

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 4 extends from Ellsworth to Calais. This 138 mile ride takes cyclists through the heart of Downeast Maine. The route offers an unforgettable combination of the best of rural Maine and its small towns and villages, blueberry barrens and bald eagles.

Special Features: Maine towns and villages showcasing Maine’s rural and agricultural past and present.

Road Conditions: Generally good; however, some broken pavement, dirt and uneven surfaces and soft shoulders. Some gravel roads; mountain or hybrid bikes best suited for these sections.

Services: Bike shops on the route: Bar Harbor Bicycle Shop, 667-3886, Ellsworth. Off corridor bike shop: Tidal Trails, Pembroke, 207-726-4799.

For attractions and accommodations contact: Ellsworth Chamber of Commerce, 163 High Street, Ellsworth, ME 207-667-5584; Town of Cherryfield, 207-546-2376; Downeast Coastal Chamber of Commerce, Harrington, 207-483-2131; Schoodic Point Chamber of Commerce, Winter Harbor, 800-231-3008; Calais Regional Chamber of Commerce, 207-454-2308.

Cautions: Some stretches of this ride are in very rural areas with long distances between services. Please read the entire tour description and plan carefully.

Moderate to high traffic and narrow roads in some locations. Some gravel roads; mountain or hybrid bikes best suited for these sections.

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P: Picnic site. **BS**: Bicycle Shop. **OPTION**: Optional side trip.

Starting Point: Ride originates from downtown Ellsworth on Main Street at the intersection with Water Street/Route 230.

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).

<p>!</p> <p>BS,A, ATM,R CS,I</p>	<p>0.0</p>	<p>The tour begins in downtown Ellsworth on Main Street/Route 1 & 3 at the intersection with Water Street/Route 230. Turn right onto Route 230 and continue for 2.0 miles to Beechland Rd. Caution: Water Street has no shoulder and moderate traffic. Federal Building is on the corner. <i>Ellsworth is the gateway to Downeast Maine and Acadia National Park. In the early 1800's, Ellsworth thrived on lumbering and shipbuilding. Many choices for accommodations, food and banking. Contact the Ellsworth Chamber of Commerce at 207-667-5584.</i></p>
<p>!</p>	<p>2.0</p>	<p>At Beechland Rd, turn left and continue for 0.9 miles to Route 3. No paved shoulder. After crossing Route 3 the road becomes Buttermilk Rd.</p>

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	2.9	At the traffic light for Route 3, continue straight on Buttermilk Road for 1.5 miles to Jordan River Road. Speed limit is 45 mph; No paved shoulder. Enter Lamoine.
!	5.1	Turn left at Jordan River Road/Rte. 204 and continue for 0.7 miles to Route 184. <i>On the right is Bangor Hydro Electric Building.</i>
!, CS	5.9	At 3-way intersection with Routes 184 and 204, turn left onto 184 for 30 yards. <i>The Lamoine General Store is at the "T". Turn right onto Route 204 at the Lamoine Town Hall and continue on Rte 204 for 1.4 miles until Mud Creek Road.</i>
	7.4	Turn left onto Mud Creek Road and continue for 3.0 miles to Route 1. No paved shoulder.
!	10.3	Turn right onto Route 1 which is also called the Star Memorial Highway, for 3.8 miles to (Hancock) Point Road. There is an 8 ft. paved shoulder.
R,A	10.5	<i>Ruth and Wimpy's Restaurant and Motel on left.</i>
	11.5	Turn right on old Rt-1 to avoid climbing lane with no shoulders. Follow for 1.8 miles.
	13.3	Turn right back onto Rt. 1. Entering Hancock (sign)
CS	13.4	<i>Hancock Grocery on the right, pay phone, air, convenience and gas.</i>
I	13.7	<i>Hancock Post Office on right.</i>
!, CS, R	13.8	<i>Village Variety on the left.</i>
!,P	14.1	In Hancock, turn right onto (Hancock) Point Road and continue for 1.9 miles to Cross Road. NOTE: This detour is to avoid a section of Route 1 without paved shoulders and high seasonal traffic. <i>There is a park on the left. There is a Fire House on the right and Town Office on left. The speed limit is 35 mph with no paved shoulder.</i>
	16.1	At Cross Road turn left and continue for 1.3 miles to East Side Road.
!	17.3	At East Side Road, turn left for 2.7 miles to Route 1.
OPTION		<i>OPTION: Before reaching Route 1, turn right for optional side trip to Sullivan Falls, a reversing tidal falls.</i>
!,P	19.9	Turn right on Route 1 for 0.7 mile and cross the water.
R	20.1	Cardinal Restaurant (lobster pound) on the right just before the bridge.
!,R	20.5	Just past the bridge (gazebo on left) turn left on to Taunton road for 5 miles to Route 200. NOTE: Detour is to avoid lack of paved shoulders on Route 1 and heavy seasonal traffic. <i>At 0.1 is Gordon Lobster on the left; 0.4 is Sullivan Post Office. Enjoy fine views of Hog Bay.</i>

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!,	26	Turn left onto Route 200 and continue for 0.2 miles to Gen. Cobb Road. <i>You will pass the Hog Bay Pottery and East Franklin Post Office on the left.</i>
OPTION		An option, at Hog Bay Road and Route 200 (aka, Bert Gray Road), turn right for 3.65 miles to Route 1. These sections of Route 200 and 1 are narrow, without shoulders and with poor sight distances.
!	26.2	After crossing a small bridge turn right onto Gen. Cobb Road and continue 3.1 miles to Punkinville Road. NOTE: This is a private unimproved road commonly used as a trail. It is appropriate only for experienced mountain bikers; others should be prepared to walk their bicycles through this section.
	28.0	Turn right on unmarked road after crossing railroad tracks and then bear right at the next fork. You will cross the railroad tracks again.
	28.6	Turn left on unmarked road at the T intersection.
!	29.3	Turn right at T-intersection onto Punkin Ledge Road (no sign). Continue for 3.0 miles to Route 1. Punkin Ledge road turns into Punkinville Road where the paving begins.
!,I	32.1	Turn left onto Route 1 and continue for 11.5 miles to Smithville Road. Mostly paved shoulder; only a short section without paved shoulders. Information kiosk operated by the Schoodic Peninsula Chamber of Commerce 1.1 miles before Route 186.
C,R,S CS		<i>Flanders Bay Cabins on right, Mountain View Campground .02 miles, Tracy's Lobsters & Clams on right 0.35 miles,, Anderson Hardware on right at 2.0 miles, Mobil & Young's Markets on left at 2.35 and Scenic View on right at 2.55 miles.</i>
OPTION S		<i>OPTION: Side trip to Schoodic Peninsula. See MDOT Bike Tour #6 which begins at the Schoodic Peninsula Chamber of Commerce Information Center on Route 1 and takes you to the Schoodic Peninsula, an outstanding part of Acadia National Park.</i>
CS	39.0	<i>West Bay Grocery on right 963-5855; open 7 days a week with pizza and subs.</i>
R	39.8	<i>Walsh's Seafood on the left.</i>
R	42.1	<i>Kitchen Garden Restaurant (1/2 mile) on the right.</i>
!	44.0	Turn left on Smithville Road (Unionville/Steuben sign) and continue for 2.1 miles to Unionville Road. Very narrow road but light traffic.
	44.1	<i>Unionville Hardware on right. 15-18 ft. road.</i>
!	46.0	Turn sharply left onto Unionville Road and continue for 6.8 miles to Route 182.
!	50.9	Just after the railroad crossing in Unionville, turn right, staying on Unionville Road.

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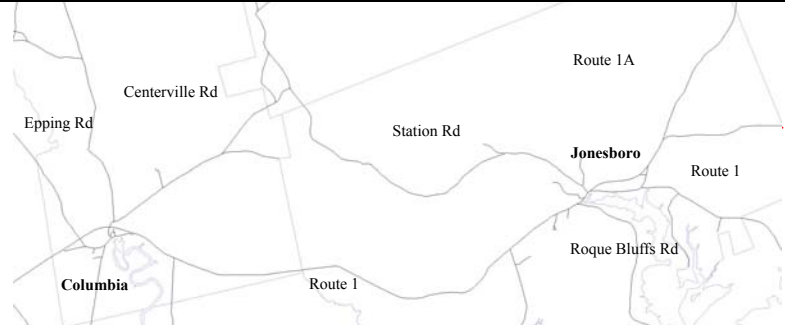
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!	53.0	At the intersection with Route 182, turn right onto Route 182 (toward Cherryfield) and go 0.8 miles to North Street. 4' paved shoulders for a portion of this segment.
	53.7	<i>RR Crossing – ok</i>
	53.8	Turn left onto North Street and continue for 0.8 miles to Route 193, passing over the Narraguagus River. No shoulders. Enter Cherryfield.
!, CS	54.5	At intersection of Route 193 and Willey District Road, turn left onto Route 193 (<i>on corner is C.W. Mathews store -- meats, produce, grocery, established in 1891</i>). This is the last opportunity for water or services for miles. Continue on for 0.6 miles to Ridge Road/North Main Road. No shoulders. <i>Route follows Ridge Road to see large blueberry barrens and for its outstanding views. It also avoids a section of Route 1 currently without paved shoulders. Use the Option below in muddy conditions in early spring.</i>
<i>Option</i>		OPTION: Go straight through intersection on Willey District Road at Route 193 intersection. Stay on Willey District Road for 4.15 miles to Route 1. At Route 1, turn left and continue for 6.3 miles to Epping Road intersection. End of option. Rejoin route in Columbia Falls.
!	55.1	Turn right onto Ridge Road/North Main Road and continue for 7.1 miles to Pea Ridge Road. Road turns from paved to gravel.
!	62.2	Continue through blueberry fields to Pea Ridge Road and Epping Road (paved road) for 6.0 miles to Route 1. <i>Continue on what looks to be the main route at all intersections. There are no road signs and a compass may be helpful here.</i>
!,A,CS	68.2	Cross Route 1 and into Columbia Falls continuing for 0.2 miles to intersection. <i>B+B and store available in town. Town Office will have water.</i>
!	68.4	Turn left at 'T' intersection and follow for 0.3 miles to next intersection (Addison Road).
!	68.7	Turn left on Addison Road and follow for 0.2 miles into the center of Columbia Falls.
!	68.9	After crossing the Pleasant River, turn left at first road and follow for 0.2 miles to Route 1.
!	69.1	Cross Route 1 onto Centerville Road and continue for 4 miles to Station Road. No paved shoulders. Follow 'Blue Route' on diagram.

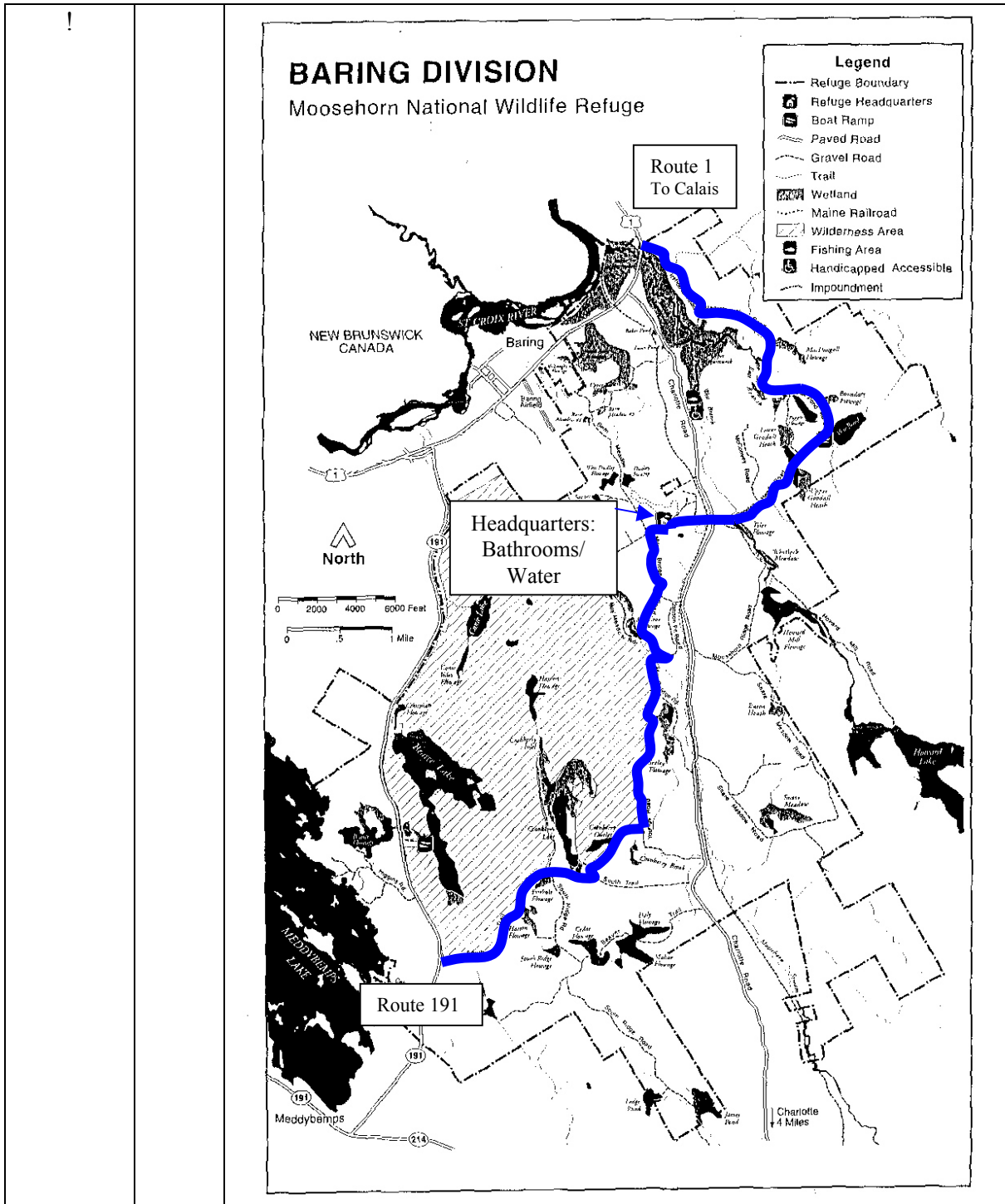
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!	72.8	At fork, stay to the right (house on left just before fork). (T-Intersection)
!	73.1	Turn right onto Station Road and continue for 6.0 miles to Route 1. Enter Jonesboro.
!R,A	79.1	Cross Route 1 onto Roque Bluffs Road for 0.9 miles to Old Route 1. <i>For the Blueberry Patch Motel/White House Restaurant turn left on Rt. 1</i>
!	80.0	At Old Route 1, turn left and follow for 0.4 miles to rejoin Route 1.
!	80.4	Turn right on Route 1 and follow 0.5 miles to intersection with Route 1A. Caution: No paved shoulder and moderate traffic.
!	80.9	Turn left onto Route 1A for 7.8 miles through Whitneyville to Machias. In Whitneyville, stay to the right on Rte 1A to Machias. Road narrows.
R,ATM,CS,I,A,Hospital		<i>Enter Machias, all services available except bike shop. Machias is the shiretown of Washington County and the University of Maine at Machias is located here. Good Earth Organic Market is in the center of Machias before turning to Rt. 1</i>
!	88.7	Turn left onto Route 1, and continue for 4 miles (past Machias Valley Farmers Market on causeway) to Route 191.
A,R	88.7	<i>Helen's Restaurant and a motel are on the right.</i>
CS	89.2	<i>Irving Gas Station on the left and Machias Medical Assoc. on the right.</i>
CS	89.5	<i>Coffee Express on the right, True Value Hardware on left.</i>
A,R	89.7	<i>Margaretta Motel on the left, Texaco on right, Joyce's Lobster House on the left and Main Land Motel on the left. There is a 3-4 ft paved shoulder.</i>
CS	92.1	<i>Millwork's Variety Store on right.</i>
CS	92.3	<i>Archibald's Gas & Convenience Store on the right.</i>
!	92.7	In East Machias, at Route 191, turn left onto 191 and continue for 10.2 miles to Route 86. CAUTION: No paved shoulder and moderate truck traffic.
		<i>WARNING: the route between Machias and Calais is remote in places. No bathrooms, water or services of any kind.</i>

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I	93.3	<i>Maine State Police on the right.</i> No paved shoulders.
!	102.9	Turn right on Route 86 and continue for 5.5 miles to East Ridge Road.
!	108.4	Turn left onto East Ridge Road and continue for 10.1 miles to Route 191. Pavement ends and gravel (rough at times) begins for much of East Ridge Road. This is a very remote road. Be sure to fork left at 115.9 when you come to the first blueberry fields.
!	118.5	Turn right on Route 191 for 5.4 miles to intersection with Route 214. CAUTION: No paved shoulder.
CS	122.9	Palmeters Grocery on the left in Meddybemps.
	123.2	Post Office on right.
!	123.9	Turn left at intersection of Routes 191 and 214, continuing on Route 191 for 1.9 miles to entrance to Moosehorn National Wildlife Refuge.
!,S, Wildlife	125.8	Turn right into Moosehorn Refuge on unmarked gravel road. See map below for routing and distances through the refuge/on gravel roads. The Refuge was established in 1937 as a refuge and breeding ground for migratory birds and other wildlife. It is the first in a chain of migratory bird refuges that extends from Maine to Florida. The refuge consists of two units. The Baring Unit covers 17,200 acres (source: www.mainebirding.net/moosehorn/). Follow route for approximately 8.5 miles to Route 1. Caution: All roads used for the route through the refuge are gravel roads closed to motorized vehicles. Best traveled by mountain bike or hybrid bike. There is no camping within the refuge. The Visitor's Center is located a little over half way through the route with water and bathrooms.
OPTION		OPTION: To go around Moosehorn, remain on Route 191 to Route 1. Caution: Heavy truck traffic and no paved shoulder. There are posted eagle nesting areas near Route 1.

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	134.3	At Route 1, turn right and continue for 1.3 miles to intersection with North Street.
	135.7	At Route 1/North Street intersection, turn right, staying on Route 1 for 0.2 miles to South Street.
CS,R, ATM,A	135.9	Bear right onto South Street and continue for 1.6 miles to School Street. Enter Calais.
		Calais contains all services including restaurants, motels, stores, shops, visitor center and crossing into Canada. "Calais (pronounced "CAL-us") Maine, is located 'Downeast' in Washington County. It is in the heart of the St. Croix River Valley. With its 4,000 residents it sits across the river from its Canadian neighbor St. Stephen, New Brunswick. Calais is the fifth busiest port of entry to the United States on the Canadian border. The International Festival between Calais and St. Stephen, New Brunswick offers the traveler a variety of activities. The festival starts with the first Saturday in August and lasts through the second Sunday" (Calais Chamber of Commerce web site, www.calaismaine.com).
	137.5	Cross Main Street and follow to end to Barker Street. Enter the waterfront park and follow riverfront path for 0.8 miles to end.
	138.3	End of Tour

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