



27-mile: Gentle terrain, some hills, for almost all cyclists
48-mile: Moderate terrain, hilly, for intermediate cyclists

These gentle 27- and 48-mile rides begin and end in the summer vacation town of Old Orchard Beach, a town with a wonderful white sand beach and a bonafide old-fashioned amusement pier. Since Old Orchard Beach is a favorite vacation town for French Canadians, most signage is in both English and French. Fortune tellers share space with arcades, a roller coaster, and a Ferris wheel. There are many motels and restaurants. From there cyclists travel inland along the lovely Saco River and through rural farmland. Sun worshippers will want to take time to stop at Ferry Beach State Park, another fine example of Southern Maine's sandy white beaches.

Special features: The beach and amusement pier at Old Orchard Beach; Ferry Beach; Saco River views; the old mill in the village of Goodwins Mills (Lyman)

Road conditions: Generally good

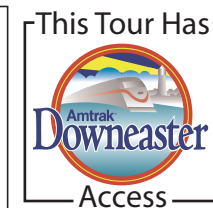
Cautions: Heavy traffic on US 1 in Old Orchard (in summer); ME 9 from Old Orchard Beach to Saco is narrow with no shoulder and heavy traffic (in summer); ME 35 is narrow with no shoulder and moderate traffic. Some roads have no shoulders.

Starting point: The rides originate from the Old Orchard Beach High School parking lot. From Maine Turnpike Exit 36, follow signs to Old Orchard Beach. Turn left at the traffic light on Emerson Cummings Blvd., following the signs for the Old Orchard Beach High School and the ballpark. The Old Orchard Beach Fire Station is at this intersection. Go 0.4 mi to the high school parking lot. Park away from the school near the tennis courts.

See p. 9 for accommodation information and events in the area.



CUE SHEET LEGEND	
R	RIGHT TURN
L	LEFT TURN
S	CONTINUE STRAIGHT
BR	BEAR RIGHT
BL	BEAR LEFT
QR	QUICK RIGHT
QL	QUICK LEFT



Starting Point: Old Orchard Beach High School parking lot, Emerson Cummings Blvd

At	Go	Onto	For	Travel Information
27-mile ride				
0.0	L	Emerson Cummings Blvd	0.4	To traffic light
0.4	S	Union Ave	0.6	To 2nd stop sign. Caution: RR tracks crossing
1.0	R	ME 9 (not signed) (West Grand Ave)	0.6	Numerous points of access to Old Orchard Beach from West Grand Ave. Ocean Park is one block toward ocean. Ice cream shops and restaurants.
1.6	S	ME 9	2.4	At stop sign. National Wildlife Refuge on right. Narrow road, no shoulder. Ferry Beach State Park on left: swim, picnic, toilets.
4.0	R	ME 9 (Ferry Rd)	4.0	Camp Ellis on left, views and food
8.0	S	ME 5 and ME 112 (North St)	0.4	Cross US 1 through two sets of lights
8.4	L	ME 5 (Spring St)	0.5	ME 5 turns right, stay on Spring St
8.9	R	Lincoln St	0.5	
9.4	R, QL	Boom Rd	5.1	Right at stop sign, then quick bear left after RR tracks
14.5	S	Louden Rd	1.6	Cross ME 5
16.1	L	ME 112	0.9	Heavy traffic
17.0	R	Heath Rd	1.3	
18.3	R	Flag Pond Rd	4.0	Cross bridge over Maine Turnpike
22.3	R	US 1	0.3	Caution: Dangerous intersection, heavy traffic on US 1. Move to left lane at traffic light at Cascade Rd on US 1
22.6	L	ME 98 (Cascade Rd)	2.7	Caution: Dangerous intersection, heavy traffic on Cascade Rd
25.3	L	Old Orchard St	0.2	
25.5	R	ME 9 (West Grand Ave)	0.7	World-famous Old Orchard Beach Pier is straight ahead.
26.2	R	Union Ave	0.6	To traffic light
26.8	S	Emerson Cummings Blvd	0.4	
27.2		Old Orchard Beach High School parking lot		End of Ride
48-mile ride				
<i>Continues from mile 14.5 above</i>				
14.5	L	ME 5	1.9	Family camping area on right
16.4	L	River Rd	1.7	At 4-way intersection
18.1	R	Murch Rd	1.7	Sharp right turn. Franklin Schoolhouse on right at intersection.
19.8	S	Waterhouse Rd	1.5	Convenience store in village of Goodwins Mills (0.1 mi to left) at intersection of ME 35
21.3	R	ME 35	8.4	Moderate traffic and no shoulder. Cross ME 5, then cross US 202, and then ME 117 in Hollis Center, staying on ME 35.
29.7	R	River Rd	0.9	
30.6	L	ME 4A	0.9	
31.5	R	Salmon Falls Rd	1.2	Convenience store 0.2 mi straight ahead in Bar Mills on ME 4A
32.7	S	ME 117	0.3	Use caution in crossing ME 117
33.0	R	Simpson Rd	4.5	Pleasant Point Park on right (swim and picnic on Saco River)
37.5	R	ME 112	0.2	
37.7	L	Heath Rd	1.3	
39.0	R	Flag Pond Rd	4.0	Cross bridge over Maine Turnpike
43.0	R	US 1	0.3	Caution: Dangerous intersection, heavy traffic on US 1. Move to left lane at traffic light at Cascade Rd on US 1.
43.3	L	ME 98 (Cascade Rd)	2.7	Caution: Dangerous intersection, heavy traffic on Cascade Rd
46.0	L	Old Orchard St	0.2	
46.2	R	ME 9 (West Grand Ave)	0.7	World-famous Old Orchard Beach Pier is straight ahead.
46.9	R	Union Ave	0.6	To traffic light
47.5	S	Emerson Cummings Blvd	0.4	
47.9		Old Orchard Beach High School parking lot		End of Ride