

United States Bicycle Route 1

USBR 1

Map Book

MAINE

Calais

Bangor

Augusta

Portland

Kittery

**South to North Maps and Descriptions
2014**

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.

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 Government St.	North
1	Government St.	0.2	Me 103 merges with Government St. Bear left to stay with Government St.	Right on US 202/ ME 11/ME100	Northwest
1	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 the 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.

There is a map page index on the back of the guide.

Cautions, one ways, and very important information are highlighted in red.

Off-route excursions are highlighted in green.

(Split intersections are intersections that have islands, or some form of separation creating short one way sections of roadway on one or more legs of the intersection)

18	US 201 (Water St.)	0.6	Use caution , 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 Augusta 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
18	ME 4 (Portland St.)	0.4	South Berwick town center.	Right onto Agamenticus Rd. This is a split intersection	Northeast
18	Agamenticus Rd.\ Knights Pond Rd.	3.8	Bear right onto Agamenticus Rd. This is one way.	Right onto Hooper Sands Rd.	East

This mapbook is oriented 'south to north' from Kittery to Calais. On some occasions, the southbound route may vary for short distances. Efforts have been made to show the southbound alternative using a different color (as illustrated below [USBR 1 SB]), map insets and alternative instructions.

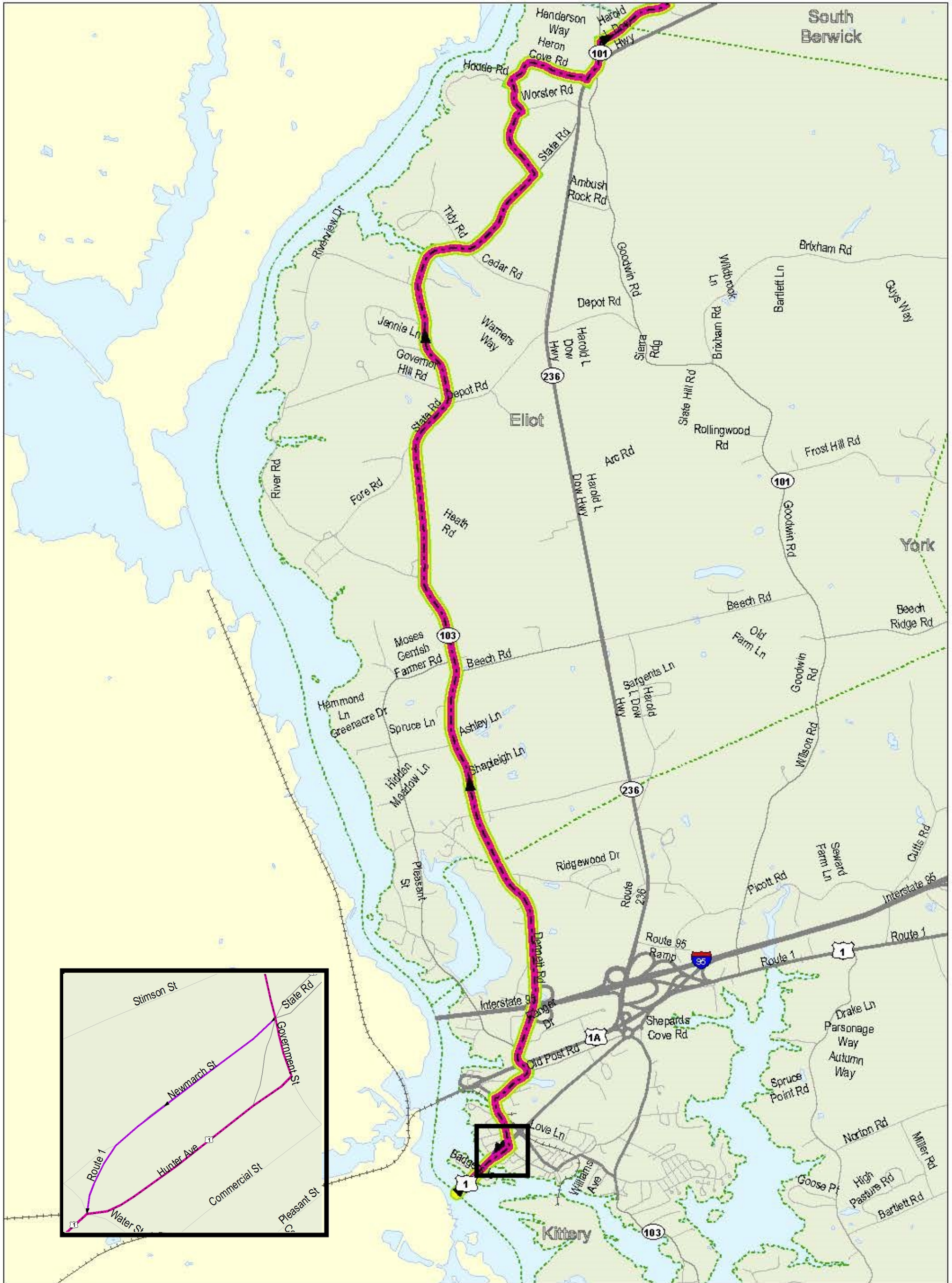
Not all legend items are in every map.

	USBR 1 NB		USBR 1, Eastcoast Greenway, and Eastern Trail
	USBR 1 SB		USBR 1 and East Coast Greenway
	USBR 1A		East Coast GreenWay
	Roads		Eastern Trail and ECGW
	Railroad		Down East Sunrise Trail
	Town Lines		Androscoggin River Trail

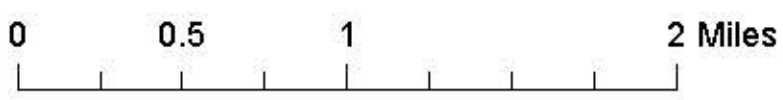
Map Page Number	Starting Point of Route North Bound Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
1	From Memorial Bridge on US 1	0.6	Cross on Memorial Bridge US 1, over the Piscataqua river into Kittery , Maine. Stay right on Hunter Ave. This is a oneway.	Bear right to stay on Hunter Ave..	North
1	Hunter Ave.	0.1	Stay right on Hunter Ave. to access Government St. This is a oneway.	Left on Government St.	
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 to stay on ME 103 (Dennett Rd.)	North
1	ME 103 (Dennett Rd.)	6.9	ME 103 diverges West (Left) just after the US 1 overpass.	Continue straight on Dennett Rd.	North
1	Dennett Rd.\ State Rd.	6.9	Cross under the I95 overpass. Cross the Eliot 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

South Bound (inset)

1	Government St.	0.2		Right on US 1 (Newmarch St.)	Southeastt
1	US 1 (Newmarch St.)	0.1	This is a oneway.	Bear left to stay on US 1 and cross the bridge to Canada.	South



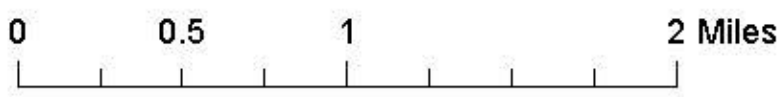
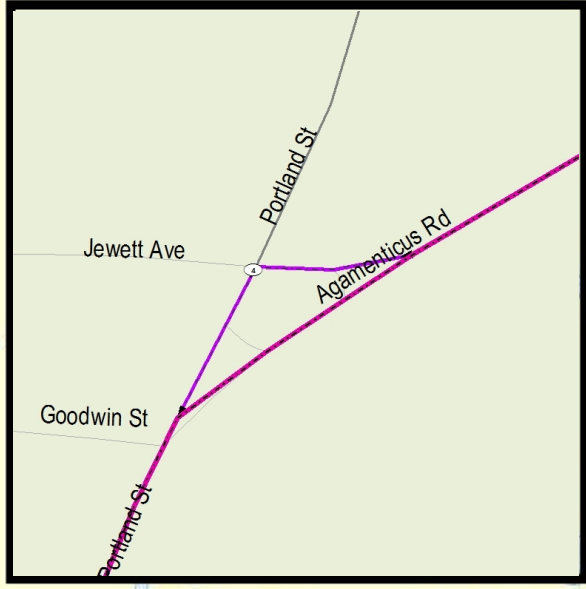
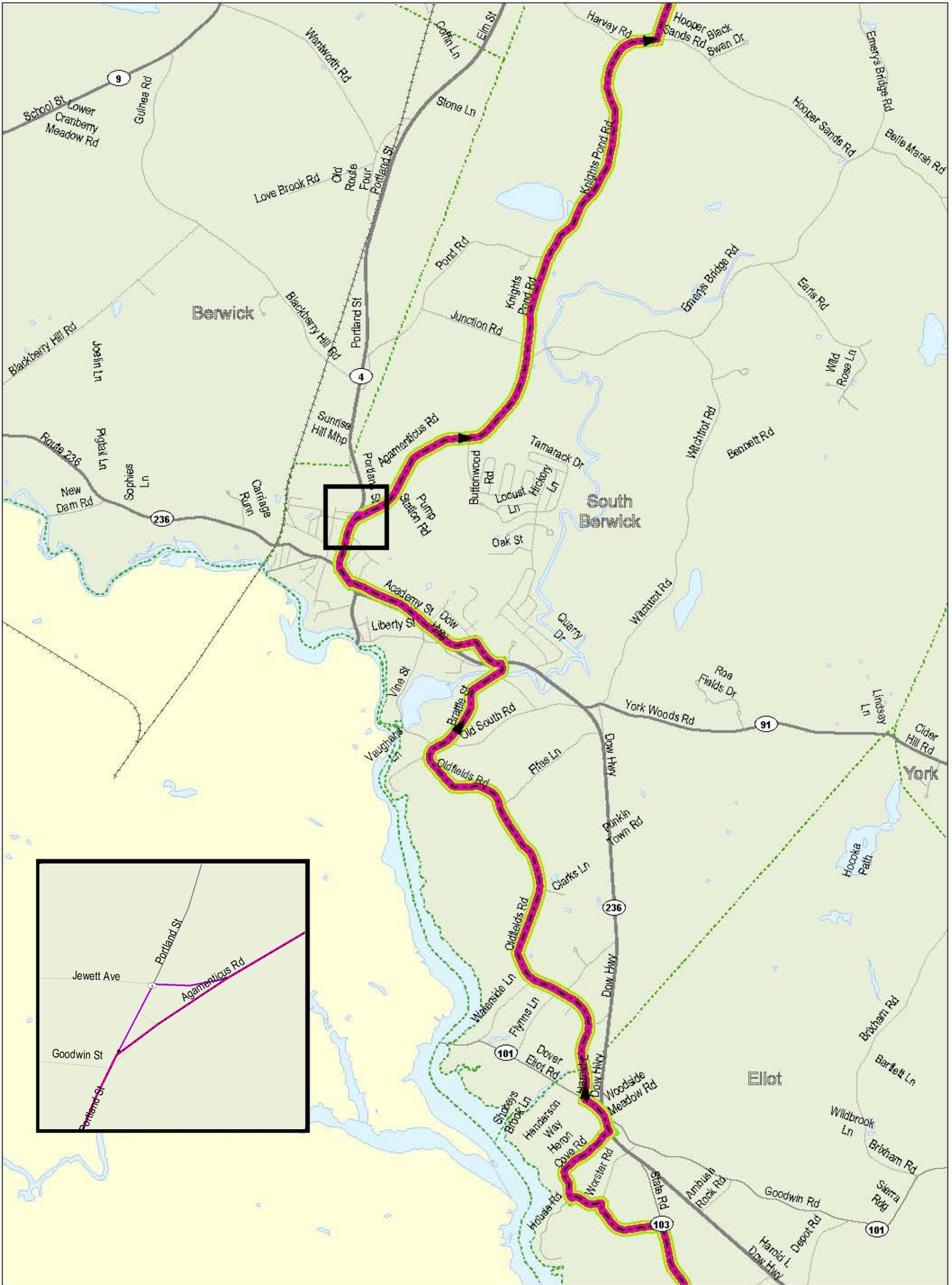
- USBR 1 NB
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- Roads
- - - Railroad
- USBR 1, Eastcoast Greenway, and Eastern Trail



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 South Berwick 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	Bear left at the two intersections 0.2 miles from the Dow Hwy to stay with Academy St.	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. This is a split intersection	Northeast
2	Agamenticus Rd.\Knights Pond Rd.	3.8	Bear right onto Agamenticus Rd. This is a oneway access. 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

South Bound (inset)

2	Agamenticus Rd.	3.8	Bear right to stay with Agamenticus Rd. This is a one way.	Left onto ME 4 (Portland St.)	West
2	ME 4 (Portland St.)	0.4	South Berwick town center.		Southwest

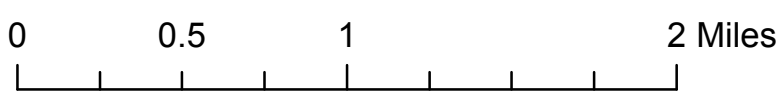


- USBR 1 NB
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- USBR 1, Eastcoast Greenway, and Eastern Trail

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.	North
3	Finson Rd.\Boyd Rd.	1.0	Cross the Wells 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 bike 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



- USBR 1 NB
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- Roads
- Railroad
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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
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 bike 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 Rd.	North
4	Day Hill Rd.\Branch Rd.	0.8	Cross the Kennebunk 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.	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) The Eastern Trail diverges East (right) at Alfred Rd.	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



- - - USBR 1 NB
- - - USBR 1 SB
- - - Eastern Trail and ECGW
- - - USBR 1, Eastcoast Greenway, and Eastern Trail
- Roads
- +— Railroad

Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
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 Arundel 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 Biddeford 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 over the Eastern Trail corridor & Amtrak RR tracks. (no access) 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



- - - USBR 1 NB
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- Roads
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- East Coast GreenWay

Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
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 Saco 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 Old Orchard Beach town line. Old Orchard Beach is a vacation destination in Maine	Right onto Temple Ave.	Northeast
6	Temple Ave.	1.4	Tricky intersection follow the signs	Left onto Seaside Ave	East
6	Seaside Ave.	0.6	Beach on the right	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(no 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 Scarborough 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 Rd.	Northeast



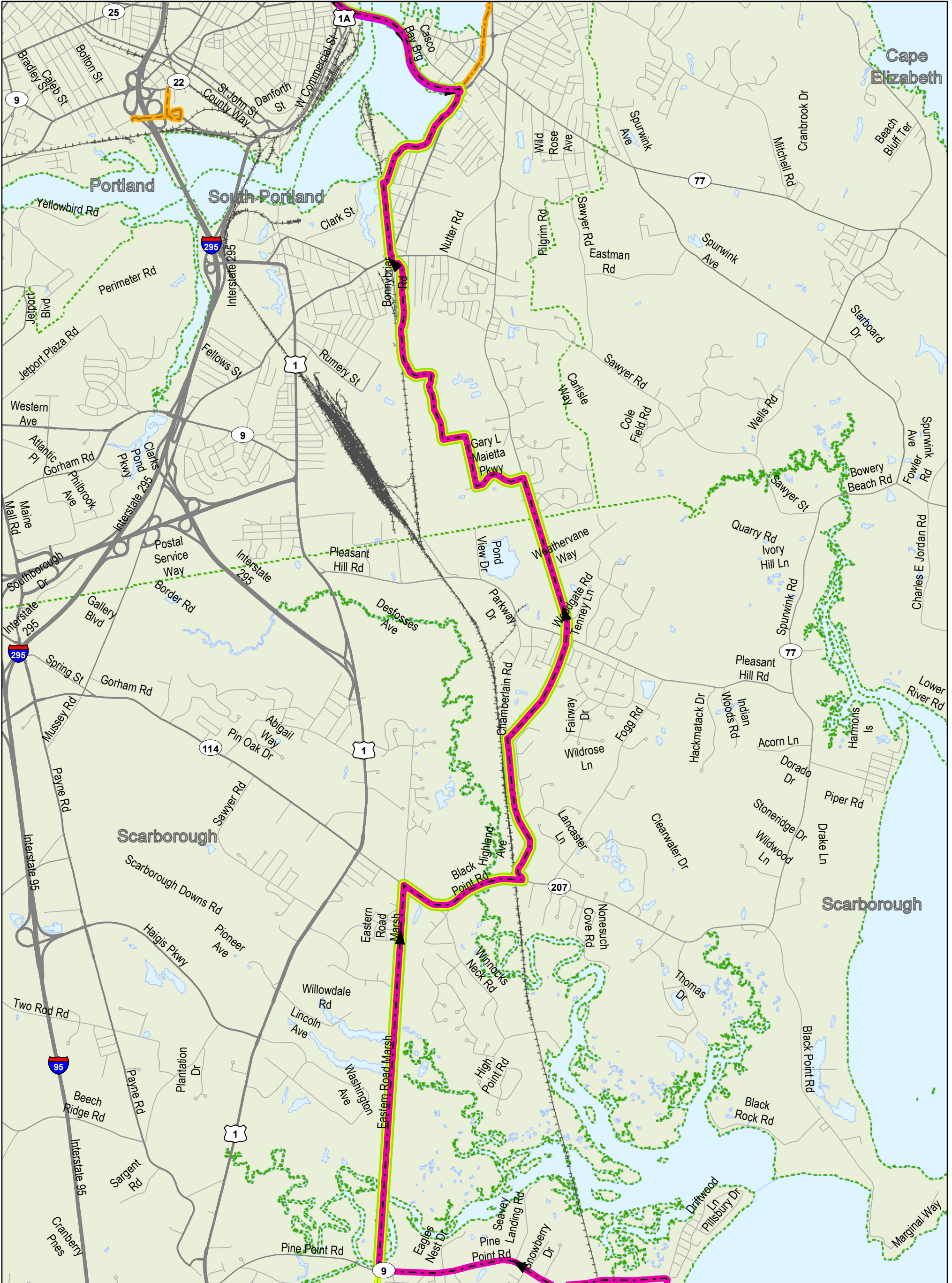
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
7	Eastern Trail	1.5	This is an offroad trail across Scarborough Marsh	Straight onto Eastern Trail Marsh Rd.	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 South Portland 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. Cross Broadway, and Evans St. Use the crosswalk	Right onto Kelsey St.	Northeast
7	Kelsey St.	0.1	This part of the trail (Kelsey St. and Chesnut 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

South Bound

7	ME 207 (Black Point Rd.)	0.8		Left onto Eastern Rd.	East
7	Eastern Rd.	1.0	This is the Eastern Trail Marsh Rd.	Straight onto Eastern Trail	Northeast



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- Other Bike and Ped Trails

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 Portland 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 at Franklin St. intersection	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	This turn is easy to miss , 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 seperated by Guard rail. Continue straight on trail under the overerpass 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 Falmouth town line.	Right onto ME 88 (Foreside Rd.)	North
8	ME 88 (Foreside Rd.)	4.8		Left onto Tuttle Rd.	Northwest

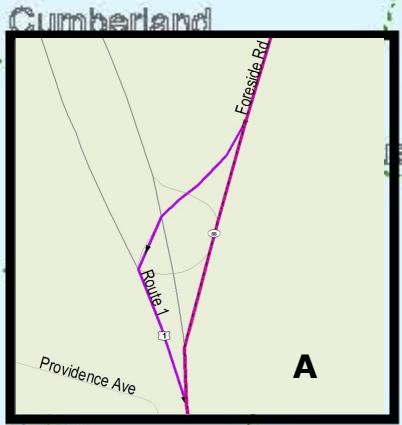
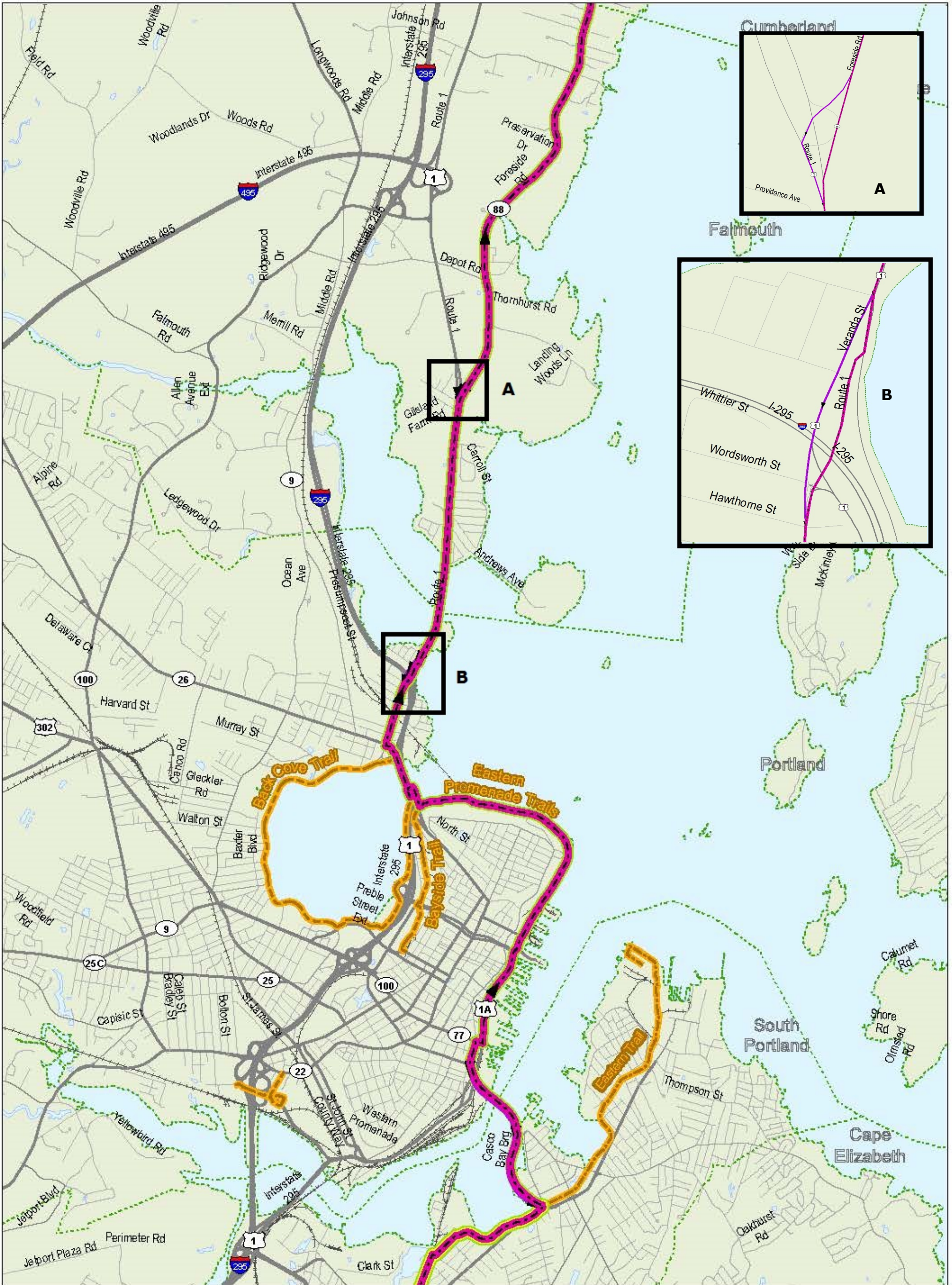
South Bound (inset)

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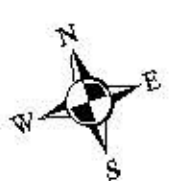
8	ME 88 (Foreside Rd.)	4.6	Continue straight across the north bound US 1.	Left onto US 1. This is a one way off-ramp	South
8	US 1	2	US 1 diverges at the I 295 over pass.	Continue straight onto Veranda St.	South

B

8	US 1	1.8		Continue straight onto Veranda St.	South
8	Veranda St.	0.7	Cross over and turn left onto Washington Ave. Bear right onto the trail next to the road (south bound on-ramp to I 295) and continue onto the Back Cove Trail.	Left onto Washington Ave. (250 Ft) Bear right onto Back Cove Trail	Southwest
8	Back Cove Trail	0.4	Look for the trail at the end of the bridge, just past the overhead sign for exit 8 (Washington Ave.)	Very hard right onto Bayside Trail (connector)	South



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- USBR 1, Eastcoast Greenway, and Eastern Trail
- USBR 1 and East Coast Greenway
- Other Bike and Ped Trails



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 Cumberland town line	Left onto US 1 (Tuttle Rd.)	North
9	US 1 (Tuttle Rd.)	0.3	Cross over I-295	Right onto Middle Rd.	Northwest
9	Middle Rd.\Portland St.	1.9	Cross the Yarmouth town line. Middle Rd. changes to Portland St. at town line	Bear left onto Beth Condon Memorial Pathway	North
9	Beth Condon Memorial Pathway	0.5	Pick up Beth Condon Pathway . just North of the rail road tracks	Cross ME 115 (Main St.) at light and onto School St. (use crosswalks)	North
9	School St. (SB side of the road)	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 (Willow St.)	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 Freeport town line. YMCA on right (Old S. Freeport Rd)	Right onto South Freeport Rd.	Northeast
9	South Freeport Rd.	3.5		Right onto Lower Mast Landing	North



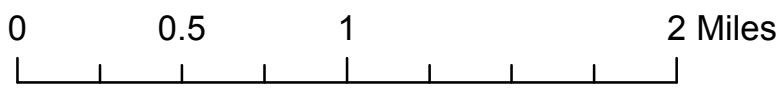
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
10	South Freeport Rd.	3.5	If you continue straight onto South St. for approx. 1 mile and 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 Brunswick town line	Left onto Maine St.	North



- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway



Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
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	Straight onto Androscoggin River Bicycle path	East
11	Androscoggin River Bicycle path	0.3	This is an offroad trail. Under the rail overpass and continue .25 miles. Turn right onto trail ramp after highway overpass (second path). You can access USBR 1A 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 Topsham 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	South
11	Monument Place	0.4		Left onto Mallet Dr.	West
11	Mallett Dr.	0.7		Right onto Winter St.	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

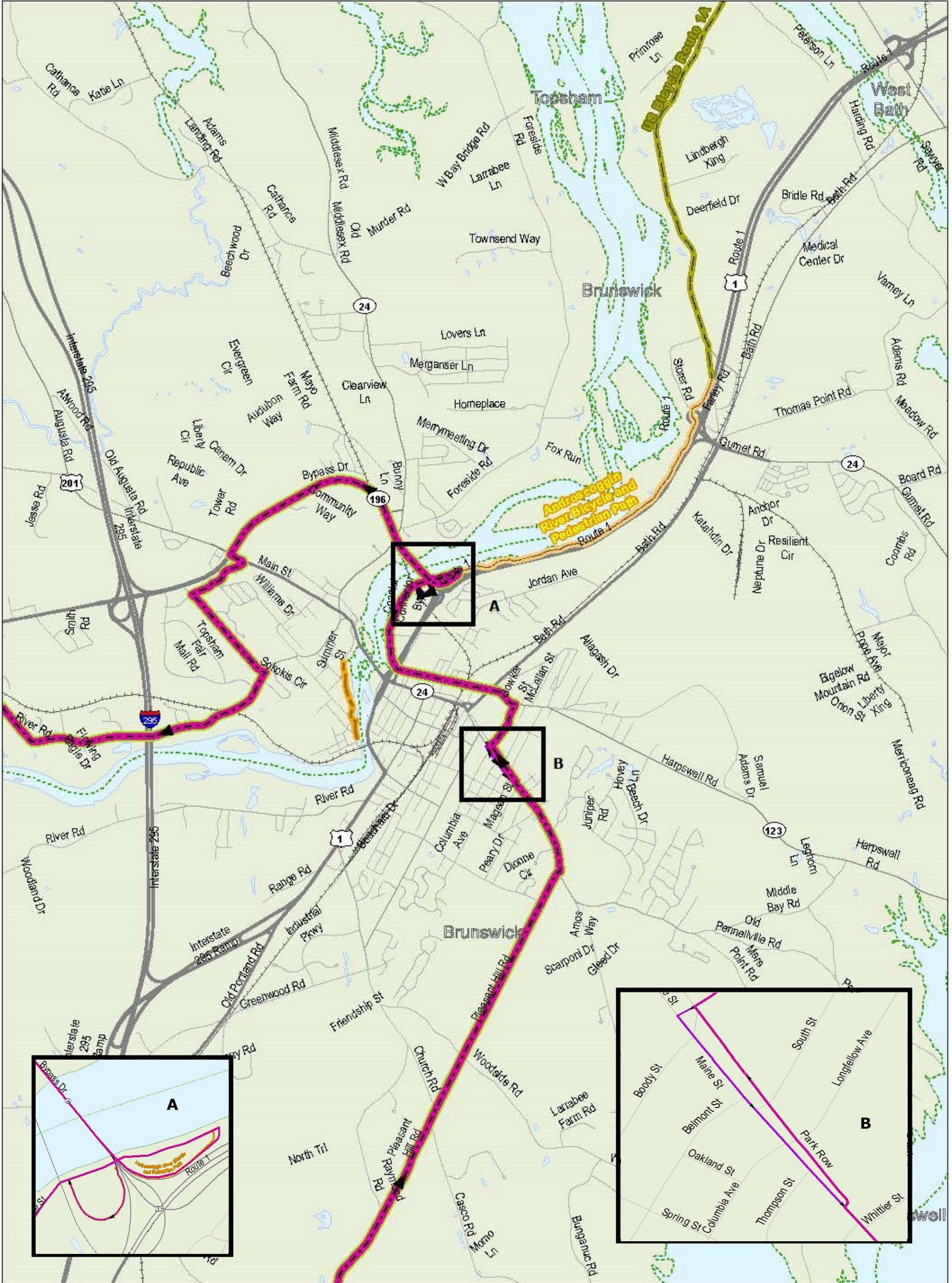
South Bound (inset)

A

11	College St.	0.3	Bowdoin College is all around you.	Left onto Park Row	North
11	Park Row	0.3	Park Row parralels Maine St. This is a one way south bound.	Left onto Maine St.	North
11	Maine St.	0.6		Right onto Pleasant Hill Rd.	North

B

11	ME 196 (Bypass Dr.)	1.8	Cross the Topsham town line. The Androscoggin river is the town boundary.	Right onto Androscoggin River Bicycle path	North and West
11	Androscoggin River Bicycle path	0.3	At the end of the bridge bear right onto trail ramp. Go left, under the rail overpass. You can access USBR 1A if you continue on the Androscoggin River Bicycle and Pedestrian path for approximately 2.3 miles.	Continue straight onto Water St.	North



- USBR 1 NB
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- Other Bike and Ped Trails



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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 Lisbon town line. Lewiston Rd. changes to Lisbon St. at town line	Right onto Forest Hill Ave. Left into Lisbon Trails parking lot (Ricker Farm \ Papermill trails)	Northwest
12	Lisbon Trails (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



Lisbon Trails

- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway
- Other Bike and Ped Trails

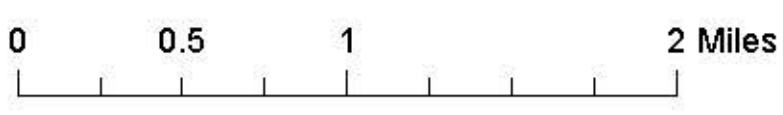


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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
13	Ricker Farm\Papermill trails	1.4	This is an offroad trail. You will pass Lisbon Community School	Continue onto Upland	North
13	Upland Rd.	0.6		Left onto Webster Rd.	West
13	Webster Rd. (possibly unmarked)	0.1	Cross Sabbatus River	Right onto ME196 (Lisbon St.)	Southwest
13	ME 196 (Lisbon St.)	0.6		Left onto Moody Rd.	Northwest
13	Moody Rd.\ Pinewoods Rd.	3.4	Cross the Lewiston town line. Moody Rd. changes to Pinewoods Rd. at town line	Left onto Ferry 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 "T" intersection to stay on River Rd. River Rd. changes to Lincoln St. at the interstate	Right onto Chestnut St.	South and then North



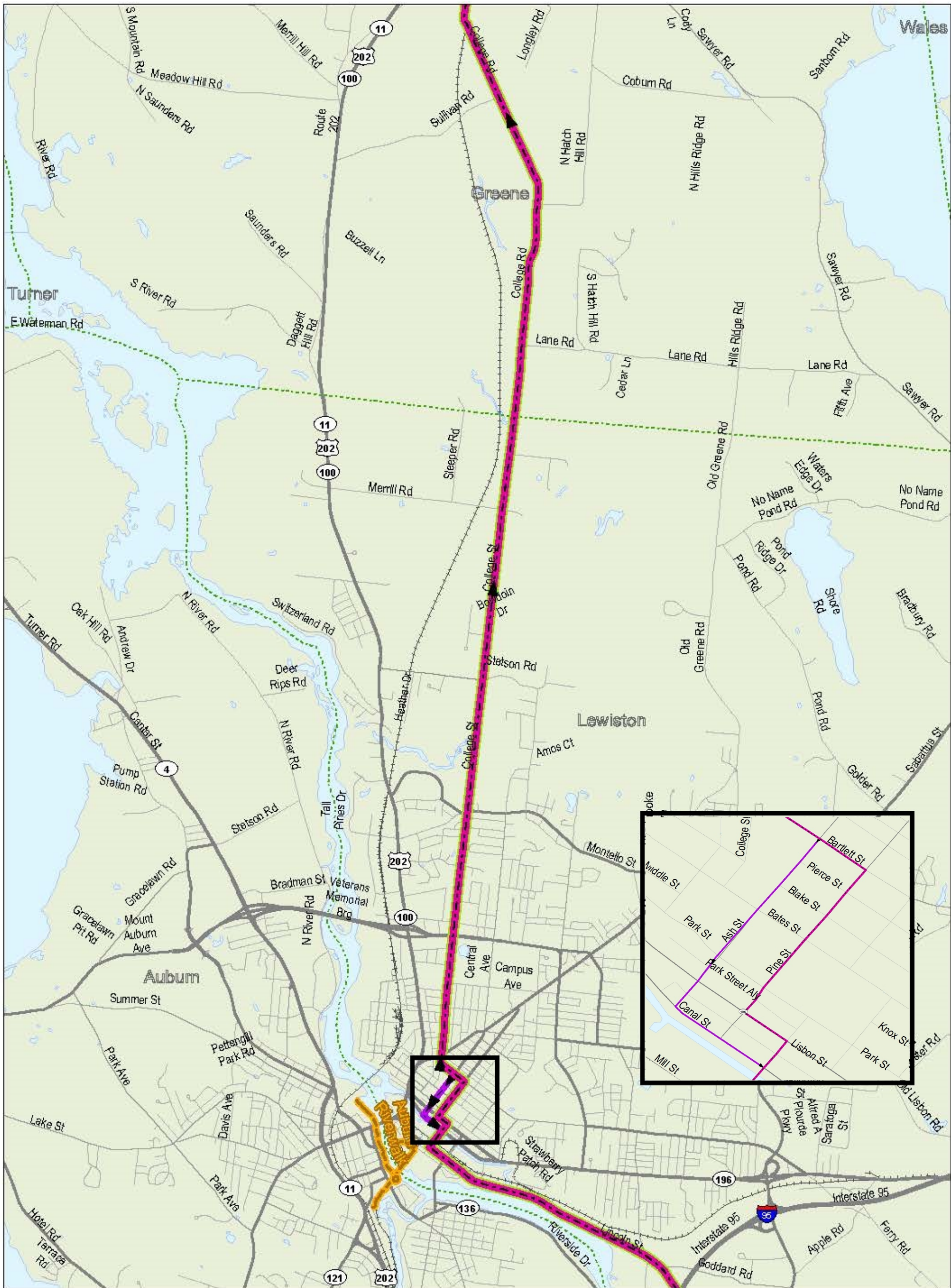
- USBR 1 NB
- SB
- Roads
- - - Railroad
- USBR 1 and East Coast Greenway
- Other Bike and Ped Trails



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		Right onto Chestnut St.	North
14	Chestnut St.	0.2		Left onto ME 196 (Lisbon St.)	Northeast
14	ME 196 (Lisbon St.)	0.1	This is a one-way	Right onto Pine St.	North
14	Pine St.	0.3	This is a one-way Downtown Lewiston, all services available.	Left onto Bartlett St.	Northeast
14	Bartlett St.	0.2		Right onto College St.	North
14	College St.	4.1	Pass through Bates College. Use caution crossing Russell St. at lights. Cross the Greene town line. College St. becomes College Rd. at town line	Continue on College Rd.	Northeast
14	College Rd.	4.5		Continue straight onto Main St.	Northeast

South Bound (inset)

14	Bartlett St.	0.1		Right onto Ash St.	South
14	Ash St.	0.3		Left onto ME 196 (Canal St.)	West
14	ME 196 (Canal St.)	0.2		Right onto Chestnut St.	South



- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway
- Other Bike and Ped Trails

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		Right onto US 202/ME 11/ME 100	Northeast
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
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.	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

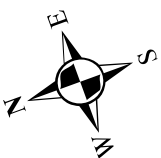


- - - USBR 1 NB
- USBR 1 SB
- USBR 1 and East Coast Greenway
- Roads
- + + + Railroad

Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
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 (possibly unmarked)	3.3	Cross the Lichfield town line. ME 9/ME 126 picks up Lewiston Rd. name at town line	Right onto Dennis Hill Rd.	East
16	Dennis Hill Rd.(possibly unmarked)	2.2	May be missing road sign. Cross the West Gardiner town line. Dennis Hill Rd. changes to Bog Hill Rd. at the West Gardiner town line (no signage)	Right onto Indiana Rd.	East



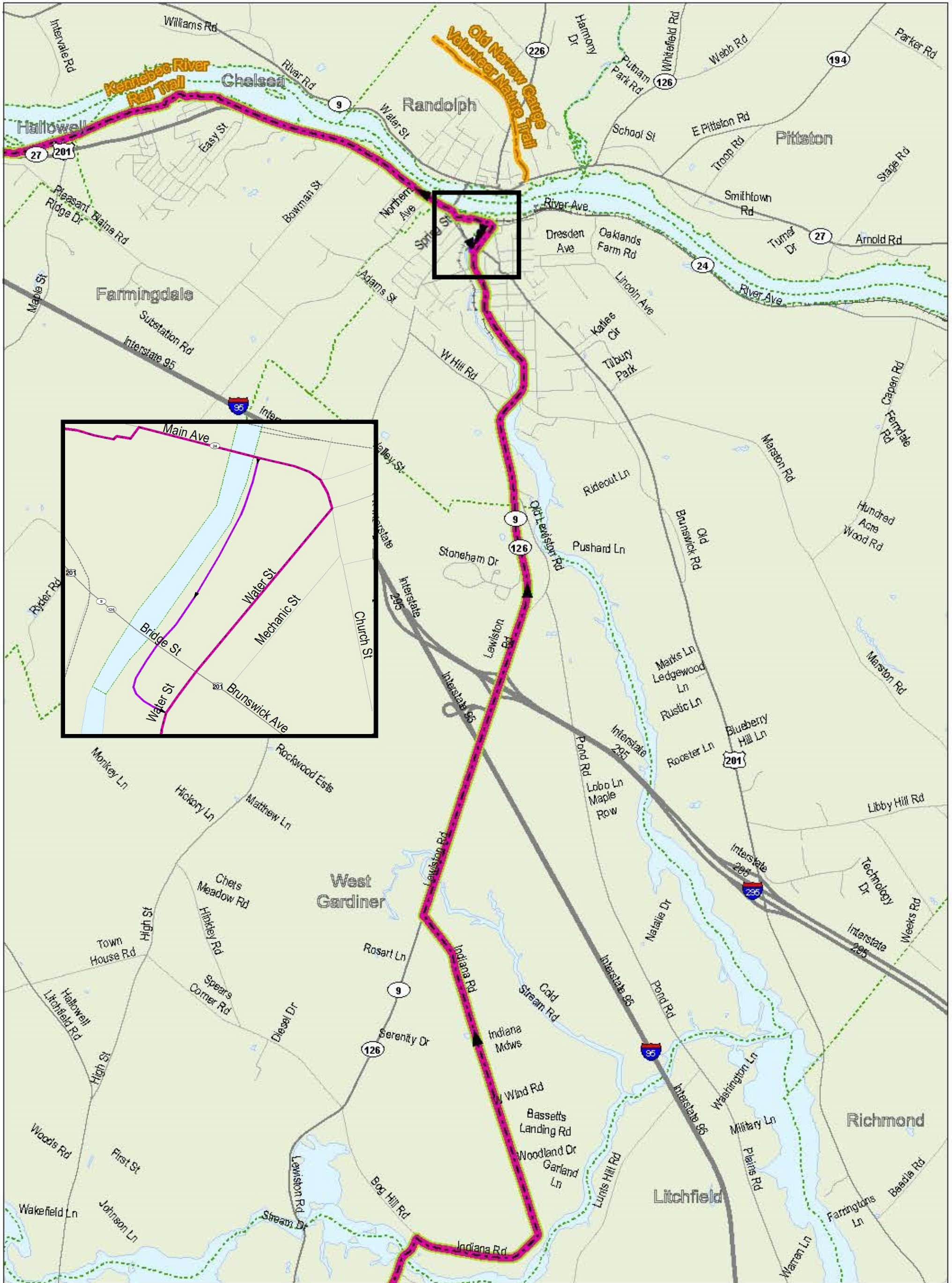
- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway



Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
17	Dennis Hill Rd.	2.2		Right onto Indiana Rd.	East
17	Indiana Rd.	3.1	Right at the STOP sign (Indiana Rd.) Possibly no street name sign. Bear left after 0.8 miles 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	The Center for Maine Crafts is at the service plaza along with other services, between I-95 and I-295. Cross the Gardiner town line. 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 Cobbessee Stream and stay with ME 9 (Water St.)	Continue straight onto Water Steet	Northeast
17	Water Steet	0.4	Water St. becomes a one way at the intersection with Bridge St. (continue straight through the traffic light) Very narrow street	Left onto ME 24 (Main Ave.)	East
17	ME 24 (Main Ave.)	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	Cross the Farmingdale town line. Cross the Hallowell town line	Continue on Kennebec River Rail Trail	North

South Bound (inset)

17	ME 24 (Main Ave.)	0.2	On ME 24 (Main St.) just past the bridge over the Cobbosseecontee stream, bear right into the unnamed street. (marked as "Gardiner Parking")	Right onto an unnamed Steet (Gardiner Parking)	South
17	unnamed Steet (Gardiner Parking)	0.4	You will go under Bridge St. and bear left.	Right onto ME 9/ME126 (Water St.)	West



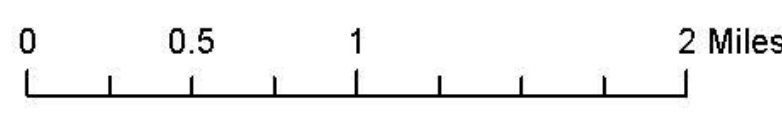
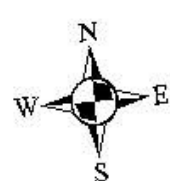
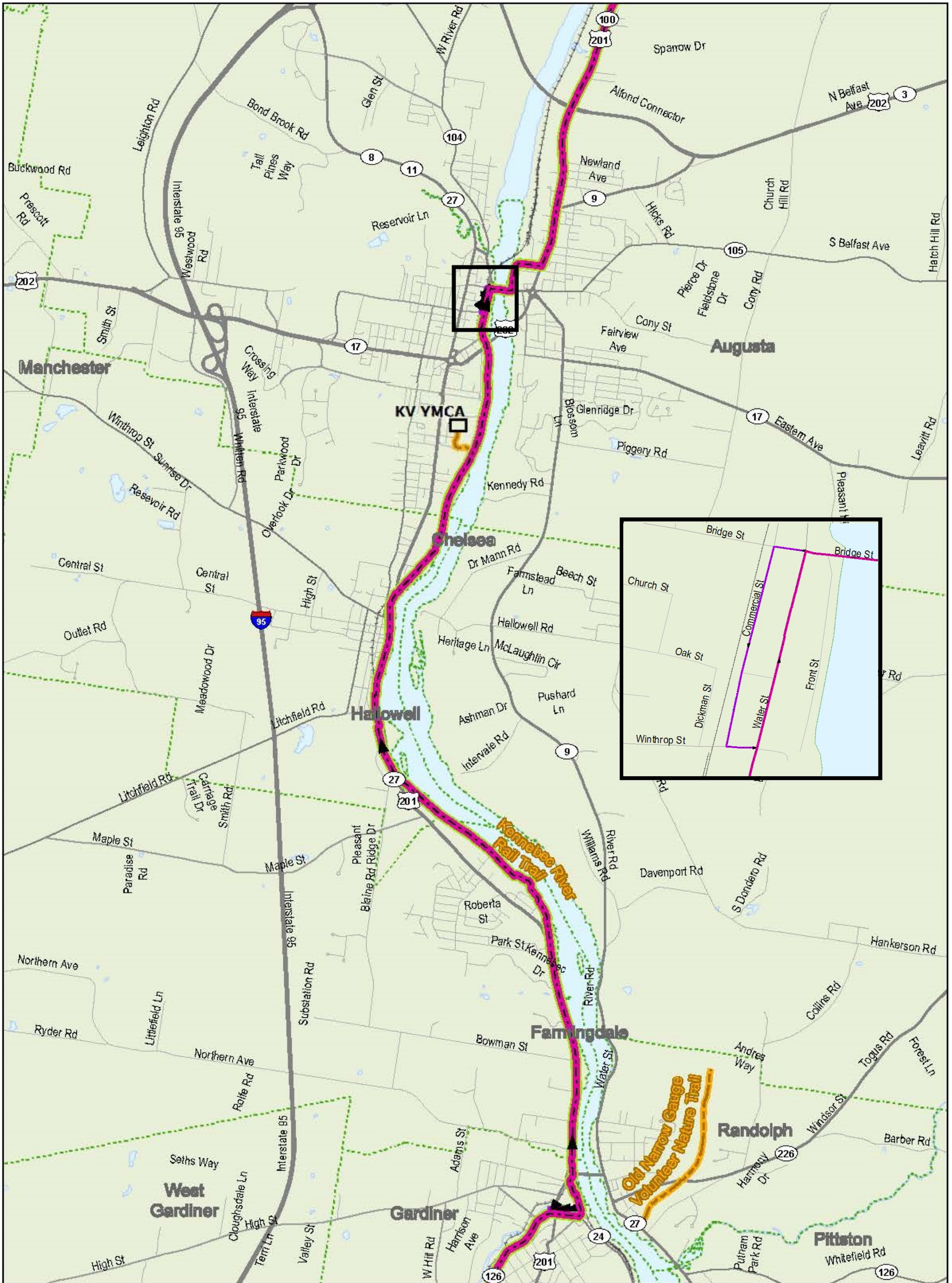
- USBR 1 NB
- SB
- Roads
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- Other Bike and Ped Trails



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 Farmingdale townline. Cross the Hallowell town line. Use caution while crossing the railroad tracks (3 times) on the KRRT	Continue onto US 201/ ME 27 (Water St.)	North
18	US 201 (Water St.)	0.6	Use caution , heavy, but slow traffic, and narrow streets in downtown Hallowell. No bike lane	Bear Right back onto KRRT At Winthrop St. by waterfront parking	North
18	Kennebec River Rail Trail	2.0	Cross the Augusta town line. Kennebec Valley YMCA connector path (unmarked) on your left just past the water treatment plant. Go through the parking lot of Maine Housing Authority (at the trails end, .25 mile marker) 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	Water St. becomes a one way at the intersection with Winthrop St. continue straight on Water St.	Right onto Bridge 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. Ft Western on right at Willow St	Left onto Willow St.	East
18	Willow St.	0.3	Use Willow St. to avoid the traffic circle.	Left onto US 201/ ME100 (Bangor St.)	North and then East
18	US 201/ US 202/ ME100/ ME9	19.1	Bicycle shop on Bangor St. Bangor St. changes to Riverside Dr. where US 202/ME 9 diverge to the east (right) as Belfast Ave.	Continue North	North

South Bound (inset)

18	Cony St.\Bridge St.	0.2	Cony St. changes to Bridge St. at the east end of the bridge. Cross Kennebec River. Bridge St becomes a one way at the intersection with Water St.	Left onto Commercial St.	East
18	Commercial St.	0.15	This is a one way	Left onto Market St.	North
18	Market St.	0.1	Cross Winthrop St. and bear left.	Right onto Water St.	North
18	Water St.	0.1		Left into the Maine State Housing Authority parking lot	North



- USBR 1 NB
- SB
- Roads
- - - Railroad
- USBR 1 and East Coast Greenway
- Other Bike and Ped Trails

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 Vassalboro town line	Continue North	North

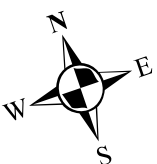


- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway

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 Winslow town line. Riverside Dr. changes to Augusta Rd. at town line	Continue North	North

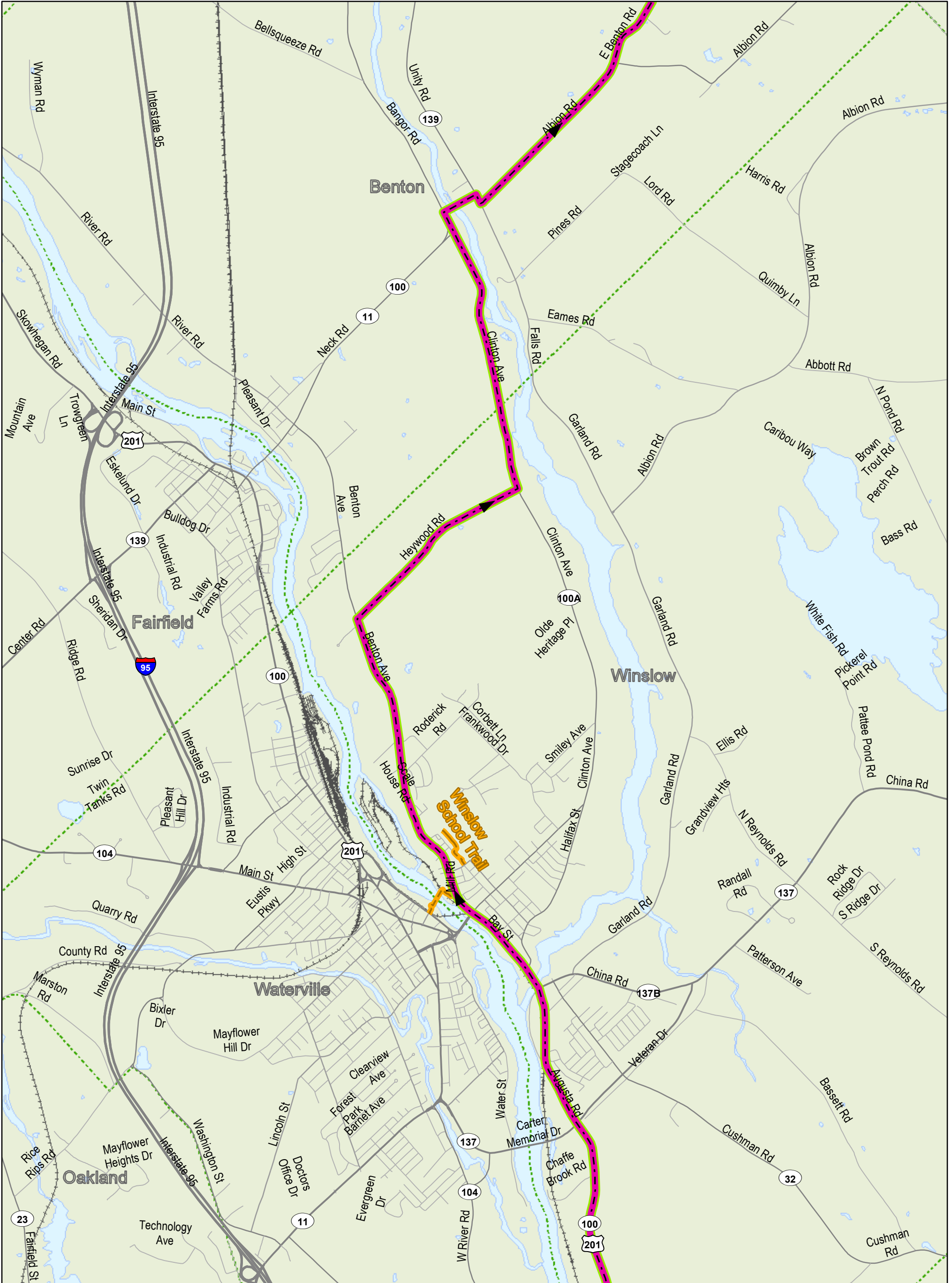


- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway



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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.	2.1	Waterville-Winslow Bicycle and Pedestrian Trail access on Mill Rd. (Left) Ft. Halifax park is along river on the left	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 Benton 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



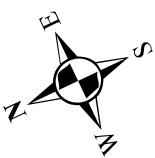
- USBR 1 NB
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- Roads
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- Other Bike and Ped Trails



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 Albion 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. ME 137 diverges North at Belfast Rd. Cross the Unity town line. Unity Rd. changes to Albion Rd. at the town line	Continue Northeast	Northeast



- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway



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 converges with US 2/ME 9 and the road name changes to Bangor Rd.	Continue Northeast on US 202/ME 9/ ME 220 (Bangor Rd.)	Northeast



- USBR 1 NB
- SB
- Roads
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- USBR 1 and East Coast Greenway

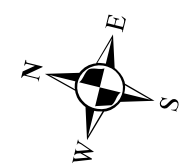


Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
24	US 202/ME 9/ME220 (Bangor Rd.)	14.0	Cross the Troy town line	Left onto Rogers Rd.	Northeast
24	Rogers Rd.	0.9		Right onto Cross Rd.	North
24	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 Dixmont town line. North Dixmont Rd. changes into Troy Center Rd. at the town line	Straight onto Troy Center Rd.	Northeast



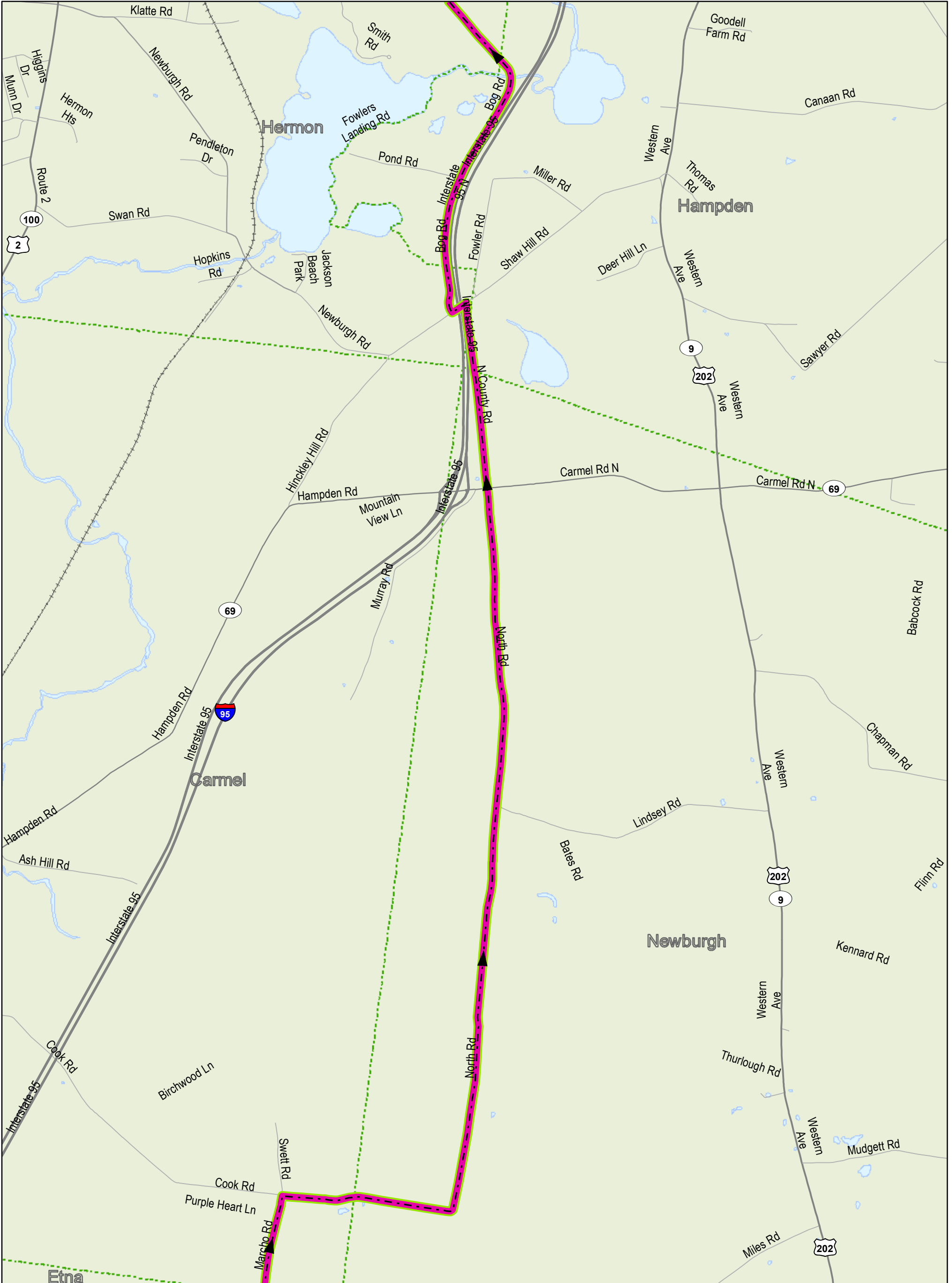
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- SB
- Roads
- - - - Railroad
- · — · USBR 1 and East Coast Greenway

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 Dixmont town line. N. Dixmont Rd. changes into Troy Center Rd. at the town line	Continue straight onto Troy Center Rd.	Northeast
25	Troy Center Rd.	1.2	The first 1.0 mile is possibly gravel.	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 Etna 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	The first 0.8 miles is possibly gravel. Cross the Carmel town line	Right onto Cook Rd.	East



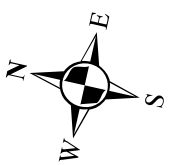
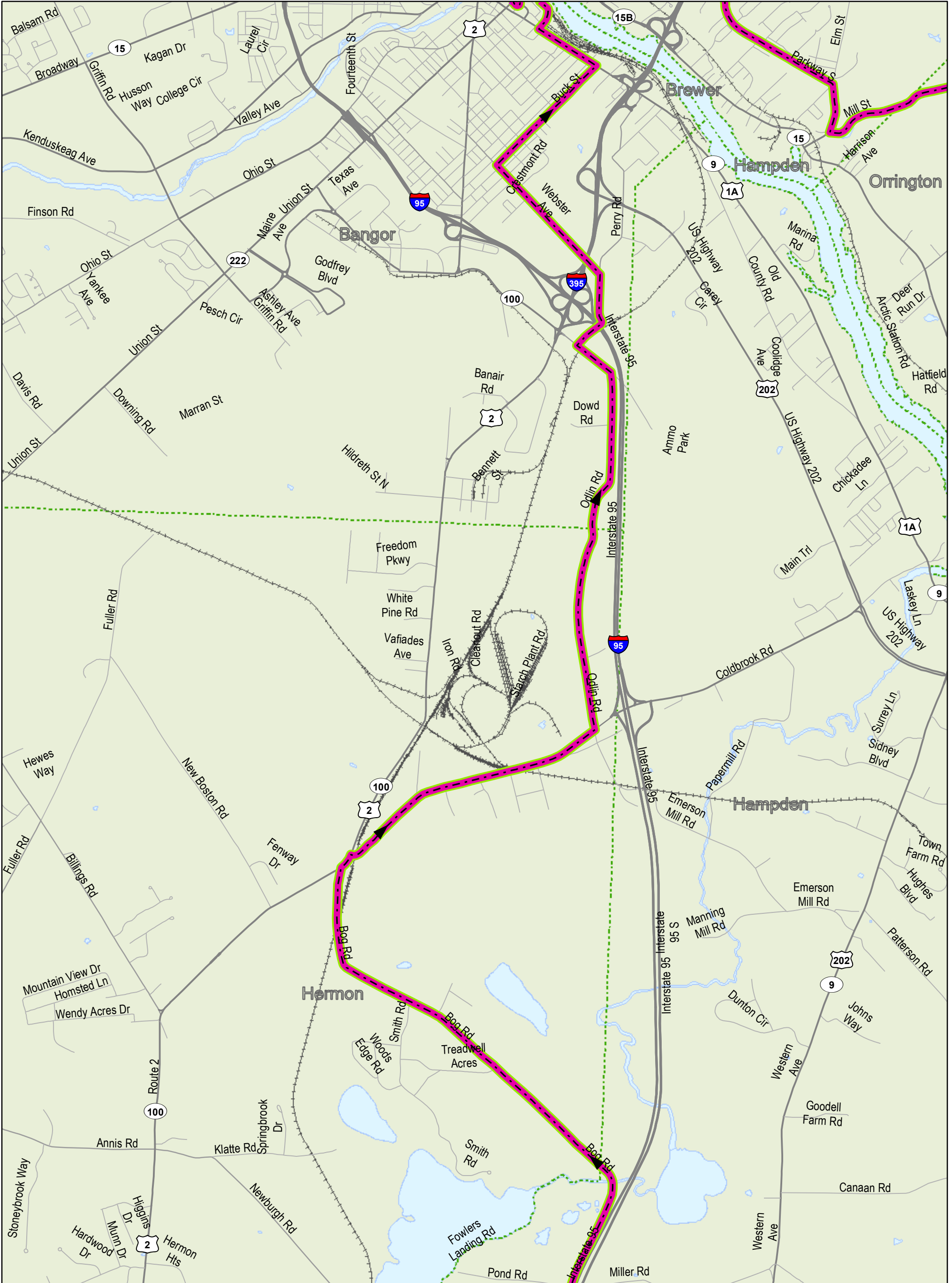
- USBR 1 NB
- SB
- USBR 1 and East Coast Greenway
- Roads
- + + + + Railroad

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	Possibly the first 0.8 miles is gravel. Cross the Carmel town line. At the town line the road is paved	Right onto Cook Rd.	East
26	Cook Rd.	1.1	Cross the Newburgh 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	0.5 mile section of gravel road. Cross the Hampden town line and then the Herman 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 Hampden town line	Right onto US 2/ME100	East



	0	0.5	1	2 Miles	USBR 1 NB	USBR 1 and East Coast Greenway
					SB	
					Roads	
					Railroad	

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 Herman 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	Caution: heavy truck traffic. Largest truck stop in Maine, as you approach Odlin Rd	Left onto Odlin Rd.	Southeast
27	Odlin Rd.	2.7	Lodging available if you turn right (West) onto Emerson Mill Rd. at the Odlin Rd. intersection. Cross the Bangor town line. Bear left at the stop sign to stay on Odlin Rd.	Right onto Perry Rd.	East
27	Perry Rd.	0.5	Go under the I-95 over-pass and bear left to stay on Perry Rd. Use caution: heavy truck traffic	Left onto the Shared-use Bike and Ped Path, just past Cole Transportation Museum.	East
27	Shared-use Bike and Ped path	0.1	Bike/Ped path goes under I-395 over-pass. At golf course, path becomes Webster Ave.	Continue straight on Webster Ave.	Northeast

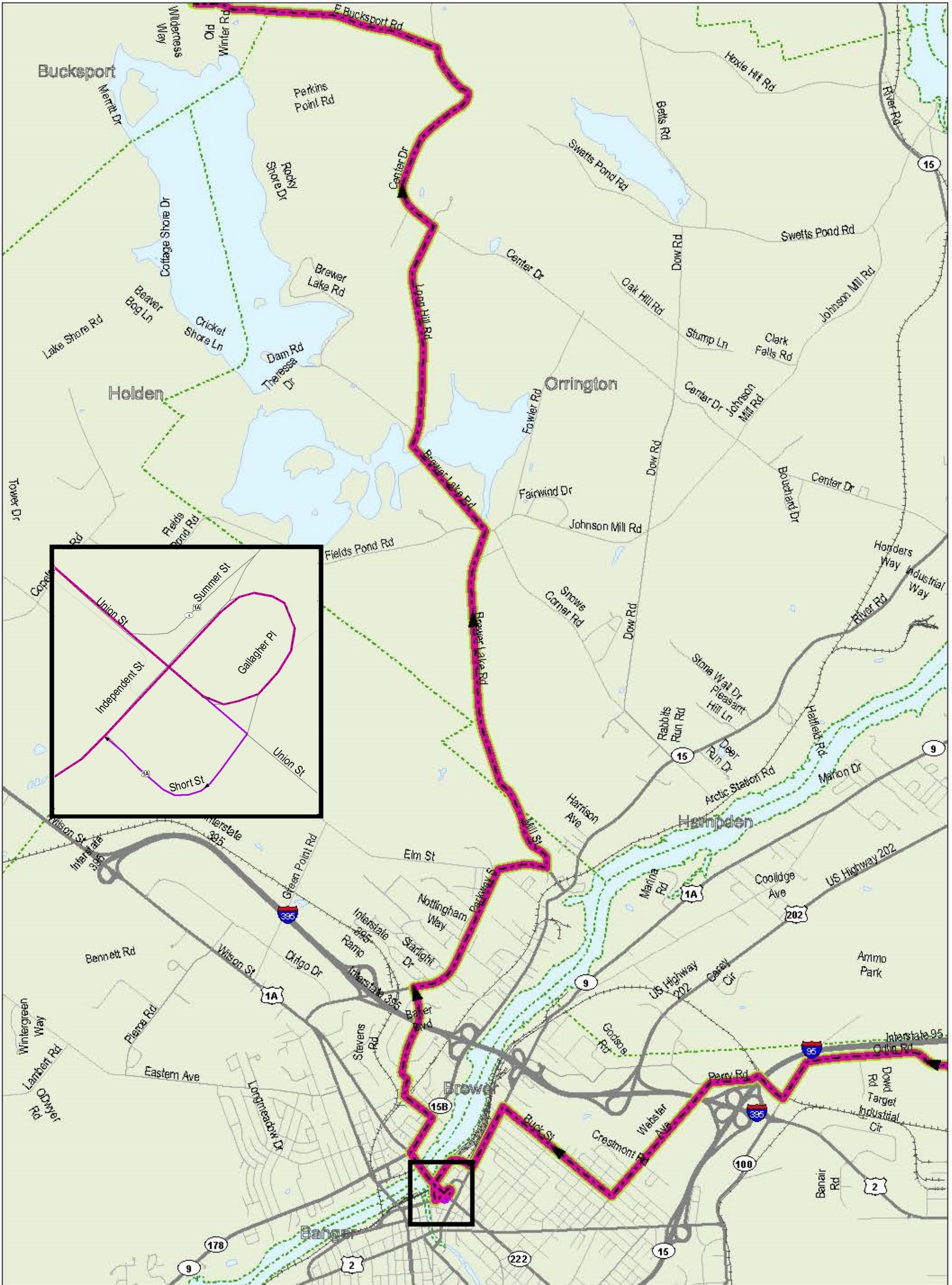


- - - USBR 1 NB
- SB
- Roads
- + + + Railroad
- - - USBR 1 and East Coast Greenway

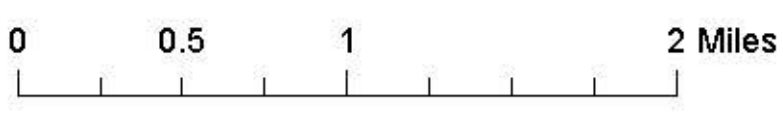
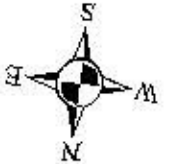
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
28	Perry Rd.	0.5	Possibly unmarked road. Go under the I-95 over-pass and bear left to stay on Perry Rd. Use caution: heavy truck traffic	Left onto the Shared-use Bike and Ped Path just past Cole Transportation Museum.	East
28	Shared-use path\Webster St.	0.1	Bike/Ped path goes under Interstate 395 and becomes Webster St.	Continue straight on Webster Ave.	Northeast
28	Webster St.	1.0	Webster St. splits the golf course. Possibly short spans of gravel road	Right onto Buck St.	Northeast
28	Buck St.	0.9	Hollywood Slots, Maine's only gambling establishment is on Main St. Paul Bunyan statue, Visitor Center & Civic Center in Bass Park on right.	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		Left onto Front St.	East
28	Front St.	0.1	Waterfront park along this section of route. Bear left across rail road tracks and under the overpass	Continue onto Broad St.	North
28	Broad St.	0.1	Downtown Bangor and all services within a short ride of the riverfront.	Left onto Independent St.	North
	Independent St		Proceed under the overpass and take the ramp (one way). It curves around to the right to access Route 1A (Union St.)	Right onto US 1A/ME9 access ramp. (Union St.)	Southwest
28	US 1A/ME9 (Union St.\Wilson St)	0.4	Union St. changes to Wilson St. across the Chamberlain Bridge. Cross the Brewer town line, which is the river	Right onto ME 15B (S.Main St.)	Southeast
28	ME 15B (S. Main St.)	0.3	Downtown Brewer.	Left onto Maple St.	South
28	Maple St.\Maple St. Exd	0.2	The road is gated. You will have to go around the gate, cross RR tracks, bear right on Maple Street Extension.	left onto Robertson Blvd.	Southeast
	Robertson Blvd.	0.5	Cross over I-395	Right onto Parkway South	South
28	Parkway South	1.0	Sunset Park on the left, across from the school. At stop sign go straight across onto Elm (possibly unmarked)	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 Orrington 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 straight 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 left, bear right onto Long Hill Rd. at the "Y"	Bear Right onto Long Hill Rd.	South
28	Long Hill Rd.	1.3		Left onto Center Dr.	South
28	Center Dr.	1.4		Left onto East Bucksport Rd.	South

South Bound (inset)

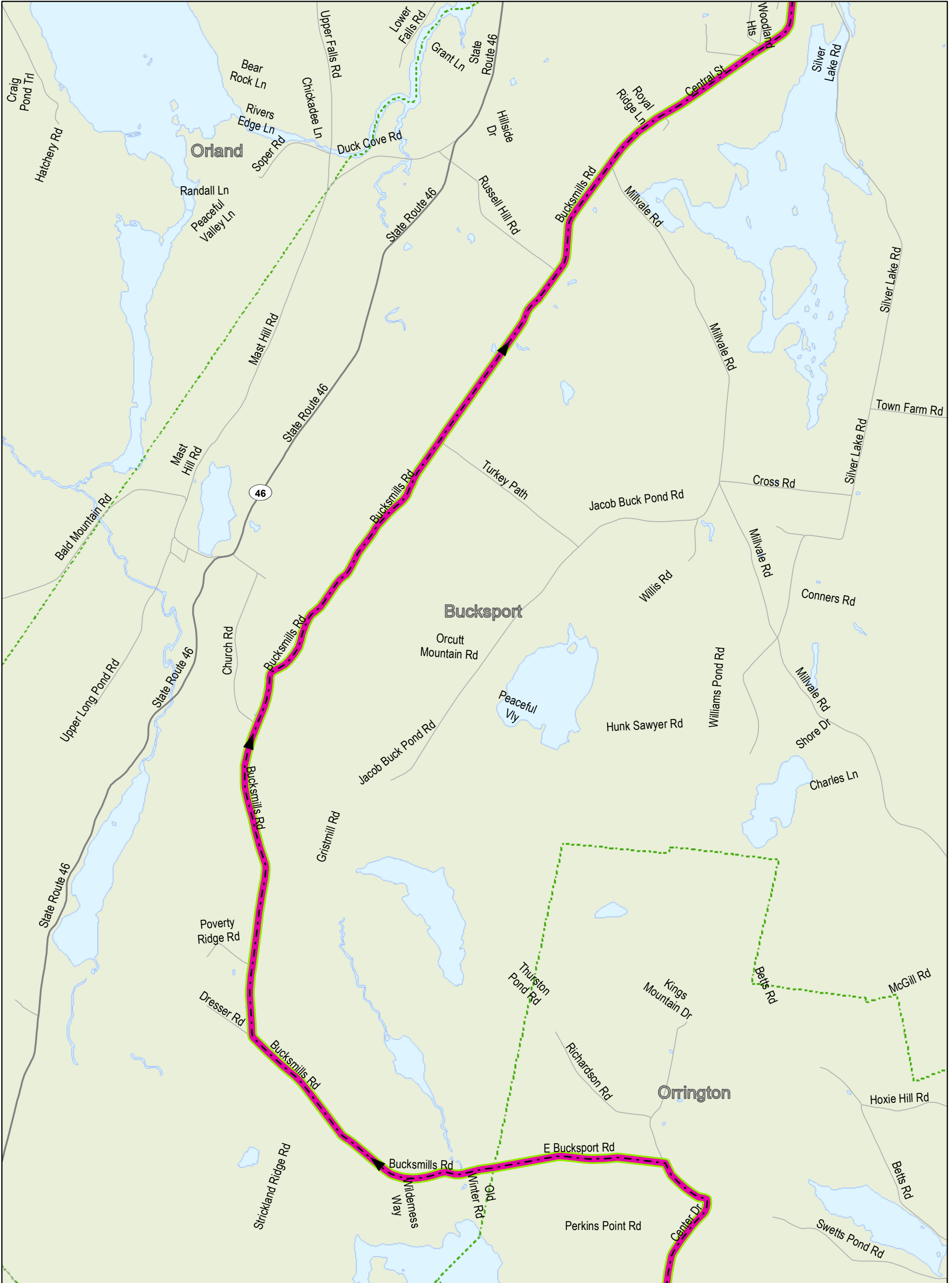
28	US 1A/ME9 (Wilson St\Union St.)	0.4	Wilson St. changes to Union St. across the Chamberlain Bridge.	Right onto Short St.	Northwest
28	Short St.	0.1		Left onto Independent St.	Northeast



- USBR 1 NB
- SB
- Roads
- - - Railroad
- USBR 1 and East Coast Greenway

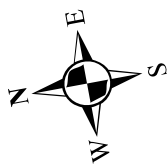


Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
29	Center Dr.	1.4		Left onto East Bucksport Rd.	South
29	E.Bucksport Rd.\Bucksmills Rd.\Central St.	11.8	Cross the Bucksport town line. E. Bucksport 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.)	East \ Southeast



- - - USBR 1 NB
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- Roads
- + + + Railroad
- USBR 1 and East Coast Greenway

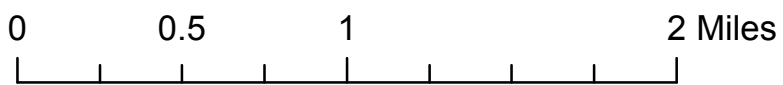
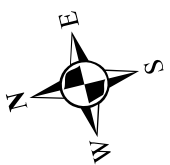
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
30	Bucksmills Rd.\ Central St.	11.8	Bucksmills Rd. changes to Central St. just south of Millvale Rd	Left onto ME 15 (Main St.)	South
30	ME 15 (Main St.)	0.3	USBR 1A connects where US 1/ ME 3 merge onto route ME 15. Downtown Bucksport. All services except bicycle repair.	US 1/ ME 3 merge with ME 15, (Main St. designation ends) Continue East	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. Use caution, narrow bridge	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	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



0 0.5 1 2 Miles

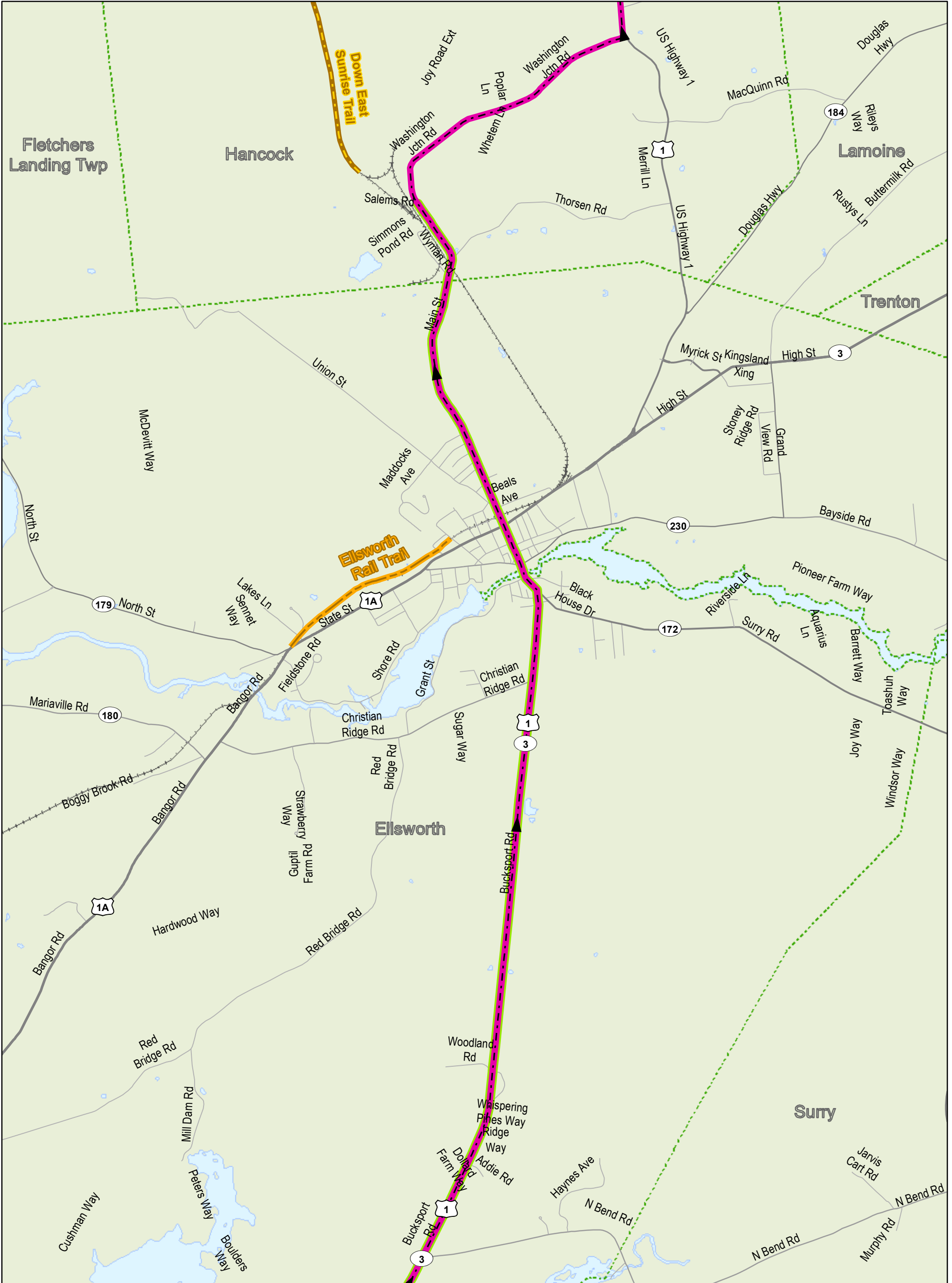
- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway
- USBR 1A
- Other Bike and Ped Trails

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 Ellsworth town line. Name changes to Bucksport Rd. at town line.	Continue East	East

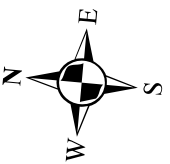


- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway

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	Bear left to stay on US1/ ME 3. Cross Union River into downtown Ellsworth. US 1/ME 3 diverge to right (South) and US1A left (North) at the intersection with High St.	Continue straight through the intersection onto Main St.	East
32	Main St.	1.7	Cross the Hancock 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. to trailhead for Down East Sunrise Trail/East Coast Greenway (DEST/ECG) .	Left onto US 1	Southeast



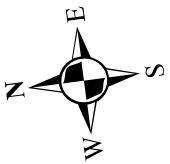
- - - USBR 1 NB
- - - SB
- Roads
- + + + Railroad
- - - USBR 1 and East Coast Greenway
- - - Down East Sunrise Trail
- - - Other Bike and Ped Trails



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	(After 1.3 miles) Mud Creek Road goes to right (South), the beginning of an alternate route to Bar Harbor and Acadia National Park. Cross the Sullivan town line at the Hancock-Sullivan Bridge	Continue East	East



- USBR 1 NB
- Down East Sunrise Trail
- SB
- Roads
- + + + Railroad



0 0.5 1 2 Miles

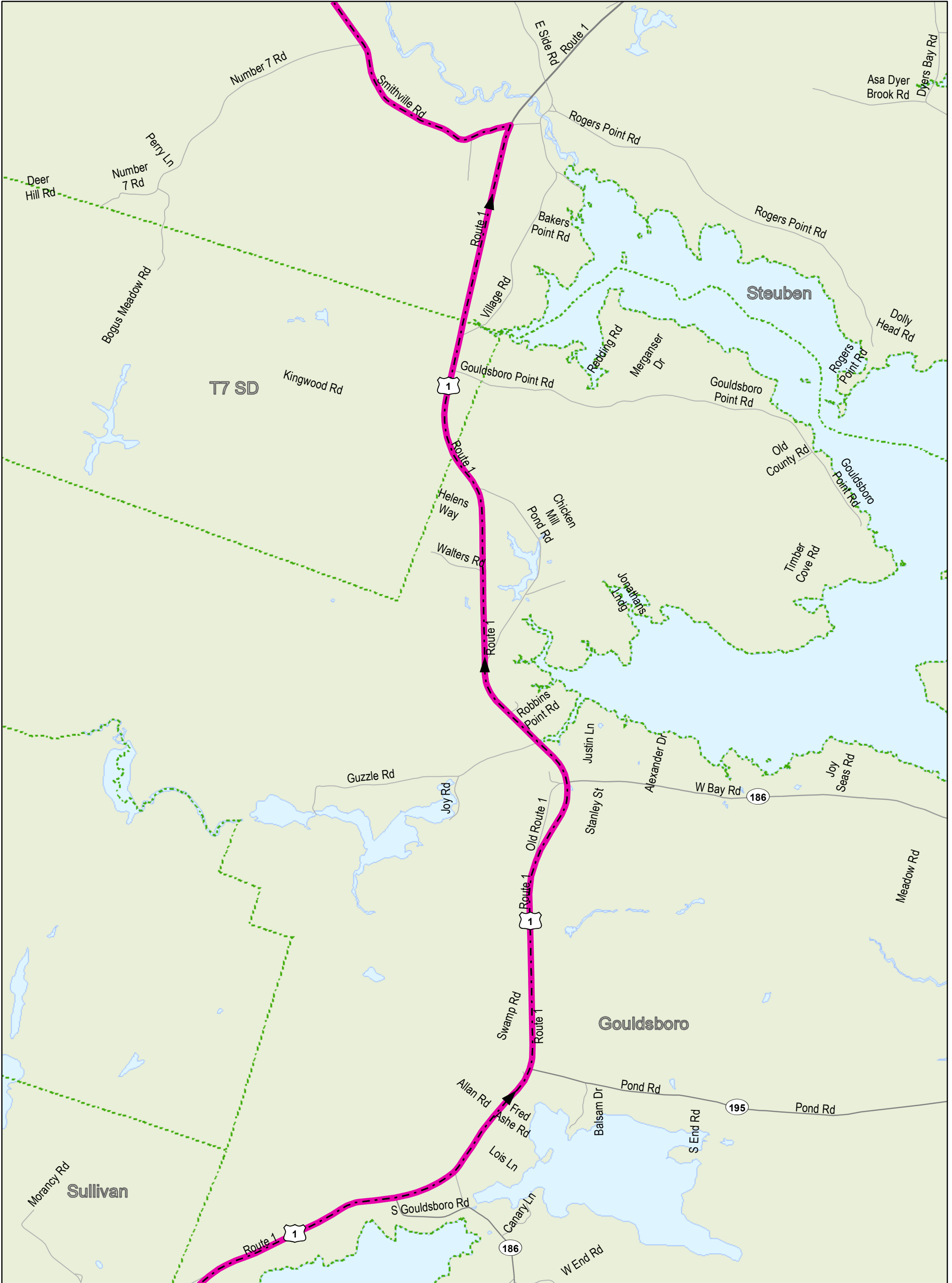
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
34	US 1	22.4	Cross the Sullivan town line at the Hancock-Sullivan Bridge. Cross the Gouldsboro town line. ME 186 goes South (right) to Prospect,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



- · — · USBR 1 NB
- SB
- Roads
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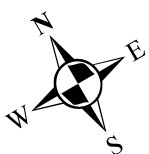
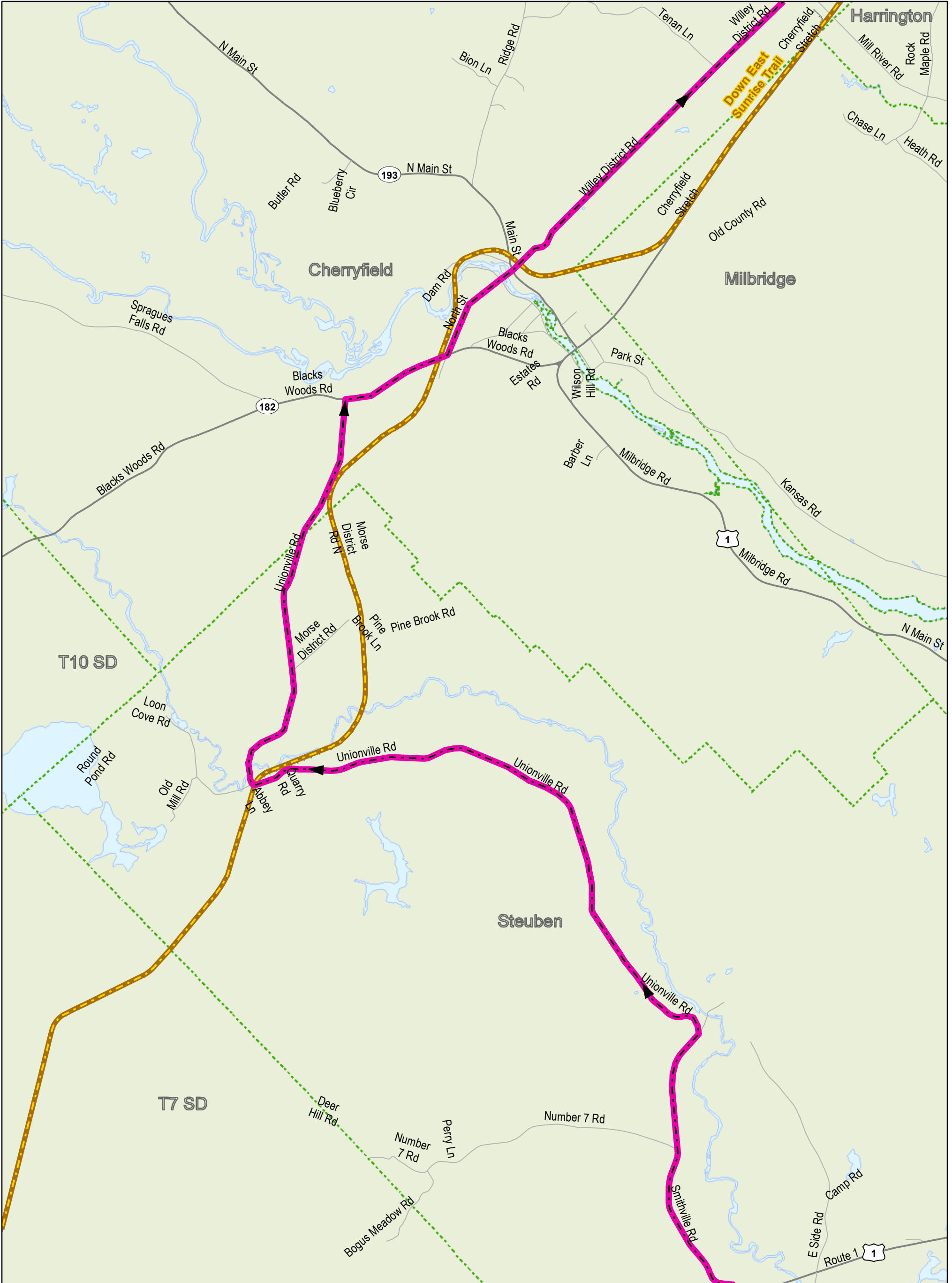


Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
35	US 1	22.4	Cross the T7-SD town line Cross the Steuben town line	Left onto Smithville Rd.	East
35	Smithville Rd.	2.1		Left onto Unionville Rd.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



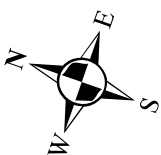
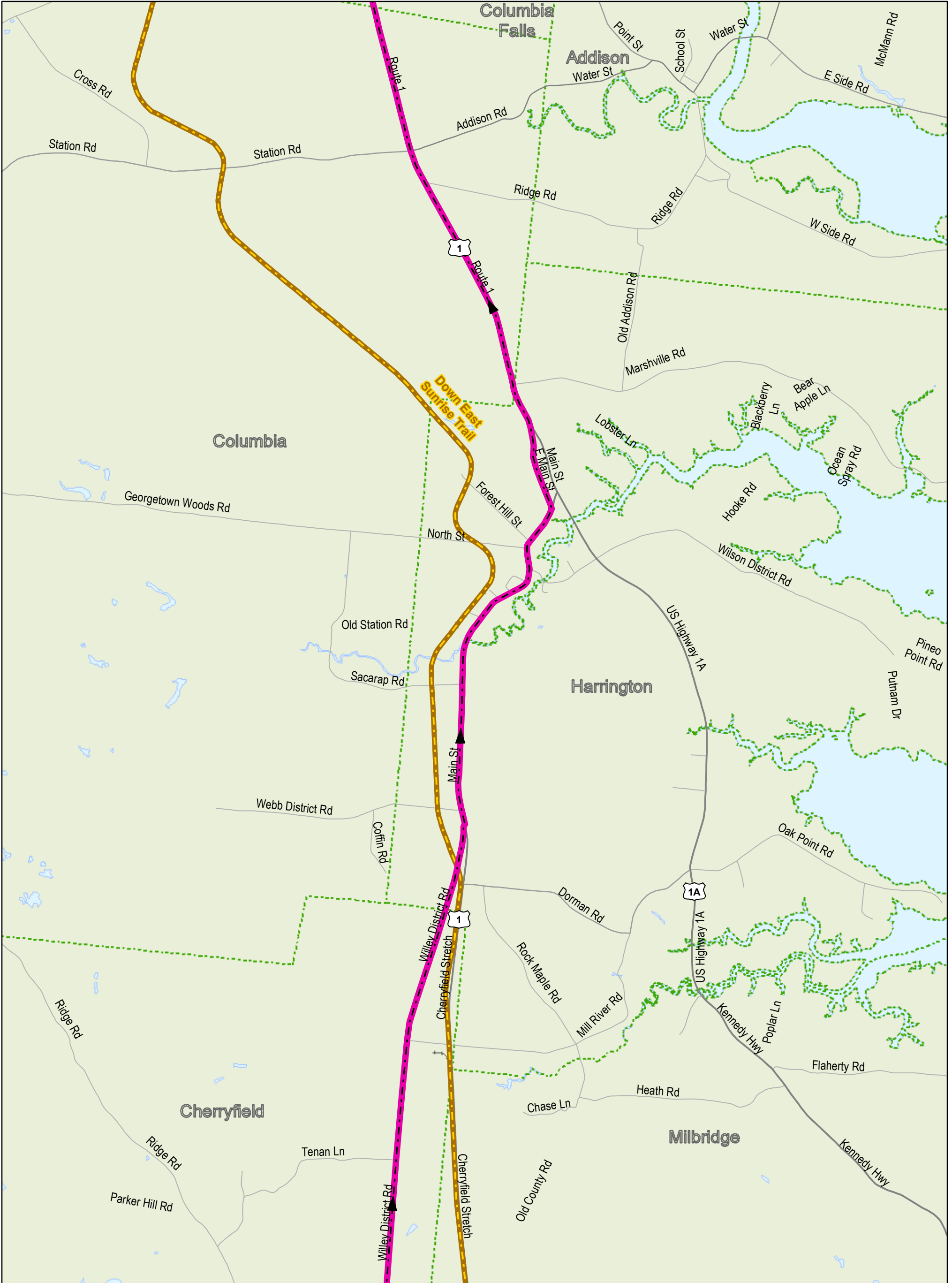
- USBR 1 NB
- SB
- Roads
- +— Railroad

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 Cherryfield 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 Wiley District Rd.	East
36	Wiley District Rd.	4.1	Cross Down East Sunrise Trail (access point)	Left onto US 1	East



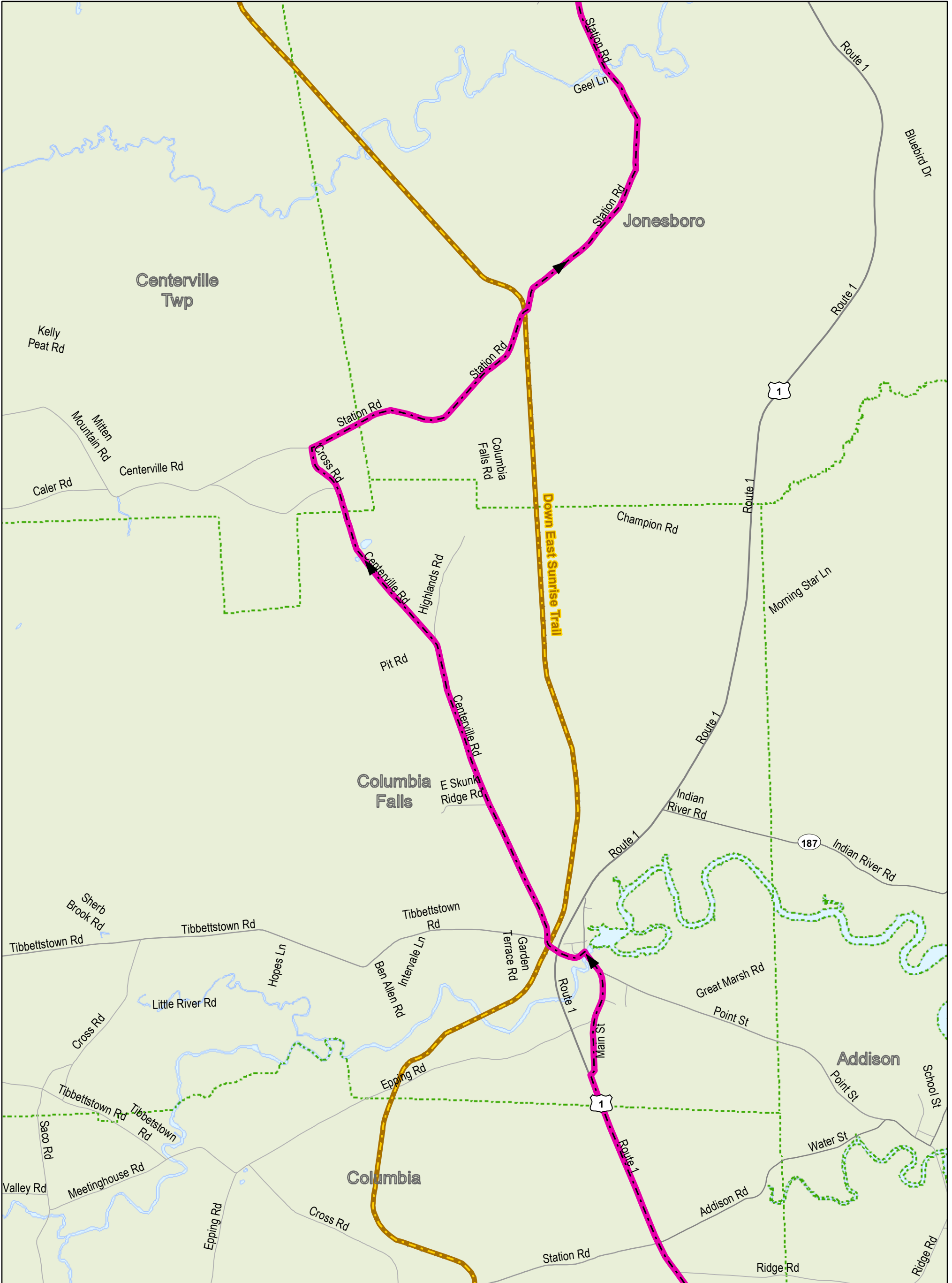
- - - USBR 1 NB
- - - SB
- Roads
- - - - Railroad
- - - - Down East Sunrise Trail

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 Harrington town line. Cross Down East Sunrise Trail (access point)	Left onto US 1 (Main St.)	East
37	US 1 (Main St.)	3.1	Use caution : narrow shoulders	Left onto East Main St.	East
37	East Main St.	0.6	Possibly unsigned road. US 1A junction 0.1 miles straight ahead.	Left onto US 1	Northeast
37	US 1	3.1	Cross the Columbia town line	Right onto Main St.	Northeast

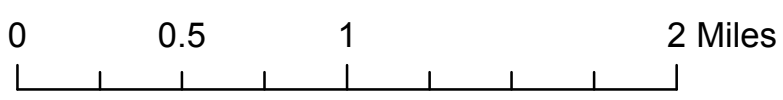
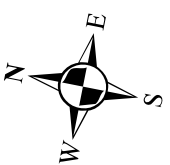


- USBR 1 NB
- SB
- Roads
- Railroad
- Down East Sunrise Trail

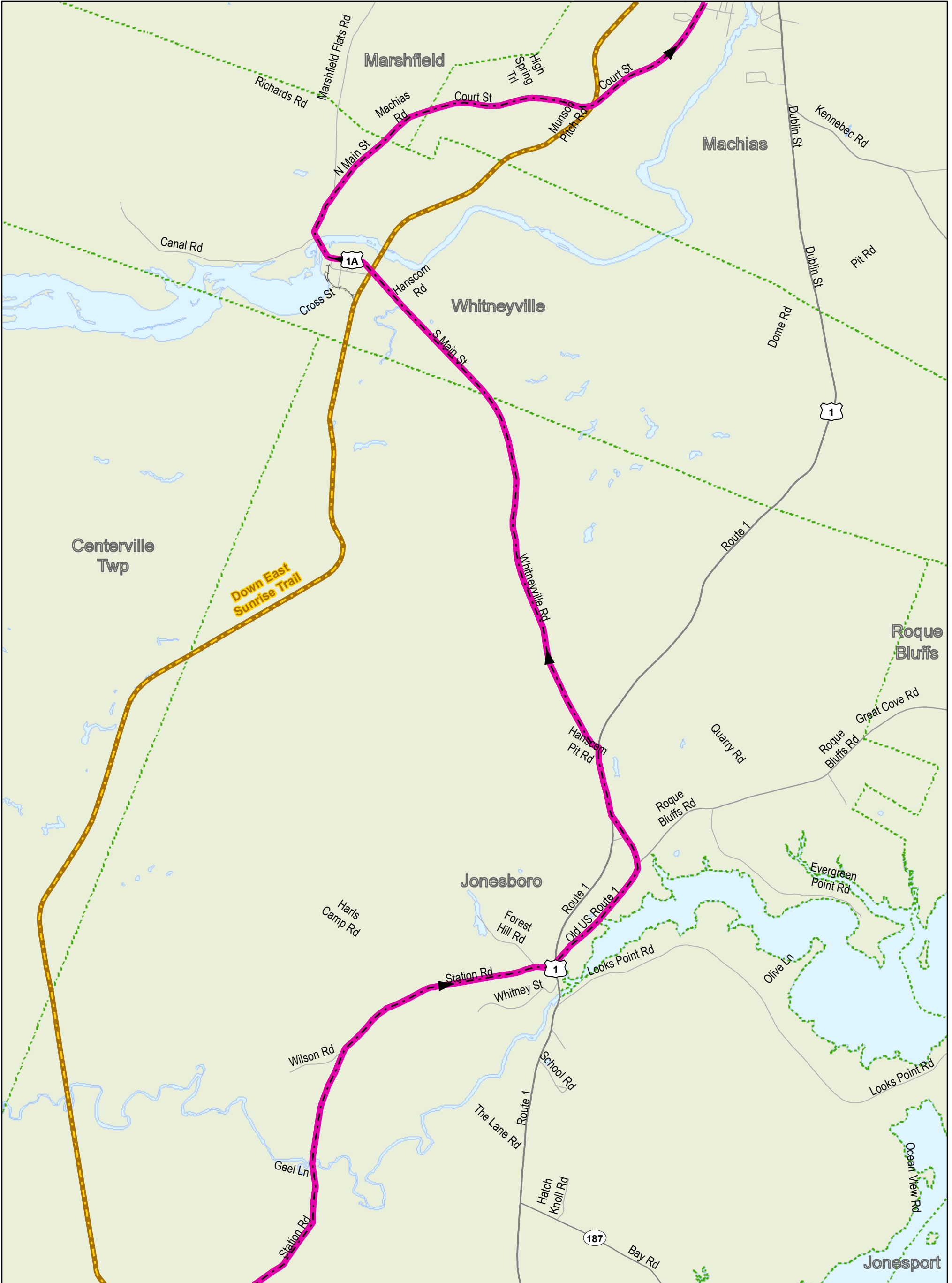
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
38	US 1	3.1	Cross the Columbia Falls town line	Right onto Main St.	Northeast
38	Main St.	0.9	Past the Historic Ruggles House (1810) and across the Pleasant river	Left onto Tibbettstown Rd.	East
38	Tibbettstown Rd.	0.3	Cross US 1 to continue on Tibbettstown Rd. Cross Down East Sunrise Trail (access point)	Bear Right onto Centerville Rd.	North
38	Centerville Rd.	3.3	There are blueberry barrens along the road (seasonal excursion). Cross the Centerville Twp 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 Jonesboro town line. Cross Down East Sunrise Trail (access point)	Left onto US 1, then immediate Right onto Old US 1	Southeast



- - - USBR 1 NB
- - - SB
- Roads
- + + + Railroad
- - - Down East Sunrise Trail



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 caution: 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 Whitneyville town line. Whitneyville Rd. changes to Main St. at town line. Cross Down East Sunrise Trail .(access point) Cross the Machias river. Cross the Mashfield town line. Main St. changes to Machias Rd. at the town line. Cross the Machias town line. Machias Rd.changes to Court St. at the town line. Cross the Down East Sunrise Trail (access point)	Right onto ME 192 (Broadway)	North



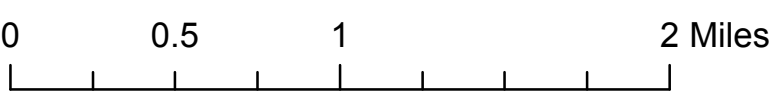
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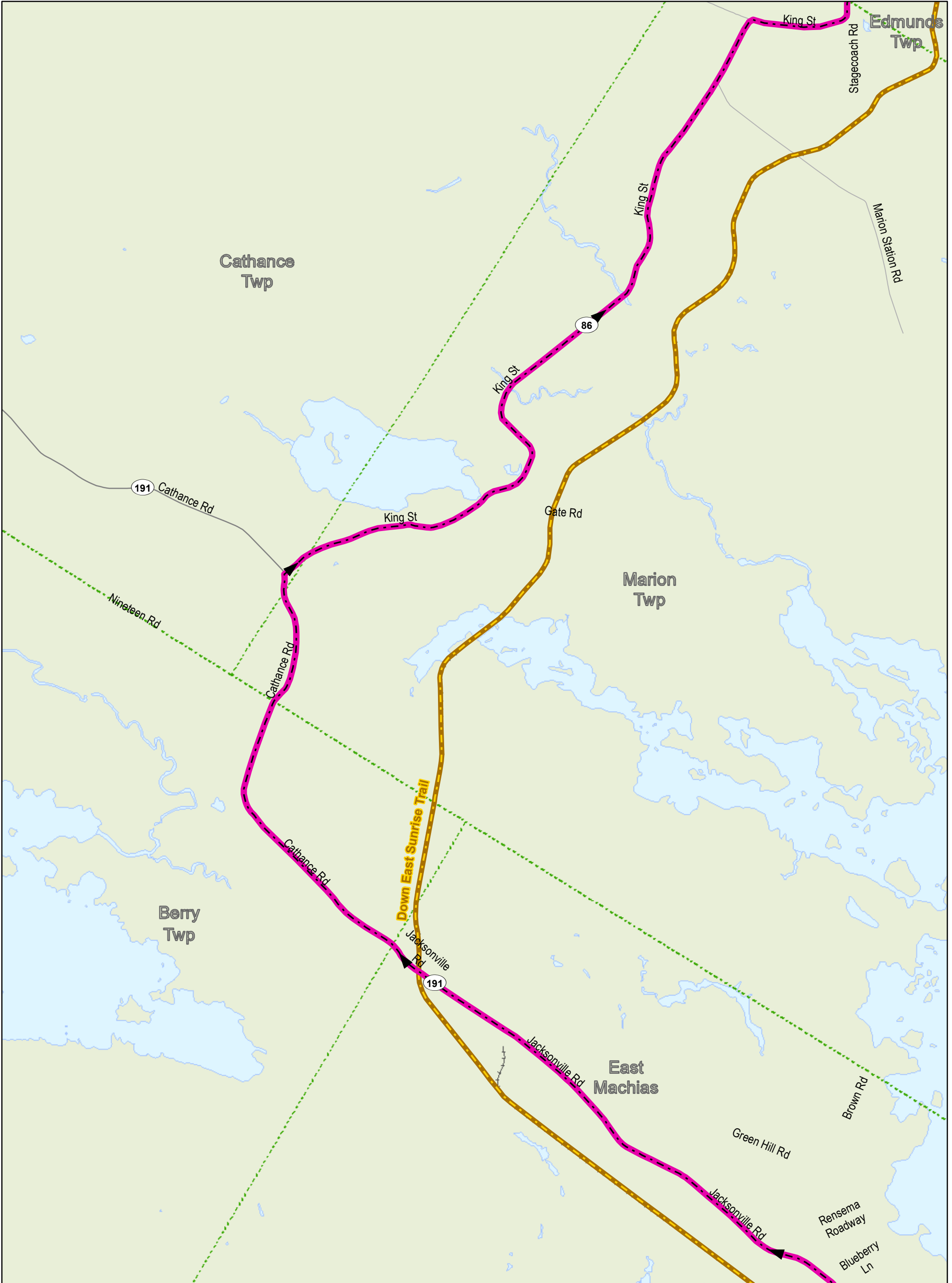
Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
40	US 1A (Court St.)	7.5	Cross Down East Sunrise Trail (access point)	Right onto ME 192 (Broadway)	East
40	ME 192 (Broadway)	0.1		Left onto ME 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 a trailhead for Down East Sunrise Trail. (access point) Cross the East Machias 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



- - - USBR 1 NB
- SB
- Roads
- - - - Railroad
- - - Down East Sunrise Trail

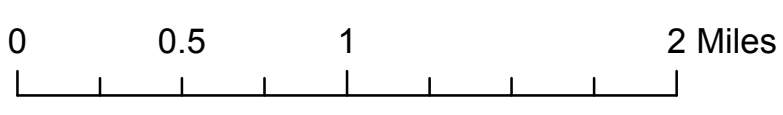
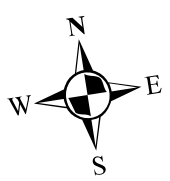


Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
41	ME 191 (Jacksonville Rd.\ Cathance Rd.)	10.1	Cross Down East Sunrise Trail. (access point) Cross the Berry Twp town line. Jacksonville Rd.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



- - - USBR 1 NB
- - - Down East Sunrise Trail
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- - - - Railroad

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.\ Main St.)	10.3	Bear right at the 'T' intersection to stay with King St. and 0.5 miles further bear left. Cross the Edmunds Twp town line. Cross Down East Sunrise Trail (access point) 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 Down East Sunrise Trail (you are approx 2.5 miles from the northern end of the Down East Sunrise Trail. Last crossing). Cross the Charlotte town line	Continue straight onto Charlotte Rd.	North



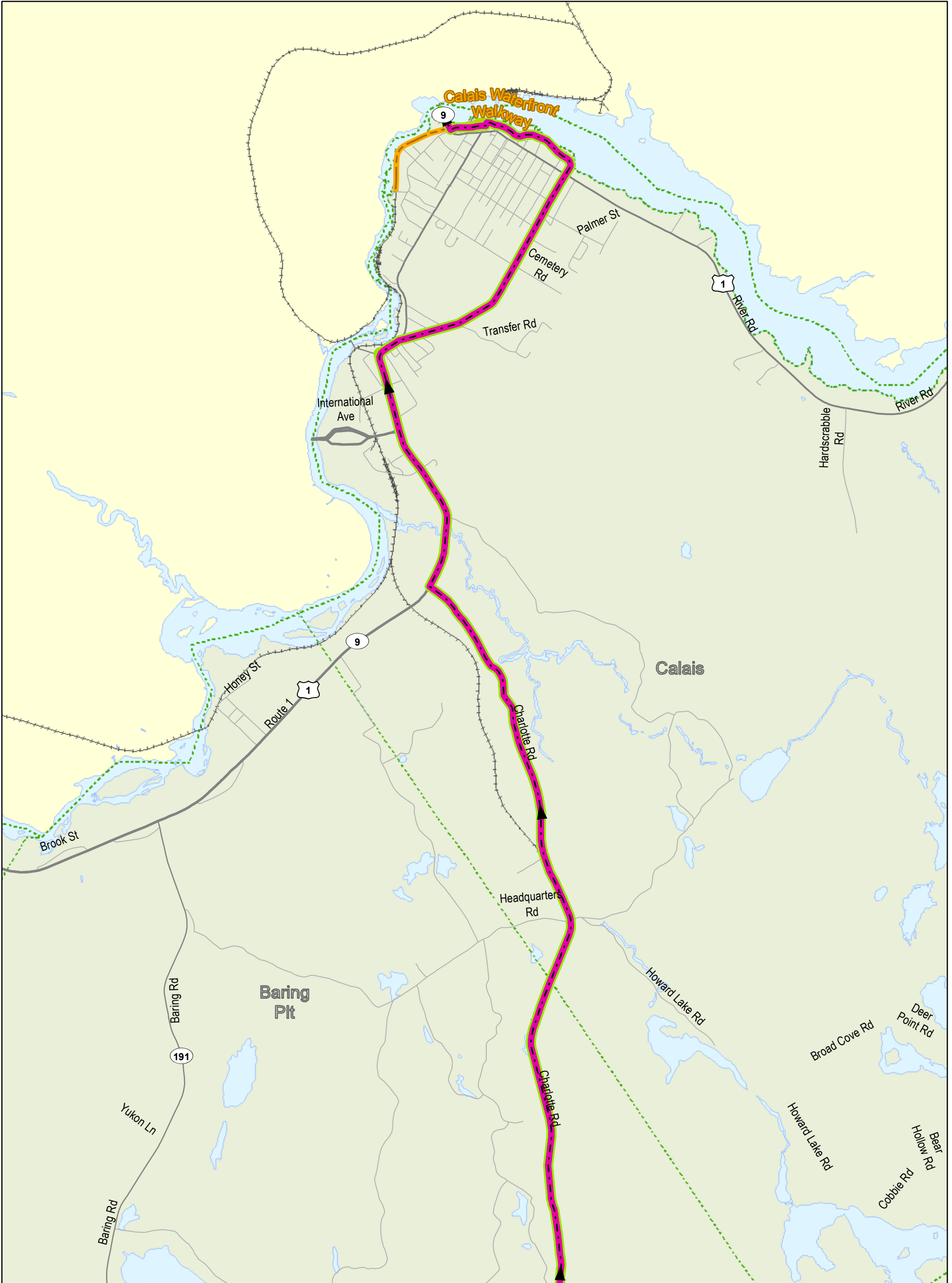
- - - USBR 1 NB
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Map Page Number	Road Segment	Estimated Miles traveled on this Road Segment	Travel Information	Turn or transition and Road designation (name)	General Direction
43	Smith Ridge Rd.	7.8	Bear right at Damon Ridge Rd. to stay on Smith Ridge 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 Baring Pit town line	Left onto US 1	North



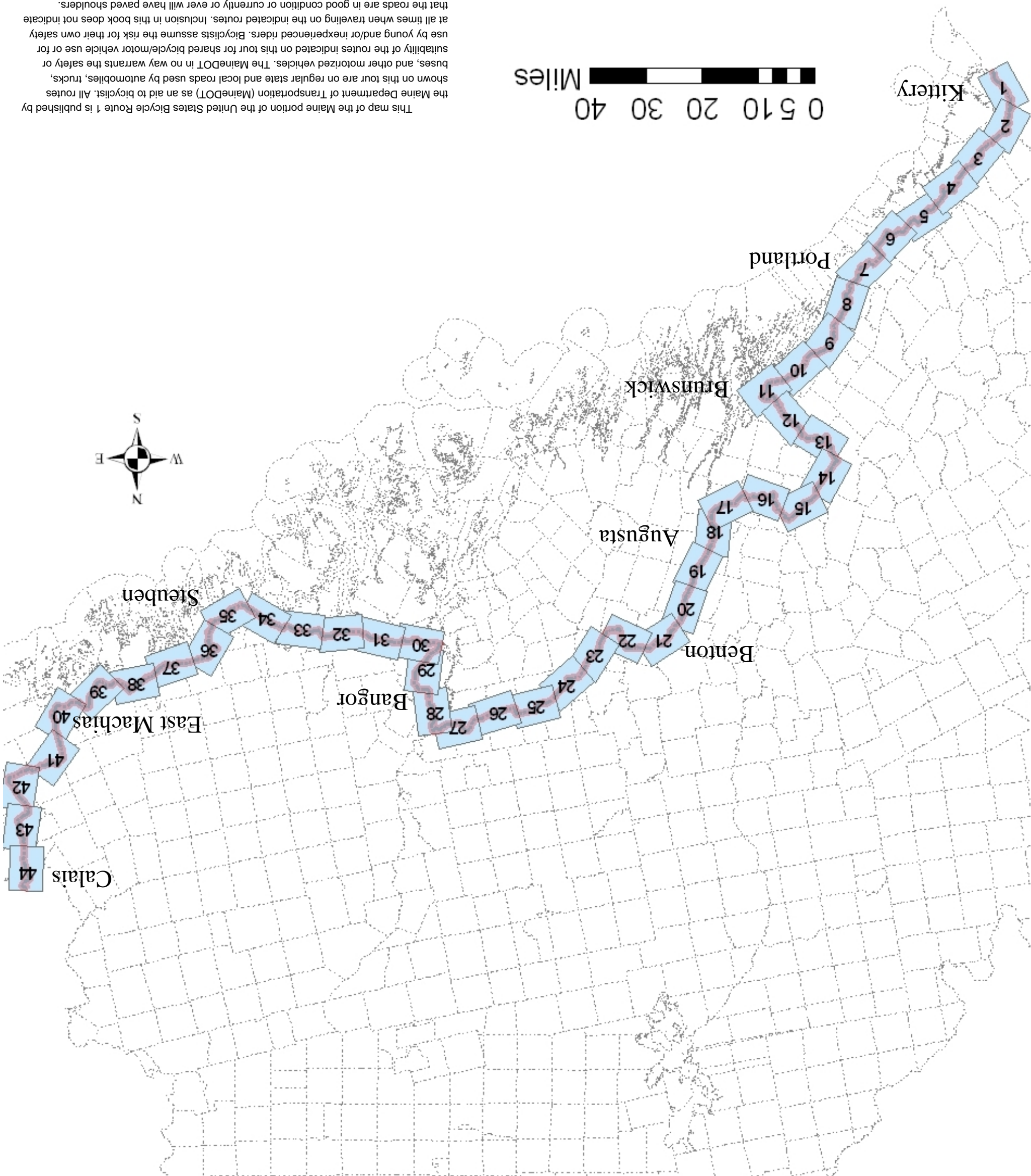
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- · — · Down East Sunrise Trail

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 Calais 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 the 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(Main St.), then follow the curve around to left to the Calais Waterfront Walkway path	Continue straight 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 North St. (at public boat launch)	Northwest
44	North St.	100 Ft.	Access to Union St.	Right onto Union St.	South
44	Union St.	0.2	Past State of Maine Wabunaki Cultural and Visitor 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. West Bus Service , daily bus back to Bangor . Boxing of bike not required. 800-596-2823, 207-546-2823.	End of the North bound US Bicycle Route 1	



- USBR 1 NB
- SB
- Roads
- Railroad
- USBR 1 and East Coast Greenway
- Other Bike and Ped Trails

United States Bicycle Route 1



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