



**12-, 17-, and 22-mile:** Gentle terrain, some hills, for almost all cyclists

Historic Kittery (the oldest incorporated town in Maine) has many historic sites and spectacular views of the Piscataqua River and Portsmouth Harbor. The roads in the Kittery coastal area are a cyclist's paradise. They feel as rural as the middle of nowhere, yet they're in the midst of a tourist hotspot where there's a world of fun for the whole family. Great beaches, historical treasures to explore, the best seafood, and great shopping offer something for everyone.

The 12-mile ride takes you to Nubble Light (Cape Neddick Light Station), one of the most photographed lighthouses in the world. The 17-mile ride starts in Kittery, then goes through scenic Eliot back along the Piscataqua River. The 22-mile ride goes from York to Kittery past Fort McClary, a revolutionary war fort that has extraordinary views of Portsmouth Harbor.

**Special features:** Sewall's bridge, national historic civil engineering landmark; Perkins House; Emerson Wilcox House; Jefferds Tavern; historic Old Gaol Museum; one-room schoolhouse; Nubble Lighthouse; the Wiggly Bridge, the smallest suspended footbridge in the world; Fort McClary; Kittery Historical Naval Museum

**Road conditions:** Good roads; most roads do not have shoulders.

**Cautions:** Heavy traffic on US 1, especially in the summer

**Starting point:** The 12- and 22-mile rides begin at the York Chamber of Commerce parking lot on US 1, directly off the Exit 7 ramp from I-95. The 17-mile ride begins at the public parking lot at the intersection of ME 236 and ME 103 (Whipple Rd) in Kittery.

See p. 9 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
		<b>12-mile ride</b>		<b>York—Nubble Light</b>
		<b>Starting Point:</b>		<b>York Chamber of Commerce on US 1 off Exit 7 ramp from I-95</b>
0.0	R	From Chamber parking lot	0.1	Go through parking lot on Raydon Rd to stop sign
0.1	R	Raydon Rd (unmarked)	0.6	At stop sign
0.7	L	US 1A (unmarked)	4.5	<b>Caution:</b> Heavy traffic
5.2	R	Nubble Rd	1.0	
6.2	R	Sohier Park	0.2	Round trip to Cape Neddick Light (Nubble Light)
6.4	R	Nubble Rd (becomes Broadway)	0.6	Right on returning from Nubble Light
7.0	R	Kendall Rd (becomes Ocean Ave)	0.5	
7.5	R	US 1A	0.3	
7.8	L	Railroad Ave	0.2	
8.0	R	Ridge Rd (Long Sands Rd)	3.0	
11.0	R	US 1A (York St)	0.5	
11.5	R	Raydon Rd	0.6	
12.1	L	Parking lot (Raydon Rd)	0.1	
12.2	L	<b>Chamber parking lot</b>		<b>End of Ride</b>
		<b>17-mile ride</b>		<b>Kittery—Eliot</b>
		<b>Starting Point:</b>		<b>Public parking lot at intersection of ME 236 &amp; ME 103 (Whipple Rd) in Kittery</b>
0.0	R	ME 103 (Whipple Rd)	1.5	Follow ME 103. Whipple Rd changes to Wentworth St, Walker St, Cook St, and Old Dennett Rd. <b>Caution:</b> Moderate to heavy traffic, no shoulders
1.5	S	Dennett Rd	2.8	ME 103 turns left, stay on Dennett Rd (changes to State Rd). Follow ET (Eastern Trail) signs. No shoulder, moderate traffic. ME 103 joins from left at intersection. Convenience store on corner.
4.3	S	ME 103 (State Rd)	1.8	Elementary school on right. Ballpark with portable toilet. Eliot community park on left, picnic tables and portable toilets. Police station on left.
6.1	R	Depot Rd	0.8	
6.9	L	Cedar Rd	0.8	Turn left immediately before traffic light.
7.7	L	ME 103 (State Rd) (unmarked)	0.5	
8.2	R	River Rd	2.8	Narrow road, no shoulder. Portable toilets at ballpark on left.
11.0	R	Old Rd	0.6	
11.6	R	ME 103 (State Rd)	0.5	
12.1	R	ME 103 (Main St)	3.0	
15.1	R	ME 103	1.5	Follow ME 103 to starting point. Moderate to heavy traffic.
16.6	L	<b>Into parking lot at starting point</b>		<b>End of Ride</b>
		<b>22-mile ride</b>		<b>York—Kittery</b>
		<b>Starting Point:</b>		<b>York Chamber of Commerce on US 1 off Exit 7 ramp from I-95</b>
0.0	R	From Chamber parking lot	0.1	Go through parking lot on Raydon Rd to stop sign.
0.1	R	Raydon Rd (unmarked)	0.6	At stop sign
0.7	R	US 1A (unmarked)	0.1	<b>Caution:</b> Heavy traffic
0.8	L	Organug Rd	1.0	<b>Caution:</b> Difficult left turn in heavy traffic
1.8	R	Southside Rd	2.0	Narrow road, no shoulder
3.8	S	Beech Ridge Rd	3.2	Cross US 1 at traffic light. Moderate traffic, no shoulder.
7.0	L	ME 101 (Goodwin Rd) (unmarked)	1.9	Moderate traffic
8.9	L	Picott Rd	1.1	
10.0	R	Cutts Rd	0.3	
10.3	L	US 1	0.3	<b>Caution:</b> Heavy traffic
10.6	R	Lewis Rd	1.0	
11.6	R	Norton Rd	0.8	
12.4	L	Miller Rd	0.5	
12.9	R	Bartlett Rd	0.6	
13.5	L	Haley Rd	0.5	
14.0	R	Crockett Neck Rd	0.8	Fort McClary State Park across road on ME 103. Scenic views, restrooms, small fee charged. Picnic spot across road from park.
14.8	L	ME 103 (Pepperrell Rd)	5.7	Narrow road, no shoulder. Convenience store and restaurant on right in Kittery Point.
20.5	L	US 1	1.0	York village has services including bicycle repair.
21.5	R	Raydon Rd	0.6	
22.1	L	Parking lot (Raydon Rd)	0.1	
22.2	L	<b>Chamber parking lot</b>		<b>End of Ride</b>