.\Thompson Rd.	1.9	Cross the Mousm river. Mill St. changes to Thompson Rd. at the Alfred Rd. intersection (traffic light)	Left onto ME 35 (Alewife Rd.)	North
4	ME 35 (Alewife Rd.)	0.3	Right (South) on ME 35/Alewife Rd., to Eastern Trail, 0.6 miles and Maine Turnpike Rest Area, 1.0 miles	Right onto Downing Rd.	North



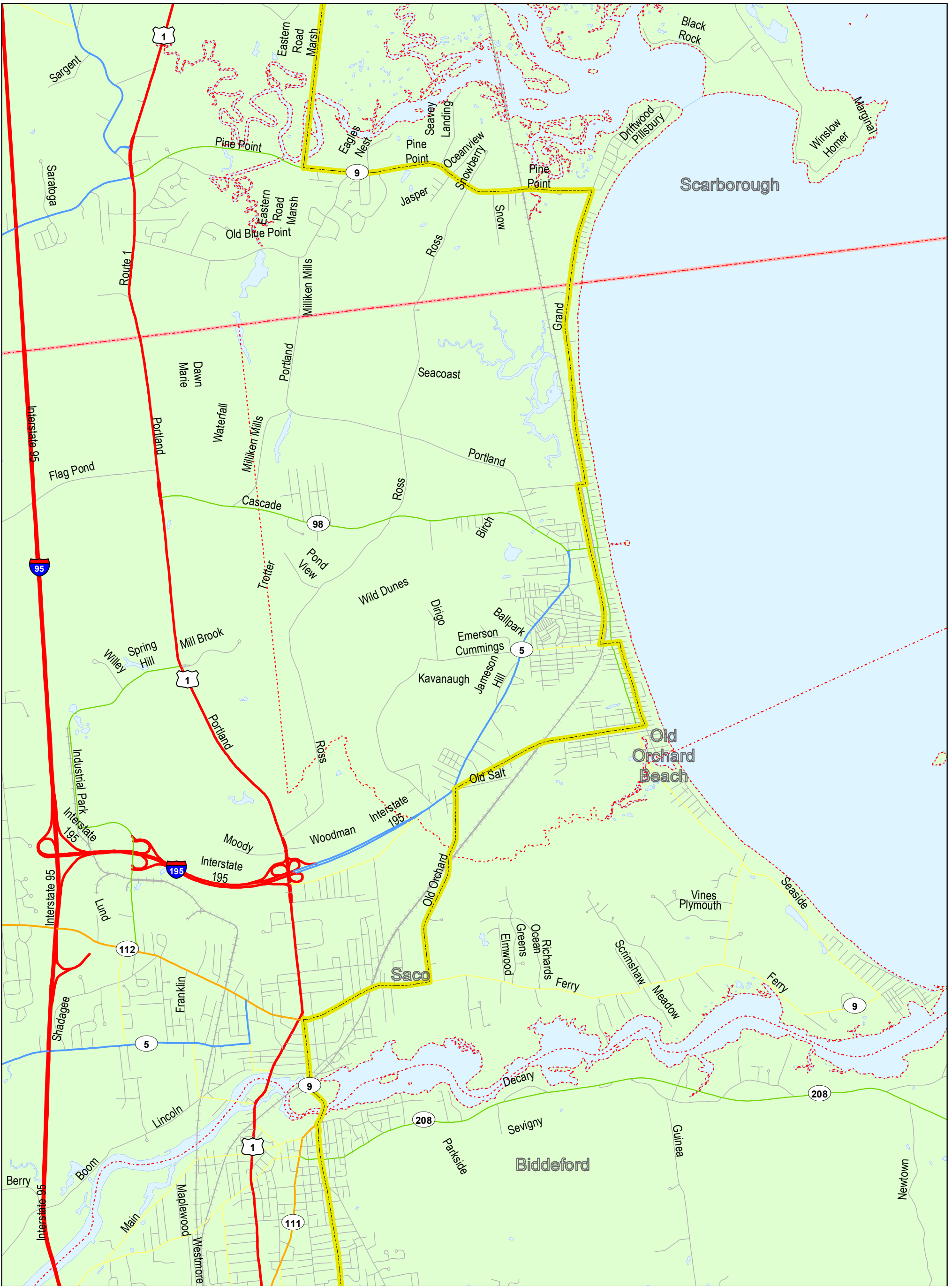
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5	ME 35 (Alewife Rd.)	0.3	Right (South) on ME 35/Alewife Rd., to Eastern Trail, 0.6 miles and Maine Turnpike Rest Area, 1.0 miles	Right onto Downing Rd.	North
5	Downing Rd.	1.9	Cross the <b>Arundel</b> town line	Right onto Limerick Rd.	Northeast
5	Limerick Rd.	0.5	Cross over Maine Turnpike	Left onto Mountain Rd.	Southeast
5	Mountain Rd.	3.5	Cross the <b>Biddeford</b> town line. There is a Walmart at the end of Mountain Rd.	Right onto Precourt St.	Northeast
5	Precourt St. (Biddeford Connector)	0.7	Cross Eastern Trail corridor & Amtrak RR tracks. At US 1 crossing, motels within a short distance	Left onto Landry St.	Southeast
5	Landry St.	0.2		Left onto Hill St.	Southeast
5	Hill St.	2.5		Right onto ME 9 (Main St.)	Northeast



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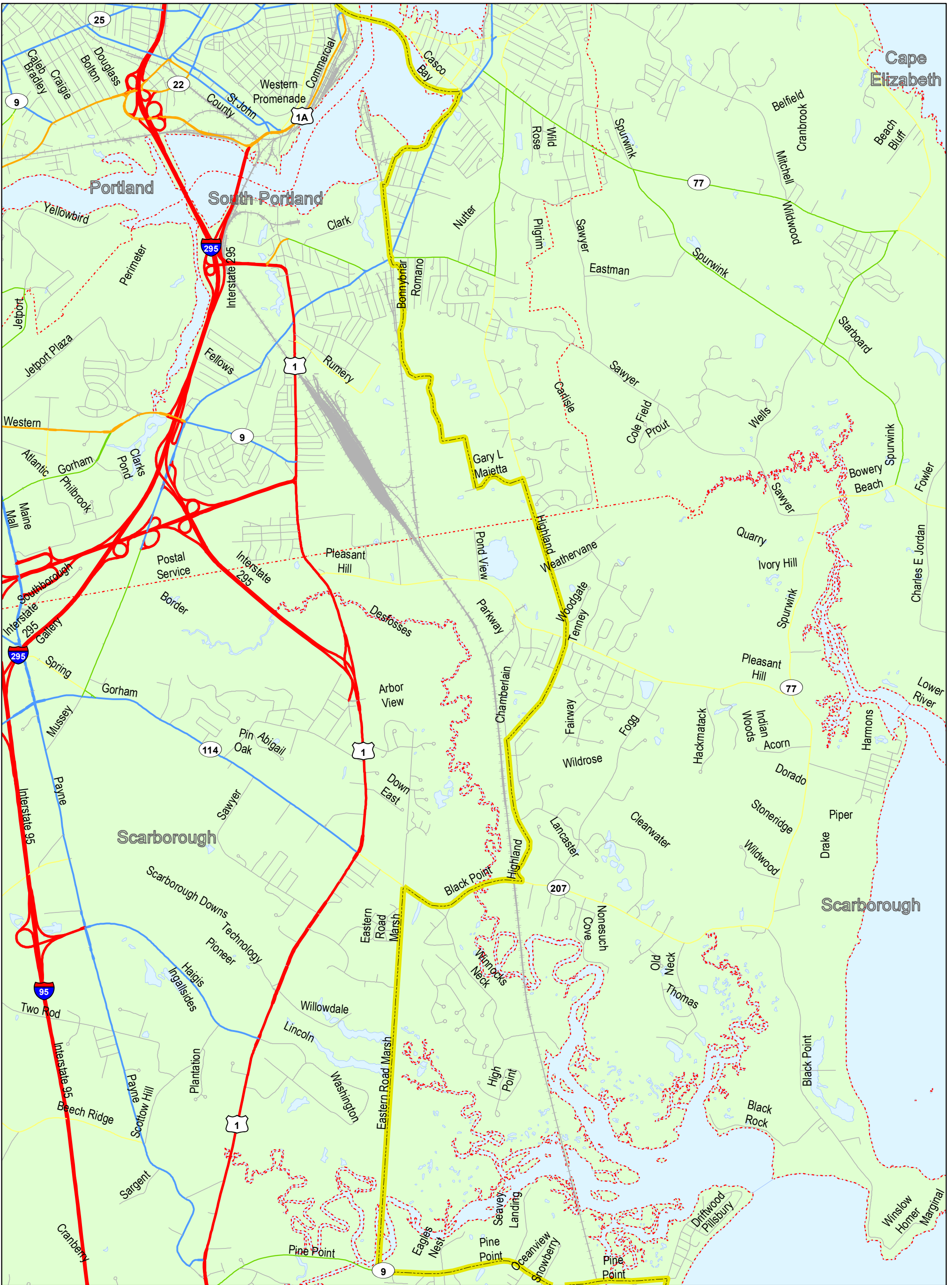
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6	Hill St.	2.5	Downtown Biddeford.	Right onto ME 9 (Main St.)	Northeast
6	ME 9 (Main St.)	0.5	Mechanics Park is on the right before crossing the bridge. Cross the <b>Saco</b> town line. Amtrak station on Factory Island. Downtown Saco after crossing the Saco River	Right onto ME 9 (Beach Rd.)	Northeast
6	ME 9 (Beach Rd.)	1.1		Left onto Old Orchard Rd.	Southeast
6	Old Orchard Rd.	1.2	Cross the <b>Old Orchard Beach</b> town line. Old Orchard Beach is a vacation destination in Maine	Right onto Temple Ave.	Northeast
6	Temple Ave.	1.4		Left onto Seaside Ave	East
6	Seaside Ave.	0.6		Left onto Union St.	North
6	Union St.	0.1		Right onto 1st St.	Northwest
6	1st St.	0.6	Very slight Left-Right jog across ME 5 (Old Orchard St.) onto Milliken St., use cross-walks	Cross ME 5 (Old Orchard St.) and continue onto Milliken St.	North
	Milliken St.	0.4	Amtrak station on west side of road( <b>no</b> roll-on, roll-off bike service) at Old Orchard St. Sea Pier and beach to the right	Right onto Walnut St.	North
6	Walnut St.	0.1		Left onto ME 9 (E. Grand Ave.)	Southeast
6	ME 9 (E. Grand Ave.)	1.9	Cross the <b>Scarborough</b> town line	Left onto ME 9 (Pine Point Rd.)	Northwest
6	ME 9 (Pine Point Rd.)	1.9		Right onto the Eastern Trail	Northwest
6	Eastern Trail	1.5	This is an offroad trail across Scarborough Marsh	Straight onto Eastern Trail Marsh	Northeast



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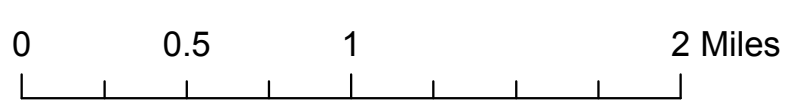
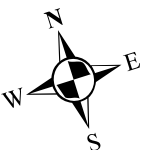
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7	Eastern Trail	1.5	This is an offroad trail across Scarborough Marsh	Straight onto Eastern Trail Marsh	Northeast
7	Eastern Trail Marsh Rd.	1.0		Right onto ME 207 (Black Point Rd.)	Northeast
7	ME 207 (Black Point Rd.)	0.8		Left onto Highland Ave.	East
7	Highland Ave.	2.9	Bear Right at Chamberlain Rd. to stay on Highland Ave. Cross <b>South Portland</b> Town Line	Left onto Gary Maietta Pkwy.	Northeast
7	Gary Maietta Pkwy.	0.4	Turn (right) onto the trail just before the Wainwright sports complex parking lot	Right onto So. Portland Greenbelt Pathway	Northwest
7	So. Portland Greenbelt/Eastern Trail	2.3	Paved trail through Wainwright sports complex. You will cross Elizabeth Taylor Ln., Broadway, and Evans St	Right onto Kelsey St.	Northeast
7	Kelsey St.	0.1	This part of the trail (Kelsey St. and Chestnut St.) runs through a short section on residential streets	Left onto Chestnut St.	Southeast
7	Chestnut St.	0.2		Bear right back onto offroad section of So. Portland Greenbelt/ Eastern Trail	Northeast
7	So. Portland Greenbelt/Eastern Trail	0.7	This is an offroad section of trail	Left onto ME77 (Casco Bay Br)	East





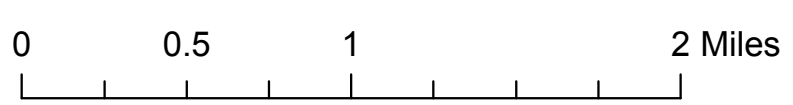
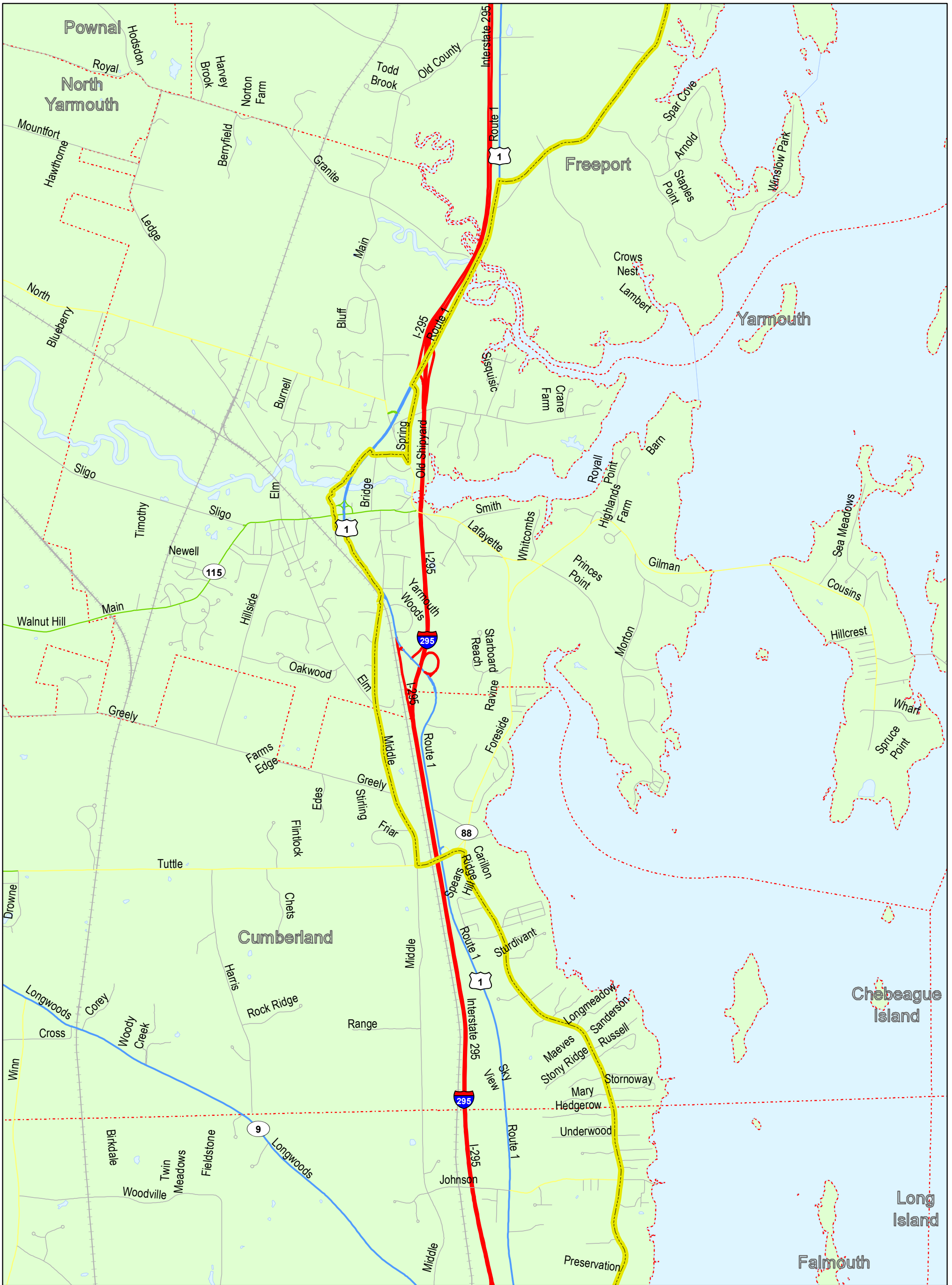
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
8	So. Portland Greenbelt/Eastern Trail	0.7	This is an offroad section of trail	Left onto ME77 Across Casco Bay Br.	East
8	ME 77 (Casco Bay Bridge)	1.1	Cross the <b>Portland</b> town line. The town line is on the Casco Bay Bridge over the Fore river	Right onto ME 77 (York St.)	North
8	ME 77 (York St.)	0.2		Right onto High St.	North
8	High St.	0.1		Left onto Commercial St. (US 1A)	East
8	US1A (Commercial St.)	0.8	Island Ferry Terminal is on the right, at the Maine State Ferry Terminal. This is the heart of Portland which is a vacation destination in Maine	Straight onto Eastern Promenade Trail	Northeast
8	Eastern Promenade Trail	2.1	This is an offroad trail. There is a Visitor Information Center 0.2 miles on the right. The trail runs along waterfront, and is better defined past India St. next to the Narrow Gauge RR.	Right onto Bayside Trail (connector trail)	North
8	Bayside Trail (connector)	0.2	<b>This turn is easy to miss</b> , follow sign on RH fence. Go under the Overpass and onto Back Cove Trail, This is an offroad trail	Left onto Back Cove Trail	North
8	Back Cove Trail	0.4	Over the Bridge. The trail runs next to south bound I 295/US 1 and is separated by Guard rail. Continue straight on trail under the overpass along Washington Ave.	Right onto Veranda St.	North
8	Veranda St.	0.7	US 1 merges onto Veranda at the I 295 overpass	Continue straight onto US 1	Northeast
8	US 1	1.8	Cross the Martins Point Bridge over the Presumpscot River. Veranda St. ends at the bridge. Cross the <b>Falmouth</b> town line.	Right onto ME 88 (Foreside Rd.)	North
8	ME 88 (Foreside Rd.)	4.8		Left onto Tuttle Rd.	Northwest



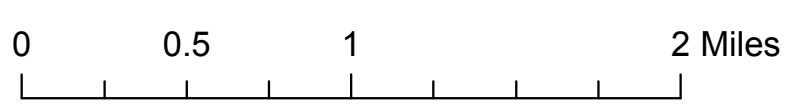
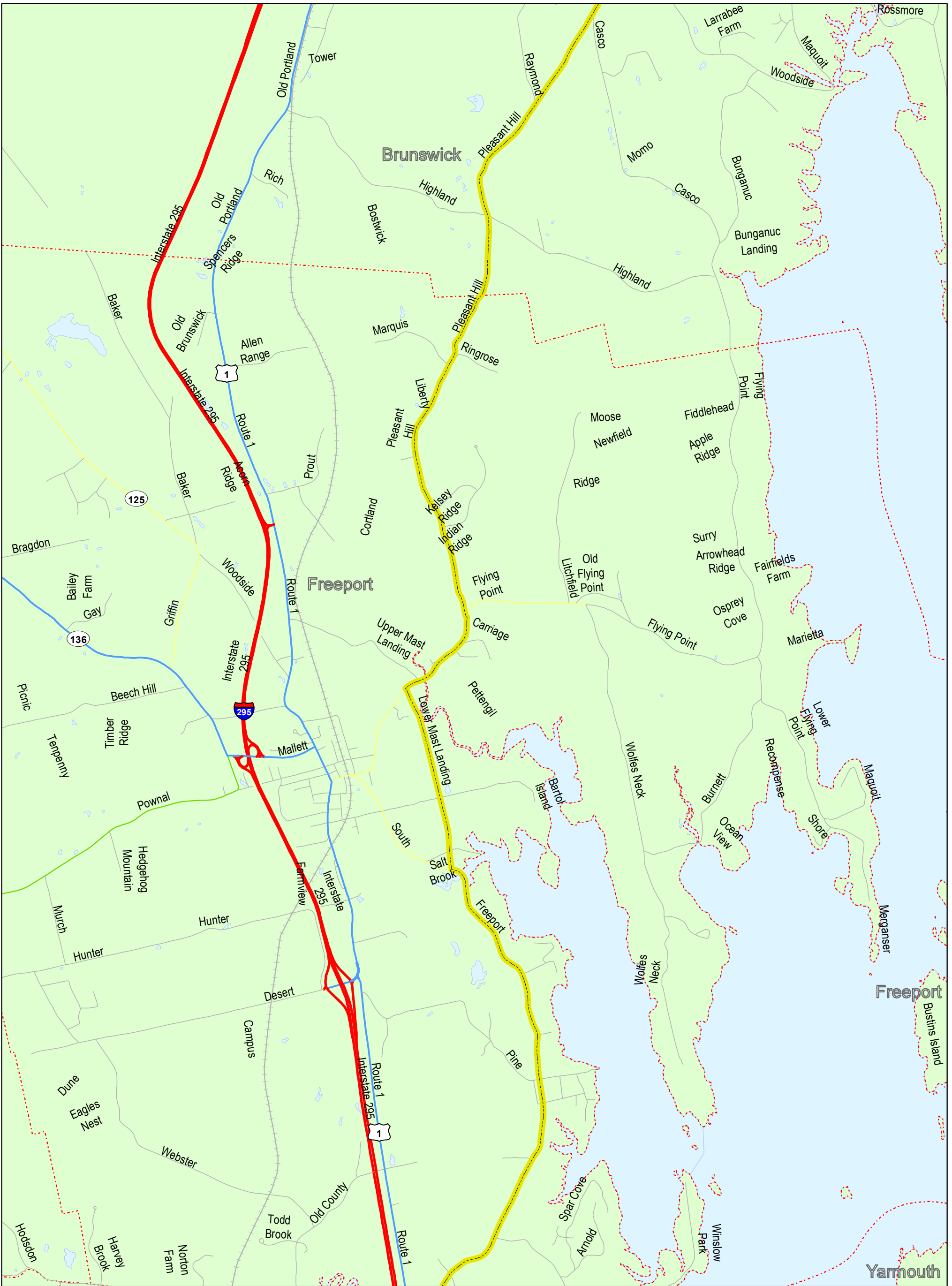
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
9	ME 88 (Foreside Rd.)	4.8	Cross the <b>Cumberland</b> town line	Left onto US 1 (Tuttle Rd.)	North
9	US 1 (Tuttle Rd. )	0.3	Cross over I-295	Right onto Middle St.\ Portland St.	Northwest
9	Middle St.\Portland St.	1.9	Cross the <b>Yarmouth</b> town line. Middle St. changes to Portland St. at town line	Bear left onto Beth Condon Memorial Pathway	North
9	Beth Condon Memorial Pathway	0.5	Beth Condon Pathway starts at High School Dr. just south of the rail road tracks	Cross ME 115 (Main St.) at light and onto School St.	North
9	School St.	0.1	School St. is a short on-road part of Beth Condon Memorial Pathway.	Bear Right back onto Beth Condon pathway	North
9	Beth Condon Memorial Pathway	0.5	Beth Condon Pathway leads behind the baseball field, and then between the ball field and tennis courts. Use crosswalk & lights to cross US 1 at Hannaford store	Right onto Willow St.	Northeast
9	Willow St.	0.2		Right onto East Main St.	Southeast
9	East Main St.	0.1	The left onto ME 88 ( Spring St.) is a hard left nearly reversing direction	Left onto ME 88 (Spring St.)	South
9	ME 88 (Spring St.)	0.6		Right onto US 1	Northeast
9	US 1	1.5	"World's largest globe" in the Delorme building. Visitor Rest Area on left. Cross the <b>Freeport</b> town line. YMCA on right (Old S. Freeport Rd)	Right onto Freeport Rd.	Northeast
9	Freeport Rd.	3.5		Right onto Lower Mast Landing	North



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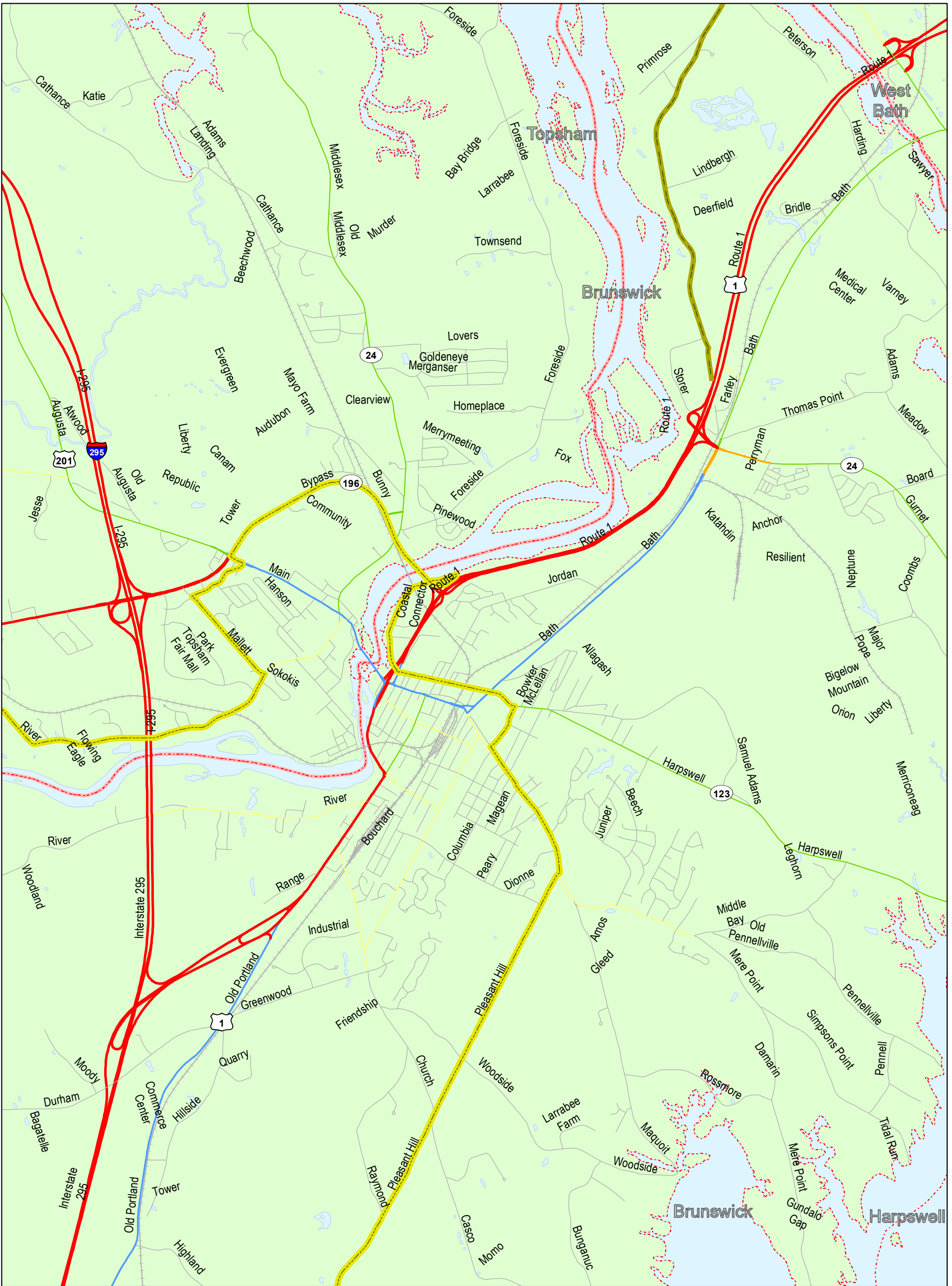
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
10	Freeport Rd.	3.5	If you continue straight onto South St. for approx. 1 mile and go left on Bow St. for 0.15 miles you will be in the Freeport shopping district, home of LL Bean (open 24 hrs a day)	Right onto Porters Landing	North
10	Porters Landing	0.1		Continue straight onto Lower Mast Landing Rd	North
10	Lower Mast Landing Rd.	1.1		Right onto Flying Point Rd.	Northeast
10	Flying Point Rd.	0.6		Left onto Pleasant Hill Rd.	Northeast
10	Pleasant Hill Rd.	6.1	Cross the <b>Brunswick</b> town line	Left onto Maine St.	North



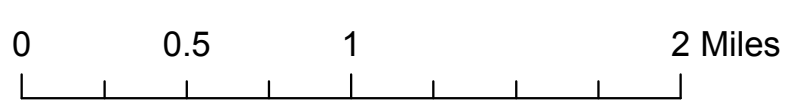
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11	Pleasant Hill Rd.	6.1		Left onto Maine St.	North
11	Maine St.	0.6		Right onto Park Row	North
11	Park Row	0.3	Park Row parralels Maine St.	Right onto College St.	North
11	College St.	0.3	Bowdoin College is north of you	Left onto ME123 (Sills St.)	North
11	ME 123 (Sills St.\Federal St)	0.8	Sills St. changes to Federal St. at ME24	Straight across Mason St. to Water St.	North
11	Water St.	0.3	Parking & boat launch on Northbound side of Water St at trail head	Right onto Androscoggin River Bicycle path	East
11	Androscoggin River Bicycle path	0.3	Under the rail overpass and continue .25 miles. Turn right onto trail ramp after highway overpass (first path). You can access <b>USBR 1A</b> if you continue on the Androscoggin River Bicycle path for approximately 2.3 miles	Right onto ME 196 across Merrymeeting Bay Br.	North
11	ME 196 (Bypass Dr.)	1.8	Cross the <b>Topsham</b> town line. The Androscoggin river is the town boundary	Left onto US 201 (Main St.)	North and West
11	US 201 (Main St.)	0.1		Right onto Monument Place sidepath	South
11	Monument Place sidepath	0.4		Left onto Mallet Dr.	West
11	Mallett Dr.	0.7		Right onto Winter St.\River Rd.	South
11	Winter St.\River Rd.	3.7	Winter St. changes to River Rd. at Railroad crossing. Cross under I-295	Left onto ME 196	North

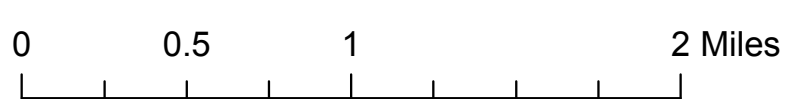
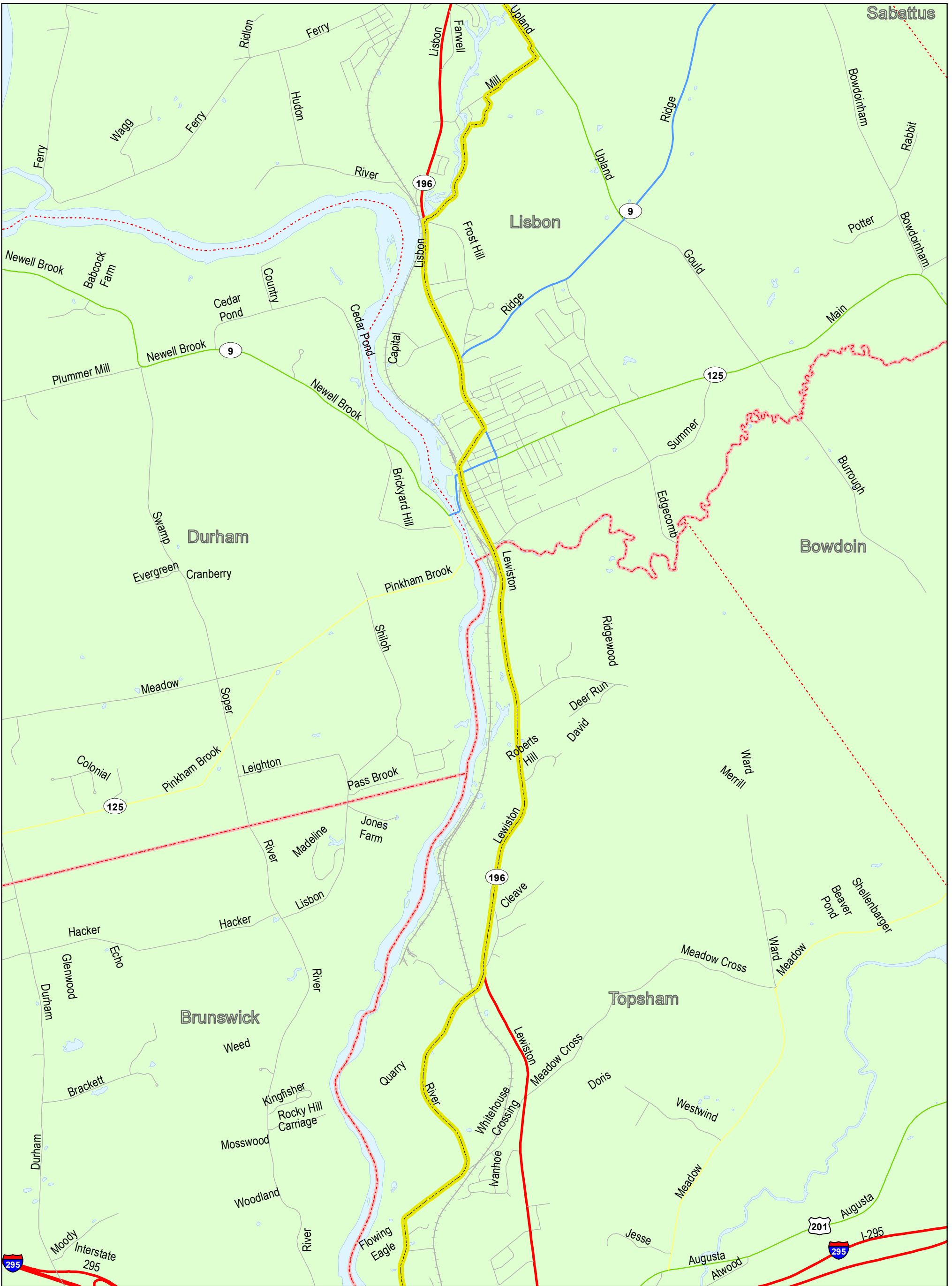




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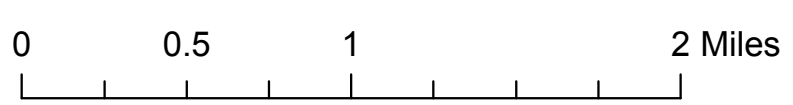
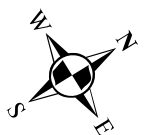
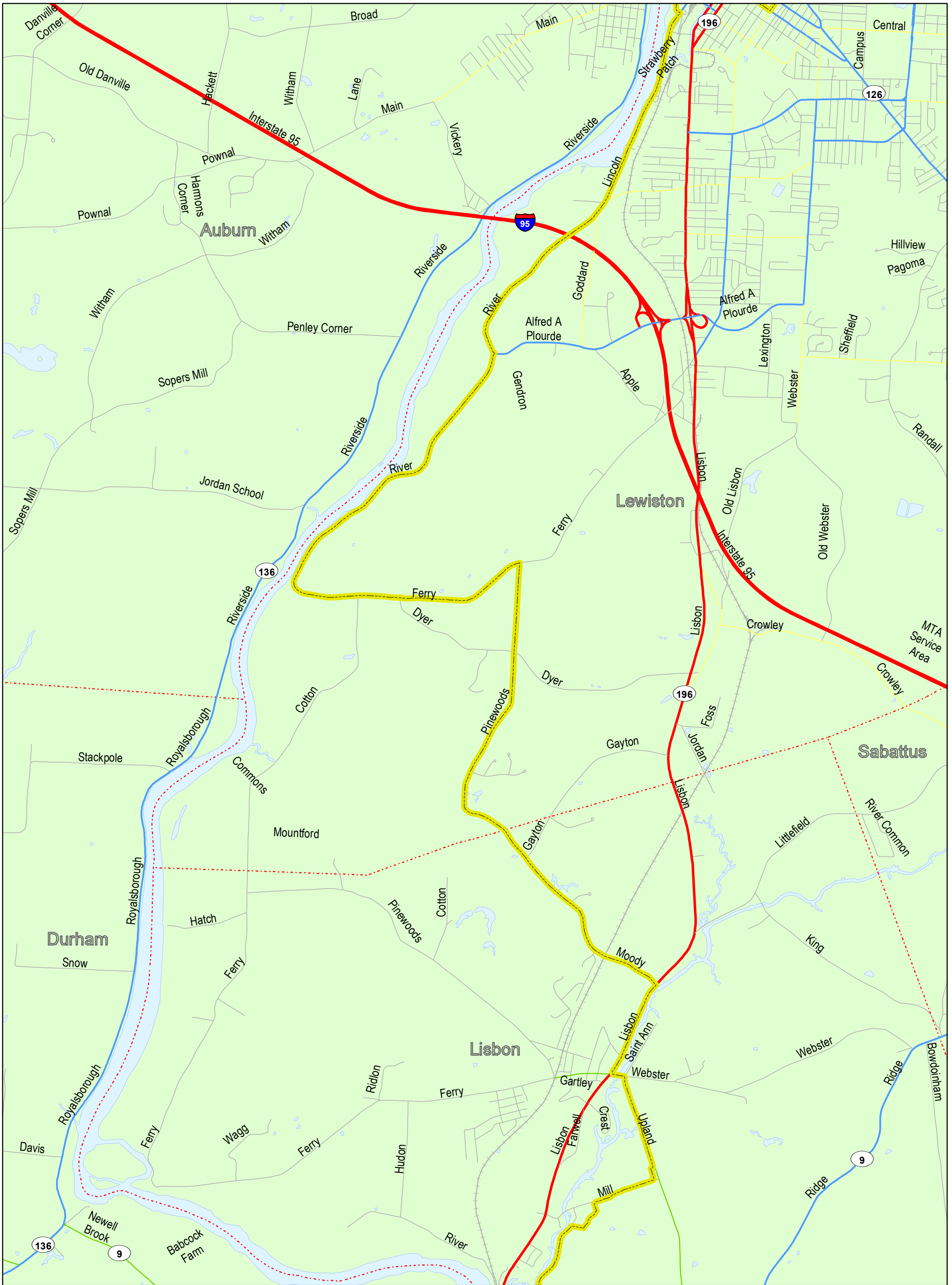


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12	River Rd.	3.7		Left onto ME 196 (Lewiston Rd.\Lisbon St.)	North
12	ME 196 (Lewiston Rd.\Lisbon St.)	5.3	Cross the <b>Lisbon</b> town line. Lewiston Rd. changes to Lisbon St. at town line	Right onto Lisbon Trails (Ricker Farm \ Papermill trails)	Northwest
12	Ricker Farm\Papermill trails	1.4	Trail head is at intersection of ME 196 and Frost Hill Ave., in the boat launch parking area. This is an offroad trail	Continue onto Upland	North



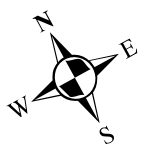
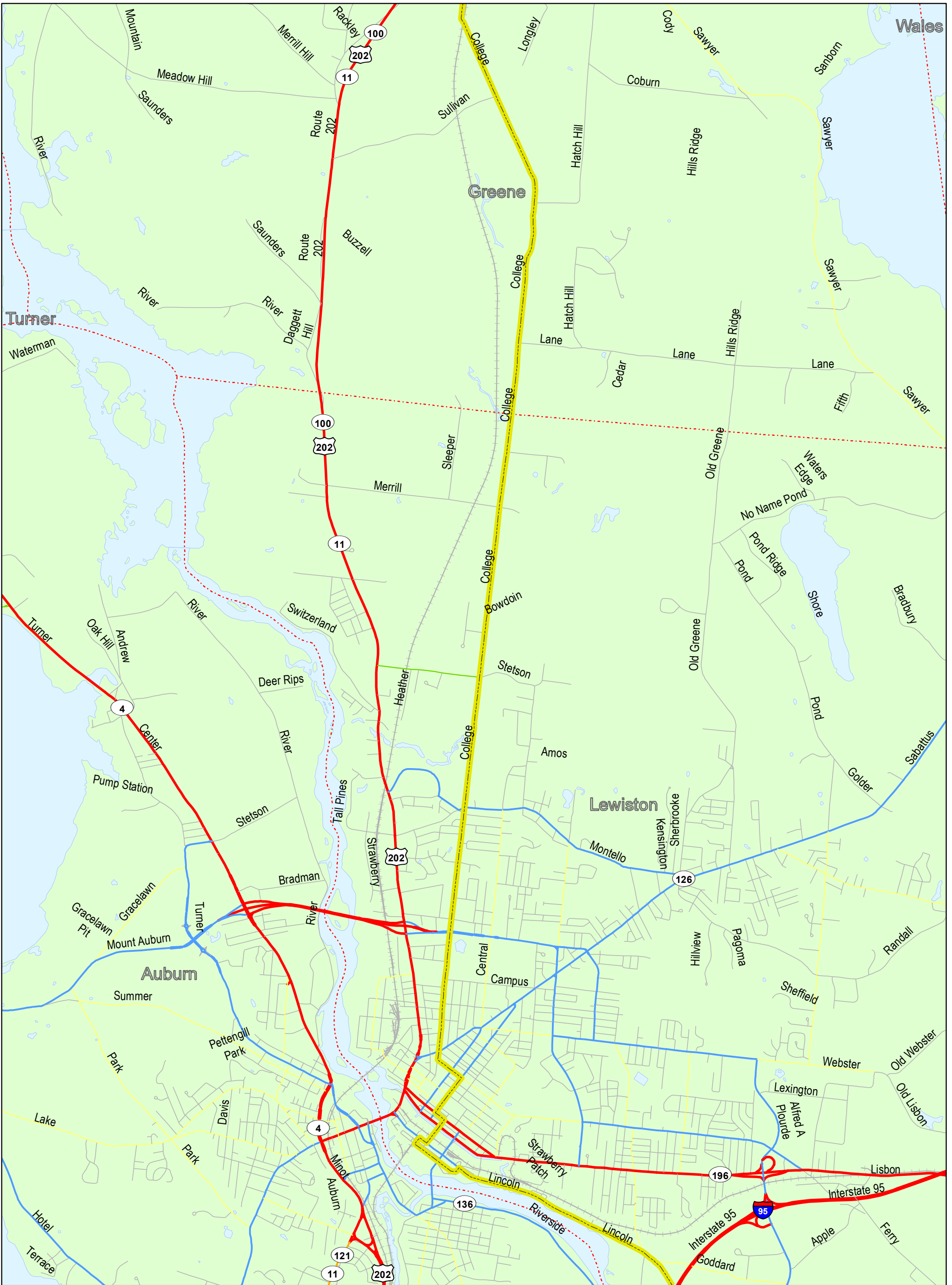
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
13	Ricker Farm\Papermill trails	1.4	This is an offroad trail. You will pass Lisbon Community School	Continue onto Upland	North
13	Upland Rd.	0.6		Left onto Village St.	West
13	Village St.	0.5	Cross Sabbatus River	Right onto ME196 (Lisbon St.)	Southwest
12	ME 196 (Lisbon St.)	0.6		Left onto Moody Rd.\ Pinewoods Rd.	Northwest
13	Moody Rd.\ Pinewoods Rd.	3.4	Cross the <b>Lewiston</b> town line. Moody Rd. changes to Pinewoods Rd. at town line	Left onto Ferry Rd.\ River Rd.	West
13	Ferry Rd.\River Rd.\ Lincoln St.	6.1	Ferry Rd. changes to River Rd. at the river bend. Bear left at the industrial complex to stay on River Rd. River Rd. changes to Lincoln St. at the interstate	Left onto Oxford St.	South and then North



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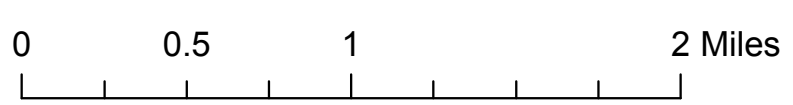
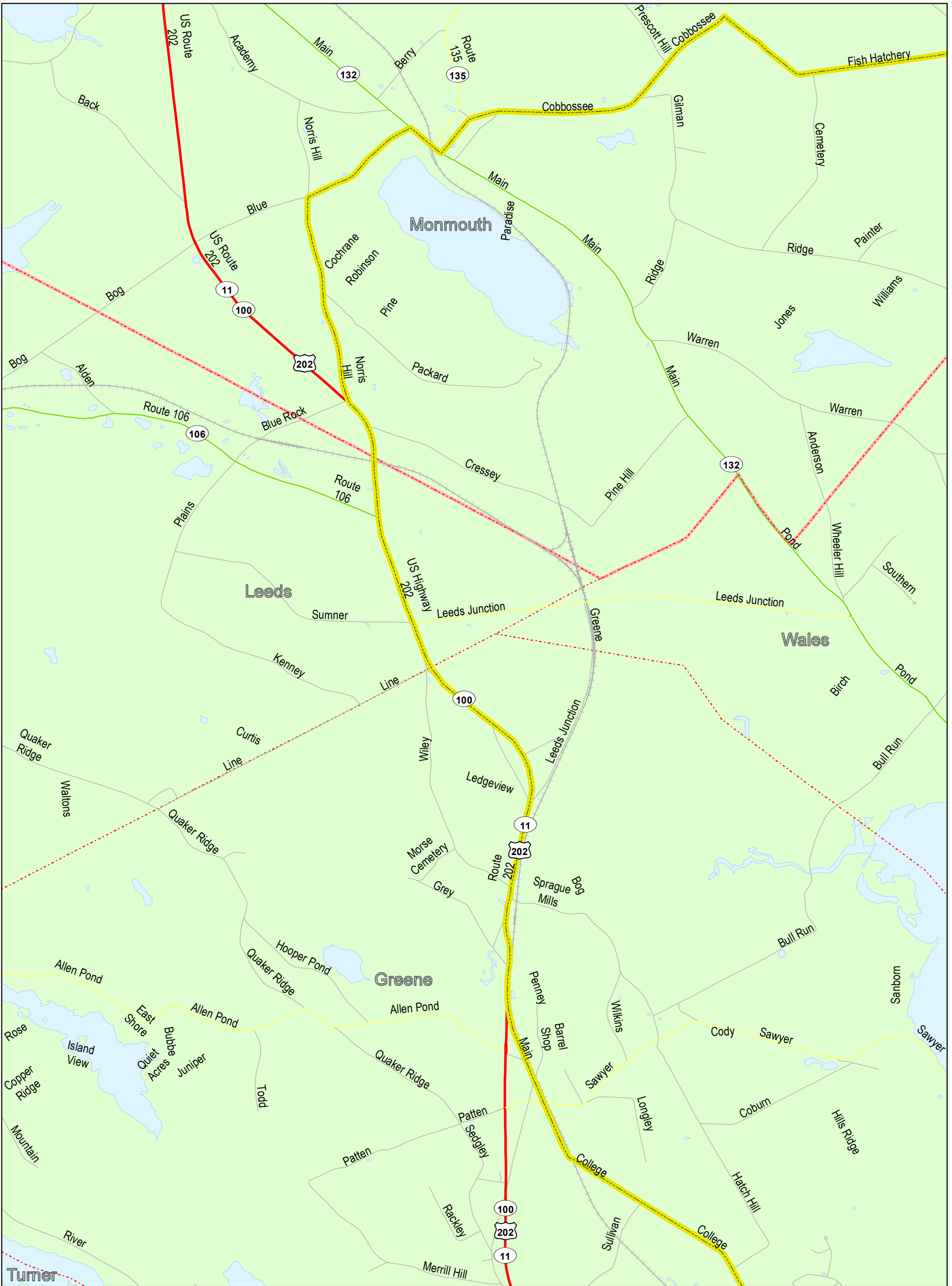
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
14	Lincoln St.	6.1		Left onto Oxford St.	North
14	Oxford St.	0.5		Right onto Beech St.	North
14	Beech St.	0.1	The Androscoggin River & Railroad Park are to your left at the corner of Oxford and Beach. Take bike/ped bridge west across the Androscoggin River to Auburn	Right onto Lincoln St.	East
14	Lincoln St.	0.1		Left onto Chestnut St.	South
14	Chestnut St.	0.1		Left onto ME 196 (Lisbon St.)	Northeast
14	ME 196 (Lisbon St.)	0.3	Southbound bike route may vary due to one-way street circulation	Right onto Pine St.	North
14	Pine St.	0.4	Downtown Lewiston, all services available.	Left onto Bartlett St.	Northeast
14	Bartlett St.	0.1		Right onto College St.	North
14	College St.	4.0	Pass through Bates College. Use <b>caution</b> crossing Russell St. at lights. Cross the <b>Greene</b> town line. College St. becomes College Rd. at town line	Continue on College Rd.	Northeast
14	College Rd.	0.5		Continue straight onto Main St.	Northeast



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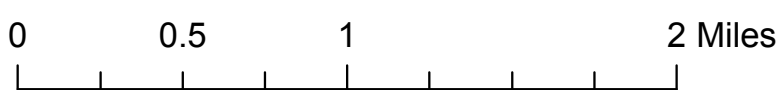
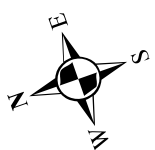
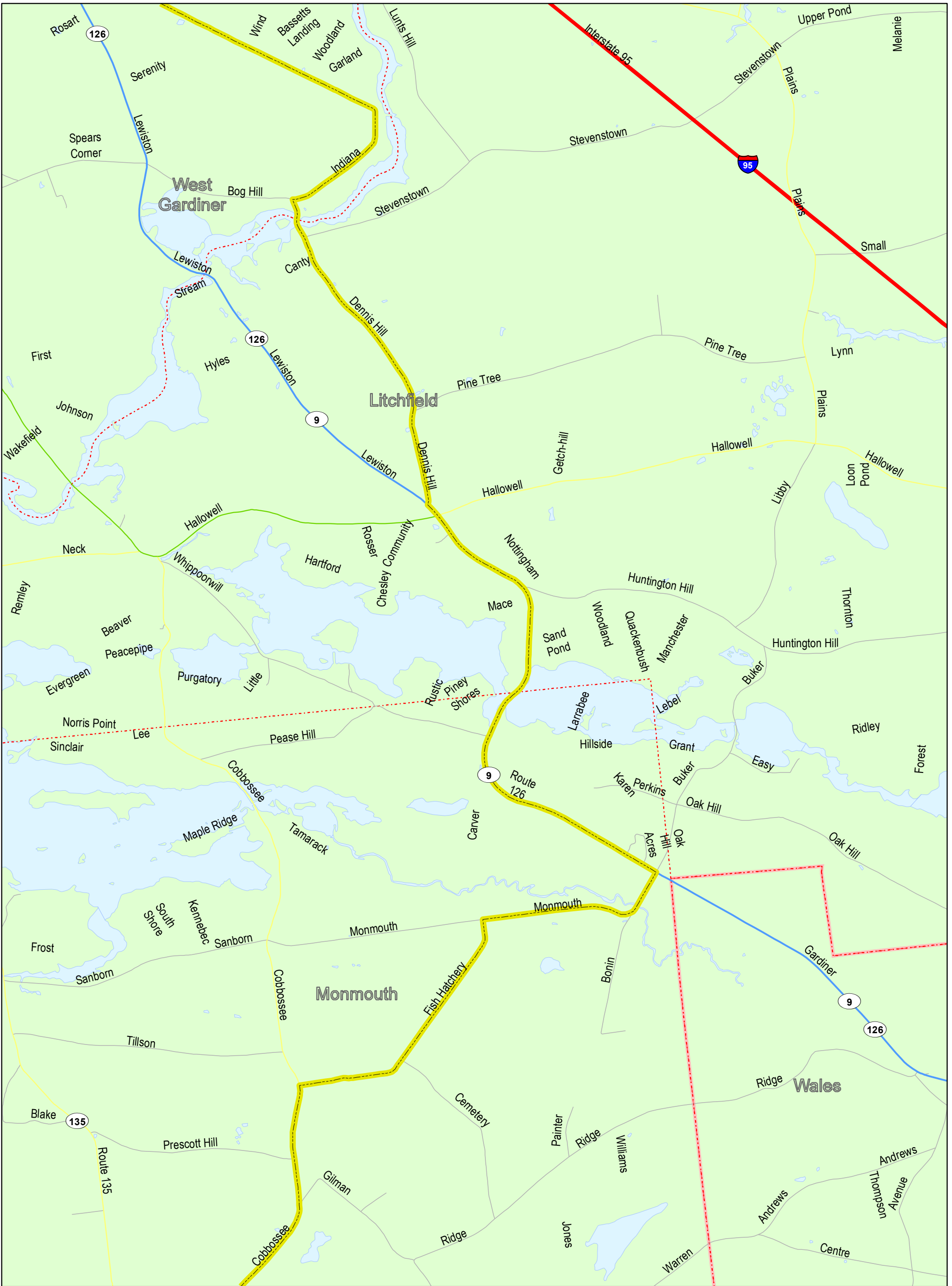
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
15	College Rd.	4.2	College Rd. changes to Main St. at Barrel Shop Rd.	Continue straight onto Main St.	Northeast
15	Main St.	0.5	Main St. diverges north after 0.25 mile from the intersection with US 202	Right onto US 202/ME 11/ ME 100 (Main St.)	Northeast
15	US 202/ME 11/ME 100	4.2	Cross the <b>Leeds</b> town line Cross the <b>Monmouth</b> town line	Right onto Norris Hill Rd.	Northeast
15	Norris Hill Rd.	1.4		Right onto Blue Rd.	Northeast
15	Blue Rd.	0.8		Right onto ME 132 ( Main St.)	Southeast
15	ME 132 ( Main St.)	0.3	'Main St.' street name may be unmarked	Left onto Maple St. \ Cobbossee Rd.	South
15	Maple St. \ Cobbossee Rd.	2.2	Maple St. changes to Cobbossee Rd. at the intersection with Welch Ave.	Right onto Fish Hatchery Rd.	Southeast





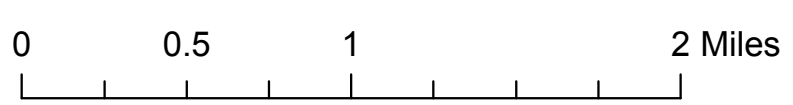
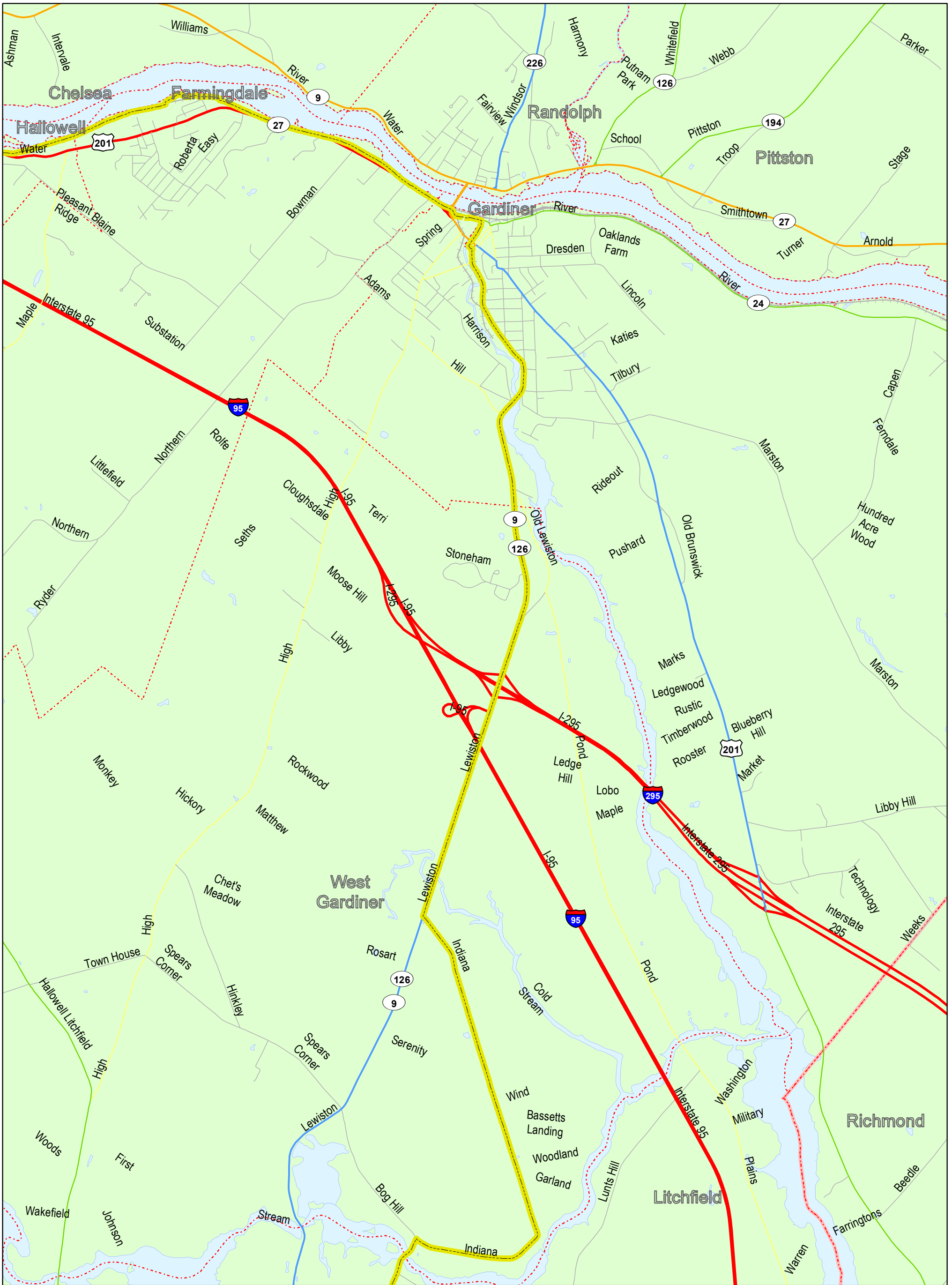
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16	Cobbossee Rd.	2.2		Right onto Fish Hatchery Rd.	Southeast
16	Fish Hatchery Rd.	1.8		Right onto South Monmouth Rd.	South
16	South Monmouth Rd.	1.3	Bear left and cross the Jock stream	Left onto ME 9/ME 126	South
16	ME 9/ME 126	3.3	Cross the <b>Lichfield</b> town line. ME 9/ME 126 picks up Lewiston Rd. name at town line	Right onto Dennis Hill Rd.	East
16	Dennis Hill Rd.	2.2	May be missing road sign. Cross the <b>West Gardiner</b> town line. Dennis Hill Rd. changes to Bog Hill Rd. at the West Gardiner town line (no signage)	Right onto Indiana Rd.	East



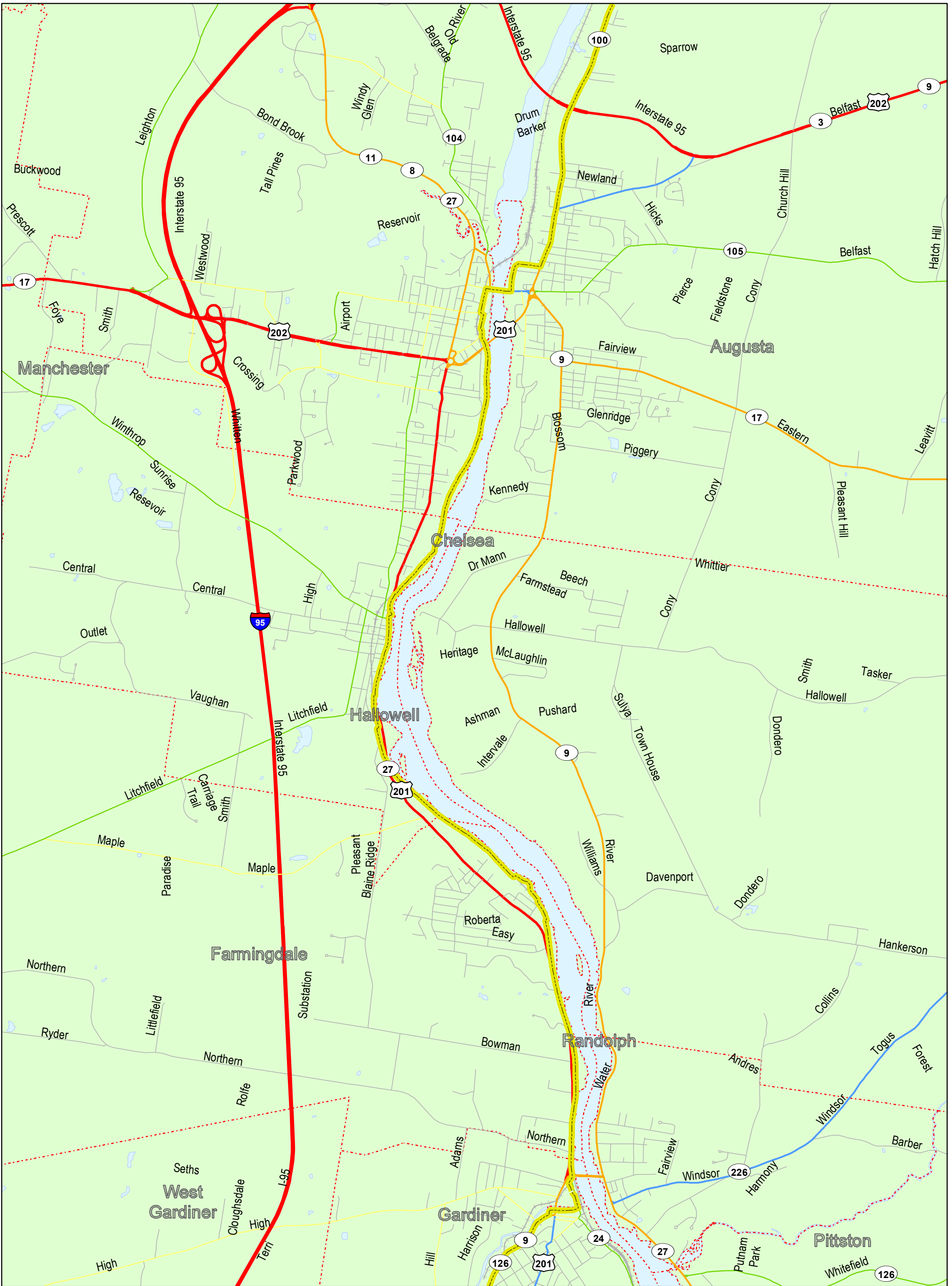
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17	Dennis Hill Rd.	2.2		Right onto Indiana Rd.	East
17	Indiana Rd.	3.1	Bear left and stay on Indiana Rd.	Right onto ME 9/ME 126 (Lewiston Rd.)	South and Northeast
17	ME 9/ME 126 (Lewiston Rd.\ Cobbossee Ave.\ Water St.)	4.6	<p>The Center for Maine Crafts is at the service plaza along with other services, between I-95 and I-295.</p> <p>Cross the <b>Gardiner</b> town line.</p> <p>Lewiston Rd. changes to Cobbossee Ave at town line, Cobbossee Ave. changes to Water St. at bridge over the Cobbosseecontee stream. Bear left after crossing Cobbossee Stream and stay with ME 9.</p> <p>The unnamed street is marked as a parking lot on your left just before the stop lights at Bridge St.</p>	Left onto an unnamed Steet	Northeast
17	unnamed Steet	0.4	You will bear right and go under Bridge St. and along the stream	Left onto ME 24 (Main St.)	East
17	ME 24 (Main St.)	0.1	cross the Cobbessee stream, enter the Hannaford parking lot on the left	Bear left into Hannaford Parking lot and onto Kennebec River Rail Trail at north corner of parking lot	North
17	Kennebec River Rail Trail	3.8	<p>Cross the <b>Farmingdale</b> town line.</p> <p>Cross the <b>Hallowell</b> town line</p>	Continue on Kennebec River Rail Trail	North



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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
18	Kennebec River Rail Trail (KRRT)	3.8	Cross the <b>Farmingdale</b> townline. Cross the <b>Hallowell</b> town line. Use <b>caution</b> while crossing the rail road tracks (3 times) on the KRRT	Continue onto US 201/ ME 27 (Water St.)	North
18	US 201 (Water St.)	0.6	Use <b>caution</b> , heavy, but slow traffic, and narrow streets in downtown Hallowell	Bear Right back onto KRRT At Winthrop St. by waterfront parking	North
18	Kennebec River Rail Trail	2.0	Cross the <b>Augusta</b> town line. <b>Kennebec Valley YMCA connector path (unmarked) on your left just past the water treatment plant.</b> Go thru parking lot (at the trails end, 1/4 mile marker) of Maine Housing Authority to north end and out the drive way on your left	Through the parking lot, Right onto Water St.	North
18	Water St.	0.1		Left on Market Square (130 Feet) then right onto Commercial St.	North
18	Commercial St.	0.2		Right onto Bridge St.\Cony St.	North
18	Bridge St.\Cony St.	0.2	Cross Kennebec River. Bridge St. changes to Cony St at the east end of the bridge. <b>Ft Western on right at Willow St</b>	Left onto Willow St.	East
18	Willow St.	0.3		Left onto US 201/ ME100 (Bangor St.)	North and then East
18	US 201/US 202/ ME100/ME9	19.1	Bangor St. changes into Riverside Dr. where US 202/ME 9 diverge to the east (right)as Belfast Ave.	Continue North	North



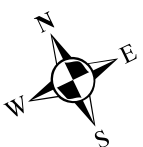
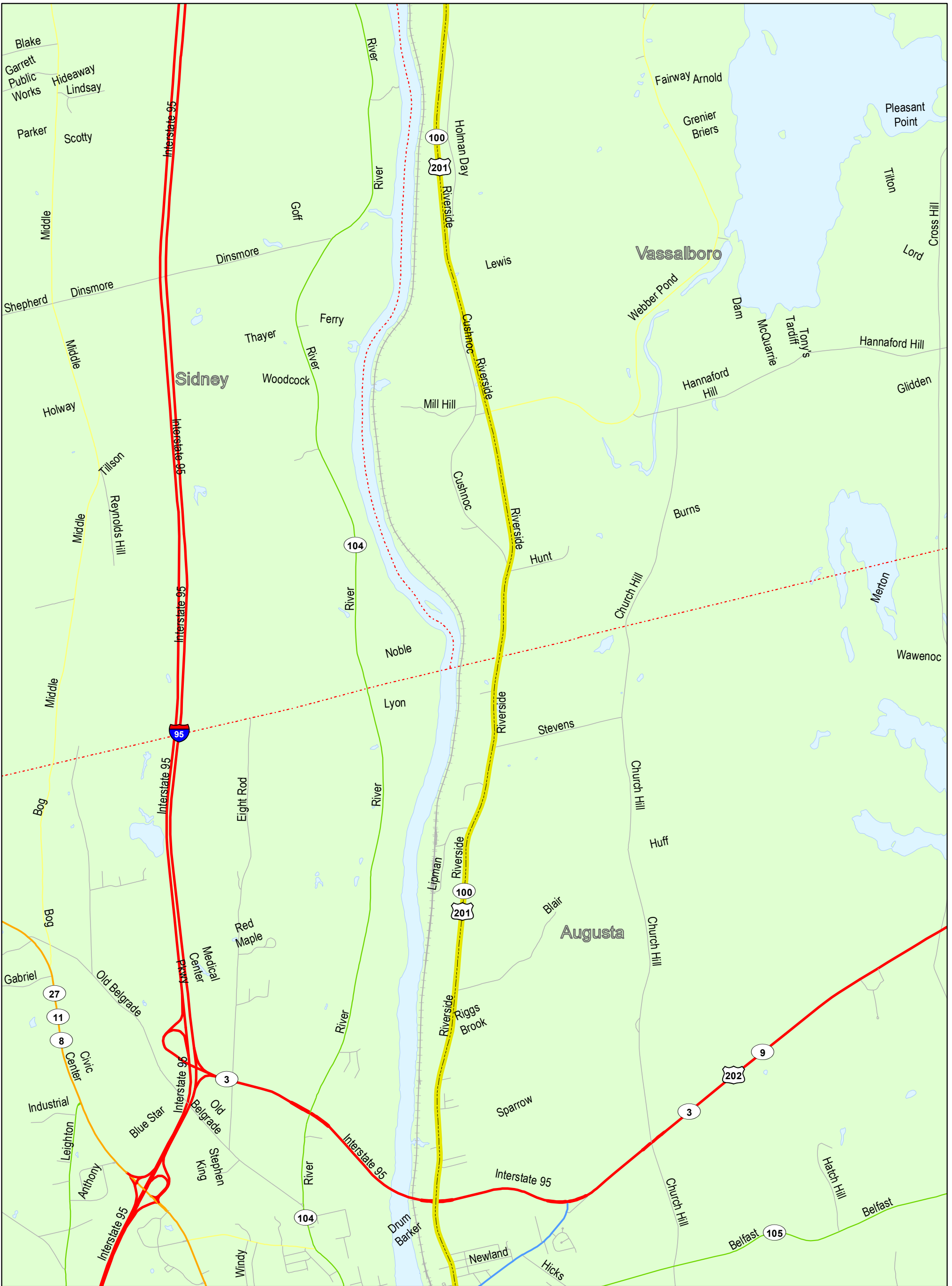
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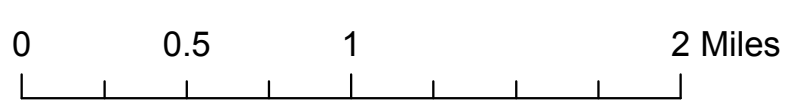
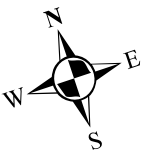
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
19	US 201/ME100 (Riverside Dr.)	19.1	North along the Kennebec River. Cross the <a href="#">Vassalboro</a> town line	Continue North	North





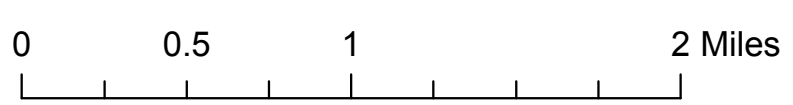
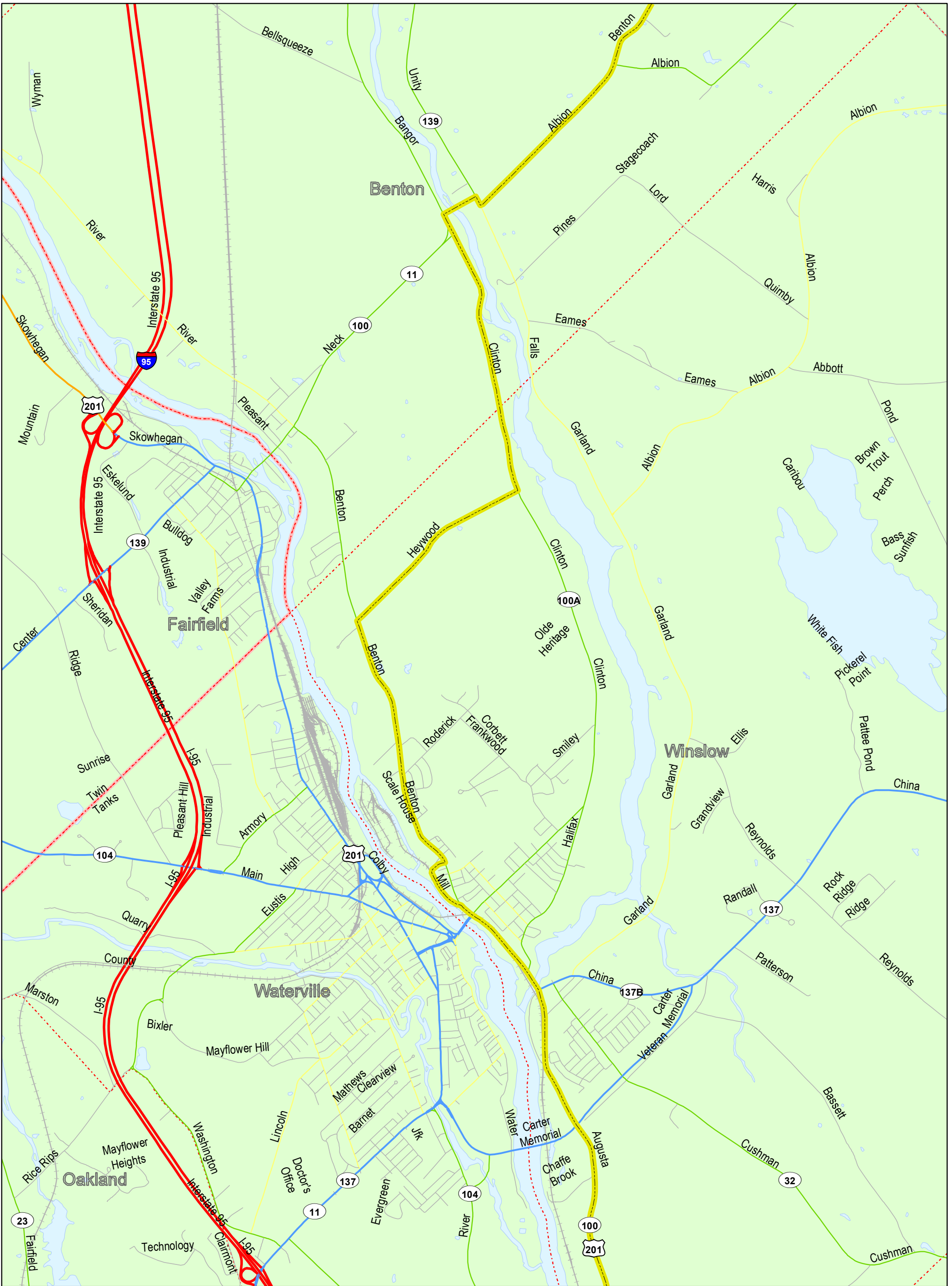
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
20	US 201/ME100 (Riverside Dr.)	19.1	Cross the <b>Winslow</b> town line. Riverside Dr. changes to Augusta Rd. at town line	Continue North	North



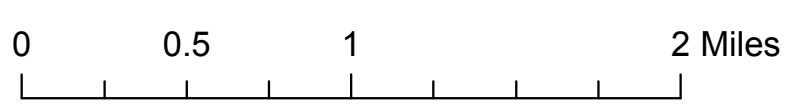
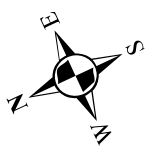
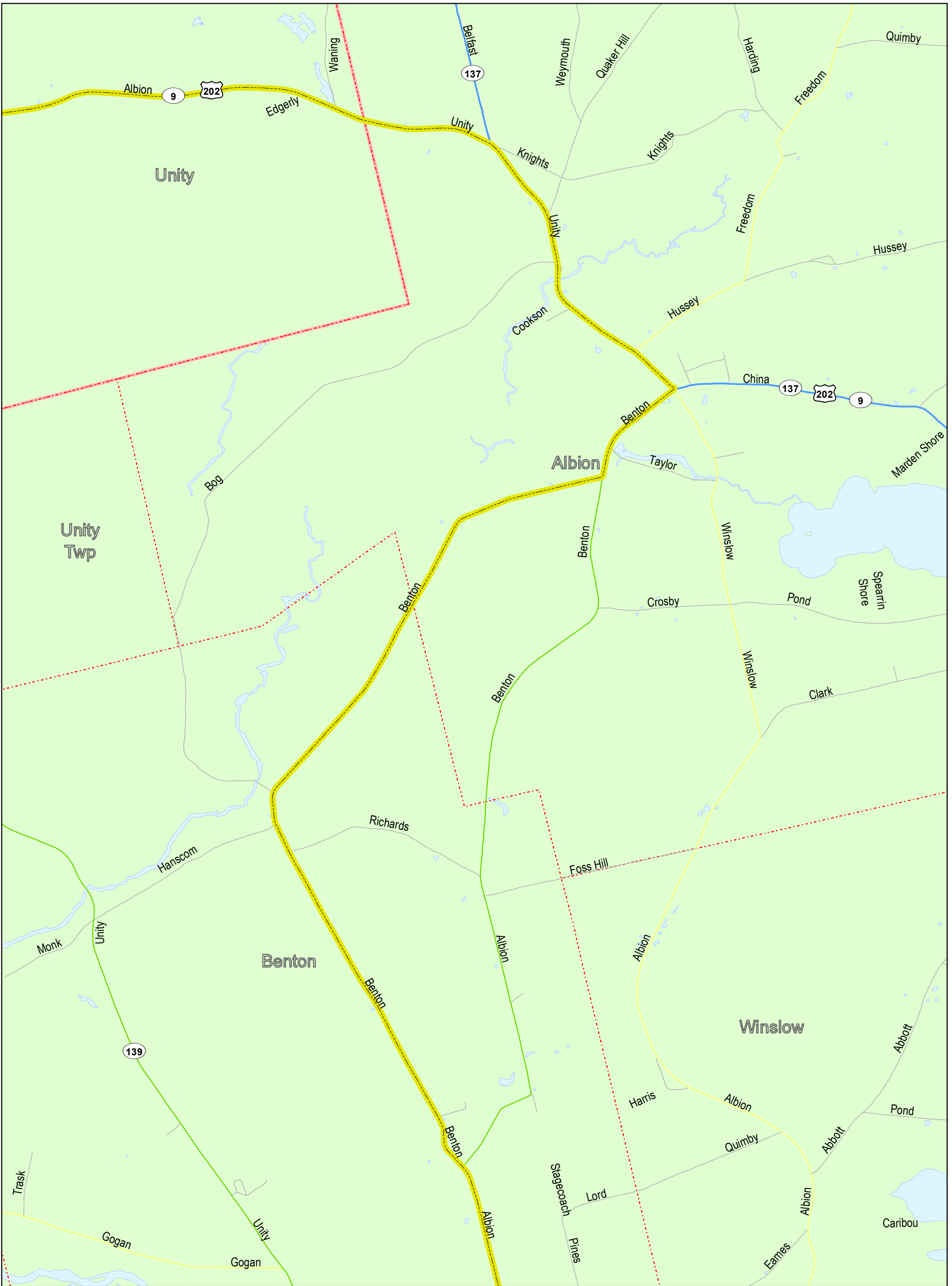
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
21	US 201/ME100 (Augusta Rd.\ Bay St.)	19.1	Augusta Rd. changes to Bay St. at the Winslow bridge over the Sebasticook river	Continue straight onto Benton Ave.	North
21	Benton Ave.	0.1		Left onto Mill Rd. ("2-cent bridge" Rd.)	North
21	Mill Rd.	0.4	Waterville-Winslow Bicycle and Pedestrian Trail access on left. Ft. Halifax park is along river on the left	Left onto Benton Ave.	North
21	Benton Ave.	1.7		Right onto to Heywood Rd.	North
21	Heywood Rd.	1.4		Left onto ME 100A (Clinton Ave.)	East
21	ME 100A (Clinton Ave.)	1.8	Cross the <b>Benton</b> town line. There is a picnic spot on right, just prior to Sebasticook Bridge Rd.	Right onto ME139, across Sebasticook Bridge	Northeast
21	ME 139 (Sebasticook Bridge Rd.)	0.2	Cross over the Sebasticook river	Right onto Falls Rd.	Southeast
21	Falls Rd.	0.1		Left onto Albion Rd.	South
21	Albion Rd.	1.3		Continue straight onto East Benton Rd.	East



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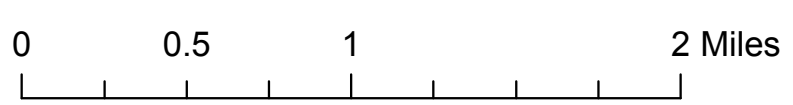
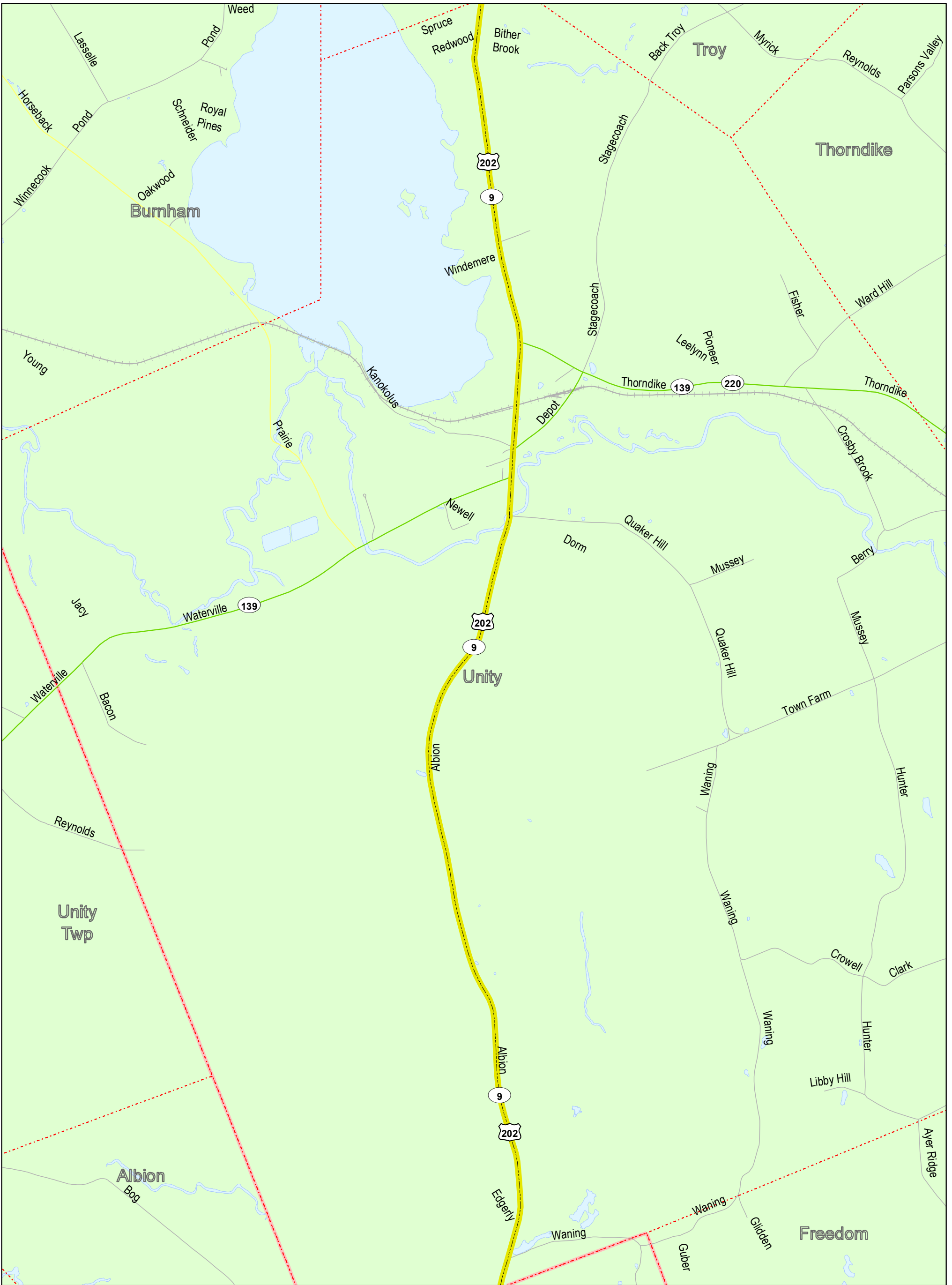
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
22	Albion Rd.	1.3		Continue straight onto East Benton Rd.	East
22	East Benton Rd.	5.8	Cross Sunkhaze Meadows NWR. Continue to bear right and stay on E. Benton Rd	Left onto Benton Rd.	Southeast
22	Benton Rd.	0.7	Cross the <b>Albion</b> town line	Left onto US 202/ME 9/ ME 137 (Main St.)	South
22	US 202/ME 9/ME 137 (Main St).	14.0	Main St. changes to Unity Rd. at Hussey Rd. Cross the <b>Unity</b> town line. Unity Rd. changes to Albion Rd. at the town line	Continue Northeast	Northeast



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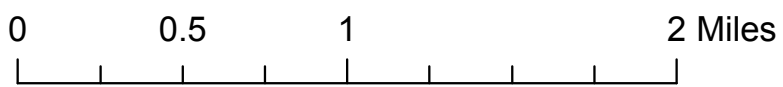
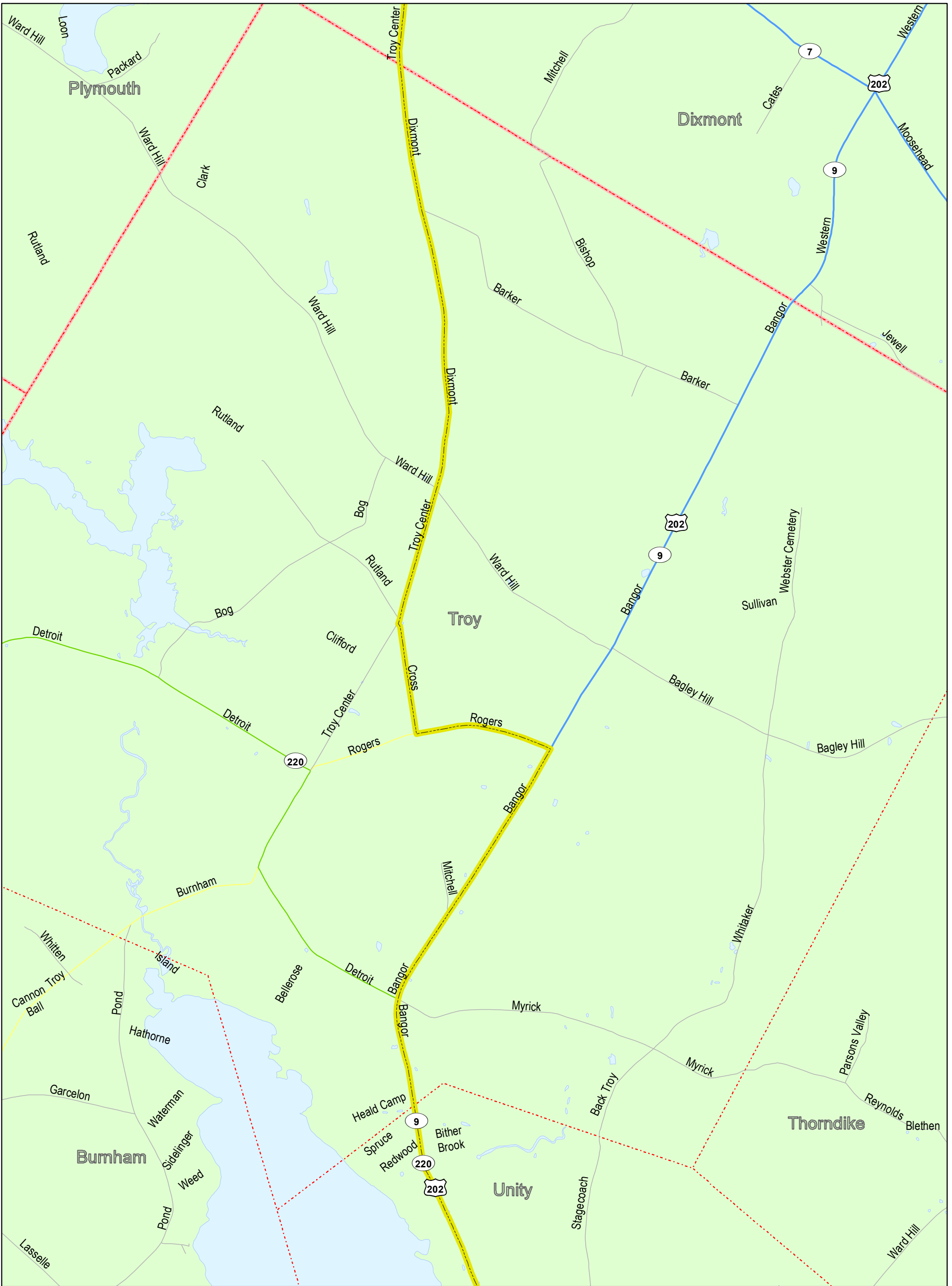
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
23	US 202/ME 9 (Albion Rd.)	14.0	Albion Rd changes to Main St. at Quaker Hill Rd. ME 220 joins route and road name changes to Bangor Rd	Right onto Benton Rd.	Northeast





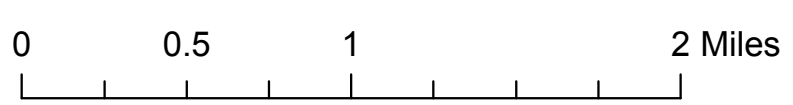
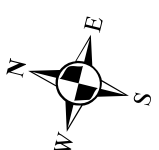
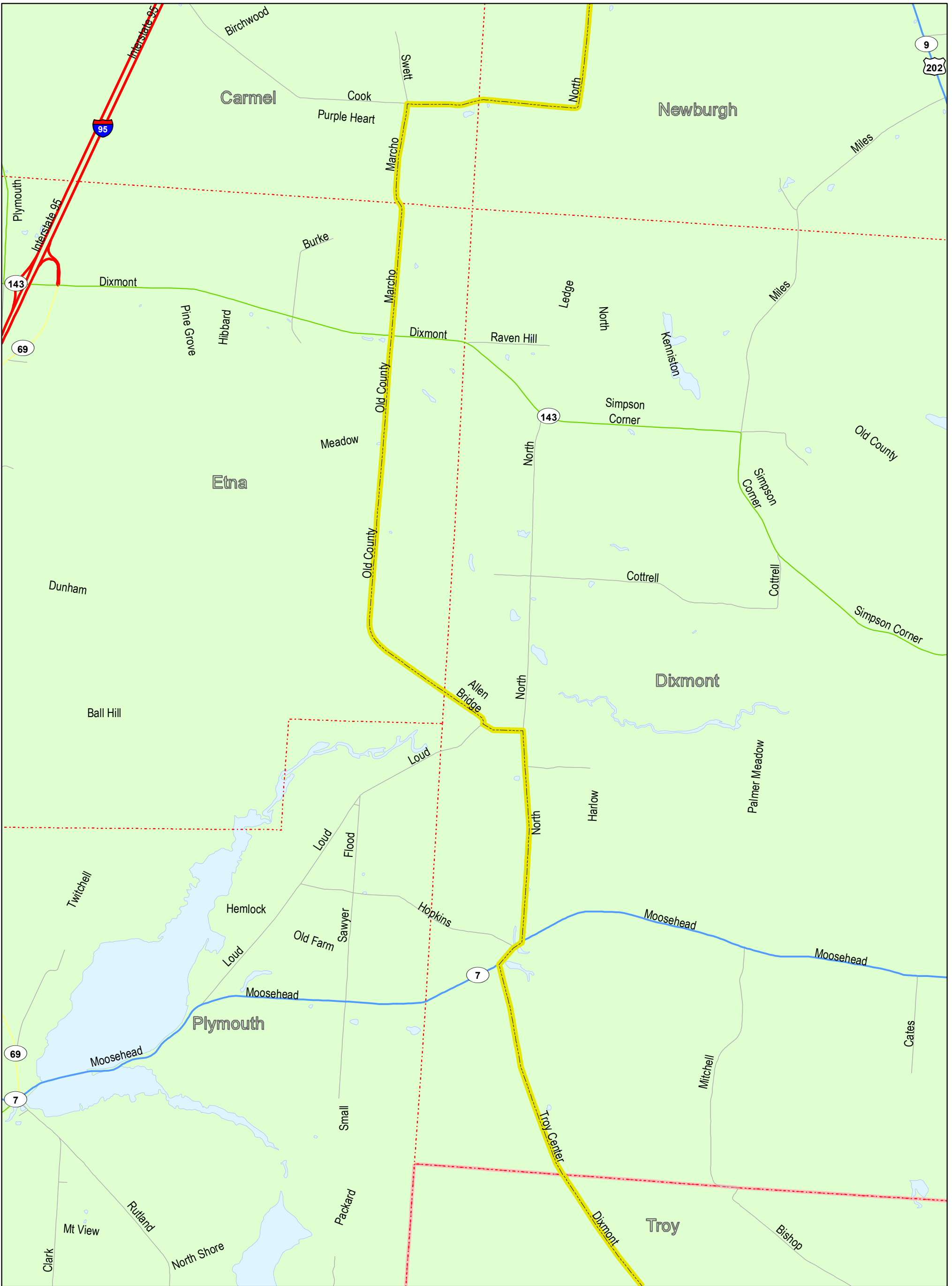
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
24	US 202/ME 9/ME220 (Bangor Rd.)	14.0	Cross the <b>Troy</b> town line	Left onto Rogers Rd.	Northeast
24	Rogers Rd.	0.9		Right onto Cross Rd.	North
24	Cross Rd.	0.7	Possible gravel road	Right onto Troy Center Rd.\N. Dixmont Rd.	Northeast
24	Troy Center Rd.	1.0	Troy Center Rd. changes to N. Dixmont Rd at the intersection with Ward Hill Rd.	Continue straight onto North Dixmont Rd.	Northeast
24	North Dixmont Rd.	2.8	Cross the <b>Dixmont</b> town line. North Dixmont Rd. turns into Troy Center Rd. at the town line	Straight onto Troy Center Rd.	Northeast



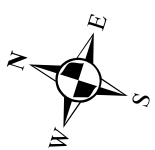
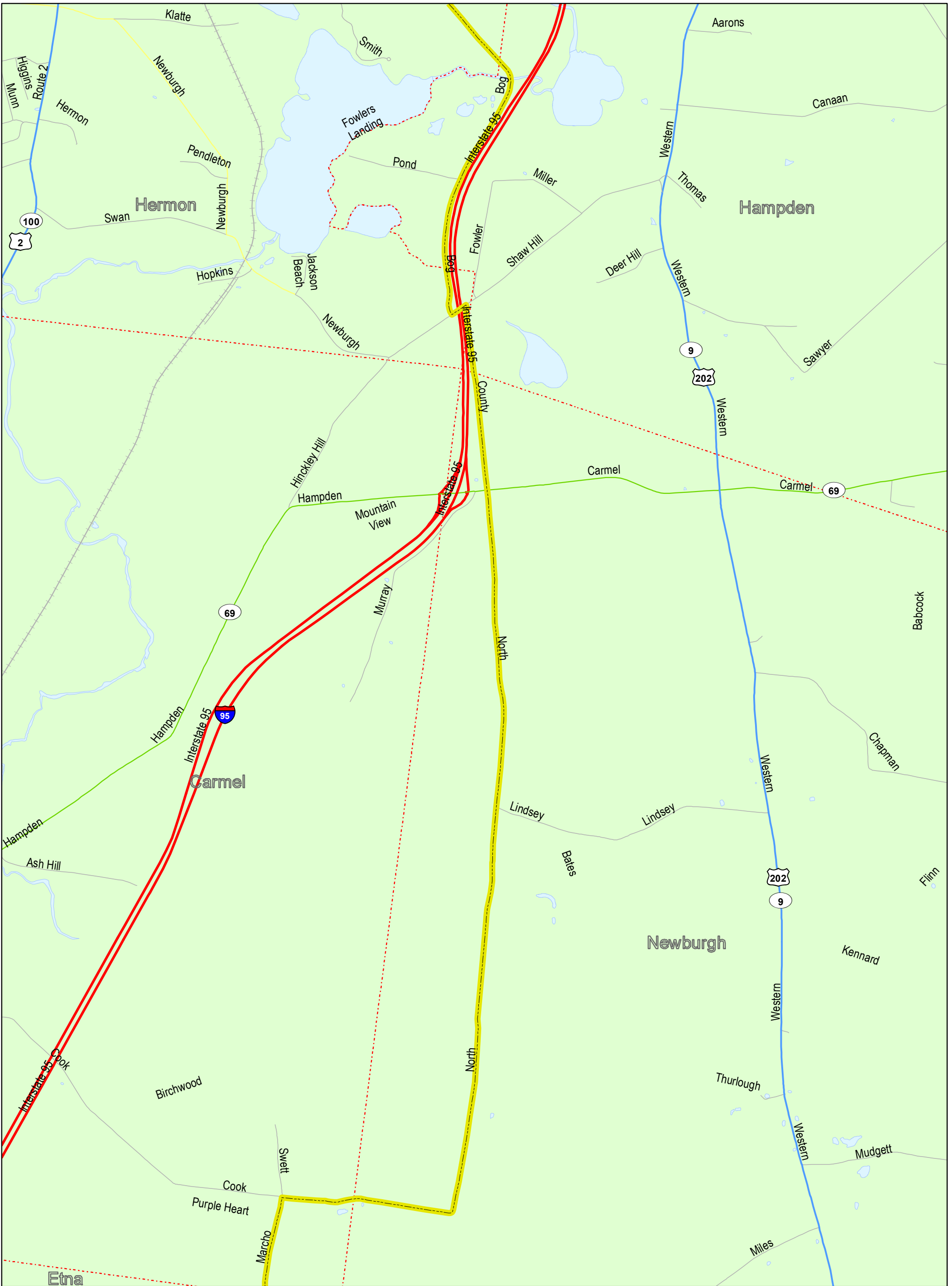
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
25	N. Dixmont Rd.	2.8	Cross the <b>Dixmont</b> town line. N. Dixmont Rd. turns into Troy Center Rd. at the town line	Continue straight onto Troy Center Rd.	Northeast
25	Troy Center Rd.	1.2	Possible sections of gravel road	Right onto ME 7 (Moosehead Trail)	Northeast
25	ME 7 (Moosehead Trail)	0.2		Left onto North Rd.	East
25	North Rd.	1.3		Left onto Allens Bridge Rd.	North
25	Allens Bridge Rd.	0.3	Bear Right and cross the stream to stay with Allens Bridge Rd. Cross the <b>Etna</b> town line. Allens Bridge Rd. changes to Old County Rd. at the town line	Straight onto Old County Rd.	East
25	Old County Rd.	2.8	Old County Rd. changes to Marcho Rd. when you Cross ME 143 (Dixmont Rd)	Continue straight onto Marcho Rd.	East
25	Marcho Rd.	1.5	Cross the <b>Carmel</b> town line	Right onto Cook Rd.	East



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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
26	Marcho Rd.	1.5		Right onto Cook Rd.	East
26	Cook Rd.	1.1	Possibly 0.8 miles of gravel. Cross the <b>Newburgh</b> town line. Cook Rd. changes to North Rd. at town line	Continue straight onto North Rd. and bear left at 'T' intersection.	South
26	North Rd.	4.7	North Rd. changes to N. Country Rd. at intersection with ME 69 (Carmel Rd.)	Continue straight on North County Rd.	East
26	North County Rd.	1.2	Cross the <b>Hampden</b> town line and then the <b>Herman</b> town line	Left onto Newburgh Rd.	Northeast
26	Newburgh Rd.	0.1	Cross over the interstate	Right onto Bog Rd.	Northwest
26	Bog Rd.	4.5	Cross the <b>Hampden</b> town line	Right onto US 2/ME100	East

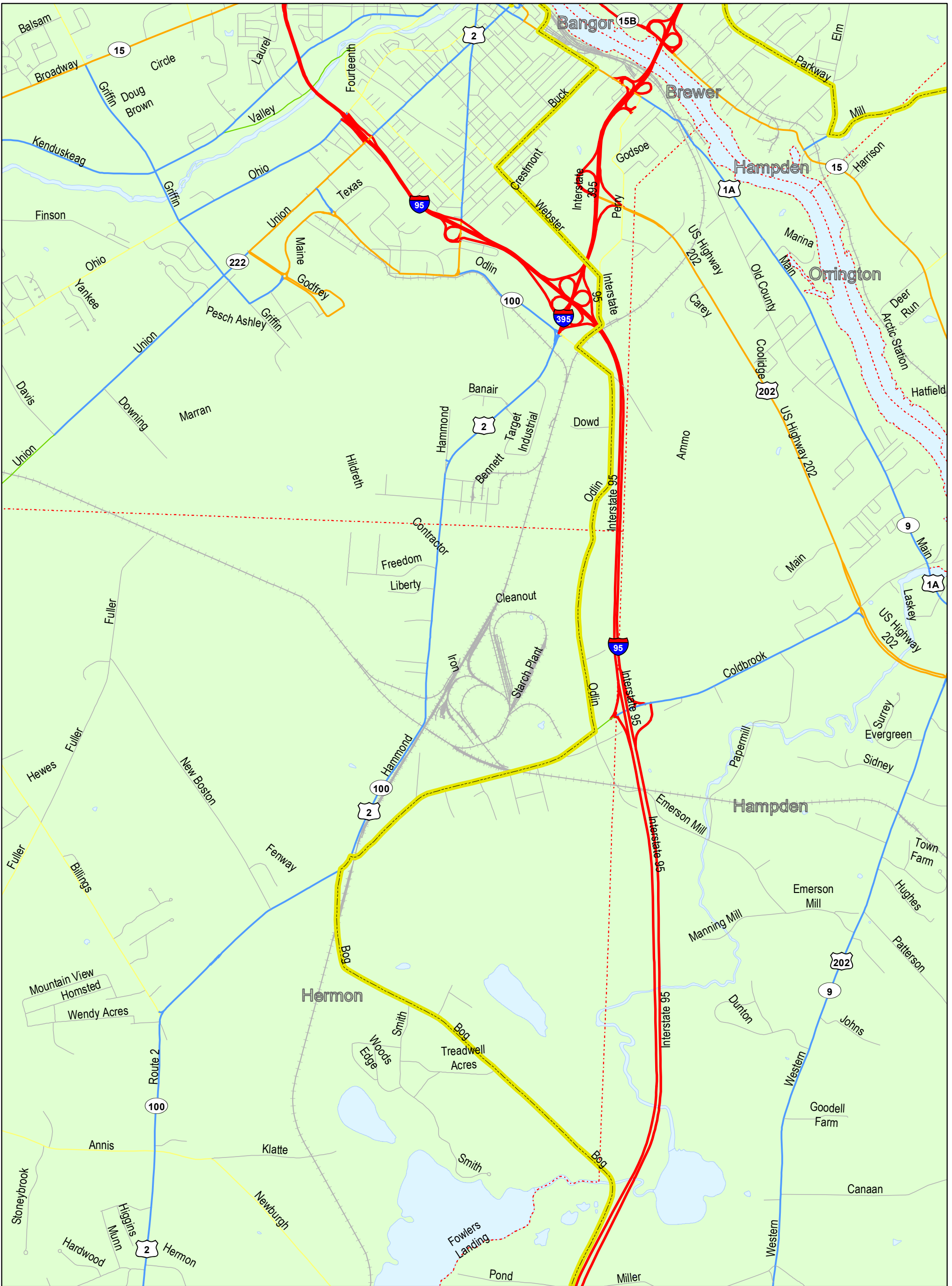


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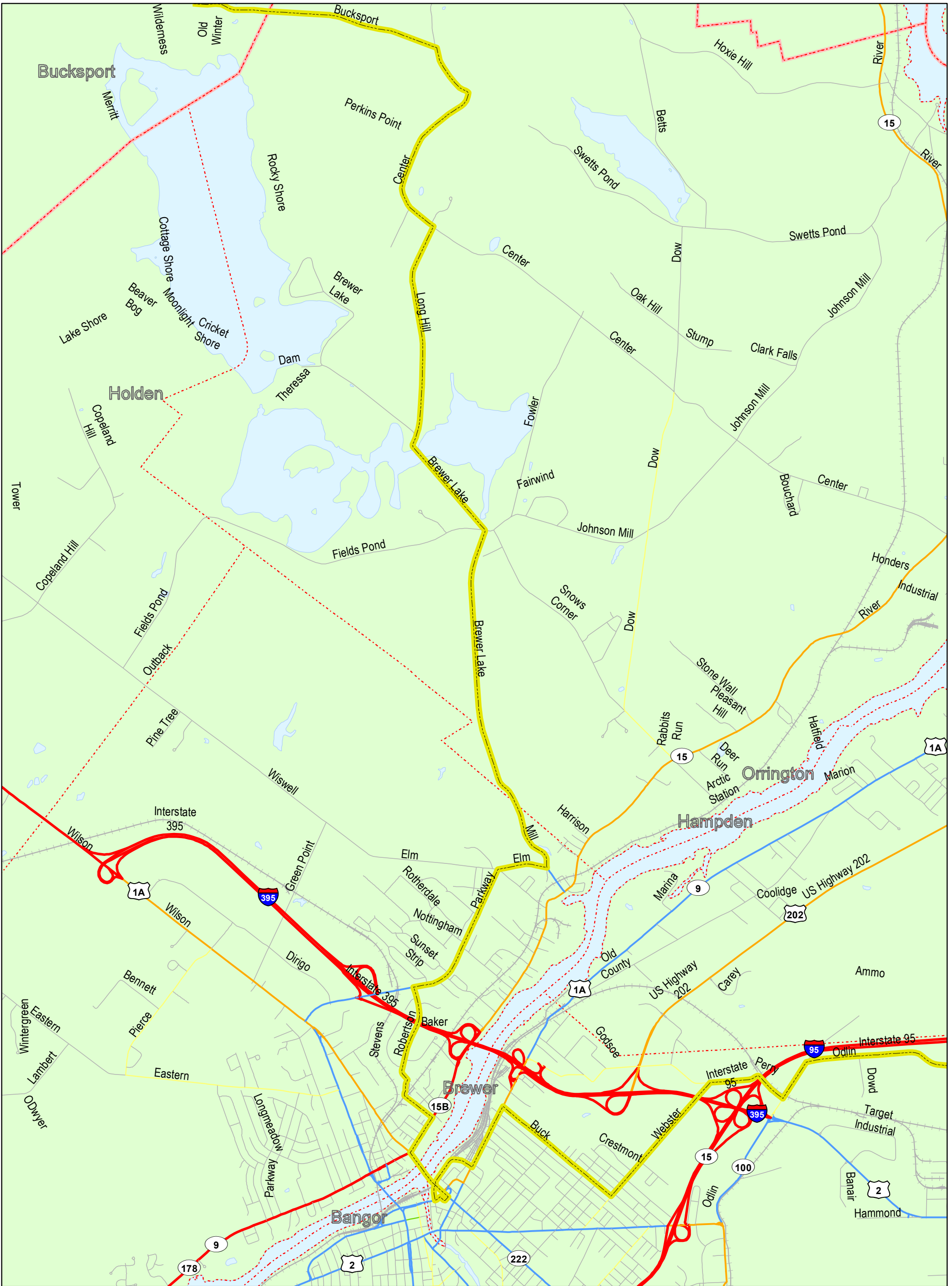
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
27	Bog Rd.	4.5	Cross the <b>Herman</b> town line	Right onto US 2/ME100	Northeast
27	US 2/ME100 (Hammond St.)	0.1	Wheeler Stream campground is 120' north(left) on US 2	Right onto Coldbrook Rd.	East
27	Coldbrook Rd.	1.9	<b>Caution:</b> heavy truck traffic. Largest truck stop in Maine, as you approach Odlin Rd	Left onto Odlin Rd.	Southeast
27	Odlin Rd.	2.7	Cross the <b>Bangor</b> town line. Bear left to stay on Odlin Rd. <b>Holiday Inn Bangor</b> is 200' past turn on Perry Rd. (stay on Odlin)	Right onto Perry Rd.	East
27	Perry Rd.	0.5	Possibly unmarked road. Go under the I-95 over-pass and bear left to stay on Perry Rd. Use <b>caution:</b> heavy truck traffic	Left onto the Shared-use Path, just past Cole Transportation Museum.	East
27	Shared-use path	0.1	Bike/Ped path goes under I-395 over-pass. At golf course, path becomes Webster St.	Continue straight on Webster St.	Northeast





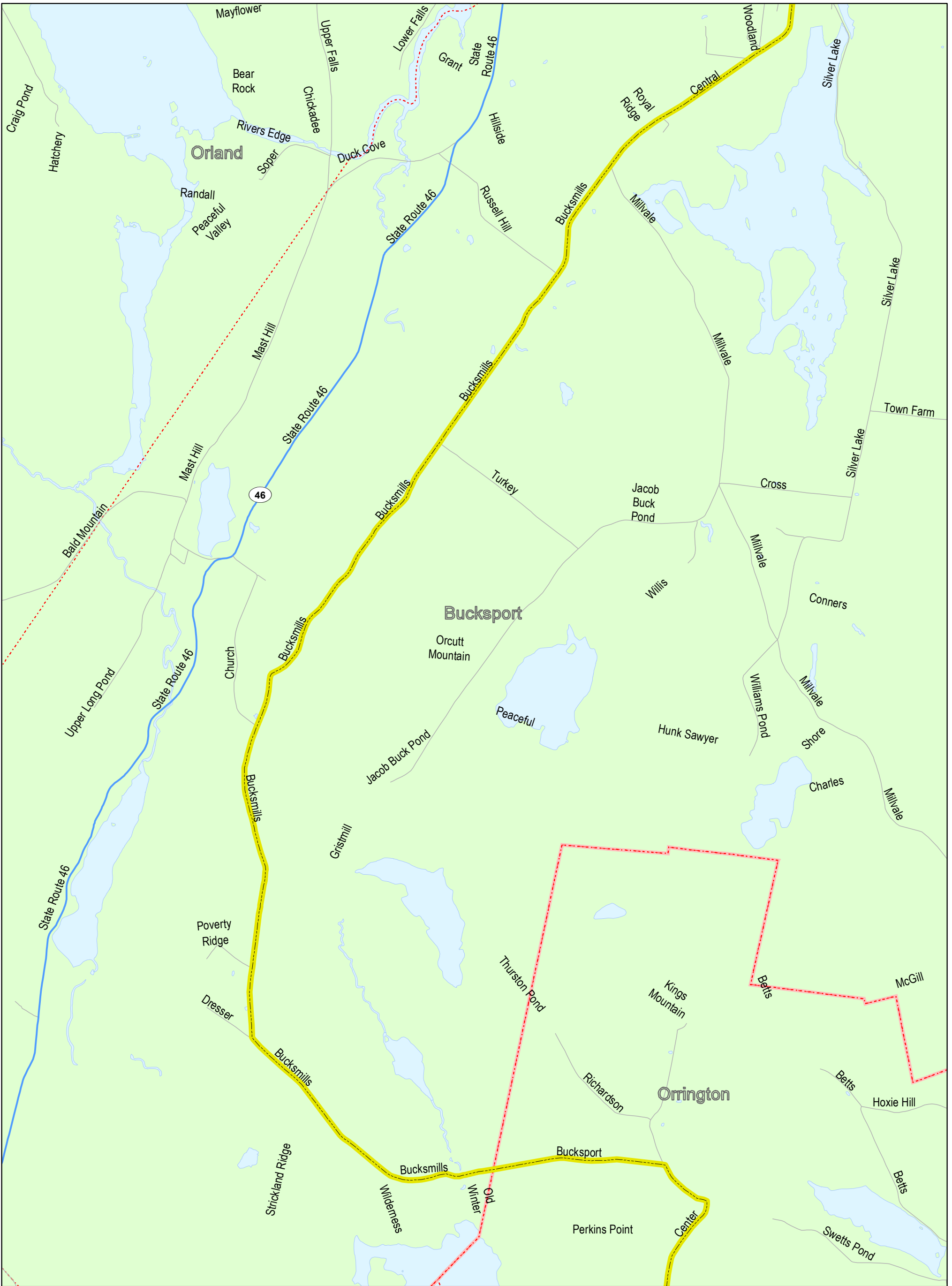
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28	Perry Rd.	0.5	Possibly unmarked road.	Left onto the Shared-use Path just past Cole Transportation Museum.	East
28	Shared-use path\Webster St.	1.0	Bike/Ped path goes under Interstate Hgwy. At golf course, path becomes Webster St.	Right onto Buck St.	Northeast
28	Buck St.	0.9	Possibly unmarked road. <b>Hollywood Slots, Maine's only gambling establishment is on Main St. Paul Bunyan statue, Visitor Center &amp; Civic Center in Bass Park on right.</b>	Left onto US1A/ME9 (Main St.)	North
28	US 1A/ME 9 (Main St.)	0.4		Right onto Railroad St. at traffic lights.	North
28	Railroad St.	0.1		Leftt onto Front St.	East
28	Front St.	0.1	Bear left across rail road tracks and under the overpass	Continue onto Broad St.	North
28	Broad St.	0.1	<b>Waterfront park on the right. Downtown Bangor and all services within a short ride of the riverfront.</b>	Leftt onto Independent St.	North
	Independent St		Short St. curves around to the left to access Route 1A (Union St.)	Right onto Short St. (ramp to Union St.)	Southwest
28	Short St.	0.1		Left onto US 1A/ ME9 (Union St.\Wilson St)	West
28	US 1A/ME9 (Union St.\Wilson St)	0.4	Union St. changes to Wilson St. across the Chamberlain Bridge. Cross the <b>Brewer</b> town line, which is the river	Right onto ME 15B (S.Main St.)	Southeast
28	ME 15B (S. Main St.)	0.3	<b>Downtown Brewer.</b>	Left onto Maple St.	South
28	Maple St.	0.2	Cross RR tracks into industrial park, bear right onto Robertson Blvd.	Right onto Robertson Blvd.	Southeast
	Robertson Blvd.	0.5	Bear left at the first 'T' intersection to stay with Robertson Blvd. Cross over I-395	Right onto Parkway South	South
28	Parkway South	1.0	<b>Sunset Park on the left, across from the school. At stop sign go straight across onto Elm (possibly unmarked)</b>	Straight across to Elm St.	South
28	Elm St.	0.3	Very hard left onto Mill St	Left onto Mill St.	West
28	Mill St.	0.5	Cross the <b>Orrington</b> town line. Mill St. changes to Brewer Lake Rd. at town line	Continue south on Brewer Lake Rd.	South
28	Brewer Lake Rd.	2.6	Continue strait through the intersection (Johnson Mill Rd.), bearing slightly left. Cross the bridge at Fields Pond, and continue onto Long Hill Rd. Brewer Lake Rd. diverges off to the left just past the bridge	Continue strait onto Long Hill Rd.	South
28	Long Hill Rd.	1.3		Left onto Center Dr.	South
28	Center Dr.	1.4	Possibly unmarked road. Bear left at the 'T' intersection to stay on Center Dr	Left onto East Bucksport Rd.	South



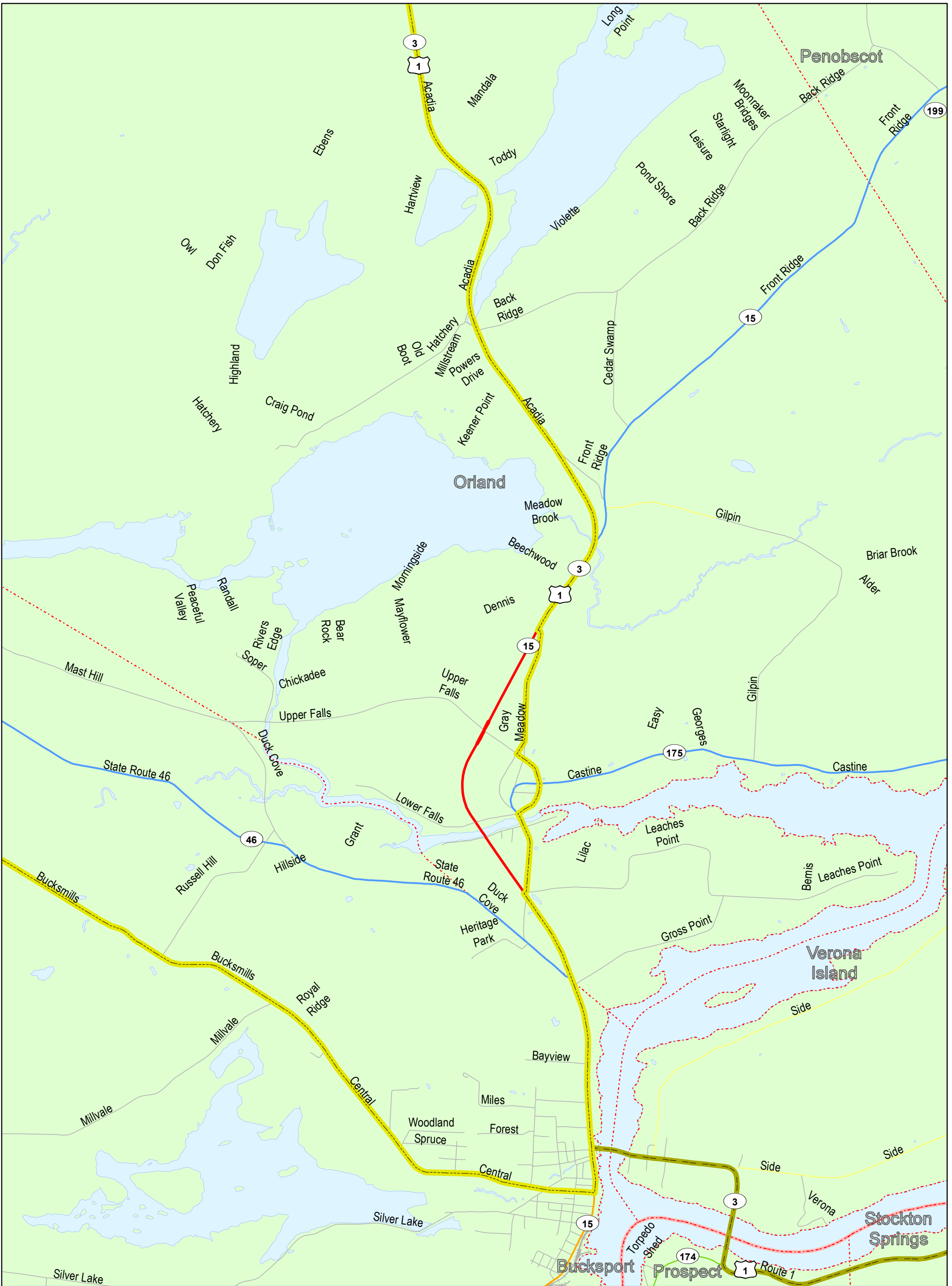
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29	Center Dr.	1.4	Possibly unmarked road	Left onto East Bucksport Rd.	South
29	E. Bucksport Rd.\ Bucksmills Rd.\ Central St.	11.8	Cross the <b>Bucksport</b> town line. E. Bucksport Rd. changes to Bucksmills Rd. at town line. Bucksmills Rd. changes to Central St. just south of Millvale Rd	Left onto ME 15 (Main St.)	Northeast

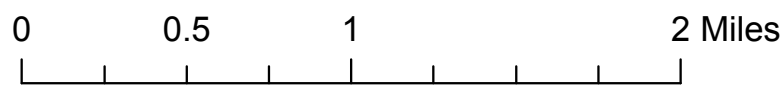
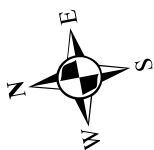


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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
30	Bucksmills Rd.\ Central St.	11.8	Bucksmills Rd. changes to Central St. just south of Millvale Rd	Left onto ME 15 (Main St.)	South
30	ME 15 (Main St.)	0.3	Downtown Bucksport. All services except bicycle repair. USBR 1A connects where US 1/ ME 3 merge onto route ME 15	US 1/ME 3 merge onto route ME 15, Continue straight (Main St. designation ends)	East
30	US 1/ME 3/ME 15	1.7	Cross the Orland town line. Waterfront park on right. Seasonal public toilet.	Right onto ME 175 (Castine Rd.)	East
30	ME 175 (Castine Rd.)	0.6	Cross Orland river	Right onto Dark Mountain Rd.	East
30	Dark Mountain Rd.	0.2		Continue straight onto Schoolhouse Rd.	Southeast
30	Schoolhouse Rd.	0.2	Village of Orland is this road	Right onto Gray Meadow Rd.	Northeast
30	Gray Meadow Rd.	1.0		Right onto US 1/ME 3/ ME 15 (Acadia Hwy)	East
30	US 1/ ME 3/ME 15 (Acadia Hwy)	15.6	After 0.7 miles ME 15 diverges off to east(right), stay on US 1/ME 3. 1.3 miles north on Fish Hatchery Rd. Craig Brook National Fish Hatchery & Atlantic Salmon Museum	Continue East on US 1/ ME 3 (Acadia Hwy)	East

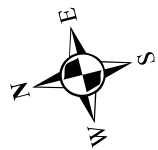
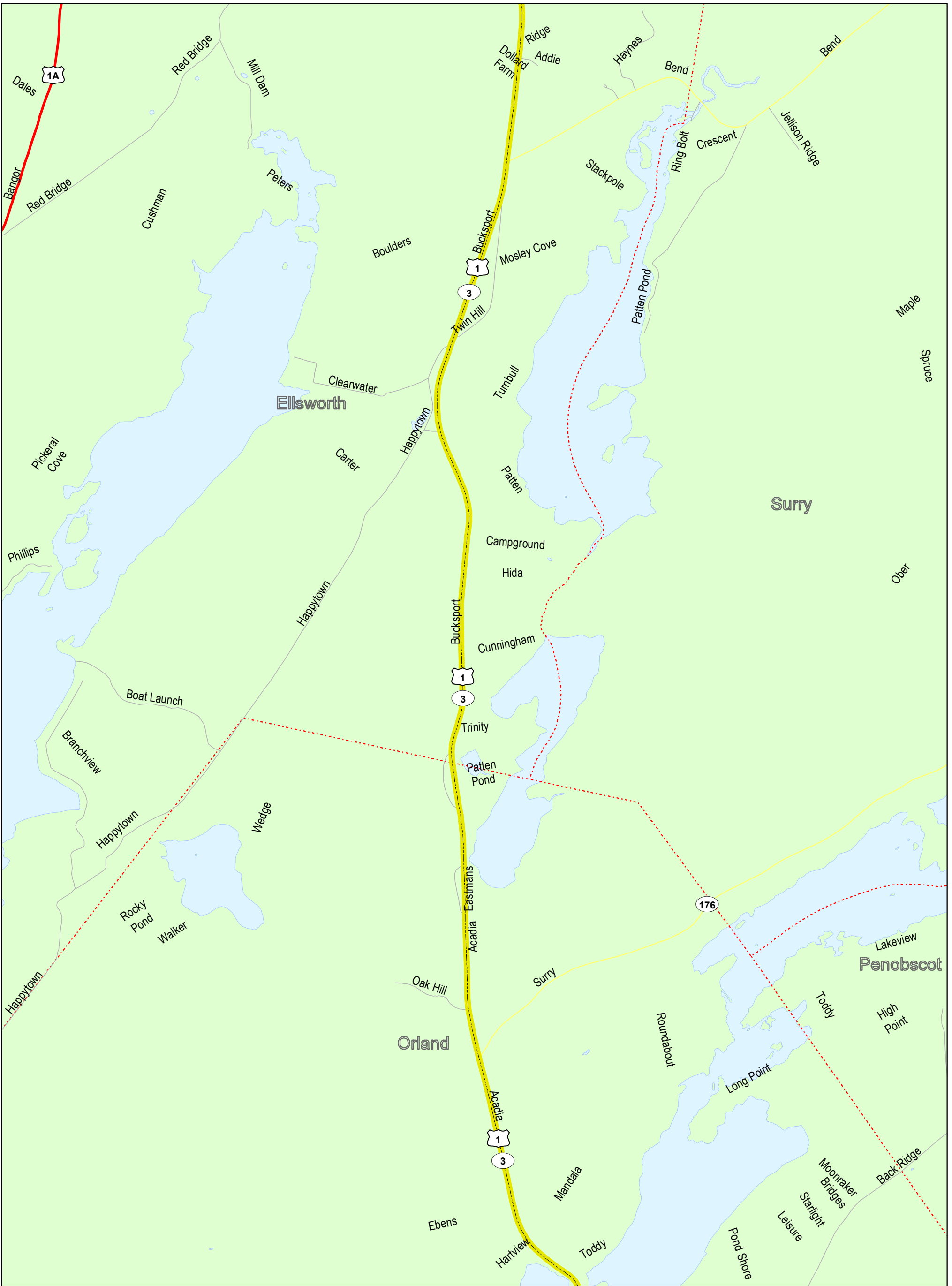


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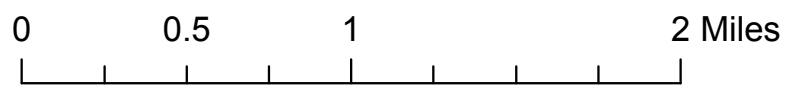
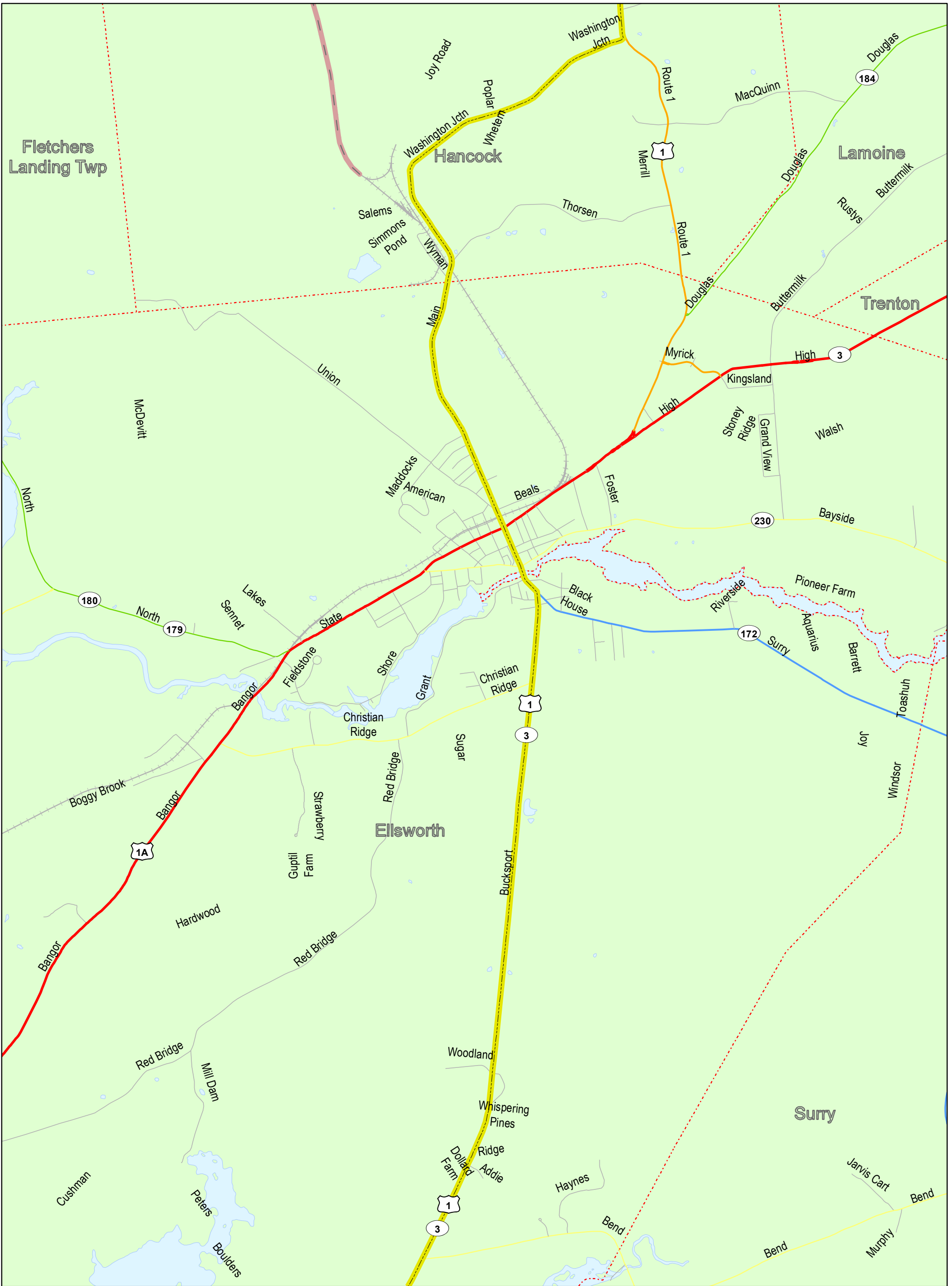
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
31	US 1/ ME 3 (Acadia Hwy)	15.0	Cross the <b>Ellsworth</b> town line. Name changes to Bucksport Rd. at town line	Continue East	East





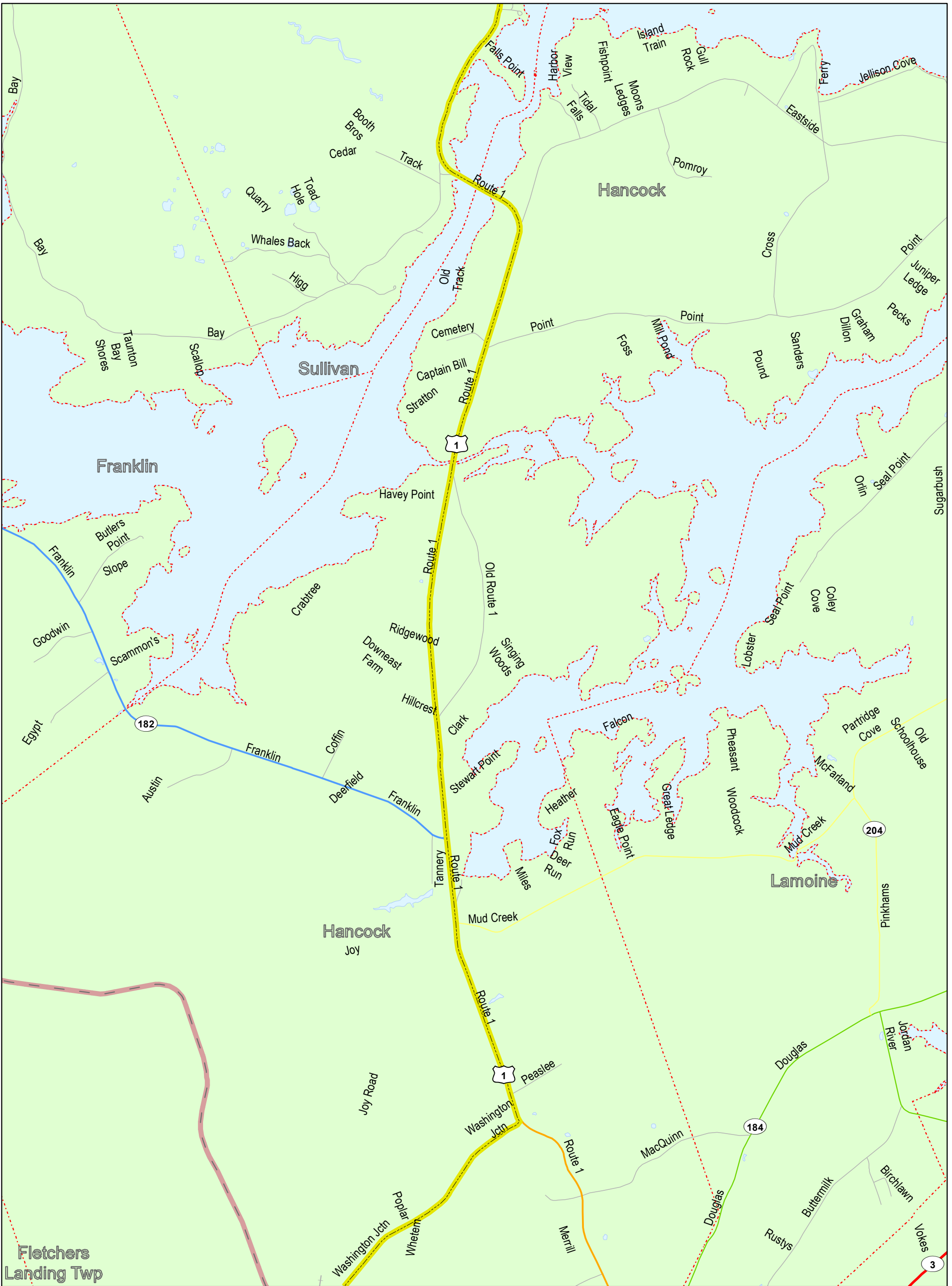
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
32	US 1/ ME 3 (Bucksport Rd.\ Main St.)	15.0	Cross Union River into downtown Ellsworth. US 1/ME 3 diverge to right (South) at Stoplight at the intersection with High St. US 1A goes left.	Bear left to stay on US1/ ME 3, changes to Main St.	East
32	Main St.	1.7	Cross the <b>Hancock</b> town line. Main St. changes to Washington Junction Rd. at town line	Continue straight onto Washington Junction Rd.	East
32	Washington Junction Rd.	2.5	Take left on Railroad Siding Rd. for 0.5 miles to trailhead for Down East Sunrise Trail/East Coast Greenway (DEST/ECG) .	Left onto US 1	Southeast

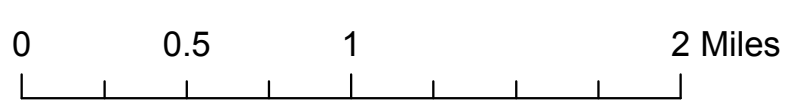
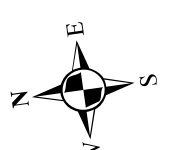


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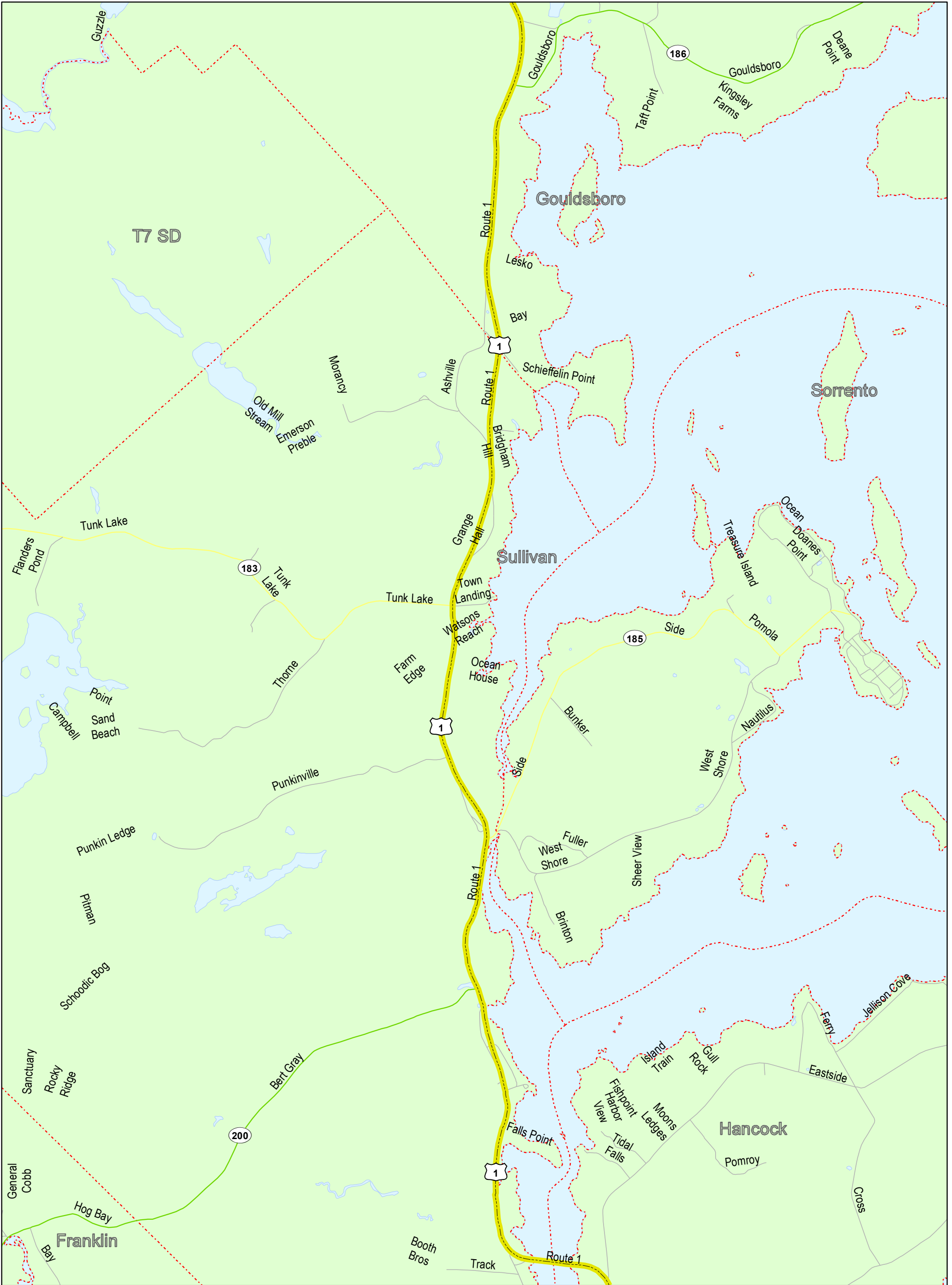
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
33	Washington Junction Rd.	4.1		Left onto US 1	Southeast
33	US 1	22.4	Mud Creek Road goes to right (South), an alternate route to Bar Harbor and Acadia National Park. Cross the <b>Sullivan</b> town line at the Hancock-Sullivan Bridge	Continue East	East



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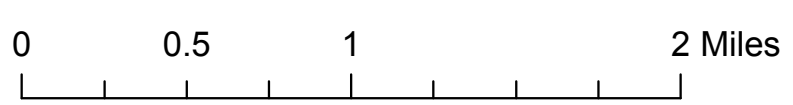
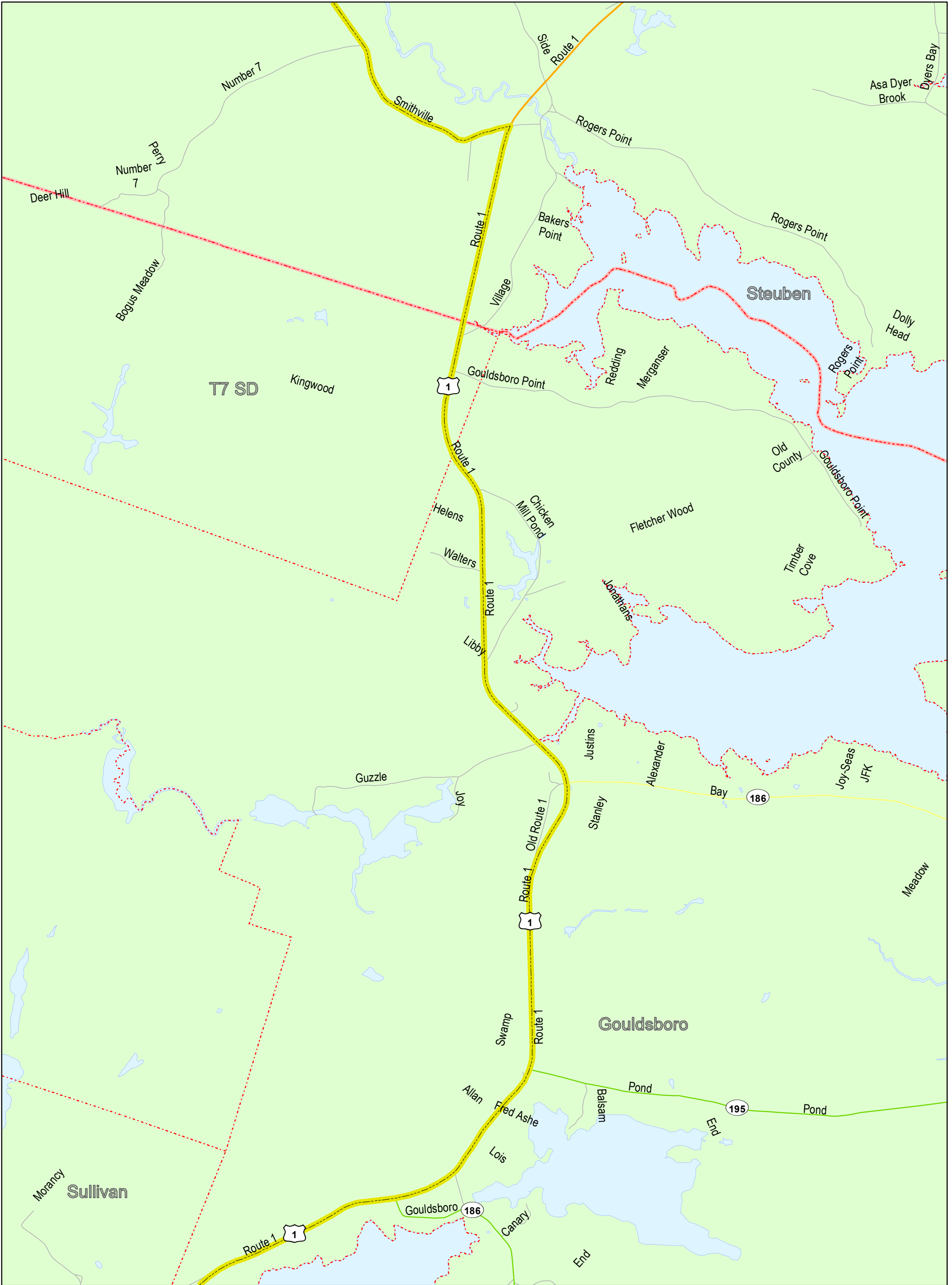
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
34	US 1	22.4	Cross the <b>Sullivan</b> town line at the Hancock-Sullivan Bridge. Cross the <b>Gouldsboro</b> town line. ME 186 goes South (right) to Prospect, Birch & Winter Harbors	Continue East	East



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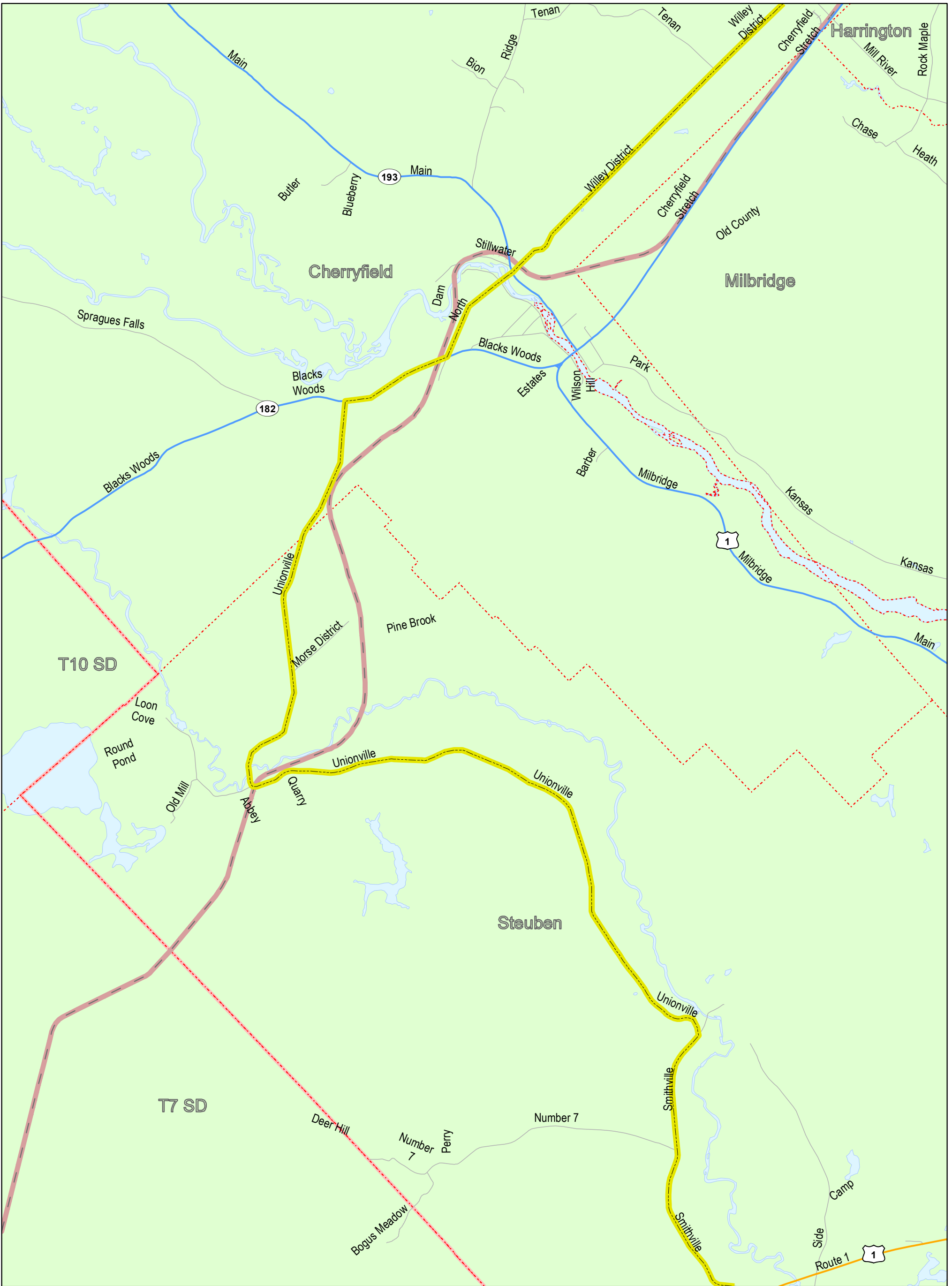
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
35	US 1	22.4	Cross the <b>T7-SD</b> town line Cross the <b>Steuben</b> town line	Left onto Smithville Rd.	East
35	Smithville Rd.	2.1		Left onto ME 182 (Blackwoods Rd.)	North



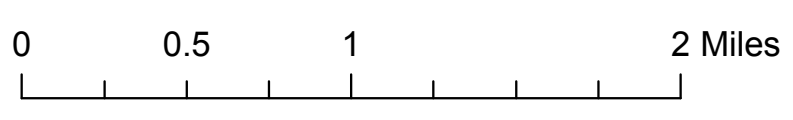


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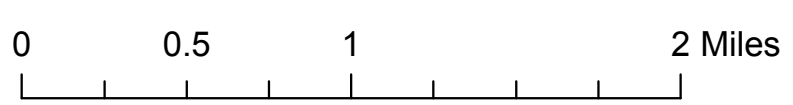
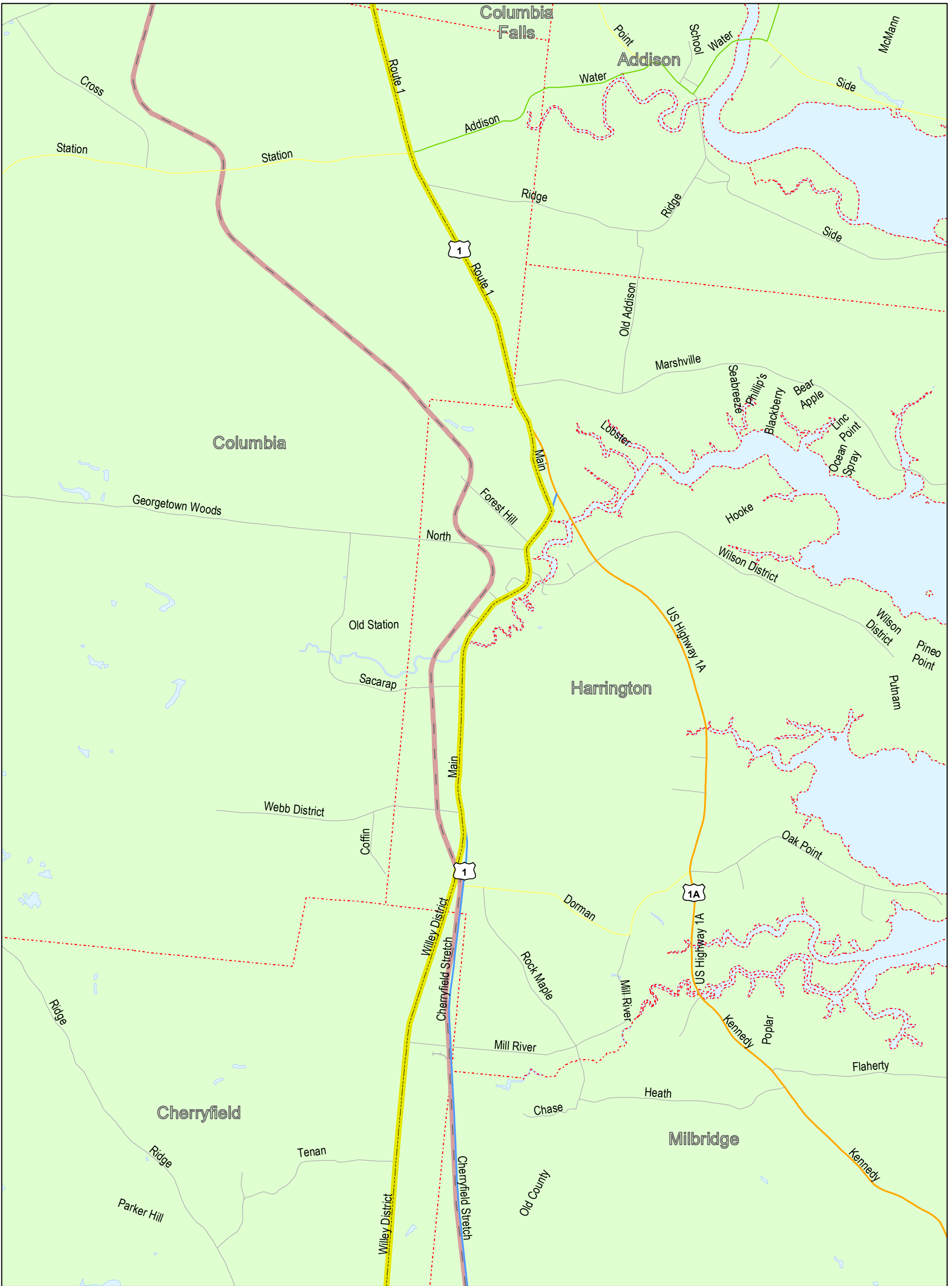
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
36	Smithville Rd.	2.1		Left onto Unionville Rd.	North
36	Unionville Rd.	6.6	Cross Down East Sunrise Trail (access point), bear right to stay on Unionville Rd. Cross the <b>Cherryfield</b> town line	Right onto ME 182 (Blackwoods Rd.)	North
36	ME 182 (Blackwoods Rd.)	0.7	Cross Down East Sunrise Trail (access point)	Left onto North St.	East
36	North St.	0.7	Cross Narraguagus River and continue straight. North St. changes into Wiley District Rd at ME193 (Main St.)	Continue straight onto Willey District Rd.	East
36	Willey District Rd.	4.1	Cross Down East Sunrise Trail (access point)	Left onto US 1	East



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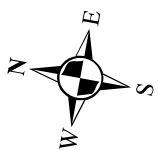
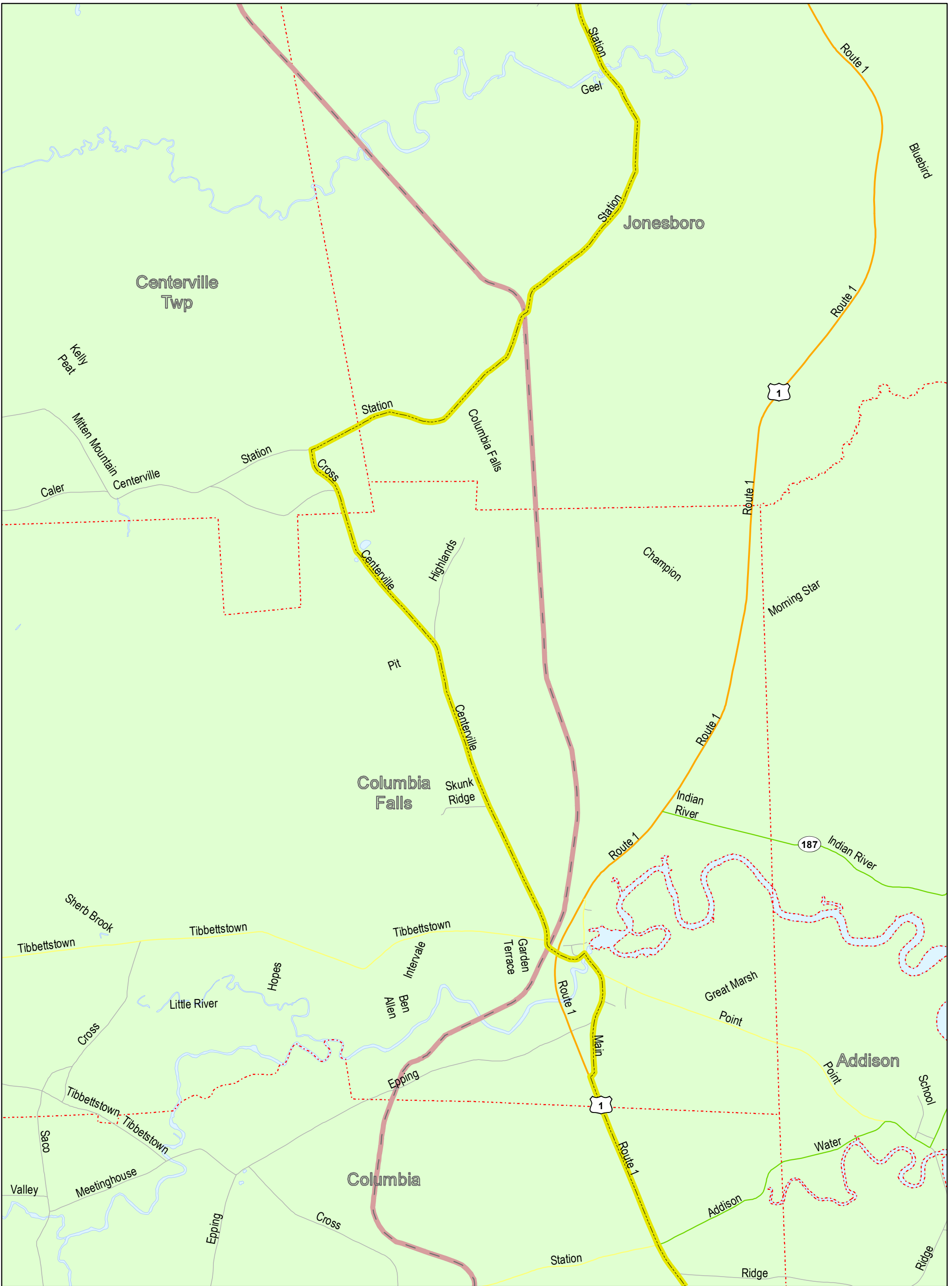


Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
37	Willey District Rd.	4.1	Cross the <b>Harrington</b> town line. <b>Cross Down East Sunrise Trail (access point)</b>	Left onto US 1 (Main St.)	East
37	US 1 (Main St.)	3.1	Use <b>caution</b> : narrow shoulders	Left onto East Main St.	East
37	East Main St.	0.6	US 1A junction 0.1 miles straight ahead.	Right onto US 1	Northeast
37	US 1	2.2	Cross the <b>Columbia</b> town line	Right onto Main St.	Northeast



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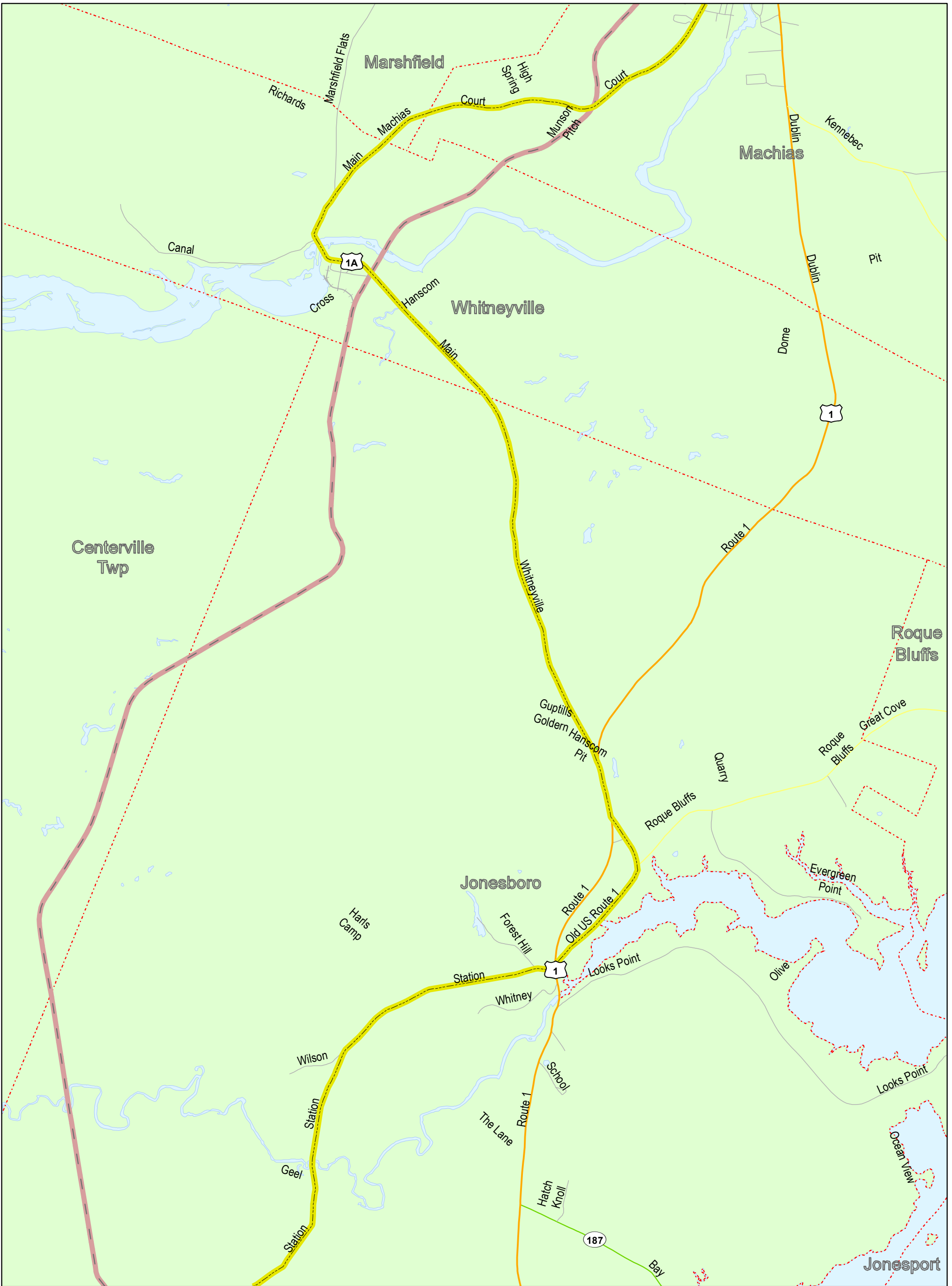
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
38	US 1	2.2	Cross the <b>Columbia Falls</b> town line	Right onto Main St.	Northeast
38	Main St.	0.9	Past the <b>Historic Ruggles House (1810)</b> and across the Pleasant river	Left onto Tibbettstown Rd.	East
38	Tibbettstown Rd.	0.3	Cross US 1 to continue on Tibbettstown Rd. then cross <b>Down East Sunrise Trail (access point)</b>	Bear Right onto Centerville Rd.	North
38	Centerville Rd.	3.3	There are <b>blueberry barrens</b> along the road (seasonal excursion). Cross the <b>Centerville Twp</b> town line	Bear Right onto Cross Rd	Northeast
38	Cross Rd.	0.3		Right onto Station Rd.	Northeast
38	Station Rd.	6.0	Cross the <b>Jonesboro</b> town line. <b>Cross Down East Sunrise Trail (access point)</b>	Left onto US 1, then immediate Right onto Old US 1	Southeast







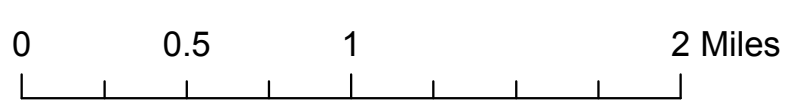
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
39	Station Rd.	6.0	Cross the Chandler river.	Left 170 feet on US 1, then Right onto Old US Route 1	East
39	Old US Route 1	1.2	Bear left on Old US Route 1 past Roque Bluffs Rd.	Right onto US 1	East
39	US 1	0.5	Use <b>caution</b> : possibly no paved shoulders	Left onto US 1A (Whitneyville Rd.)	North
39	US 1A (Whitneyville Rd.\ Main St.\ Machias Rd.\ Court St.)	7.5	Cross the <b>Whitneyville</b> town line. Whitneyville Rd. changes to Main St. at town line. <b>Cross Down East Sunrise Trail (access point)</b> Cross the Machias river. Cross the <b>Mashfield</b> town line. Main St. changes to Machias Rd. at the town line. Cross the <b>Machias</b> town line. Machias Rd. changes to Court St. at the town line. <b>Cross the Down East Sunrise Trail (access point)</b>	Right onto ME 192 (Broadway)	North

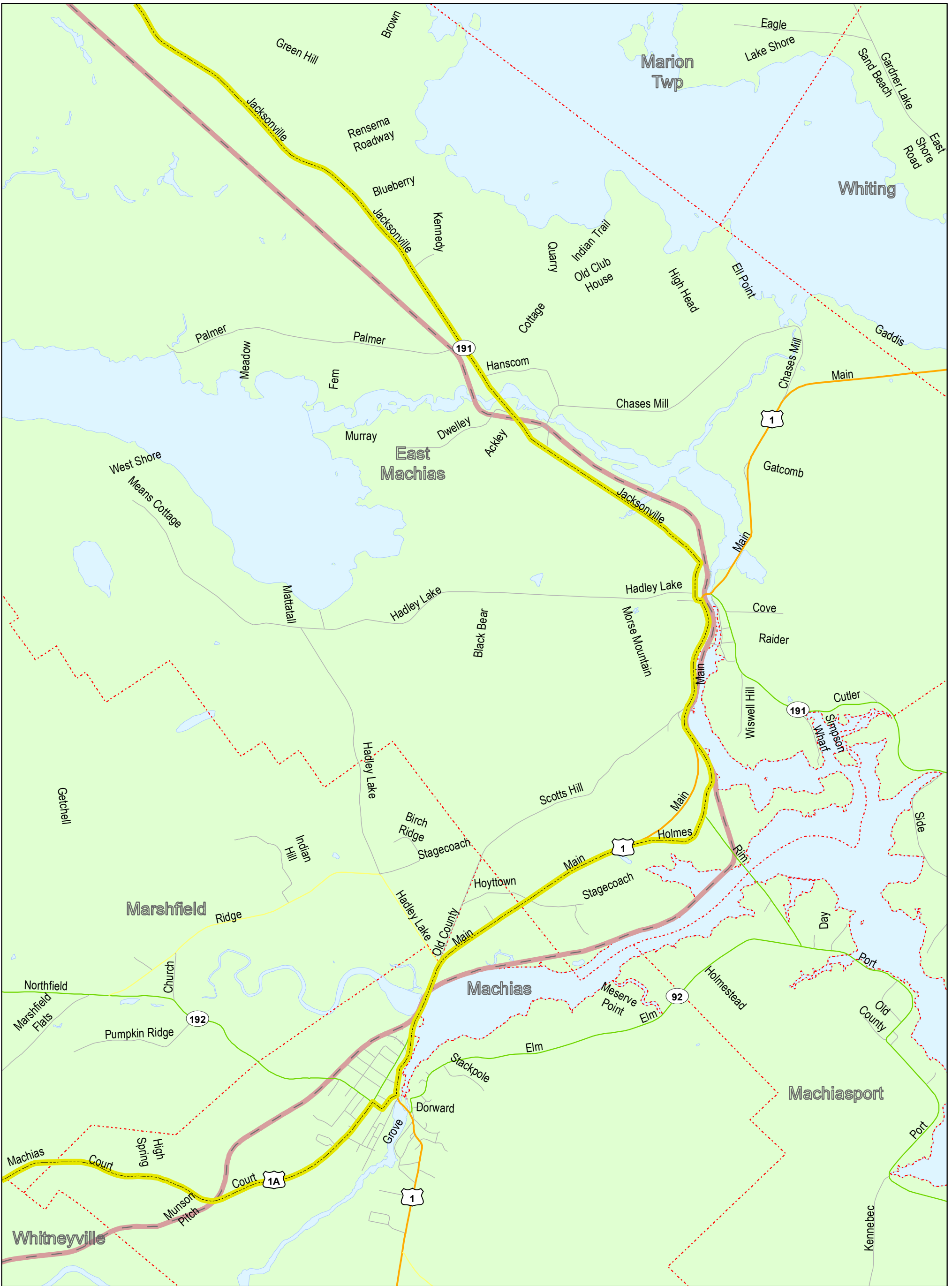




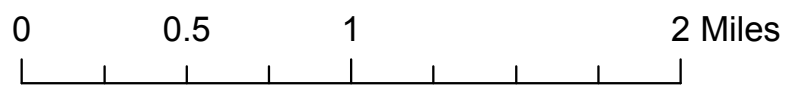
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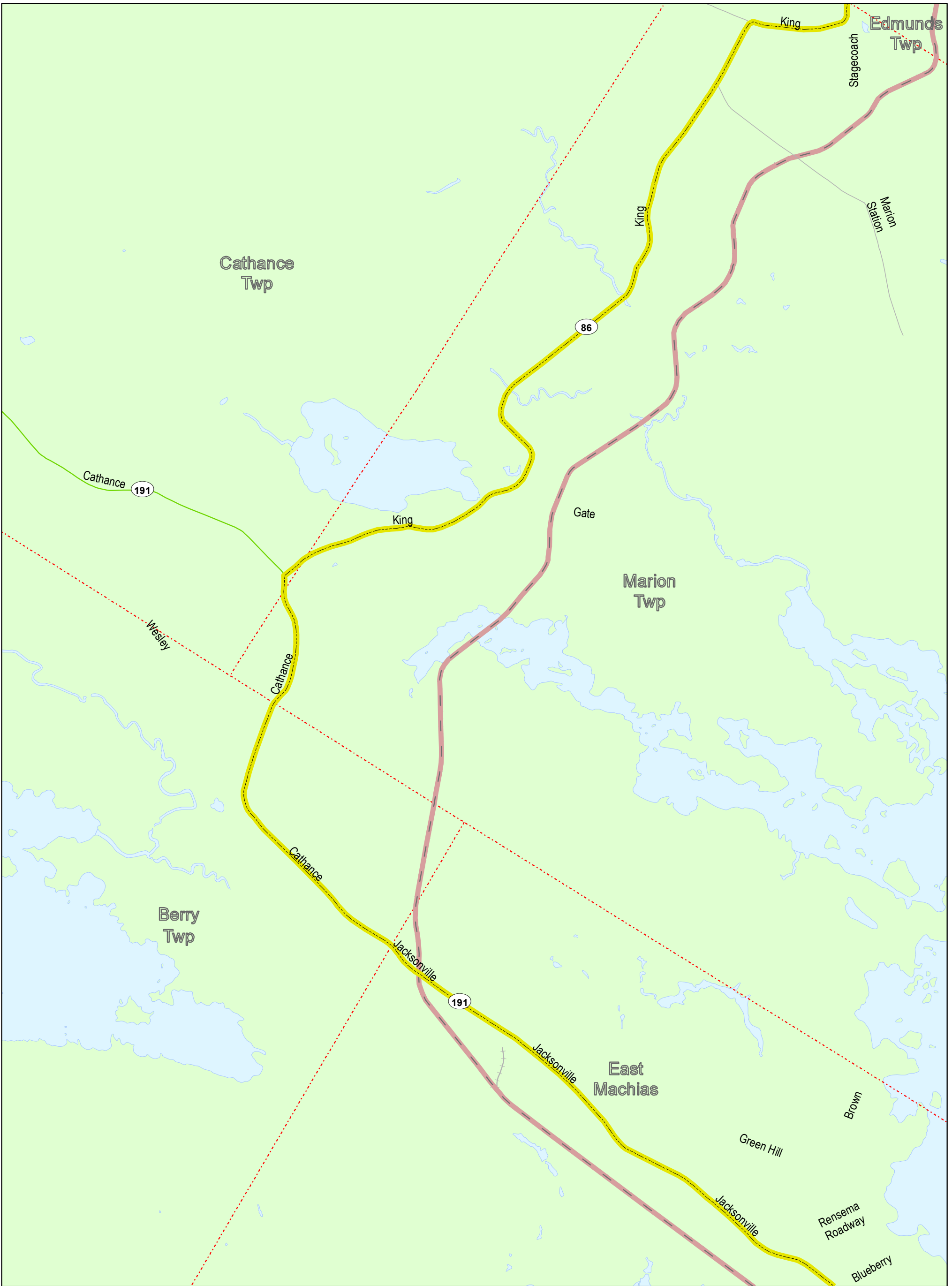
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
40	US 1A (Court St.)	7.5	Cross Down East Sunrise Trail (access point)	Right onto ME 192 (Broadway)	East
40	ME 192 (Broadway)	0.1		Left onto ME 192 (Colonial Way)	South
40	ME 192 (Colonial Way)	0.1		Left onto US 1 (Main St.)	East
40	US 1 (Main St.)	2.4	Machias downtown. All services except bicycle repair. East of downtown at the Railcar Visitor Center across from Helen's Restaurant on US 1. is the trailhead for Down East Sunrise Trail.(access point) Cross the <b>East Machias</b> town line	Right onto Holmes Way	Northeast
40	Holmes Way	0.6	Possibly unmarked street name	Continue straight onto Rim Rd.	Southeast
40	Rim Rd.	0.5	The Down East Sunrise Trail parrallells Rim Rd and US 1 until US 1 crosses the East Machias River in East Machias. At that point you will have to procede west 250 feet back onto the USBR 1, ME 191(Jacksonville Rd.)	Right onto US 1 (Main St.)	North
40	US 1 (Main St.)	1.0		Left onto ME 191 (Jacksonville Rd.)	North
40	ME 191 (Jacksonville Rd.)	10.1	Cross Down East Sunrise Trail (access point). Cross the East Machias river	Right onto ME 86	North



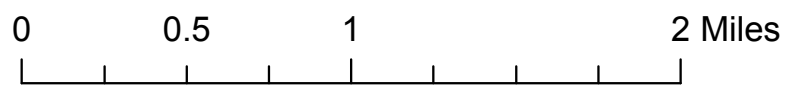
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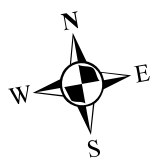
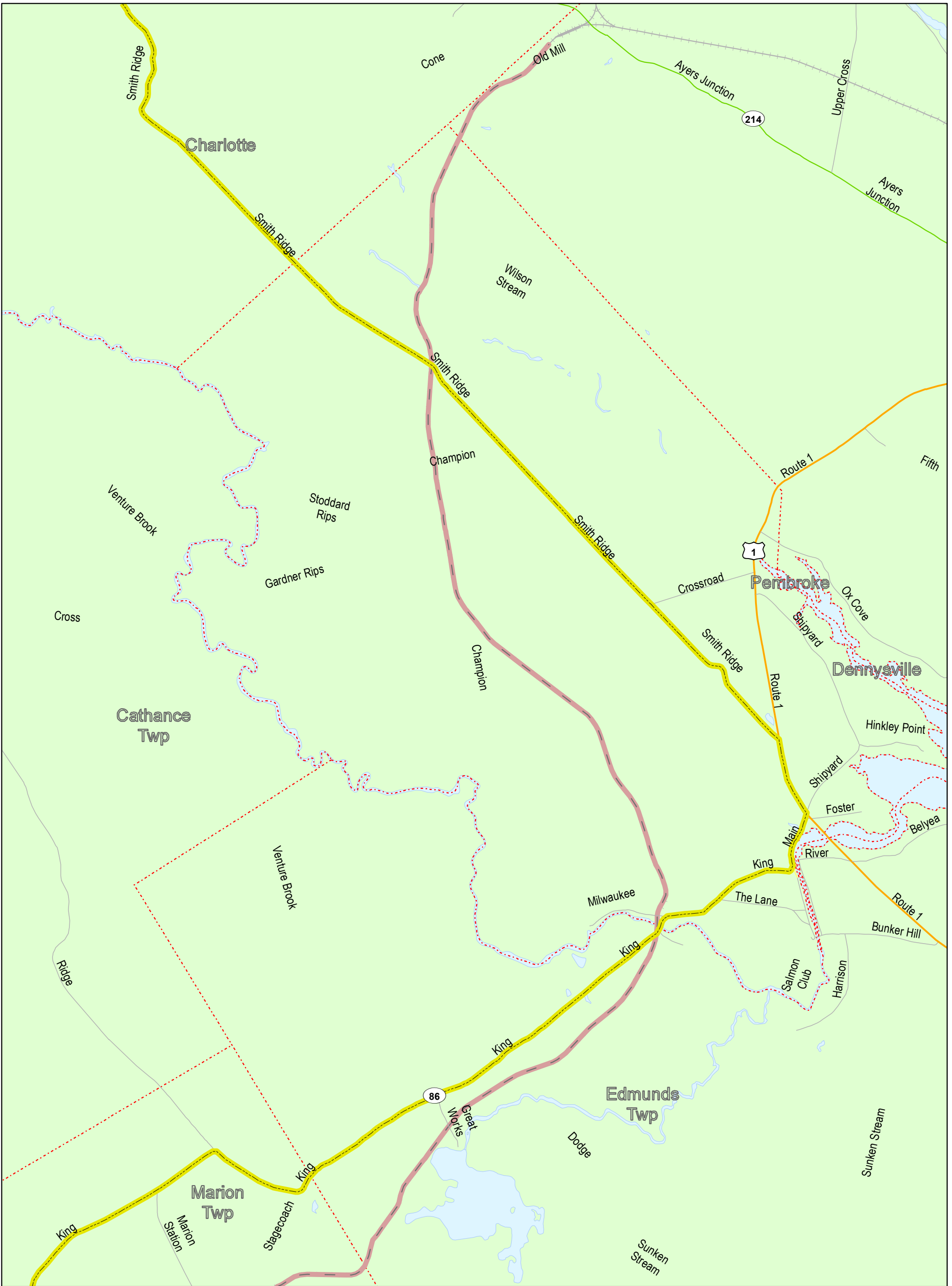
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
41	ME 191 (Jacksonville Rd.\Cathance Rd.)	10.1	Cross Down East Sunrise Trail. (access point) Cross the <b>Berry Twp</b> town line. Jacksonville Rd. changes to Cathance Rd. at the town line. Cross the <b>Marion Twp</b> town line. Cross the <b>Cathance Twp</b> town line.	Bear right onto ME 86 (King St.)	North
41	ME 86 (King St.)	10.3	Cross the <b>Marion Twp</b> town line.	Continue on to US 1	East



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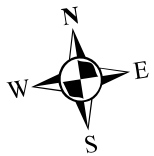
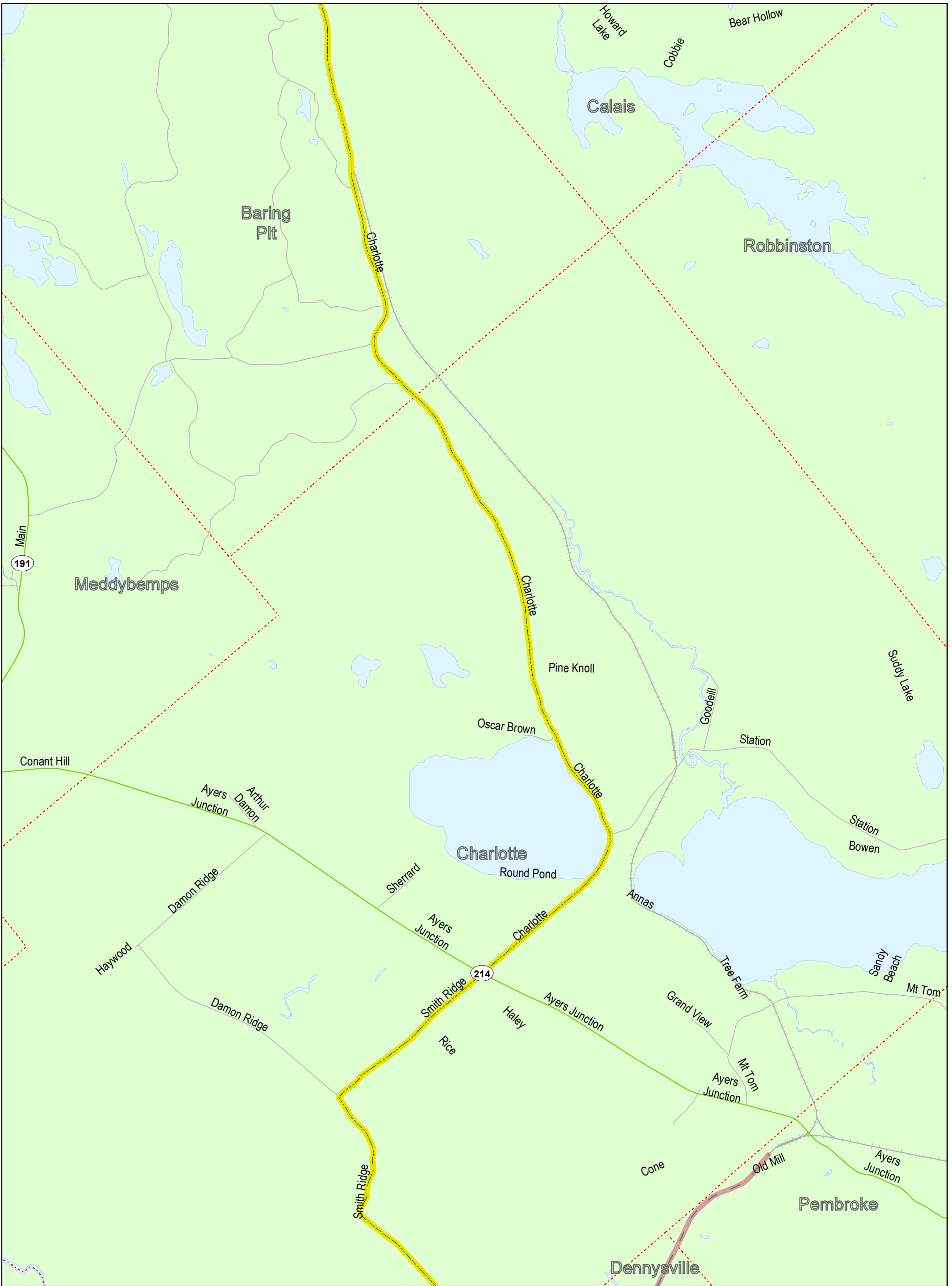
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
42	ME 86 (King St.)	10.3	Bear right at the 'T' intersection to stay with King St. and 0.5 miles further bear left. Cross the <b>Edmunds Twp</b> town line. Cross the <b>Down East Sunrise Trail (access point)</b> and Denny's river. bear left to stay with ME86 (Main St.)	Left onto US 1	East
42	US 1	0.5		Left onto Smith Ridge Rd.	North
42	Smith Ridge Rd.	7.8	Cross the <b>Down East Sunrise Trail</b> (you are aprox 2.5 miles from the northern end of the trail). Cross the <b>Charlotte</b> town line	Continue straight onto Charlotte Rd.	North



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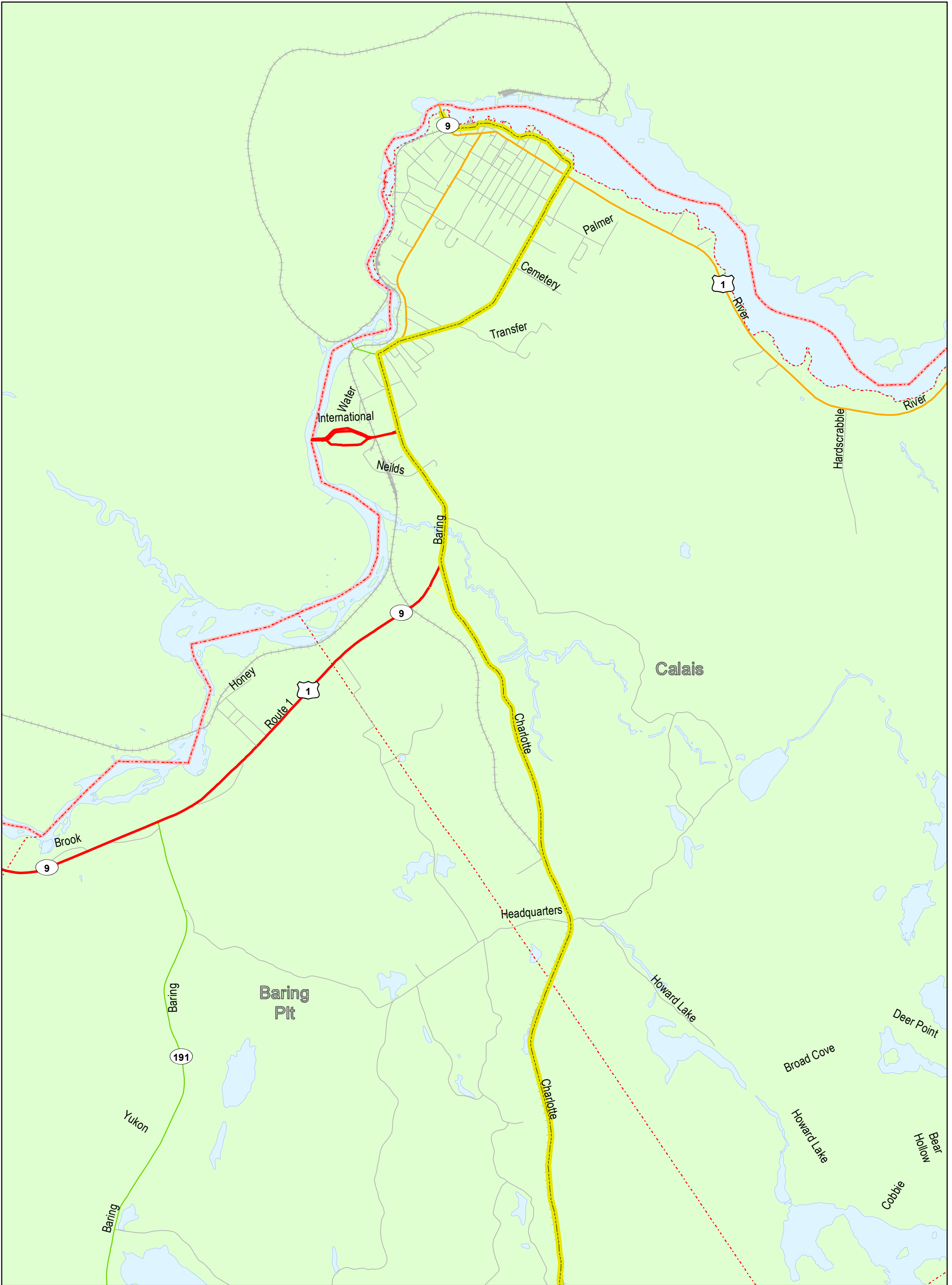
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
43	Smith Ridge Rd.	7.8	Bear right at Damon Ridge Rd. to stay on Smith Ridge Rd. Cross ME 214 Smith Ridge Rd. changes to Charlotte Rd. at intersection with ME 214	Continue straight onto Charlotte Rd.	North
43	Charlotte Rd.	10.9	Beaches on Round Lake. You will be riding through the Moosehorn National Wildlife Refuge. Cross the <b>Baring Plt</b> town line	Left onto US 1	North





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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
44	Charlotte Rd.	10.9	Cross the <b>Calais</b> town line. See signs for Moosehorn HQ on left (public restroom, water and visitor center)	Right onto US 1/ME 9 (Baring St.)	North
44	US 1/ME 9 (Baring St.)	1.8	Ice House Rd (gated entrance on right) is gravel road through Moosehorn Wildlife Refuge. New Commercial traffic Bridge to Canada to Left at rotary. Bear right onto North St. to stay with US 1/ME 9	Right onto South St.	North
44	South St.	1.6	Follow South St. until you cross US 1, then follow the curve around to left and cross Barker St. to Calais Waterfront Walkway trail	Bear right onto Calais Waterfront Walkway shared-use path	Northeast
44	Calais Waterfront Walkway	0.8	Along St. Croix river. Just past library, left out of waterfront parking.	Left onto Union St.	Northwest
44	Union St.	0.2	Past State of Maine Visitors center	Right onto ME 9 (Main St.)	West
44	ME 9 (Main St.)	0.1	North, towards St. Stephen, New Brunswick, Canada and St. Croix river	Straight to the International Bridge	North
44	International Bridge	0.0	International Bridge Calais, ME/St. Stephen, NB. <b>West Bus Service, daily bus back to Bangor.</b> Boxing of bike not required. 800-596-2823, 207-546-2823.	End of the North bound US Bicycle Route 1	



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# United States Bicycle Route 1



This map of the Maine portion of the United States Bicycle Route 1 is published by the Maine Department of Transportation (MaineDOT) as an aid to bicyclist. All routes shown on this tour are on regular state and local roads used by automobiles, trucks, buses, and other motorized vehicles. The MaineDOT in no way warrants the safety or suitability of the routes indicated on this tour for shared bicycle/motor vehicle use or for use by young and/or inexperienced riders. Bicyclists assume the risk for their own safety at all times when traveling on the indicated routes. Inclusion in this book does not indicate that the roads are in good condition or currently or ever will have paved shoulders. Although the MaineDOT has made a reasonable effort to ensure that the information contained in this guide is correct as of the publication date, the actual conditions that riders encounter may vary, and the Department in no way warrants its accuracy. MaineDOT assumes no liability for personal injuries or property damage suffered by bicyclists.