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Although the MaineDOT has made a reasonable effort to ensure that the information contained in this guide is correct as of the date of publication, the actual conditions riders encounter may vary, and the Department in no way warrants its accuracy. MaineDOT assumes no liability for damage or injury suffered by any person using these routes.

Mileage readings may vary. We recommend you carry a detailed map of the area with you.

NOTE: No bicycles are allowed on the Interstate-95 or -395 Highway system.