



16-mile: Gentle terrain, some hills, for almost all cyclists
21- and two 29-mile: Moderate terrain, hilly, for intermediate cyclists

Called by some “the middle of nowhere,” the town of Unity is really in the middle of everywhere—located centrally to Waterville, Bangor, Belfast, and Augusta! Home to numerous working farms and Unity College, Unity is proud of its rich agricultural heritage. Unity is home to the Unity Centre for the Performing Arts where artists and performers come from all over the world. The natural environment can be further explored by canoe/kayak on Unity Pond, at Carlton Pond Waterfowl Production Area, part of Sunkhaze Meadow Wildlife Refuge, and at Carlton Bog. By foot, the local CommUnity Trail System offers scenic hikes throughout Unity and the Unity College campus.

All rides go around Unity Pond (actually a 2,528-acre lake), which is set in the midst of rolling farm country. Much of the lake is surrounded by marshes. Unity Pond is the largest lake in Waldo County, and though popular with local anglers, it is never crowded.

Each ride goes through lovely farm country—llamas, goats, sheep, and beautiful barns—the countryside in the Unity area is incredibly beautiful. Cycling is especially popular during the Common Ground Country Fair in September, when nonmotorized transportation to the Fair is encouraged. See www.mofga.org for dates and times.

Special features: Beautiful farms, farmland, Unity village, Maine Organic Farmers and Gardeners Association (MOFGA) fairgrounds, Unity Pond, Unity College, Unity wetlands

Road conditions: Fair to good; some broken pavement and short distances on gravel roads

Cautions: There may be heavy trucks on ME 9/US 202. Some roads have no shoulders.

Starting point: All rides start at Field of Dreams parking lot in Unity on ME 9/US 202, about a half mile east of Unity center.

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



Starting Point: Field of Dreams parking lot in Unity on ME 9/US 202

At	Go	Onto	For	Travel Information
		16-mile ride	Unity Pond Loop	
0.0	R	ME 9/US 202 (Bangor Rd)	0.5	Services available
0.5	R	ME 139 (Waterville Rd)	1.0	
1.5	R	Prairie Rd	3.3	Becomes South Horseback Rd. Sunkhaze Meadows Wildlife Refuge
4.8	R	Pond Rd	3.2	Convenience store
8.0	BR	Burnham Rd	0.9	
8.9	R	Cross Rd (ME 220) (unmarked)	1.3	Road has rough sections, no shoulder.
10.2	S	Myrick Rd	1.7	Cross ME 9/US 202 (Bangor Rd)
11.9	R	Back Troy Rd	2.8	Gravel road, becomes Stagecoach Rd (paved)
14.7	S	Depot St	0.7	Cross ME 220
15.4	R	Main St (ME 9/US 202)	0.4	
15.8	L	Arrive at Field of Dreams		End of Ride
		21-mile ride	Unity Pond—Troy	
		<i>Continues from mile 8.9 above</i>		
8.9	L	Detroit Rd (ME 220) (unmarked)	0.7	Road has rough sections, no shoulder.
9.6	S	Troy Center Rd	2.0	ME 220 forks left; continue straight
11.6	R	Ward Hill Rd (unmarked)	1.5	Steep descent to ME 9/US 202
13.1	L	US 202 (Bangor Rd)	0.0	At stop sign, cross ME 9/US 202 (Bangor Rd)
13.1	QR	Bagley Hill Rd	1.2	
14.3	R	Whitaker Rd	2.3	Narrow gravel road with rough sections
16.6	S	Back Troy Rd	2.8	Gravel road, becomes Stagecoach Rd (paved)
19.4	S	Depot St	0.7	Cross ME 220
20.1	R	Main St (ME 9/US 202)	0.4	
20.5	L	Arrive at Field of Dreams		End of Ride
		29-mile ride	Unity Pond—Rural Thorndike	
		<i>Continues from mile 14.3 above</i>		
14.3	S	Bagley Hill Rd	0.6	Becomes Files Hill Rd
14.9	S	Files Hill Rd	4.4	Long climb
19.3	R	East Thorndike Rd	1.6	
20.9	R	Palmer Rd	0.8	Gravel road, rough sections
21.7	L	Palmer Rd	1.2	Palmer Rd turns left at intersection with E. Gulch Rd; changes to paved road shortly after E. Gulch Rd.
22.9	R	Reynolds Rd (unmarked)	2.4	
25.3	L	Back Troy Rd	2.8	Gravel road, becomes Stagecoach Rd (paved)
28.1	S	Depot St	0.7	Cross ME 220
28.8	R	Main St (ME 9/US 202)	0.4	
29.2	L	Arrive at Field of Dreams		End of Ride
		29-mile ride	Unity Pond—Thorndike—Common Ground Fair	
		<i>Continues from mile 19.3 above</i>		
19.3	R	East Thorndike Rd	3.7	
23.0	R	ME 139 (Gordon Hill Rd)	0.9	Thorndike has services.
23.9	R	ME 139/220 (Unity Rd)	0.5	
24.4	L	Crosby Brook Rd	1.9	Common Ground Fair Grounds on right
26.3	L	ME 139/220 (Unity Rd)	1.5	
27.8	L	Depot St	0.7	Cross ME 220
28.5	R	Main St (ME 9/US 202)	0.4	
28.9	L	Arrive at Field of Dreams		End of Ride