

Section 3A. Maine East Coast Greenway: Coastal Route Brunswick to Ellsworth

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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 3A extends from Brunswick to Ellsworth. This 198 mile ride takes cyclists from Midcoast Maine to Downeast Maine. The coastal route offers gorgeous views of Maine's rocky coast, historical sites and a glimpse of coastal living.

Special Features: View of Maine's Rocky Coast, historic seaports and coastal towns; Maine towns and villages showcasing Maine's maritime past and present.

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

Services: Bike shops on the route: Center Street Cycles, Brunswick, 729-5309; Bath Cycle & Ski, Woolwich 207-442-7002; Brown Dog Bikes, Camden, 207-236-6664; Solar Cycles, Belfast, 338-6338; Birgfeld's Bicycle and Skate Shop, Searsport, 207-548-2916; Bar Harbor Bicycle Shop, 667-3886, Ellsworth.

Bike shops off the route: Maine Sport Outfitters, Route 1, Rockport, 1-800-244-8799.

For accommodations contact Bath-Brunswick Region Chamber of Commerce, 59 Pleasant Street, Brunswick, ME 04011, 207-725-8797; Bath Chamber of Commerce, 45 Front Street, Bath, ME 04530, 207-443-9751; Damariscotta Region Chamber of Commerce, Courtyard Street, Damariscotta, ME 04543, 207-563-8340; Rockland-Thomaston Area, P.O. Box 508, Rockland, ME 04841, 207-596-0376; Camden Chamber of Commerce, Commercial Street, Camden, ME 04843, 207-236-4404; Belfast Chamber of Commerce, 17 Main Street, Belfast, ME 04915, 207-338-5900; Searsport area,

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

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www.searsportme.com; Bucksport Chamber of Commerce, 1263 Main Street, Bucksport, ME, 207-469-6818; and Ellsworth Chamber of Commerce, 163 High Street, Ellsworth, ME 207-667-5584.

For historical information contact Lincoln County Historical Association, Federal Street, Wiscasset, ME 04578, 207-882-6817.

Cautions: Moderate traffic and narrow roads.

Starting Point: Ride originates from west end of the Androscoggin River Pathway off Water Street in downtown Brunswick. 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).

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!	0.0	The route begins at the trailhead of the Androscoggin River Pathway at the end of Water Street in downtown Brunswick. If you are beginning your trip here, Brunswick offers all services and accommodations available including a bike shop (Center Street Cycles, 729-5309). The Maine East Coast Greenway: River Route (Section 3B) also begins here but goes across the river to Topsham. Follow the path for 2.5 miles along the Androscoggin River. The trail ends at Grover Lane.
!, S	2.5	Continue on Grover Lane for 0.1 miles to Old Bath Road.
!	2.6	Turn left on Old Bath Road and continue for 3.2 miles to the point where Old Bath Road becomes the Old Brunswick Road.
!	5.8	Continue on Old Brunswick Road for 0.8 miles to Whiskeag Creek. Caution: No shoulders and moderate traffic.
!	6.6	Cross Whiskeag Creek and continue on Old Brunswick Road for 0.9 miles.
!, CS	7.5	Bear right onto Oak Grove Avenue and turn left on North Street, continue 0.6 miles to Front Street. <i>Puffin Stop Grocery at this intersection. Enter downtown Bath.</i>
!, CS, I, A, R, ATM OPTION HX	8.1	Take a right on Front Street, go 0.1 miles to Commercial Street. <i>Numerous shops, restaurants, banks and convenience stores along Front Street.</i> <i>OPTION: Continue on North Street 0.5 miles to Washington Street. Turn right on Washington Street and follow for 1.4 miles to the Maine Maritime Museum, 243 Washington Avenue, 207-443-1316. The museum documents Bath's and Maine's rich maritime and shipbuilding heritage, 443-1316 or www.bathmaine.com.</i>
!, S, P, A	8.2	Turn left on Commercial Street, continue 0.4 miles to Lambard Street. <i>Scenic view of the Kennebec River and Bath Iron Works, one of the nation's largest builders of naval ships. Picnic area located along waterfront. For accommodations in Bath contact Bath Chamber of Commerce at 207-443-9751.</i>
!	8.6	Turn right on Lambard Street, go 0.1 miles to Front Street.
!	8.7	Turn left on Front Street and bear right onto Vine Street. Follow Vine Street 0.2 miles to Creamer Way.
!	8.9	Turn left on Creamer Way, located underneath the Route 1 Overpass. Creamer Way leads to the Sagadahoc Bridge (Route 1) bike lane. Follow bike lane 1.0 mile across the Sagadahoc Bridge and into Woolwich.

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!, CS BS	9.9	Soon after the end of bridge past the Texaco Station at the bottom of the hill, turn right onto pedestrian underpass under Route 1. Walk/bicycle on sidewalk a short distance to Route 127 and turn left. (Cumberland Farms here.) Follow Route 127 1.9 miles to Route 128. Caution: High traffic volumes on Route 127. <i>To get to Bath Cycle & Ski, continue straight on Route 1 at end of bridge for 0.1 miles, 207-442-7002.</i> Note: For southbound travelers, turn right from Route 127 onto Route 1 and continue across Sagadahoc Bridge without using pedestrian underpass (shoulder on bridge).
!, S	11.8	Turn left on Route 128, continue 0.7 miles to Old Stage Road. Enter Days Ferry, a historic village with excellent views of the Kennebec River.
!	12.5	Turn sharply to the right on Old Stage Road, follow 1.7 miles to Route 127.
!	14.2	Turn left on Route 127, continue 0.1 miles to Old Stage Road.
!, S	14.3	Turn right on Old Stage Road, follow for 3.6 miles to Mountain Road. <i>Scenic view of Nequasset Lake.</i>
!	17.9	Turn left on Mountain Road, go 1.9 miles to intersection with Lowell Town Road.
!	19.8	Bear right at the intersection with Lowell Town Road, continuing for 0.4 miles to Rumerill Road.
!	20.2	Turn left on Rumerill Road, follow for 0.7 miles to Willow Road.
!	20.9	Turn right on Willow Road, follow for 1.3 miles to Churchill Street.
!	22.2	Turn left on Churchill Street and proceed 0.1 miles to Route 27.
!, CS OPTION ATM,A, R,HX	22.3	Cross Route 27 and continue on Hooper Street. Follow Hooper Street 0.3 miles to Route 218 (Federal Street). <i>Irving Mainway located at this intersection.</i> <i>OPTION: Turn right to enter Wiscasset, with a historic downtown and historic jail. For more information contact Lincoln County Historical Association 207-882-6817. Most services available here including accommodations, restaurants and banking.</i>
! S	22.6	Turn left on Route 218 (Federal Street), proceed 4.0 miles to Sheepscot Road.
!, S	27.0	Turn right on Cross Road. Railway Museum at this intersection. Continue 1.0 mile to Sheepscot Village and River. <i>Scenic Sheepscot Village. The village is home to the Sheepscot Reversing Falls.</i>

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!	28.0	Bear sharp right on Sheepscoot Road and continue 3.0 miles to Route 1.
!	31.0	Turn left on Route 1, go 0.6 mile to River Road. Route 1 has wide paved shoulders here.
CS	30.9	<i>Mike's Place convenience store on the left.</i>
!, S	31.6	Turn right (road becomes River Road in ¼ mile), enter Newcastle village and follow 0.8 miles to Route 1B. <i>Scenic views of the Damariscotta River. Enter Newcastle.</i>
!, A, I, R, ATM HX	32.4	Bear right on Route 1B and continue 0.9 miles to Route 130/129. Enter Damariscotta. Many choices for accommodations, food and banking. Contact Damariscotta Chamber of Commerce at 207-563-8340.
!, ATM CS, R OPTION	33.3	Turn right on Route 130/129. <i>OPTION: Alternate through route (3.7 miles) - continue on Route 1B and turn right at lighted intersection on Biscay Road. There will be a McDonald's Restaurant and Puffin Stop convenience store at this intersection. Continue on Biscay Road until you intersect Turner Road and mile 64.7 of the Bike Tour. The main route (using Route 130/129) goes to Pemaquid Point, one of Maine's most scenic lighthouses.</i> Follow 2.9 miles to a split of Routes 130/129. Caution: This section of Route 130 has no paved shoulder and moderate traffic.
!, CS	36.2	Bear right on Route 129 at the split of Routes 130/129. Continue on Route 129 for 5.1 miles to Pemaquid Road. Paved shoulders.
!	41.3	Turn left on Pemaquid Road (which turns into Harrington Road) and continue 2.8 miles to Route 130.
S, P, HX,,C,A	44.1	Bear right on Route 130, follow for 5.1 miles south to Pemaquid Light House. <i>Great picnic area and scenic views of the Atlantic Ocean and Maine's Rocky Coast. Fisherman's Museum. Fort William Henry. Sherwood Forest Campsite, 1-800-274-1593.</i> Retrace route until Boyd Pond Road/Route 130 intersection (5.1 miles).
	54.3	Turn right onto Old County Rd. (Boyd Pond Road in DeLorme Atlas), continuing for 3.5 miles to Lower Round Pond Road.
	57.8	Bear left onto Lower Round Pond Road, continuing for 1.2 miles to Route 130.
	59.0	Turn right on Route 130, continuing for 0.5 miles to Benner Town Road. Enter Bristol.
!	59.5	Turn right on Benner Town Road (which becomes Lessner Road), follow for 5.2 miles to Biscay Road.
!, S	64.7	Turn right on Biscay Road, continue for 0.5 miles to Turner Rd.

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!	65.2	Turn left on Turner Rd. and follow for 3.5 miles to Rt. 32. <i>Scenic views of Biscay, McCurdy and Pemaquid Ponds.</i>
!	68.7	Turn left on Route 32, go 0.4 miles to Nobleboro Road. Caution: No shoulder and moderate traffic.
!	69.1	Turn left onto Nobleboro Road (near Broad Cove), continue 2.2 miles to intersection.
!	71.3	Nobleboro Road ends and Duck Puddle Road begins. Follow Duck Puddle Road 1.4 miles to intersection.
!, C	72.7	Bear right, continue on Duck Puddle Road 1.2 miles to Winslow Hill Road. <i>Duck Puddle Campground, 207-563-5608. Bear left at intersection, go 0.2 miles, turn right and go 0.2 miles.</i>
!	73.9	Turn right on Winslow Hill Road, go 0.4 miles to Route 1.
!	74.3	Turn right on Route 1, follow 2.4 miles to fork in the road. Wide paved shoulder.
!, CS,R, A	76.7	Bear right at fork in road and continue 1.7 miles to Route 220 in Waldoboro. Enter Waldoboro; wide variety of services available.
!, S	78.4	Turn right on Route 220, go 4.9 miles to Finntown Road. <i>Scenic view of Medomak River. Caution:</i> No shoulder and moderate traffic.
	83.3	Turn left on Finntown Road, go 1.4 miles to Dump Road.
	84.7	Turn right on Dump Road, continue 2.3 miles to Route 97.
	87.0	Dump Road ends at Route 97, Upper Cross Road begins. Continue on Upper Cross Road 5.2 miles to River Road. <i>Convenience store and public boat landing in downtown Cushing.</i>
!, CS, P, C	92.2	Upper Cross Road ends and River Road begins. Continue on River Road 2.0 miles to Water Street in Thomaston. <i>Saltwater Farm Campground on River Road, approximately 1 mile before Water Street, 207-354-6735.</i>
!	94.2	Turn right on Water Street, go 0.4 miles to Knox Street. Entering Thomaston, home of the Maine State Prison and the prison giftshop.
!	94.6	Turn left on Knox Street, go 0.4 miles to Route 1.
!, A, I, R, CS, ATM	95.0	Turn right onto Route 1, continue 0.6 miles to Route 131. <i>Many choices for accommodations, food and banking. Contact the Rockland-Thomaston Area Chamber of Commerce at 207-596-0376.</i>
!, S	95.6	Turn right onto Route 131, follow 5.4 miles to Route 73/Spruce Head Road in St. George. <i>Scenic views of the St. George River.</i>
!, CS	101.0	Turn left on Route 73/Spruce Head Road, continue 4.1 miles to Waterman Beach Road.

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!, C, S	105.1	Turn right on Waterman Beach Road, follow for 1.9 miles to Route 73. <i>Outstanding views and access to beaches and camping along Waterman Beach Road. Lobster Buoy Campsites, 207-594-7546.</i>
!	107.0	Turn right on Route 73, follow 2.0 miles to Dublin Road.
!	109.0	Turn right on Dublin Road, continue 2.1 miles to Ash Point.
! <i>Option</i>	111.1	Bear left at Ash Point, continue 1.1 miles to South Shore Road. <i>Turn right for Birch Point Beach.</i>
!, S	112.2	Turn right on South Shore Road, follow 2.4 miles to North Shore Road. <i>Scenic view of the Maine Coastline.</i>
!, CS, S <i>OPTION P</i>	114.6	South Shore Road ends and North Shore Road begins. <i>Convenience store located at this intersection.</i> <i>OPTION: Side trip to Owls Head Light (2 miles round-trip) - Turn right and follow signs to Owls Head Light. Scenic view of the Atlantic Ocean and Maine Coastline.</i> Follow North Shore Road 2.6 miles to Route 73.
!	117.2	Turn right on Route 73, follow 1.9 miles to Route 1.
!, A, I, R, CS, ATM, HX	119.1	Route 73 becomes Route 1. Continue straight on Route 1 through downtown Rockland 0.4 miles to Route 17 (note: this is a one-way street). Enter Rockland, a historic fishing village known for its galleries, art museums and the Lobster Festival. <i>Shore village Museum Coast Guard exhibit of lighthouse equipment. Many choices for accommodations, food and banking. Contact the Rockland-Thomaston Area Chamber of Commerce at 207-596-0376. The Maine State Ferry Service operates ferries to Vinalhaven.</i>
!	119.5	Turn left on Route 17, follow for 0.8 miles to intersection with Route 1A.
!	120.3	Turn left and continue on Route 17 for 2.5 miles to Rockville Street.
!	122.8	Turn right on Rockville Street, go 0.5 miles to South Street.
!	123.3	Turn left on South Street, go 0.8 miles to Beech Street.
!	124.1	Turn right on Beech Street, go 1.7 miles to Route 1.
!	125.8	Turn right on Route 1, go 0.1 miles to Pascals Avenue.
!	125.9	Turn left on Pascal Avenue, continue 0.6 miles to Central Street.
!, S	126.5	Pascal Avenue ends, bear right on Central Street, continue 0.1 miles to Russell Avenue. Enter Rockport. <i>Public Boat Landing and scenic views of Rockport Harbor.</i>

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!	126.6	Bear right on Russell Avenue(which becomes Chestnut Street in Camden), continue 1.0 miles to Bay View Street. <i>Note: To reach connection to Union Street Bikepath, turn left on Russell Avenue. The trail connects Rockport village to Camden and rejoin tour at 129.3.</i>
!, S	127.6	Turn right on Bay View Street and proceed 1.7 miles to Route 1 in downtown Camden. <i>Scenic views of Camden Harbor. Enter Camden, one of the quintessential Maine harbors, “Where the mountains reach the sea”. Plan to linger along the harbor for several hours.</i>
!, A, I, R, CS, ATM,B S	129.3	At the intersection of Bay View Street and Route 1, cross Route 1 and continue on Mechanic Street 0.1 miles to Route 105. Many choices for accommodations, food and banking. Contact the Camden Chamber of Commerce at 207-236-4404. Brown Dog Bikes is located in downtown Camden, 236-6664. <i>OPTION: Camden Hills State Park is located 2 miles north on Route 1. The Park contains Mount Battie which offers outstanding views of Camden Harbor. Route 1 has heavy seasonal traffic and no paved shoulders.</i>
! S	129.4	Turn right on Route 105 (Washington Street) and continue 5.3 miles to Route 235 at Grants Turn. Scenic views of Megunticook Lake and River
!	134.7	At the intersection of Route 105 and 235 bear right onto Route 235 and continue 3.0 miles to Route 173.
!, S	137.7	Turn right on Route 173, go 0.7 miles to Junction 52. <i>Scenic views of Norton Pond.</i>
!, CS	138.4	At Junction 52 bear left, continuing on Route 173 for 3.9 miles to Ducktrap Road. Crossroads, Inc., convenience store. Enter Lincolnville Center.
! OPTION R,S,CS	142.3	Bear left on Ducktrap Road. <i>OPTION: Continue straight on Route 173 for accommodations and restaurants in Lincolnville Beach.</i> Turn immediately left onto Slab City Road. Continue on Slab City Road for 3.4 miles to Route 52 crossing.
!	145.7	Slab City Road becomes Belmont Road\Lincolnville Road at Route 52 crossing. Continue on Slab City Road for 5.0 miles to Back Belmont Road.
!	150.7	Turn right on Back Belmont Road and continue 2.9 miles to Halls Corner. Caution: This intersection is not well marked, very rural area.
!	153.6	Back Belmont Road ends, Halls Corner Road begins. Follow Halls Corner Road 2.4 miles to Route 52.

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!, CS	156.0	Turn right on Route 52, go 0.3 miles to Woods Road. Caution: Route 52 has moderate traffic and no shoulders. <i>Irving gas stations and convenience store.</i>
!	156.3	Turn left on Woods Road, follow 1.4 miles to Herrick Road.
!	157.7	Turn left on Herrick Road, go 0.2 miles to Perkins Road.
!	157.9	Turn right on Perkins Road, continue 0.7 miles to Route 1.
!, CS	158.6	Turn left on Route 1 (Northport Avenue), continue 0.6 to miles Route 1 split. <i>Several convenience stores located along Route 1.</i>
!, A, I, P, R, ATM	159.2	Bear right on Northport Avenue, continuing 1.1 miles to Commercial Street in downtown Belfast. Enter Belfast, a 19th century seafaring community, with a quaint downtown and restored ship captains homes. <i>Waldo County General Hospital, Belfast City Park and The Dairy Cup Eatery to the right. Many choices for accommodations, food and banking. Contact the Belfast Chamber of Commerce at 207-338-5900.</i>
!	160.3	Turn sharply to the right on Commercial Street, go 0.1 miles to Front Street.
!, S, I	160.4	Turn left on Front Street, go 0.7 miles to pedestrian bridge. <i>Access to a Public Boat Landing and scenic views of Belfast Bay and Passagassawakeag River.</i>
!	161.1	Turn right onto the pedestrian bridge, go 0.3 miles across the Passagassawakeag River to Route 1.
!, BS, I, R, A, C, HX P	161.4	Turn right on Route 1 (Searsport Avenue). Continue 9.0 miles through Searsport to Main Street in Stockton Springs. Paved shoulders. Enter Searsport, also a town rich in maritime history and home to the Penobscot Marine Museum at Church Street; call 548-2529 for more information. <i>Birgfields Bike Shop located on Route 1, 207-548-2916. Access to souvenir shops, restaurants, hotels, motels and campgrounds along Route 1. Moose Point State Park. Moorings Oceanfront Campground, 207-338-6860. Searsport Shores Camping, 207-548-6059.</i>

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Option	166.4	Option: Turn right down unmarked paved road and ride about two miles to Sears Island which is publicly-owned and the largest undeveloped island on the Maine coast. The island is closed to motorized vehicles but the main road is paved and open to bicycling and there are many walking paths on the island. No camping is allowed.
!, R	170.4	Bear right onto /Main Street, continuing 0.8 miles through Stockton Springs then rejoining Route 1. <i>Just Barb's Restaurant to the left.</i>
OPTION I, S, P	171.0	OPTION: Turn right off Main Street on Cape Jellison Road and continue 0.8 miles to Cape Jellison Island for scenic side trip to Fort Point Light and Fort Point State Park. There is one road that circles the island that is approximately 6.2 miles in length. For shortest route to Fort Point Light, turn left on East Cape road and travel 1.6 miles to Fort Point State Park. Scenic turnouts with views of Waldo-Hancock Bridge. Outstanding ocean views on Lighthouse Road.
	171.2	Continue on Route 1 from Main Street for 5.8 miles to Route 1/174 intersection in Verona Park.
!, C OPTION HX,S	177.0	At Route 1/174, bear right and follow Route 1 over the Penobscot River 2.8 miles to intersection with Route 15/46. Caution: Narrow bridge crossing with heavy traffic. <i>Enter Verona (first bridge), then Bucksport (second bridge). Flying Dutchman Campground after first bridge, 1-888-541-2267.</i> OPTION: Turn left onto Route 174 to reach Fort Knox in Prospect, Maine's first granite fort, begun in 1844 to protect the Penobscot River from British attack during border skirmishes. Call 469-7719 for more information.
!, S, CS, A, I, R, ATM	179.8	At Route 1/3 intersection with Route 15/46 turn right and continue on Route 1/3/15 for 0.7 miles to intersection with Route 175. Enter Orland. <i>Scenic views of the Penobscot River.</i> <i>Many choices for accommodations, food and banking. Contact the Bucksport Chamber of Commerce at 207-469-6818.</i>
!, C	180.5	Bear right at Route 175 and continue 0.5 miles to downtown Orland/Dark Mountain Road. Enter Orland village. 'Sign of the Amiable Pig' Bed and Breakfast (207-469-2561) is located in downtown Orland on Route 175. Shady Oaks Campground Cabins at Junction 175, 207-469-7739.
!	181.0	In downtown Orland, turn right onto Dark Mountain Road (do not follow Route 175 South) and continue east for 0.5 miles to Old County Road (Dark Mountain Road changes to Schoolhouse Road once it crosses Route 175).

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	181.5	Turn right on Old County Road and follow for 1.0 mile to Route 1/3 (Old County Road becomes Gray Meadow Road before Route 1).
!, C	182.5	Turn right on Route 1/3, follow 15.7 miles to Route 230 in Ellsworth. <i>Whispering Pines Campground approximately 3 miles along route 1/3, 207-469-3443. Patten Pond Camping Resort approximately 8.3 miles along Route 1/3, 207-667-7600. Paved shoulder on Route 1/3.</i>
	191.8	Continue on Route 1/3 at intersection with Happytown Road. The East Coast Greenway: River Route (Section 3B) intersects here.
!, C, ATM, R, BS	198.2	Caution: Junction of Routes 1/3 and Route 172 entering Ellsworth is a very dangerous intersection; heavy volumes of merging traffic and limited sight distance. Route ends in downtown Ellsworth at junction with Route 230. Enter downtown Ellsworth, gateway to Downeast Maine and Acadia National Park. In the early 1800's, Ellsworth thrived on lumbering and shipbuilding. <i>Many choices for accommodations, food and banking. Contact the Ellsworth Chamber of Commerce at 207-667-5584. Hospitality Woods RV Park (tent sites available) approximately 15.3 miles along Route 1/3, 1-800-773-2668.</i>

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