

Mid-Coast — Portland to Rockland

by Tod Rodger

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Leg	Cum				from Portland - only route	
	0.0			NE	Eastern Promenade Trail	from Ferry Terminal
1.8	1.8	1.8	R	N	Trail	just before I-295 bridge
0.2	0.2	2.0	L	N	Trail	cross on I-295 bridge
0.3	0.3	2.3	BL	W	Trail	
0.1	0.1	2.4	R	E	road	
0.0	0.0	2.4	L	N	Bates	
0.6	0.6	3.0	St	NE	to Rt 1	
0.1	0.1	3.1	ML	NE	Rt 1	across bridge
1.8	1.8	4.9	BR	NE	Foreside/Rt 88	
8.4	8.4	13.3	R	NE	Rt 1	
0.4	0.4	13.7				Maine Visitor Center, deLorme Maps
0.5	0.5	14.2				rests, motel (\$\$)
0.4	0.4	14.6	R	E	Old S Freeport	
0.3	0.3	14.9	R	E	S Freeport at T	
4.5	4.5	19.4	L	NW	Bow	
	0.2	19.6			Freeport	Rt 1 at LL Bean
Leg	Cum				from Freeport - Quiet Inland Route	
	0.0			SE	Bow	from Rt 1 at LL Bean
	1.7	1.7	BL	NE	Pleasant Hill	
	6.2	7.9	ML	N	Mere Pt	
	1.3	9.2	BL	N	Maine	
	0.3	9.5			Brunswick	Maine St at Pleasant (Rt 1 from West)
Leg	Cum				from Freeport - Quiet Coast Route	
	0.0			SE	Bow	from Rt 1 at LL Bean
	0.6	0.6				Bow St Market (deli, bakery, coffee)
	1.1	1.7	BR	E	Flying Pt	
	4.8	6.5	BR	E	Bunganuc	
	1.3	7.8	R	S	Woodside at T	
	2.4	10.2	L	N	Mere Pt	
	0.3	10.5				(Pleasant Hill joins from Left)
	1.2	11.7	BL	N	Maine	
	0.3	12.0			Brunswick	Maine St at Pleasant (Rt 1 from West)
Leg	Cum				from Freeport - Route 1	
	0.0			N	Rt 1	from LL Bean (at Bow St)
	8.7	8.7			Brunswick	Maine St at Pleasant (Rt 1 from West)
Leg	Cum				from Brunswick - Quiet Route	
	0.0			N	Maine	from Pleasant (Route 1 from West)
	0.2	0.2	R	E	Mason	
	0.1	0.3	L	N	Water	
	0.6	0.9	St	E	Androscoggin Bike Trail	
	2.9	3.8	L	NE	Old Bath	
	4.9	8.7	R	S	Oak Grove	
	0.2	8.9	L	E	Oak ?	
	0.5	9.4	R	S	Commercial	downtown Bath
	0.4	9.8	R	W	Commercial ?	after going under Rt 1 bridge
	0.1	9.9			Bath	Rt 1 at Water St (west end of bridge)
Leg	Cum				from Brunswick - Route 1 (Business)	
	0.0			S	Maine	from Pleasant (Route 1 from West)
	0.3	0.3	L	E	Rt 1	traffic & malls for 2 miles
	7.1	7.4	R	SE	Western	
	0.4	7.8	L	N	High	
	0.0	7.8	R	E	South	
	0.2	8.0	L	N	Washington at T	
	0.3	8.3	R	E	Commercial	
	0.1	8.4			Bath	Rt 1 at Water St (west end of bridge)
Leg	Cum				from Bath - Quiet Route	
	0.0			E	Rt 1 over bridge	from Rt 1 at Water St (west end of bridge)
	1.0	1.0	L	W	Rt 127	from Rt 1

	3.8	4.8	R	E	Old Stage	
	3.7	8.5	BL	NE	Mountain	
	1.9	10.4	R	E	Bradford	
	1.7	12.1	St	E	Lee -> Bradbury	across Rt 1
	0.2	12.3	R	S	Summer	
	0.1	12.4	BL	E	Fore	
	0.1	12.5	L	N	Water	
	0.2	12.7			Wiscasset	Rt 1 at Water St (west end of bridge)
	Leg	Cum			from Bath - Route 1	
		0.0		E	Rt 1 over bridge	from Rt 1 at Water St (west end of bridge)
	10.5	10.5			Wiscasset	Rt 1 at Water St (west end of bridge)
	Leg	Cum			from Wiscasset - Quiet Route to Damariscotta	
		0.0		N	Water St	from Rt 1
	0.1	0.1	L	W	Lincoln	
	0.1	0.2	R	N	Rt 218 at T	
	4.2	4.4	R	E	Sheepscot	
	1.0	5.4	R	S	Sheepscot	
	3.0	8.4	L	E	Rt 1	
	0.8	9.2	R	SE	Old Rt 1	
	0.2	9.4	ML	NE	River/Old Rt 1	
	0.8	10.2	R	SE	Old Rt 1	Newcastle
	0.3	10.5			Damariscotta	Rt 1 at Elm St
	Leg	Cum			from Wiscasset - Scenic Route to Boothbay Harbor & Damariscotta	
		0.0		E	Rt 1	from Water St (west end of bridge)
	0.6	0.6	R	S	Eddy	after bridge
	0.3	0.9	L	E	Eddy	(or R for .8 mi RT to Fort Edgecomb)
	0.7	1.6	St	E	Mason ?	up hill
	0.3	1.9	R	S	Cross Point	
	3.5	5.4	L	E	Mill	
	2.5	7.9	R	S	Rt 27	
	4.6	12.5	R	SW	Adams Pond	
	1.5	14.0	MR	S	Rt 27	
	0.3	14.3	St	SW	Corey	
	0.0	14.3	St	SW	Corey	through Stop sign
	0.3	14.6	BR	W	Barthers Island	
	1.8	16.4	L	S	Sawyers Island	
	2.6	19.0	R	S	Lakeside at T	
	0.7	19.7	St	S	McKown Point	
	1.0	20.7	U-Turn		Fish Hatchery	great views, bathrooms
	1.0	21.7	R	E	Rt 27	(or scenic RT on Southport Island below)
	Leg	Cum			(Southport Scenic Detours)	
		0.0	R	W	Rt 27	from McKown Point Rd
	0.5	0.5				Robinson's Wharf - Lobster
	0.1	0.6	BR	W	Rt 27/Hendricks Hill	
	2.0	2.6				Sweet Dreams Bakery, Southport General Store
	0.0	2.6	BL	S	Rt 27	(detour St/BL for 1 mi RT to Town Beach)
	0.2	2.8				(detour R/BL .8 mi RT to Cozy Harbor)
	2.7	5.5	L	N	Rt 238	(detour R 0.5 mi RT to Town Landing)
	2.7	8.2	St	N	Rt 238	(detour R 0.5 mi RT to Capitol Island bridge)
	1.0	9.2	R	NE	Rt 27 at T	
	0.6	9.8	St	E	Rt 27	rejoin main route at Mile 21.7
		21.7		E	Rt 27	
	1.4	23.1	BL	SE	Todd	down hill to harbor
	0.2	23.3	L	NE	Boothbay Harbor	walk Left/North along waterfront
	0.1	23.4	R	E	Bridge	walk Right/East across footbridge
	0.2	23.6	R	S	Atlantic	
	1.6	25.2	U-Turn		Atlantic	Spruce Point Inn
	1.8	27.0	St	N	Park -> Kenney Field	up hill
	0.6	27.6	R	NE	Eastern at T	
	0.2	27.8	R	NE	Rt 96 at T	
	1.9	29.7			East Boothbay	restaurants on wharf
	0.2	29.9				general store, deli
	1.7	31.6	L	E	King Phillip Trail	
	2.3	33.9	L	W	King Phillip Trail at T	
	0.4	34.3	L	S	Rt 96 at T	
	1.7	36.0	R	W	Shore	follow road, staying left
	2.0	38.0	ML	N	Rt 96	

	0.1	31.6	R	W	good dirt rd at T	
	0.2	31.8	L	S	good dirt rd at T	
	0.1	31.9	L	E	Seawood Park	
	0.4	32.3	R	S	Rt 130	
	1.0	33.3	BR	S	??	
	0.4	33.7	L	E	??	
	0.4	34.1	R	SE	Rt 130	
	0.1	34.2	U-Turn	NW	Rt 130	Pemaquid Point Lighthouse
	2.7	36.9			New Harbor Center	market, deli, IC
	0.2	37.1	R	E	Rt 32	
	0.6	37.7			New Harbor	Shaw's Lobster Rest
	6.3	44.0			Round Pond	explore harbor 0.1 mi E
	12.3	56.3	R	E	Main	
	0.4	56.7			Waldoboro	at Rt 220
						Moody's Diner (& Cabins) .75 mi NE on Main
					from Waldoboro - Quiet Route to Cushing & Thomaston	
	0.0			S	Rt 220	from Main
	4.9	L	E		Finntown	
	6.3	R	SE		Finntown/Colonel Stairs ?	
	8.6	L,R	E		Cross	
	10.2					
	13.8	BR	NE		River	
	16.2				Thomaston	Rt 1 at Wadsworth
					from Waldoboro - Route 1 to Thomaston	
	0.0		NE		Main	from Rt 220
	0.4	BR	E		Old Rt 1	
	0.5					Moody's Cabins (& Diner)
	3.0	L	N		Old Rt 1 at T	
	3.5	R	NE		Rt 1	
	6.2				(L on busy Rt 90 to Rockport)	
	11.2				Thomaston	Rt 1 at Wadsworth
					from Thomaston - Scenic Route to Port Clyde, Owls Head, & Rockland	
	0.0		E		Rt 1	from Wadsworth
	1.1	R	S		Rt 131	
	8.0	BR	S		Wallston	
	10.5	R	W		Turkey Cove	
	12.6	R	SW		Glenmere	
	14.9	R	SW		Rt 131	
	15.1	L	E		Factory	Port Clyde: B&B, restaurants (\$\$\$)
	15.5	R	S		Marshall Pt at T	
	16.1	U-turn			Lighthouse, Museum, and Views!	
	17.0	R	E		Drift Inn at T	
	18.0	MR	N		Rt 131	
	21.0	R	E		Main at T	
	21.4				Tenant's Harbor	store, restaurant ?
	25.6	R	E		Rt 73	
	29.1	L	N		Rt 73	Spruce Head: store
	32.4	St	E		Seal Harbor --> Dublin	
	34.5	L	N		Ash Pt at T	
	34.9	R	E		S Shore	
	37.4	R	NE		Main ?	
	37.5	L	N		Lighthouse	
	38.5	U-turn			Lighthouse & Views!	
	39.4	R	SW		Main at T	
	39.5	R	NW		N Shore at T	
	42.1	R	N		Rt 73 at T	
	44.0				Rt 73 at Rt 1	Rockland
					from Thomaston - Route 1 to Rockland	
	0.0		E		Rt 1	from Wadsworth
	3.4	BR	E		Pleasant	
	4.5	L	N		Main/Rt 73	
	4.6				Rt 73 at Rt 1	Rockland