



16- and 31-mile: Moderate terrain, hilly, for intermediate cyclists
47- and 56-mile: Challenging terrain for experienced cyclists

Beautiful lakes, streams, potato farms, mountains, and vast tracts of wooded land make for lovely, scenic rides in this part of Maine. The 16-mile loop provides a gentle introduction to road biking on low-traffic roads through rolling farmland with a view of Ripley Pond. The 31-mile loop includes a visit to Dexter and Wassookeag Lake. The 47-mile loop goes through the towns of Sangerville, Guilford, and Cambridge.

The pleasant 56-mile ride takes cyclists through portions of three Maine counties: Piscataquis, Somerset, and Penobscot. The loop includes the communities of Dexter, Dover-Foxcroft, Guilford, and Cambridge. Access to these communities is easy because of the well-maintained highways and rural roads.

Special features: Historic and friendly communities of St. Albans, Dexter, Dover-Foxcroft, and Guilford; mountain scenery, scenic lakes and rivers, and potato farms

Road conditions: Generally good; some shoulders; some broken pavement, short gravel section, uneven surfaces, and soft shoulders

Cautions: Moderate traffic. Some roads have no shoulders.

Starting point: Rides originate at the Indian Lake Dam parking area in the village of St. Albans, just east of the intersections of ME 152/23 and ME 43. From I-95, take Exit 150 in Pittsfield and follow ME 152 through Hartland to St. Albans and the start of the tour.

There are no bike shops located along this tour.

See p. 10 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: St. Albans: Indian Lake Dam parking area 0.1 mi east of ME 152 on ME 43

At	Go	Onto	For	Travel Information
16-mile ride				
0.0	L	ME 43 (Corinna Rd)	1.7	Convenience store
1.7	L	Dexter Rd	2.2	Rough road, no shoulder
3.9	L	Ripley Rd	2.0	Good road, no shoulder
5.9	BR	Ripley Rd (unmarked)	0.4	
6.3	BL	Water St (unmarked)	1.4	
7.7	L	ME 23/154 (West Ripley Rd)	2.7	At stop sign
10.4	L	ME 23/152	5.2	
15.6	L	ME 43 (Corinna Rd)	0.1	
15.7	L	Indian Lake Dam parking area		End of Ride
31-mile ride				
0.0	L	ME 43 (Corinna Rd)	1.7	Convenience store
1.7	L	Dexter Rd	2.2	Rough road, no shoulder
3.9	S	Dexter Rd	2.0	
5.9	BL	Nelson Rd	7.1	Road name changes to Fisher Rd, and finally Railroad Ave in Dexter.
13.0	BR	Main St (ME 23)	0.6	
13.6	L	ME 23/7	0.2	Services available in Dexter.
13.8	L	ME 23	1.6	
15.4	L	Cambridge Rd	2.3	
17.7	BR	Chandler Hill Rd	4.6	Becomes Dexter Rd
22.3	L	Goose Flat Rd	1.1	
23.4	L	ME 152	7.9	
31.3	L	ME 43 (Corinna Rd)	0.1	
31.4	L	Indian Lake Dam parking area		End of Ride
47-mile ride				
<i>Continues from mile 13.8 above</i>				
13.8	L	ME 23	10.8	Services available in Dexter except bicycle repair.
24.6	L	Pleasant Ave	1.4	Pleasant Ave in Sangerville becomes Hudson Ave in Guilford. Services available in Guilford.
26.0	L	ME 150	11.6	
37.6	L	ME 152 (Ripley Rd)	9.2	Go through Cambridge Village. ME 152 bears left at top of hill. Stay on ME 152 to St. Albans. Convenience store.
46.8	L	ME 43 (Corinna Rd)	0.1	
46.9	L	Indian Lake Dam parking area		End of Ride
56-mile ride				
<i>Continues from mile 13.8 above</i>				
13.8	S	ME 7	6.2	Services available in Dexter. Shoulder on ME 7.
20.0	L	Shaw Rd	1.8	In 0.7 mi, road changes to gravel
21.8	BR	Line Rd (unmarked)	1.6	Gravel road
23.4	R	Starbird Siding Rd (unmarked)	0.7	
24.1	L	ME 7	3.0	Rough sections, no shoulder
27.1	L	Pine St	6.5	Stay on ME 7 for services in Dover-Foxcroft in 0.1 mi. Pine St becomes Douty Hill Rd.
33.6	S	Pleasant Ave	1.4	Pleasant Ave in Sangerville becomes Hudson Ave in Guilford. Services available in Guilford.
35.0	L	ME 150	11.6	
46.6	L	ME 152 (Ripley Rd)	9.2	Go through Cambridge Village. ME 152 bears left at top of hill. Stay on ME 152 to St. Albans. Convenience store.
55.8	L	ME 43 (Corinna Rd)	0.1	
55.9	L	Indian Lake Dam parking area		End of Ride

