



14-mile: Gentle terrain, some hills, for almost all cyclists
25-mile: Moderate terrain, hilly, for intermediate cyclists
45-mile: Challenging terrain for experienced cyclists

Washington County is one of the last places in the busy, overcrowded Eastern seaboard where you can get away by yourself on a forest trail or bicycle ride, or walk for miles on the salt-sprayed shoreline and see no one.

The pleasant 14-mile non-loop ride is a great tour for beginning road cyclists because of low traffic, good pavement, and moderate grades (although no roads have paved shoulders). The 25-mile ride goes around scenic Boyden Lake through beautiful rural Maine countryside.

The 45-mile loop adds nice views of Pennamaquan and Round Lakes. This loop goes through Calais (pronounced “Kallis”) and the Moosehorn National Wildlife Refuge (bald eagle nesting and migratory birds). **Remember to bring your passport if you plan to travel into Canada and back.**

Special features: Scenic, quiet back roads; ocean views. Potential connections to East Coast Greenway/Down East Sunrise Trail (see East Coast Greenway and Multi-Use Trail sections in this book). For extended bicycling in the area, see Tour 9: Washington County—Downeast.

Road conditions: Generally good; most roads are paved; however, some broken pavement, short sections of dirt/gravel roads and soft shoulders.

Cautions: Moderate traffic and narrow roads. Short sections of US 1 and other roads have no shoulders.

Starting point: These rides originate from the Perry Farmer’s Union Local Park & Ride on US 1. From the South, the Farmer’s Union is approximately 0.2 mi on the left beyond the turnoff to ME 190, Eastport. From the North, the Perry Farmer’s Union Local Park & Ride is approximately 20 mi from Calais on the right.

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

At	Go	Onto	For	Travel Information
		14-mile ride		Perry—Eastport
		Starting Point:		Farmer's Union Local Park & Ride in Perry on US 1
0.0	R	US 1	0.1	
0.1	L	Sipayik Trail	2.0	
2.1	S	Treatment Plant Rd	0.1	
2.2	S	Bayview Dr	0.1	
2.3	L	ME 190 (County Rd)	4.6	To intersection of Washington St, end of ME 190
6.9	L	Washington St	0.6	To Eastport waterfront; explore the many scenic roads in Eastport
7.5	S	ME 190 (County Rd)	4.6	At intersection of ME 190, County Rd, and Washington St
12.1	R	Back Rd	0.0	
12.1	BR	Bayview Dr	0.1	
12.2	BR	Treatment Plant Rd	0.1	
12.3	S	Sipayik Trail	2.0	
14.3	R	US 1	0.1	
14.4		Farmer's Union Local Park & Ride		End of Ride
		25-mile ride		Perry—Boyden Lake—Little Falls Loop
		Starting Point:		Farmer's Union Local Park & Ride in Perry on US 1
0.0	L	US 1	0.1	
0.1	R	Shore Rd	3.3	
3.4	R	Gin Cove Rd	2.3	
5.7	S	Lake Rd	3.5	Use caution crossing US 1, moderate to heavy traffic
9.2	L	Ridge Rd	1.2	
10.4	S	Ridge Rd	1.7	Continue straight on Ridge Rd at intersection of Station Rd
12.1	L	Little Falls Rd	2.6	Cross Pennamaquan River
14.7	L	East River Rd	2.5	Falls and picnic spot
17.2	R	Ridge Rd	1.6	
18.8	R	South Meadow Rd	6.2	
25.0	L	US 1	0.1	
25.1		Farmer's Union Local Park & Ride		End of Ride
		45-mile ride		Calais—Perry Loop
		Starting Point:		Farmer's Union Local Park & Ride in Perry on US 1 (Optional start—Maine Tourism Association on Union St in Calais)
0.0	L	US 1	0.1	
0.1	R	Shore Rd	3.3	
3.4	R	Gin Cove Rd	2.3	
5.7	R	US 1	15.8	To Maine Tourism Association in Calais. Good road with shoulder. Services available in downtown Calais.
21.5	S	US 1 North	3.2	
24.7	L	Charlotte Rd	9.5	Moderate traffic, no shoulder
34.2	L	Station Rd	4.0	
38.2	S	South Meadow Rd	6.2	
44.4	L	US 1	0.1	
44.5		Farmer's Union Local Park & Ride		End of Ride