



**20-mile:** Gentle terrain, some hills, for almost all cyclists  
**34- and 36-mile:** Moderate terrain, hilly, for intermediate cyclists

From endless forests and blueberry barrens to the craggy coastline, these rides take you on the roads less traveled in beautiful Washington County, Maine, the easternmost county in the United States. In fact, the first rays of morning sun strike the continental United States at Quoddy Head Light, a stop on two of the loops. Washington County celebrates a diversity in its landscape that is greater than that found in any other county in Maine.

If you have the time, combine your bike trip with a hike on the Cobscook Trails in the Bold Coast region. The scenery from the rocky headlands is dramatic. There are campsites located on the shore approximately 6 hiking miles from ME 191.

The 20-mile loop takes you from Machias to Roque Bluffs State Park for a picnic or a swim in either fresh- or saltwater. The 34-mile ride starts in Lubec and goes directly to Quoddy Head State Park. An option is to make this an international tour by crossing the International Bridge to explore Campobello Island in New Brunswick, Canada. The 36-mile ride starts and ends at the West Quoddy Head Light parking lot.

**Special features:** Machias; blueberry barrens; Lubec; Quoddy Head Light, the easternmost point in the United States; hiking into the Bold Coast region

**Road conditions:** No shoulders on ME 191. *Wider road bike tires are recommended for these rides.* If you plan your own trip, use extreme caution in planning any trip on ME 189, a road with considerable traffic.

**Pre-planning information:** Be sure to carry an adequate supply of spare parts; there are no bike shops in the area. Other basic services are available except on the stretch from Lubec to Cutler, so carry water, food, and warm clothes.  
*Be sure to bring your passport in case you want to visit Canada and return.*

**Cautions:** Some roads with no shoulders.

**Starting point:** The 20-mile ride begins at the public parking lot on Main Street in Machias behind the hardware store next to the Machias River. The 34-mile ride begins at the municipal parking lot on Water Street near the Campobello Island Tourism Association building in Lubec. The 36-mile ride begins at West Quoddy Head Light parking lot.

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



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

At	Go	Onto	For	Travel Information
		<b>20-mile ride</b>	<b>East Machias, Roque Bluffs State Park</b>	
		<b>Starting Point:</b>	<b>Municipal parking lot on Main St, Machias. Turn onto ME 192 from US 1 in downtown Machias</b>	
0.0	L	US 1	0.2	Moderate to heavy traffic
0.2	L	ME 92 (Elm St)	5.2	No shoulder and rough road on ME 92. Machiasport, historic Fort O'Brien
5.4	R	Kennebec Rd	2.4	
7.8	L	Cross Rd	0.8	
8.6	R	West Kennebec Rd	0.1	
8.7	L	Roque Bluffs Rd	4.1	Arrive at Roque Bluffs State Park: restrooms, swimming, picnic area, and scenic views
12.8	S	Roque Bluffs Rd	6.4	Continue straight to go to US 1
19.2	R	US 1	1.2	Moderate to heavy traffic
20.4		<b>Return to Starting Point</b>		<b>End of Ride</b>
		<b>34-mile ride plus international option</b>	<b>Lubec, West Quoddy Head, with Campobello Island option</b>	
		<b>Starting Point:</b>	<b>Park in municipal parking lot on Water St, Lubec. Start ride at junction of ME 189 (Washington St) and Main St</b>	
0.0	S	ME 189 (Main St)	1.0	
1.0	L	South Lubec Rd	2.7	Follow signs to West Quoddy Head State Park
3.7	L	South Lubec Rd (Quoddy Head Rd)	2.0	Follow signs to West Quoddy Head State Park
5.7	Retrace Route	South Lubec Rd (Quoddy Head Rd)	2.0	Retrace route for 2 mi
7.7	L	Boot Cove Rd (unmarked)	5.8	
13.5	R	ME 191 (Dixie Rd)	2.8	Moderate traffic
16.3	L	ME 189 (County Rd)	0.1	Moderate traffic
16.4	R	Crows Neck Rd	2.8	
19.2	L	Timber Cove Rd	2.7	
21.9	R	ME 189 (County Rd)	1.5	
23.4	L	Wilcox Rd	5.3	
28.7	R	ME 189 (County Rd)	5.1	To junction of Main St and ME 189 (Washington St); follow Main St to Water St and parking area.
33.8		<b>Return to Starting Point</b>		<b>End of Ride. Explore roads in and around Lubec or take International Bridge to explore Campobello Island.</b>
		<b>36-mile ride</b>	<b>Bold Coast Trails for picnicking, hiking, remote camping</b>	
		<b>Starting Point:</b>	<b>West Quoddy Head Light parking lot</b>	
0.0	S	Quoddy Head Rd	2.0	
2.0	L	Boot Cove Rd (unmarked)	5.8	
7.8	L	ME 191 (Dixie Rd)	8.4	Moderate traffic and no shoulder. To the trailhead for Cobscook Trails (Bold Coast Trail), hiking, picnicking, and remote campsites
16.2	Retrace Route	ME 191 (Dixie Rd)	11.2	Retrace route for 8.4 mi
27.4	R	ME 189 (County Rd)	4.2	Moderate traffic and narrow roads with no shoulder on ME 189
31.6	R	South Lubec Rd	2.7	
34.3	L	S. Lubec Rd (Quoddy Head Rd)	2.0	Follow signs to West Quoddy Head State Park
36.3		<b>Return to Starting Point</b>		<b>End of Ride</b>