Tour 29 Rockland–Port Clyde

17-mile: Gentle terrain, some hills, for almost all cyclists
31- and 47-mile: Moderate terrain, hilly, for intermediate cyclists

In the old days, midcoast Maine was home to sailors, ship’s captains, and entrepreneurs who quarried the nearby islands for granite used to build many of this country’s great public buildings. Today, many of the grand old homes have been restored, and the rolling countryside offers glimpses of the Camden Hills and Penobscot Bay.

The 17-mile loop includes Owls Head Light. From Ash Point, you will enjoy a memorable view of the islands and Penobscot Bay. The 31-mile loop provides some outstanding views of Penobscot Bay. A shorter loop, which is not described here, could begin by parking in St. George and doing a loop of the St. George peninsula. Two rides pass by the entrance of the Owls Head Transportation Museum, which has a collection of antique bicycles.

The enjoyable 47-mile loop takes in the best of the region, from the bustling town of Rockland to the tiny, picturesque fishing village of Port Clyde. Be sure to leave plenty of time for exploration. There are museums, state parks, lighthouses, and other sites of great interest on this ride. Two short optional side trips are well worth the ride. Consider extending your trip with a ferry ride out to Vinalhaven, North Haven, or Matinicus from the ferry terminal in Rockland or to Monhegan Island via a ferry ride from Port Clyde.

Special features: Historic Rockland; Owls Head Transportation Museum; Owls Head Light; village of Port Clyde; side trip to Birch Point Beach State Park; views of Vinalhaven and North Haven Islands, Penobscot Bay, and St. George River; Farnsworth Art Museum; Montpelier State Park and home of General Henry Knox; Marshall Point Light; side trip to Spruce Head; Tenants Harbor

Road conditions: Generally fair to good

Cautions: Limited shoulders; moderate to heavy traffic, especially in summer

Starting point: All rides originate from Maine Eastern Railroad Terminal in Rockland on Pleasant Street. Take US 1 to Rockland, follow signs to railroad terminal. See p. 11 for accommodation information and events in the area.

31-mile ride
- Continues from mile 13.4
- 13.4 S ME 73 South 1.8
- 15.2 L Waterman Beach Rd 1.9 Carport and lobster shack on left
- 17.1 L ME 73 South 0.6 Moderate traffic, no shoulder
- 17.7 L Island Rd 1.3 To scenic Spruce Head
- 19.9 R Island Rd 0.9
- 19.2 Retrace Island Rd 1.6 Retrace route to ME 73
- 20.3 R ME 73 North 0.6 Moderate traffic, no shoulder
- 21.4 R Waterman Beach Rd 1.9
- 22.5 R ME 73 North 1.6
- 25.1 R Dublin Rd 2.1
- 27.2 L Ash Point Dr 0.4
- 27.6 S Ash Point Dr 1.3 Continue straight at stop sign
- 28.9 L North Shore Dr 0.2
- 29.1 R ME 73 (South Main St) 1.7
- 30.8 L Pleasant St 0.8
- 30.9 Maine Eastern RR Terminal End of Ride

47-mile ride
- Continues from mile 8.9
- 8.9 L Ash Point Dr 0.4
- 11.8 R Davis Rd 2.1
- 11.4 L ME 73 1.4 Moderate traffic, no shoulder
- 12.8 S Kennebunk Road 1.6
- 14.2 S Pinney Woods Rd 1.6
- 15.8 L ME 131 (St George Rd) 2.8 Heavy traffic, narrow shoulder
- 18.6 R Wilston Rd (unmarked) 2.4
- 21.0 R Turkey Cove Rd 2.1 At T intersection
- 23.1 R Glenmere Rd 2.2
- 25.3 R ME 131 0.2 Heavy traffic, narrow shoulder. To Port Clyde. Convenience store, ice cream shop, lodging
- 25.5 L Factory Rd 0.3
- 26.1 R Stong Point Rd 0.5 Marshall Point Lighthouse, museum, portable toilet
- 26.3 Retrace Marshall Point Rd 0.8 Retrace route and continue straight past Factory Rd
- 27.3 L Drift Inn Rd 1.0 Beach on right, portable toilet
- 28.3 R ME 131 7.6 Heavy traffic, narrow shoulder. Pass through St George. Services except bicycle repair. Stay on ME 131 in St George
- 35.7 R ME 73 4.9 Moderate traffic, no shoulder. Stay on ME 73, bear left across from South Thomaston boat landing
- Optional Side Trip
- Optional scenic side trip to Spruce Head. Turn right on Island Road and explore island (3 mi out and back). Convenience store on left.

Starting Point: Maine Eastern Railroad Terminal, Rockland

At Go Onto For Travel Information

<table>
<thead>
<tr>
<th>Starting Point</th>
<th>Route</th>
<th>For</th>
<th>Mile</th>
<th>Distance</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pleasant St</td>
<td>L</td>
<td>0.1</td>
<td>Rockland has services including bicycle repair</td>
<td>0.0</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>ME 73 (South Main St)</td>
<td>R</td>
<td>0.1</td>
<td>Bear right at fork immediately after turn onto ME 73. Caution: Road is rough in spots</td>
<td>0.0</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>North Shore Dr</td>
<td>L</td>
<td>0.9</td>
<td>Rough road, no shoulder. Follow signs to Owls Head State Park</td>
<td>0.8</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Main St</td>
<td>L</td>
<td>0.2</td>
<td>Convenience store and post office</td>
<td>0.7</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Lighthouse Rd</td>
<td>L</td>
<td>0.9</td>
<td>Owls Head State Park, lighthouse, picnic area, toilets</td>
<td>0.8</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Retrace Route</td>
<td>L</td>
<td>1.0</td>
<td>Retrace route to South Shore Dr</td>
<td>0.7</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>South Shore Dr</td>
<td>L</td>
<td>2.4</td>
<td></td>
<td>2.1</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Ash Point Dr</td>
<td>L</td>
<td>1.4</td>
<td>To Ash Point</td>
<td>1.3</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Retrace Route</td>
<td>L</td>
<td>1.0</td>
<td>Retrace to Dublin Rd</td>
<td>1.4</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Dublin Rd</td>
<td>L</td>
<td>2.1</td>
<td></td>
<td>2.1</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Optional Side Trip</td>
<td>L</td>
<td>0.1</td>
<td>Turn left on Ballyhac Road for optional side trip to Birch Point Beach State Park (2.8 mi out and back)</td>
<td>0.0</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>ME 73</td>
<td>R</td>
<td>3.8</td>
<td>South Thomaston, convenience store, restaurants, art gallery</td>
<td>3.7</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>Pleasant St</td>
<td>L</td>
<td>0.1</td>
<td></td>
<td>0.0</td>
<td>L Pleasant St</td>
</tr>
<tr>
<td>ME 73 (South Main St)</td>
<td>R</td>
<td>0.0</td>
<td>End of Ride</td>
<td>0.0</td>
<td>L Pleasant St</td>
</tr>
</tbody>
</table>

End of Ride