

- 12- and 17-mile:** Gentle terrain for almost all cyclists
- 19-mile:** Moderate terrain, hilly, for intermediate cyclists
- 21-mile:** Gentle terrain, some hills, for almost all cyclists

Fryeburg is a unique one-day or multi-day trip destination packed with history, recreation opportunities, and great mountain views. The town is one of the oldest in the region and boasts 11 buildings listed on the National Register of Historic Places. Many of Fryeburg's longest-standing landmarks are within the Main Street Historic District.

Fryeburg maintains 12 public parks, three of which are historic sites. Some parks are open spaces ideal for a picnic or bird watching, while others offer swimming, walking trails, tennis, or fishing. Music concerts are hosted at different park locations throughout the summer, including a beautiful performing arts center at Fryeburg Academy.

The 12-, 17-, and 21-mile rides build on each other, creating different rides on gentle country roads that meander through the Saco River Valley past farms, fields, and forests, with views of the western mountains. The 19-mile ride is a scenic down-and-back ride to Brownfield, which, because of the seven mountains surrounding the town, provides picturesque views.

Special features: Fryeburg Academy; historic Fryeburg village; views galore

Road conditions: Generally good; no shoulder on ME 113 or ME 5.

Cautions: Heavy traffic on US 302; some roads without shoulders.

Starting point: The 12-, 17-, and 21-mile rides begin at Fryeburg Academy Field House on Bradley St. The 19-mile ride begins at the Maine Visitor Information Center on US 302 west of Fryeburg.

See p. 11 for accommodation information and events in the area.



CUE SHEET LEGEND	
R	RIGHT TURN
L	LEFT TURN
S	CONTINUE STRAIGHT
BR	BEAR RIGHT
BL	BEAR LEFT
QR	QUICK RIGHT
QL	QUICK LEFT



At	Go	Onto	For	Travel Information
		12-mile ride		Cornshop Hop—An easy, short, scenic loop past local farm fields, markets, and fairgrounds
		<i>Starting Point:</i>		<i>Fryeburg Academy Field House on Bradley St</i>
0.0	R	Bradley St	0.2	
0.2	L	Main St	0.5	
0.7	R	ME 113 (River Rd)	1.2	
1.9	R	ME 113	0.9	Farm stand on left
2.8	R	ME 113	3.6	Convenience store at junction
6.4	R	Cornshop Rd	1.4	
7.8	R	ME 5	3.7	Famous fairgrounds on right just north of Fryeburg Center
11.5	S	Main St	0.3	
11.8	L	Bradley St	0.2	
12.0		Arrive at Fryeburg Academy Field House		End of Ride
		17-mile ride		Fish Street Folly —A longer scenic loop past local farm fields, markets, and fairgrounds.
		<i>Continues from mile 6.4 above</i>		
6.4	S	ME 113	2.4	
8.8	R	Fish St	3.0	
11.8	R	ME 5	4.2	
16.0	S	Main St	0.3	
16.3	L	Bradley St	0.2	
16.5		Arrive at Fryeburg Academy Field House		End of Ride
		21-mile ride		Farm and Garden Ride—A scenic ride through the Saco Intervale with some of the best farmland in Maine. Views of the White Mountains to the west
		<i>Continues from mile 6.4 above</i>		
6.4	S	ME 113	3.1	
9.5	R	Harbor Rd	2.3	
11.8	R	McNeil Rd	2.2	
14.0	L	Fish St	2.0	
16.0	R	ME 5	4.2	
20.2	S	Main St	0.3	
20.5	L	Bradley St	0.2	
20.7		Arrive at Fryeburg Academy Field House		End of Ride
		19-mile ride		Brownfield Beauty—A scenic down-and-back ride to Brownfield
		<i>Starting Point:</i>		<i>Maine Visitor Information Center on US 302 west of Fryeburg</i>
0.0	L	South Main St (US 302)	0.5	
0.5	L	Haleytown Rd	5.3	
5.8	L	Hampshire Rd	1.3	
7.1	R	Merrill Corner Rd	1.3	
8.4	L	Old County Rd	0.3	
8.7	R	Sam Brown Hill Rd	1.6	
10.3	R	Porter Rd	0.5	
10.8	R	Hampshire Rd	2.2	
13.0	L	Haleytown Rd	5.4	
18.4	R	South Main St (US 302)	0.5	
18.9	R	Arrive at Maine Visitor Information Center		End of Ride

