

# DAY 1

## 2025

|  | Miles      | Next Rest Stop | Day Total   |
|--|------------|----------------|-------------|
| <b>START - Pineland Farms</b>              | <b>0.0</b> | <b>14.8</b>    | <b>0.0</b>  |
| Farm View Dr - Turn Left                   | 0.2        | 14.6           | 0.2         |
| Valley Farm Rd - Turn Right                | 0.0        | 14.6           | 0.2         |
| Rt 231 / Intervale Rd - Turn Right         | 0.9        | 13.7           | 1.1         |
| North Rd - Turn Left                       | 2.8        | 10.9           | 3.9         |
| Milliken Rd - Turn Left                    | 0.1        | 10.8           | 4.0         |
| West Pownal Rd - Turn Right                | 1.4        | 9.4            | 5.4         |
| Rt 9 - Bear Left, Continue on Mountfort Rd |            |                |             |
| Ledge Rd - Turn Left                       | 3.9        | 5.5            | 9.3         |
| Granite St - Turn Right                    | 0.5        | 5.0            | 9.8         |
| Old County Rd - Turn Left                  | 1.6        | 3.4            | 11.4        |
| Rt 1 - Turn Left                           | 1.5        | 1.9            | 12.9        |
| Desert Rd - Turn Right                     |            |                |             |
| <b>REST STOP - LL Bean</b>                 | <b>1.9</b> | <b>12.8</b>    | <b>14.8</b> |
| West St - Turn Right                       | 0.4        | 12.4           | 15.2        |
| South St - Turn Left                       | 0.4        | 12.0           | 15.6        |
| Bow St - Turn Right                        | 0.3        | 11.7           | 15.9        |
| Pleasant Hill Rd - Turn Left               | 1.3        | 10.4           | 17.2        |
| Casco/Church Rd - Continue Straight        |            |                |             |
| Maine St - Turn Left                       | 6.2        | 4.2            | 23.4        |
| Longfellow Ave - Turn Right                | 0.7        | 3.5            | 24.1        |
| Rt 123/Harpswell Rd - Turn Left            | 0.5        | 3.0            | 24.6        |
| Androscoggin Bike Path                     | 1.6        | 1.4            | 26.2        |
| Pathway Access - Turn Right                | 0.3        | 1.1            | 26.5        |
| Elm St - Turn Right                        | 0.6        | 0.5            | 27.1        |
| Forside Rd - Turn Right                    | 0.1        | 0.4            | 27.2        |
| <b>REST STOP - Topsham Rec</b>             | <b>0.4</b> | <b>15.2</b>    | <b>27.6</b> |
| Brookside Dr - Turn Left                   | 0.9        | 14.3           | 28.5        |
| Arbor Ave - Turn Right                     | 1.1        | 13.2           | 29.6        |

|                                       | Miles      | Next Rest Stop | Day Total   |
|---------------------------------------|------------|----------------|-------------|
| Rt 24/Middlesex Rd - Turn Left        | 0.1        | 13.1           | 29.7        |
| Bypass Dr - Turn Right                | 0.3        | 12.8           | 30.0        |
| Rt 196 - Turn Right                   | 0.1        | 12.7           | 30.1        |
| Rt 201/Main St - Turn Right           | 1.3        | 11.4           | 31.4        |
| Meadow Rd - Turn Left                 | 1.2        | 10.2           | 32.6        |
| Meadow Cross Rd - Turn Left           | 2.0        | 8.2            | 34.6        |
| Rt 196/Lewiston Rd - Turn Right       | 2.1        | 6.1            | 36.7        |
| Summer St - Turn Right                | 3.7        | 2.4            | 40.4        |
| Edgecomb Rd - Turn Left               | 1.2        | 1.2            | 41.6        |
| Rt 125/Main St - Turn Left            | 0.4        | 0.8            | 42.0        |
| South St - Turn Right                 | 0.6        | 0.2            | 42.6        |
| Addison St - Turn Left                | 0.1        | 0.1            | 42.7        |
| <b>REST STOP - Lisbon Rec</b>         | <b>0.1</b> | <b>12.6</b>    | <b>42.8</b> |
| School St - Turn Left                 | 0.1        | 12.5           | 42.9        |
| Rt 125/Main St - Turn Right           | 0.1        | 12.4           | 43.0        |
| Union St - Turn Right                 | 0.2        | 12.2           | 43.2        |
| Rt 9/Lisbon St - Turn Left            | 0.1        | 12.1           | 43.3        |
| Davis St - Turn Right                 | 0.0        | 12.1           | 43.3        |
| Papermill Trail - Continue Straight   | 0.3        | 11.8           | 43.6        |
| Cross Mill St to stay on trail        |            |                |             |
| Upland Rd - Turn Left                 | 3.3        | 8.5            | 46.9        |
| Webster St - Turn Left                | 0.6        | 7.9            | 47.5        |
| Rt 196/Lisbon St - Turn Right         | 0.1        | 7.8            | 47.6        |
| South Lisbon Rd - Turn Right          | 2.7        | 5.1            | 50.3        |
| Old Lisbon Rd/Webster St - Turn Right | 0.6        | 4.5            | 50.9        |
| Franklin St - Turn Right              | 4.0        | 0.5            | 54.9        |
| Campus Ave - Turn Right               | 0.3        | 0.2            | 55.2        |
| Central Ave - Turn Left               | 0.0        | 0.2            | 55.2        |
| <b>FINISH - Bates College</b>         | <b>0.2</b> | <b>0.0</b>     | <b>55.4</b> |

