Cycle Your Way - Explore Maine Rides

Please join our virtual community of trekkers and volunteers and head outside to one of the many scenic cycling adventures throughout Maine, New Hampshire and Massachusetts (while following CDC guidelines) anytime between now and June 30.

Though our actual event has changed, your support is even more critical in raising funds for COVID-19 research and other lung diseases that affect our communities.

Get outside, enjoy these routes and explore Maine (and beyond) as you Cycle Your Way.

Disclaimer:

The Maine Bicycle tours are published by the Maine Department of Transportation (MaineDOT) as an aid to bicyclists. All routes shown on these tours are on regular state and local roads used by automobiles, trucks, buses and other motorized vehicles. The MaineDOT in no way warrants the safety or suitability of the routes indicated on these tours for shared bicycle/motor vehicle use or for use by young and/ or inexperienced riders. Bicyclists assume the risk for their own safety at all times when traveling on the indicated routes. The routes have been selected by experienced bicyclists as scenic routes and inclusion of a tour in the book does not indicate that the roads are in good condition or currently or ever will have paved shoulders. Although the Maine DOT has made a reasonable effort to ensure that the information contained in this guide is correct as of the date of publication, the actual conditions riders encounter may vary, and the Department in no way warrants its accuracy. MaineDOT assumes no liability for personal injuries or property damage suffered by bicyclists. Mileage readings may vary. We recommend you carry a detailed map of the area with you since cell services may vary or be non-existent.

Difficulty level rankings for routes are indicated to help as you plan your cycling adventure:

All Levels (beginner friendly)

Intermediate

Advanced (more appropriate for experienced riders)

TREK ACROSS MAINE ROUTES

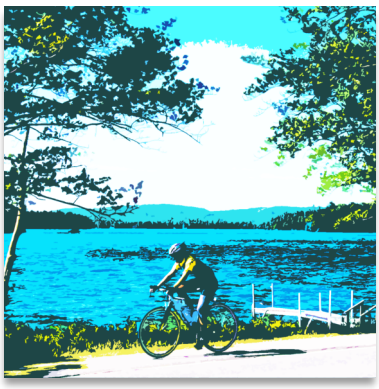
These routes are what we would be traveling if an in-person Trek were taking place. We can't wait to explore these roads together in 2022! All routes are suitable for beginners.

Day 1: Brunswick to Lewiston

Day 2: Lewiston to Waterville

Day 3: Waterville to Brunswick

Day 2 (alternate): Colby Loop - Waterville



SOUTHERN COAST + MAINE BEACHES

21 Mile Loop
Route travels through the historic villages of Kennebunk and Kennebunkport. Click here for map overview and more highlights!

34 Mile Loop
Route travels down portions of Ocean Avenue along the coast of Kennebunkport. Click here for map overview and more highlights!

49 Mile Loop
Route passes by numerous beaches, museums and historic sites which will be especially appealing to sun worshippers and history buffs. Click here for map overview and more highlights!

TRAVEL + ACCOMMODATIONS

Amtrak Downeaster:
Daily train service between Portland and Boston. Wells Station is the closest boarding point to these cycling routes.

Kennebunk Chamber of Commerce:
Contact for info on lodging or local attractions.

Wells Chamber of Commerce:
Contact for info on lodging or local attractions.

PORTLAND + CAPE ELIZABETH - LIGHTHOUSES

Both routes have three options for starting point and include views or ride throughs of Two Lights State Park, Portland Head Light and Spring Point Light. Click here for map overview and more highlights!

22+ Mile Loop

30+ Mile Loop

TRAVEL + ACCOMMODATIONS

Amtrak Downeaster:
Take the train or bus to the Portland Transportation Center or park your car there at an inexpensive daily rate.

Visit Maine - Cape Elizabeth:
Find more info on lodging, dining and other local attractions.

Join our Trek Across Maine Strava Club!
See where you land on the club leaderboard each week, share photos or routes from your rides, and engage with other trekkers throughout the riding season!
Strava.com/clubs/trekacrossmaine

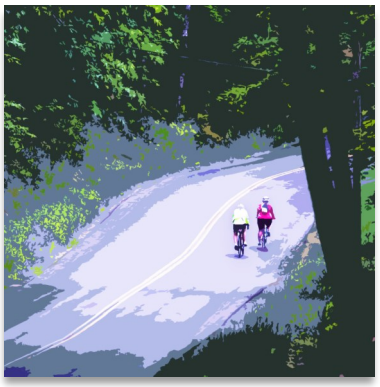
CENTRAL + MID-COAST MAINE

West Bath + Bath Route
19 Mile Loop

Brunswick, Bath + Richmond Route
43.9 Mile Loop

West Bath, Popham Beach + Bath Route
45.3 Mile Loop

WESTERN MAINE MOUNTAINS + LAKES



Bethel-Evans Notch Routes

14 Mile Loop - Songo Pond
Featuring gentle terrain with some hills. Short and mostly flat, enjoy a casual, forest filled ride. Click here for more highlights!

18 Mile Loop - Farm River
Featuring gentle terrain with some hills. Travel along the Androscoggin River with countryside views. Click here for more highlights!

33 Mile Loop - Covered Bridge Ride
Featuring moderate terrain with numerous hills. Visit one of the area's most famous landmarks, the Artists' Covered Bridge. Click here for more highlights!

67 Mile Loop - Evans Notch
Varied terrain with steep hills. Travel through the foothills of the White Mountains with beautiful views in spring, summer and fall. Click here for more highlights!

TRAVEL + ACCOMMODATIONS

Bethel Chamber of Commerce:
Contact for info on lodging and local attractions.

UMF / Farmington

45 Mile Loop

55 Mile Loop - Vintage Trek Route
Starting and ending in Farmington, follow portions of the vintage Trek Across Maine route including riding along the Carrabassett River.

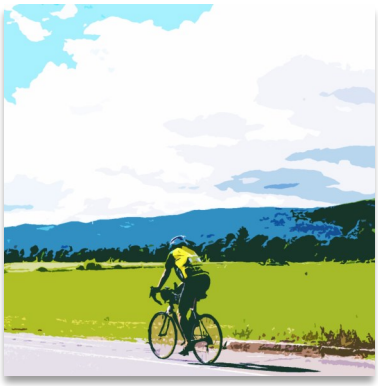
TRAVEL + ACCOMMODATIONS

Franklin County Chamber of Commerce
Contact for info on lodging and local attractions.

Share your ride!

We'd love to see what rides you choose to explore. Share a selfie along the route with us on social media using the hashtags: **#TrekME** and **#CycleYourWayTAM**

AROOSTOOK COUNTY



28 Mile Loop - Aroostook River Ride
Explore farm country north and west of Presque Isle. Moderate terrain with numerous hills. Click for more highlights!

50 Mile Loop - Potato Blossoms Ride
Visit in mid-summer for the beautiful views of pink and white potato blossoms. Challenging terrain. Click for more highlights!

TRAVEL + ACCOMMODATIONS

Maine Tourism - Aroostook County
Visit for info on lodging and local attractions.

NEW ENGLAND RIDES

Looking to take your riding exploration outside of Maine? Check out these suggested rides in New Hampshire and Massachusetts!

NEW HAMPSHIRE ROUTES

Portsmouth - Cycle the Seacoast
25 Mile Route
50 Mile Route
100 Mile Route

Lancaster, NH
10 Mile Route
30 Mile Route
95 Mile Route
102 Mile Route – Dixville Notch Century

Keene, NH (rides are suitable for all levels)
15 Mile Route- Covered Bridge Tour
39 Mile Route
45 Mile Route – Mt. Monadnock Loop

Massachusetts

Gloucester, MA
26 Mile Route
45 Mile Route – Greenbelt Gravel

Stockbridge, MA
18 Mile Route
33 Mile Route
44 Mile Route

American Lung Association | Trek Across Maine Cycle For Air

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