

# DAY 1

## 2023

|  | Miles      | Next Rest Stop | Day Total   |
|--|------------|----------------|-------------|
| <b>START - Thomas Point Beach and Campground</b> | <b>0.0</b> | <b>15.3</b>    | <b>0.0</b>  |
| Meadow Rd - Turn Right                           | 0.3        | 15.0           | 0.3         |
| Adams Rd - Turn Right                            | 0.1        | 14.9           | 0.4         |
| Bath Rd - Turn Right                             | 2.0        | 12.9           | 2.4         |
| New Meadows Rd - Turn Left                       | 0.5        | 12.4           | 2.9         |
| Old Brunswick Rd - Turn Left                     | 1.5        | 10.9           | 4.4         |
| Grover Ln - Turn Right                           | 3.1        | 7.8            | 7.5         |
| Adnroscoggin Bike Path - Continue Straight       | 0.2        | 7.6            | 7.7         |
| Water St - Continue Straight                     | 2.6        | 5.0            | 10.3        |
| Federal St - Continue Straight                   | 0.6        | 4.4            | 10.9        |
| Bath Rd - Continue Straight                      |            |                |             |
| Longfellow Ave - Turn Right                      | 1.0        | 3.4            | 11.9        |
| Columbia Ave - Continue Straight                 | 0.5        | 2.9            | 12.4        |
| Spring St - Turn Right                           | 0.1        | 2.8            | 12.5        |
| McKeen St - Turn Left                            | 0.3        | 2.5            | 12.8        |
| Church St - Turn Left                            | 1.3        | 1.2            | 14.1        |
| Woodside Rd - Bear Left                          | 0.4        | 0.8            | 14.5        |
| Pleasant Hill Rd - Turn Left                     | 0.6        | 0.2            | 15.1        |
| <b>REST STOP - Crystal Spring Farm</b>           | <b>0.2</b> | <b>13.6</b>    | <b>15.3</b> |
| Mere Point Rd - Turn Right                       | 1.2        | 12.4           | 16.5        |
| Rossmore Rd - Turn Right                         | 2.3        | 10.1           | 18.8        |
| Maquoit Rd - Turn Left                           | 1.0        | 9.1            | 19.8        |
| Woodside Rd - Turn Right                         | 0.8        | 8.3            | 20.6        |
| Bunganoc Rd - Turn Left                          | 0.5        | 7.8            | 21.1        |
| Flying Point Rd - Continue Straight              |            |                |             |
| Bow St - Continue Straight                       |            |                |             |
| US 1 (Main St) - Turn Left                       | 7.6        | 0.2            | 28.7        |
| <b>REST STOP - LL Bean</b>                       | <b>0.2</b> | <b>15.6</b>    | <b>28.9</b> |

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|--|------------|----------------|-------------|
| US 1 (Main St) - Turn Right                          | 0.4        | 15.2           | 29.3        |
| US 1 (Main St) - Turn Left                           | 1.2        | 14.0           | 30.5        |
| Old County Rd - Turn Right                           | 1.2        | 12.8           | 31.7        |
| Webster Rd - Turn Right                              | 0.6        | 12.2           | 32.3        |
| Desert Rd - Turn Left                                | 2.1        | 10.1           | 34.4        |
| Merrill Rd - Turn Right                              | 0.1        | 10.0           | 34.5        |
| Hunter Rd - Turn Left                                | 0.6        | 9.4            | 35.1        |
| Hodsdon Rd - Turn Right                              | 1.9        | 7.5            | 37.0        |
| Elmwood Rd - Turn Left                               | 0.7        | 6.8            | 37.7        |
| SR 9 (Hallowell Rd) - Turn Right                     | 0.3        | 6.5            | 38.0        |
| <b>REST STOP - Durham Community Center</b>           | <b>6.5</b> | <b>16.8</b>    | <b>44.5</b> |
| SR 9 (SR 136   Royalsborough Rd) - Turn Left         | 0.1        | 16.7           | 44.6        |
| SR 9 (Newell Brook Rd) - Turn Right                  | 0.4        | 16.3           | 45.0        |
| SR 9 (Canal St) - Turn Left                          | 3.7        | 12.6           | 48.7        |
| Lisbon St - Turn Left                                | 0.3        | 12.3           | 49.0        |
| Davis St - Turn Left                                 | 0.1        | 12.2           | 49.1        |
| Papermill Trail - Continue Straight                  | 0.4        | 11.8           | 49.5        |
| Cross Mill St - Stay on Trail                        |            |                |             |
| Upland Rd - Turn Left                                | 3.3        | 8.5            | 52.8        |
| Webster St - Turn Left                               | 0.6        | 7.9            | 53.4        |
| SR 196 (Lisbon St) - Turn Left                       | 0.1        | 7.8            | 53.5        |
| South Lisbon Rd - Turn Right                         | 2.7        | 5.1            | 56.2        |
| Old Lisbon Rd   Webster St - Turn Right              | 0.6        | 4.5            | 56.8        |
| East Ave   Pine St   Sebattus St - Continue Straight |            |                |             |
| Franklin St - Turn Right                             | 4.0        | 0.5            | 60.8        |
| Campus Ave - Turn Right                              | 0.3        | 0.2            | 61.1        |
| Central Ave - Turn Left                              | 0.0        | 0.2            | 61.1        |
| <b>FINISH - Bates College</b>                        | <b>0.2</b> | <b>0.0</b>     | <b>61.3</b> |

