

## Section 2. Maine East Coast Greenway: Casco Bay Route South Portland/Portland to Brunswick

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The Maine East Coast Greenway is the Maine portion of the vision for an ‘Urban Appalachian Trail’ extending over 2,600 miles from Key West, Florida to Calais, Maine. In Maine, it is a bicycle route that is mainly on existing roads with a few off-road paths included where possible.

The Maine East Coast Greenway has been divided into five distinct sections to aid in trip development and planning:

- Section 1. Kittery to South Portland: Eastern Trail (77 miles)
- Section 2. South Portland/Portland to Brunswick: Casco Bay Route (35 miles)
- Section 3A. Brunswick to Ellsworth via Belfast: Coastal Route (198 miles)
- Section 3B. Brunswick to Ellsworth via Bangor: River Route (177 miles)
- Section 4. Ellsworth to Calais: Downeast Trail (138 miles).

Section 2 connects South Portland and Portland, to Brunswick. Portland is Maine’s largest city and offers a full range of cultural and historical attractions. The Eastern Promenade Trail extends for over 2 miles along Portland’s waterfront offering spectacular views of Portland Harbor. Visit Portland Trail’s website at [www.trails.org](http://www.trails.org) for more information.

This pleasant 35 mile ride takes cyclists from Portland's historic waterfront to nearby suburban towns that include Falmouth, Yarmouth, Freeport and Brunswick and the quiet countryside along Maine's coastline. The coastline offers gorgeous views of Maine's rocky coast, history, a bird sanctuary, seaside camps and Wolfe's Neck Woods State Park. The route ends at the new Androscoggin River Pathway in Brunswick.

**Special Features:** Views of Casco Bay, Portland’s Old Port, Mussel Cove, Broad Cove, Royal River, Harraseeket River and Maquoit Bay; DeLorme and L.L. Bean; and Audubon Mast Landing Sanctuary.

**Road Conditions:** Generally good; however, some broken pavement, dirt and uneven surfaces and soft shoulders.

**Services:** Bike shops on the route; Cycle Mania, Portland, 207-774-2933; Falmouth Recumbent, 781-4637; L.L. Bean, Freeport, 207-865-4761; and Center Street Cycles, Brunswick, 207-729-5309.

Bike shops located off the route but in the area: Allspeed Bicycle, Portland, 878-8741; Back Bay Bicycle, Portland, 773-6906; Ernie’s Cycle Shop, Westbrook, 854-4090; Gorham Bike and Ski, Portland, 773-1700; Haggett’s Cycle, Portland, 773-5117; Play It Again Sports, Portland, 773-6063.

**LEGEND.** **!**: Important tour directions. **CS**: Convenience store. **I**: Information, tour services.

**A**: Accommodations, non-camping. **C**: Camping location. **R**: Restaurant. **S**: Scenery.

**ATM**: Automatic teller machine location. **HX**: Historic interest site. **H**: Hiking trailhead/crossing.

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Maine Tourist Information Center on Route 1 Yarmouth. For attractions and accommodations contact: Convention and Visitors Bureau of Greater Portland, 207-772-5800; Greater Portland Chambers of Commerce, 207-772-2811; Yarmouth Chamber of Commerce located at 158 Main Street, Yarmouth, ME 04096, 207- 846-3984, Freeport Merchants Association located at 23 Depot Road, Freeport, ME 04032, 207-865-1212 or Bath-Brunswick Region Chamber of Commerce, 59 Pleasant Street, Brunswick, ME 04011, 207-725-8797.

**Cautions:** Moderate traffic and narrow roads.

**Starting Point:** Ride originates from intersection of Broadway and Casco Bay Bridge in South Portland. Alternate starting points include the Eastern Promenade Trail at the corner of Commercial and India Streets (limited non-metered street parking or parking lots); Marginal Way Park and Ride Lot, corner of Marginal Way and Franklin Street (Exit 7 off I-295 in Portland) where overnight parking is available.

**Please note:** The Maine Bicycle Tours are published by the Maine Department of Transportation (MDOT) 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 MDOT in no way warrants the safety and suitability of routes indicated on these tours for shared bicycle/motor vehicle use or for use by young or inexperienced cyclists. Bicyclists assume the risk for their own safety at all times when traveling on the indicated routes.

Although the MDOT 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 cyclists encounter may vary and the MDOT in no way warrants its accuracy. MDOT assumes no liability for personal injuries or property damage suffered by cyclists.

Mileage readings may vary. We recommend you carry a detailed map of the area with you. All roads on this bike tour can be found in the Maine Atlas and Gazetteer from DeLorme Mapping Co. ([www.delorme.com](http://www.delorme.com)).

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!	0.0	<b>The tour begins on east side of the intersection of Route 77/Broadway and Casco Bay Bridge in South Portland. Continue on the Casco Bay Bridge/Route 77 across Portland Harbor and the Fore River. Take bridge 1.2 miles to York Street.</b> There are shoulders on the bridge; bicycles are not permitted on the bridge sidewalk.
!	1.2	<b>Off the bridge, bear right onto York Street and go 0.2 mile to High Street.</b> <i>Entering Portland, Maine's largest city and cultural center.</i>
!	1.4	<b>Turn right onto High Street, go 0.1 mile to Commercial Street. Caution:</b> Commercial Street and High Street intersection is very busy with poor sight lines.
!  T (Amtrak and intercity bus)   Airport	1.5	<b>Turn left onto Commercial Street, follow 0.8 mile to India Street/Eastern Promenade Trail. Caution:</b> Commercial Street has heavy automobile/truck traffic and pedestrian volumes.  <b>Amtrak connection and intercity bus service:</b> Turn right onto Commercial Street. Follow to Veteran's Circle (traffic circle). Half way around traffic circle, bear right onto St. John Street. At the traffic light, Vermont Transit offers intercity and interstate bus service. Go straight through traffic light (Congress Street) to Park Avenue. Turn left onto Park Avenue (one way) where it rejoins Congress Street (two way). Look for signs for the Amtrak station at the next traffic light. Turn left to the Amtrak train station. Concord Trailways also offers intercity/interstate bus service from the station.  The Portland International Jetport can also be reached from Congress Street. Continue straight instead of turning at train station entrance. Turn left at signs for Jetport.
CS,I,RS, ATM, HX		This is Portland's Old Port area; services include bicycle shop, restaurants, shops, ATM's, and ferry service. <i>OPTION: At intersection with Franklin Street Arterial, the Casco Bay Island Transit District offers regular ferry service runs to several Casco Bay Islands where relaxed cycling is available on low volume island roads. Call 774-7871 for ferry schedule information.</i>

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<p>!,H,R  BS</p>	<p>2.3</p>	<p><b>At the intersection of Commercial Street and India Street is the head of Portland’s Eastern Promenade Trail.</b> <i>This is one of Maine’s premier shared use paths. There are spectacular views of Casco Bay including Fort Gorges in the middle of the harbor, commissioned during the Civil War to protect the harbor.</i> For a full service bicycle shop, turn left on India Street; go four blocks to Federal Street to reach Cycle Mania, 774-2933, at 59 Federal Street; a coffee shop, pub, restaurant and sandwich shops are also located on India Street. <b>Continue on trail for 2.1 miles to junction with Marginal Way and path under Tukey’s Bridge.</b></p>
<p>!, BS, S,HX</p>	<p>2.8</p>	<p><i>The Narrow Gauge Railroad Museum is located on the left and offers train rides alongside the trail. The museum is located in the Portland Yacht Services complex.</i></p>
<p>!, S</p>	<p>4.4</p>	<p><b>Turn right on pathway crossing under Tukeys Bridge. After passing under the bridge, take a left at fork in trail to cross over Tukey’s Bridge, for 0.4 miles. Views of Back Cove and Casco Bay. See map below.</b> <b>Caution:</b> Watch for runners and walkers on Tukey’s Bridge.</p>
<p>!,S</p>	<p>4.8</p>	<p><b>Cross Tukey’s Bridge on the Back Cove Trail and bear left off the trail after the bridge toward Baxter Boulevard. At first curb cut, turn right off of trail onto Baxter Boulevard. Turn immediately left on Bates Street and go through the intersection of Veranda Street and Washington Street, for 0.9 miles.</b> <b>Caution:</b> High speed traffic off of I-295 at left turn onto Bates Street. <i>OPTION: For great views of Portland’s Back Cove, continue on the Back Cove Trail to complete entire 3.5 mile loop before continuing north on the East Coast Greenway (shown as dotted line on map below).</i></p>

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!, S	5.7	<p><b>Follow Veranda Street for 1.5 miles to Route 1. Caution:</b> High speed traffic merging to one lane from I-295 where Veranda Street joins Route 1 at off-ramp. <b>Cross over Martin’s Point Bridge into Falmouth.</b>  <i>View of Presumpscot River and Mackworth Island.</i></p>
!, OPTION R,ATM, A OPTION	7.2	<p><b>Follow Route 1 for 1.3 miles until reaching Route 88.</b> Paved shoulder.  <i>OPTION: Turn right at the sign for Baxter School for the Deaf, 0.4 miles north of Martin’s Point Bridge. Footpath circles the island, once the summer home of Gov. Percival Baxter of Baxter State Park fame.</i>  <i>Enter the Town of Falmouth, settled in the 1600’s and once covering the areas of Westbrook, Cape Elizabeth, South Portland, Portland and Falmouth.</i>  <i>OPTION: Bear left, continuing on Route 1 for 0.5 miles, for Falmouth services including restaurants, lodging, banks and shops. Turn right on Depot Road to Route 88 to rejoin tour.</i></p>
R	8.0	<p><i>Falmouth Sea Grill restaurant.</i></p>
!, CS	8.5	<p><b>Bear right onto Route 88 (designated Bike Route with paved shoulder). Follow Route 88 for 2.5 miles through Falmouth Foreside to Tuttle Road.</b> <i>Town Landing Market on right.</i>  <b>Caution:</b> Paved shoulder ends at Cumberland Town line.</p>
!	11.0	<p><b>Turn left onto Tuttle Road crossing over Interstate 95. Continue 0.3 miles to Middle Road.</b></p>
!	11.3	<p><b>Turn right onto Middle Road, follow for 1.0 mile toward the Yarmouth Town Line.</b></p>

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!	12.3	Near the Yarmouth Town Line bear right (West Elm Street is on the left), remaining on Middle Road. Continue on Middle Road for 0.7 miles to Route 1. Route becomes Portland Street in Yarmouth.
!, CS, R, A, ATM, I	13.0	Portland Street intersects with Route 1 (lighted intersection). Turn left before Route 1 onto the scenic Beth Condon Pathway and follow for 2.1 miles to Main Street. The Beth Condon Pathway parallels Route 1 on the west side. <b>Caution:</b> Use care crossing the many intersecting driveways along the pathway. Entering the village of Yarmouth. <i>Many choices for accommodations, food and banking. Contact Yarmouth Chamber of Commerce, 207-846-3984.</i>
	15.1	Turn right on Main Street and go 0.1 miles to Bridge Street.
!	15.2	Turn left on Bridge Street, follow for 0.2 miles to Willow Street.
!	15.4	Turn right on Willow Street, follow for 0.2 miles to East Main Street.
!	15.6	Turn right on East Main Street, follow for 0.1 miles to Spring Street.
!	15.7	Turn left on Spring Street/Route 88 and continue 0.6 miles to Route 1.
!, CS	16.3	Turn right on Route 1, follow for 1.6 miles to South Freeport Road. <b>Caution:</b> Use caution where Route 1 passes under I-95 – high traffic with many turning movements. The headquarters for Delorme Map Company, home of Eartha (the world’s largest globe), is located just south of the Yarmouth Tourist Information Center. <i>Several convenience stores near this intersection.</i>
R, S, I,A	16.8	<i>State of Maine Tourist Information Center located on the left side of Route 1 (restrooms and water available). Muddy Rudder restaurant nearby to the north. The Freeport Inn is also located in the area. Scenic view of a salt marsh and Cousins River.</i>
!, S, R	17.9	Turn right on South Freeport Road, continue for 3.3 miles to Lower Mast Landing Road. <i>Old World Gourmet and Deli &amp; Wine Shop located at this intersection. Large statue of a Native American figure.</i>
OPTION P,C	18.6	<i>OPTION: Staples Point Road intersects South Freeport Road on the right. Staples Point Road leads to Winslow Park approximately 1.6 miles to the south (camping is available).</i>
CS,R,S	19.6	<i>The Village Store Deli &amp; Provisions located off of South Freeport Road in South Freeport. The Harraseeket Lunch and Lobster is also located on the water in South Freeport, famous for its combination of seafood and water views.</i>

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!  OPTION  BS,ATM, R,A	21.2	<b>Turn sharply to the right onto Lower Mast Landing Road at the fork with South Street. Follow Lower Mast Landing Road for 1.1 miles to Flying Point Road.</b> <i>OPTION: Side Trip to L.L. Bean or L.L. Bean Bike Shop 207-865-4761 - Bear left on South Street and travel 1.0 mile to Bow Street, turn left and go 0.1 to L.L. Bean. The store is open 24 hours a day, seven days a week and carries a full line of all biking, clothing and outdoor gear. Freeport also has numerous outlet stores and all services and accommodations. To return back to the bike tour travel 0.8 miles on Bow Street to the intersection of Lower Mast Landing Road and Bow Street (note: Bow Street ends and Flying Point Road begins).</i>
!, I	22.3	<b>Turn right on Flying Point Road (Bow Street is to the left), follow for 0.7 miles to the intersection with Pleasant Hill Road.</b> <i>Maine Audubon Mast Landing - self-guided nature trail through softwood forest.</i>
!  Alt. Route	23.0	<b>Bear right onto Flying Point Road at the intersection with Pleasant Hill Road. Continue for 5 miles to intersection of Highland and Bunganuc Road.</b> <i>Alternate through route: Turn left on Pleasant Hill Road and travel 6.2 miles to Maine Street in Brunswick, passing the crossroads of Highland Road and Casco Road along the way.</i>
S, P OPTION	24.0	<i>OPTION: Turn right off Flying Point Road onto Wolfes Neck Road and travel 2 miles to Wolfe's Neck Woods State Park. Scenic views of Maquoit Bay and a great place to picnic.</i>
C, S	25.2	<i>Two campgrounds that include Recompence Shore and Flying Point are located to the right. Travel 1.2 miles on Burnett Road to Recompence Shore or turn left off of Burnett Road on Little Flying Point Road to access Flying Point.</i>
!	28.0	<b>Bear right on Bunganuc Road, follow for 1.6 miles to Woodside Road.</b>
!	29.6	<b>Take a sharp right on Woodside Road, continue for 0.6 miles to Wharton Point.</b>
S, P	30.2	<i>Great views of Maquoit Bay from boat launch area. Terrific place to rest or picnic. Try to arrive here when the tide is in.</i>
!, CS	30.2	<b>At Wharton Point bear left on Maquoit Road and continue 2.1 miles to intersection of Maquoit Road, Merepoint Road and Maine Street in Brunswick. Mid Coast Market on the left.</b>

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! HX,ATM ,R	32.3	<b>From the intersection of Maquoit Road, Merepoint Road and Maine Street continue on Maine Street towards downtown Brunswick for 0.9 miles to Upper Park Row.</b> <i>Parkview Hospital is on the right. Brunswick is the home to Bowdoin College and has many accommodations, services, food and banking. The Joshua Chamberlain house, home of the Civil War Hero, Maine Governor and President of Bowdoin College, is located at 226 Maine Street; call 729-6606 for more information. Contacts include Bath-Brunswick Region Chamber of Commerce 207-725-8797 and Center Street Cycles in Brunswick 207-725-5309.</i>
! HX	33.2	<b>Turn sharply to the right onto Upper Park Row (this street will parallel Maine Street) for 0.3 miles to College Street.</b> <i>The Pejepscot Historical Society is located on Park Row and operates three living museums including the Joshua Chamberlain Museum; call 729-6606 for more information or visit <a href="http://www.curtislibrary.com/pejepscot/pejepscot.htm">www.curtislibrary.com/pejepscot/pejepscot.htm</a>.</i>
!, S	33.5	<b>Turn right on College Street and go 0.3 miles to Route 123/Sills Drive.</b> <i>Scenic views of the Bowdoin College campus.</i>
!	33.8	<b>Turn left on Route 123 (Sills Drive) and go 0.3 miles to intersection of Route 123/24.</b>
! BS	34.1	<b>Cross the intersection of Route 123 and Route 24 and continue on Federal Street to Route 1 for 0.5 miles. Go straight through the intersection onto Water Street.</b> <i>Center Street Cycles is located to the left before getting to Route 1.</i>
!, S	34.6	<b>Continue on Water Street for 0.6 miles to the trailhead of the Androscoggin River Pathway.</b> <i>Scenic views of the Androscoggin River.</i>
	35.2	<b>Trailhead of the Androscoggin River Pathway. End of tour.</b> <i>Parking available. Two Maine East Coast Greenway Tours -- the Coastal Route (Section 3A) and the River Route (Section 3B) -- begin here.</i>

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