

Section 1. Maine East Coast Greenway: Eastern Trail -- Kittery to South Portland

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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 1 is the southern gateway portion of the Maine East Coast Greenway that extends from Kittery to South Portland and is comprised for most of its length by the on-road route of the Eastern Trail. As envisioned, the Eastern Trail will stretch for 55 miles from Kittery to South Portland. Approximately 37 miles are planned to be off-road trail within the old rail corridor of the Eastern Railroad, Maine's first railroad, begun in the mid-1800's.

Section 1 -- 77 miles in length -- meanders through the rural countryside and villages of southern Maine as well as historic mill towns and oceanside beaches. For more information on the Eastern Trail, visit www.eastertrail.org.

Special features: Vaughn Woods State Park, Webhannet River Marsh, Old Orchard Beach, Saco/Biddeford downtowns, South Portland Greenbelt, South Portland's Knighville/Millcreek district, Bug Light Park.

Road conditions: Generally good; however, some broken pavement, dirt and uneven surfaces and soft shoulders.

Services: Services are offered within the many town and city centers that the route passes through. Bicycle shops in the Eastern Trail corridor communities include: Breton's Bike Shop, Wells, 646-4255; Bicycle Habitat, Saco, 283-2453; Joe Jones, 456 Payne Road, Scarborough, 885-5635.

Bike shops located off the route in nearby communities include Cape-Able Bicycle Shop, Kennebunkport, 967-4382; Goodrich's Cycle, Sanford, 324-1381.

LEGEND. **!**: Important tour directions. **CS**: Convenience store. **I**: Information, tour services.

A: Accommodations, non-camping. **C**: Camping location. **R**: Restaurant. **S**: Scenery.

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For attractions and accommodations contact: Gateway to Maine Chamber of Commerce (Kittery), 207-439-7545; Kennebunk-Kennebunkport Chamber of Commerce, 207-967-0857; Wells Chamber of Commerce, 207-646-2451; Biddeford-Saco Chamber of Commerce, 207-282-1567; Old Orchard Beach Chamber of Commerce, 207-934-2500; Convention and Visitors Bureau of Greater Portland, 207-772-5800; Greater Portland Chambers of Commerce, 207-772-2811; Maine Campground Owners Association; 207-782-5874; www.campmaine.com; Maine Innkeepers Association, 207-773-7670; www.maineinns.com. For bicycling resources in Maine contact: Bicycle Coalition of Maine, 207-623-4511, www.bikemaine.org.

Cautions: High speed traffic along major routes, many narrow roads.

Starting point: Route 1 bridge in Portsmouth, NH. Alternate start at Wells Train Station (see mile 26.5)

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 or suitability of the routes indicated on these tours for shared bicycle/motor vehicle use or for use by young and/or inexperienced riders. 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 riders encounter may vary, and the Department in no way warrants its accuracy. MDOT assumes no liability for personal injuries or property damage suffered by bicyclists.

Mileage readings may vary. We recommend you carry a detailed map of the area with you. All roads on this ride can be found in the Maine Atlas and Gazetteer from DeLorme Mapping Co. (www.delorme.com).

WELCOME TO MAINE!!!!

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!	0.0	Begin in Kittery on the Maine side of the Route 1 bridge from Portsmouth, go 0.2 mile bearing right onto Hunter Avenue (one way northbound). Caution: Metal decking on bridge. Signage requires walking bike on sidewalk.
!	0.2	Bear right onto New March Street, go 0.1 mile to second left. Turn left onto Government Street and go to traffic light.
!	0.3	Go straight through traffic light (crossing Route 1), remaining on Government Street. No shoulder, 4' sidewalk on right side of Government Street. <i>OPTION:</i> Kittery is famous as an outlet shopping 'mecca'. To reach the outlets and other shopping and restaurants, continue north on Route 1. Caution is needed in navigating the traffic circle. Follow Government Street for 0.3 miles to Cook Street/Route 103.
!	0.6	Bear Right onto Cook Street/Route 103, continue for 0.3 mile to Dennett Road. No shoulder, 4' sidewalk with curbing.
!	0.9	Bear left onto Dennett Road, go 0.2 mile to the Route 103 intersection. Paved shoulder.
!	1.1	At the Route 103 intersection, continue straight on Dennett Road, do not follow Route 103. Follow Dennett Road for 2.8 miles where it rejoins Route 103. No shoulder. At Eliot Townline, Dennett Road turns into State Road. <i>Entering Eliot.</i>
!,CS	3.9	State Road becomes Route 103. <i>Near the intersection of State Road and Route 103 are the Eliot town hall, library and post office.</i> Continue straight on Route 103 for 3.9 miles to Worcester Road.
!	7.8	Turn left onto Worcester Road, go 0.5 mile to Houde Rd.. Caution: Narrow road, no shoulder.
!	8.3	Turn left onto Houde Rd. and go 0.2 mile to Heron Cove Rd.
!	8.5	Turn right on Heron Cove Rd. and go 0.6 mi. to Rt. 236.
!	9.1	Walk your bicycle on the left-hand shoulder of Rt. 236 for a short distance and then turn left on Rt. 101. Caution: Rt. 236 has heavy traffic with high speeds. It has an 8' paved shoulder which is easier to walk along than try to make two left turns in traffic. If going southbound, you can bicycle along the southbound shoulder.
!	9.3	Turn right onto Old Fields Road, go 3.1 miles to Vine Street. No shoulder.
	9.5	<i>At the bridge you enter the town of South Berwick.</i>
S,P,H	12.1	<i>Vaughn Woods State Park is located on your left. No camping is allowed. Spectacular scenery along the Piscataqua River.</i>

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!,S	12.4	Turn left onto Vine Street and continue 1.0 mile to Route 236. <i>No shoulder. Nice views of Leighs Mill Pond on right.</i>
!	13.4	At the intersection with Route 236, continue straight across Route 236 to Academy Street. Caution: High traffic speeds and volumes on Route 236.
!	13.4	Follow Academy Street for 0.6 mile to Route 4. No shoulder. <i>OPTION:</i> To bypass the downtown, turn right onto Highland Avenue and follow to Route 4, following directions below.
	13.7	<i>Berwick Academy</i>
!,R,CS,ATM	14.0	Bear right onto Route 4/236 and follow for 0.3 miles to Agamenticus Road. Paved shoulder. <i>Downtown South Berwick has a variety of shops and restaurants.</i>
!,HX	14.3	Bear right onto Agamenticus Road and follow for 1.6 miles. No shoulders. <i>Civil War monument located at intersection of Route 4/236 and Agamenticus Road.</i>
CS	15.0	<i>Seasonal Ice Cream and Farm Stand.</i>
CS	15.3	<i>Convenience Store on left.</i>
!	15.9	Turn/bear left onto Knight's Pond Road and follow for 2.3 miles to Hooper Sands Rd. You will cross the Eastern Trail corridor at one point along Knight's Pond Road. This is where the shared use path will be eventually located, replacing this on-road route. Caution: Narrow road without shoulders.
!	18.2	Turn right onto Hooper Sands Rd. and follow for 0.2 mile to Great Hill Rd.
!	18.4	Turn left onto Great Hill Rd. and follow for 0.7 mile to Thurrell Rd. Note: Great Hill Rd. is a gravel road in good condition but it is not plowed during the winter months.
!	19.1	Turn left onto Thurrell Rd. and follow for 1.7 miles to Boyd Corner Rd.
!,	20.8	Turn left on Boyd Corner Rd. and follow for 0.8 Mile to Pinson Rd. <i>Caution: Boyd Corner Rd. has moderate traffic and no shoulders..</i>
! <i>OPTION S,R, ATM</i>	21.6	Turn right on Pinson Rd. (name changes to Boyd Rd. in Wells) and follow it for 1.0 mile to Rt. 9. <i>OPTION: Stay straight on Boyd Corner Rd. for 1.1 miles to village of North Berwick which has a store, restaurants, and a bank.</i>
	22.1	<i>Enter town of Wells.</i>
!	22.6	Turn right onto Route 9 and follow for 0.3 mile to Bragdon Road. Caution: Paved shoulder but also high traffic speeds and volumes on Route 9.

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!	22.9	Turn left onto Bragdon Road and follow for 1.2 miles to a fork in the road. No shoulder.
!	24.1	Bear right at the fork, continuing on Bragdon Road 2.8 miles to Route 109. No shoulder.
T	25.6	<i>Amtrak connection: Turn right on Swamp John Road to Route 9 to Route 109 to reach the proposed Amtrak station in Wells (4.5 miles from Bragdon Road) off Exit 2 off the Maine Turnpike. This is a good alternate starting point for the tour.</i>
!,C	26.9	Turn left onto Route 109 and follow for 0.2 mile to Meetinghouse Road. Caution: Sight distance from right onto Meetinghouse Road is minimal. Currently no paved shoulders. <i>Jellystone Park Camp Resort, 207-324-7782, is located south on Route 109, 0.5 miles on the right.</i>
!	27.1	Turn right onto Meetinghouse Road and follow for 1.9 miles to Wire Road. No shoulder.
	28.1	<i>Hobbs Crossing railroad sign, crossing of Eastern Trail corridor.</i>
!	29.0	At the intersection of Meetinghouse Road and Wire Road, bear right and continue on Meetinghouse Road. Go 0.3 mile to Chicks Crossing. No shoulder.
!	29.3	Bear left onto Chicks Crossing at a fork in the road and follow for 1.5 miles to Day Hill Road. No shoulder.
!	30.8	Turn left onto Day Hill Road (which becomes Branch Road) and follow for 0.8 mile to Maguire Road. No shoulder.
!	31.6	Bear/turn right onto Maguire Road and follow for 2.1 miles to Whitten Road. No shoulder.
	32.6	<i>Eastern Trail corridor crossing</i>
!	33.7	Turn left onto Whitten Road and follow for 1.4 miles to Route 99. Caution: Poor sight lines and high traffic, no shoulder.
	34.9	<i>Eastern Trail corridor crossing</i>
!	35.1	At intersection with Route 99, continue 0.1 mile straight across intersection to Mill Street. Caution: Poor sight distance.
!	35.2	Turn left onto Mill Street and follow for 0.8 mile to intersection with Alfred Road.
! OPTION CS, A, ATM,	36.0	At Alfred Road, continue straight across intersection onto Thompson Road. <i>OPTION: Turn right on Alfred Road for store (.33 miles ahead), Cummings Market (the market is located at the crossing of the Eastern Trail corridor) and motel, and to reach village of Kennebunk (3 miles) where most all services are available, including shops, restaurants and lodging.</i> Follow Thompson Road for 1.2 miles to Route 35/Alewife Road.

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	36.4	<i>Middle School, Community Center</i>
!	37.2	Turn left onto Route 35 and follow for 0.3 mile to Downing Road.
!	37.5	Turn right onto Downing Road and follow for 2.0 miles to Limerick Road. Entering town of Arundel when passing over Kennebunk River.
!	39.5	Turn right onto Limerick Road and follow for 0.6 mile, passing over Maine Turnpike, to Mountain Road. At the Limerick Road/Mountain Road intersection, on your left you will pass the Arundel Town Hall where restrooms and water are available.
!	40.1	Turn left onto Mountain Road and follow for 3.6 miles to Connector Road. No shoulder.
OPTION	43.7	<i>For Hospital (Southern Maine Medical Center), continue on Mountain Road 0.2 mile to intersection of Mountain Road, Route 111, and Medical Center Drive. Turn right on Medical Center Drive, which is the entrance to hospital.</i>
!	43.7	Turn right onto Connector Road/Precourt Street and follow for 1.0 mile. You will cross Route 1 before getting to Landry. Connector Road has a wide paved shoulder. Caution: High speeds and volumes on Connector Road.
	44.4	Cross Route 1; Route now becomes Precourt Street. <i>Entering Biddeford which has a rich history as a textile manufacturing community and a proud Franco-American tradition.</i>
!	44.7	Turn left on Landry Street, go 0.2 mile to Hill Street. Hill Street is not shown in the DeLorme Maine Gazetteer, except in the urban inset in the rear of the map book.
!	44.9	Turn left onto Hill Street and follow for 2.5 miles to Route 9 in Downtown Biddeford. At 2.3 miles is the intersection of Hill Street and Route 9/208, continue straight through this intersection.
	45.8	<i>Biddeford Middle School</i>
	45.9	<i>Biddeford Elementary School</i>
ATM,R	46.2	<i>Services in Downtown Biddeford include ATM, banks, restaurants, and shops.</i>
	47.2	<i>Intersection of Hill Street and Route 9/208.</i>
!	47.4	Turn right onto Route 9 and follow for 0.8 mile across the Saco River into Saco, and to the Junction of Routes 1, 5, 112, and 9. Caution: High speeds and volumes and weaving traffic on Route 9, no shoulder.

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CS, R, ATM, B S		<i>Entering the city of Saco. A variety of amenities and services available along Route 9 in Saco. Saco City Hall is located on the left where public restrooms and water are available. Bicycle Habitat bicycle shop, 283-2453, is located in the same block as City Hall.</i>
! <i>OPTION</i>	48.2	Turn right onto Route 9/Beach Street and follow for 1.0 mile to Old Orchard Road. <i>OPTION: Numerous historic homes are located along Route 1, continuing straight at Route 9/Beach Street. Fast food restaurants and a supermarket are also located on Route 1. Route 1 here is a four lane road and has high traffic volumes.</i>
P	48.4	<i>School on right with picnicking and playground.</i>
CS	48.6	<i>Convenience Store/Market</i>
!	49.2	Turn left onto Old Orchard Road and follow for 1.4 miles to intersection with Route 5/Temple Street. Old Orchard Road has a paved shoulder and turns into Saco Avenue mid-way.
A, C	50.4	<i>Motels and Camping</i>
!, CS, R	50.6	Turn right onto Temple Avenue and follow for 1.3 miles to Seaside Avenue. No shoulder. <i>Entering the Ocean Park section of Old Orchard Beach. Ocean Park has restaurants, ice cream shops and beach access.</i>
P	51.4	<i>Town Park</i>
!, CS, A, C, R, S, P, BS	51.9	Turn left onto Seaside Avenue and follow for 0.7 miles to Union Avenue. Narrow residential street.
CS, A, R	52.6	Turn left on Union Avenue and go 2 blocks to 1st St. (Crossing Route 9/Grand Avenue.) <i>Motels and Bike Rentals (Viking Rentals)</i>
CS, A, R, S, ATM, T	52.7	Turn right onto 1st St. and follow for 0.3 miles to Walnut St. (1st St. changes to Milliken St. in downtown Old Orchard). <i>There are many available activities and services in Old Orchard Beach, including the amusement park/boardwalk, accommodations, ATM's, restaurants and access to beaches and parks.</i>
A, BS	53.0	Turn Right on Walnut St. and follow for 0.1 mile to East Grand Ave. (Rt. 9).
	53.1	Turn left on East Grand Ave. (Rt. 9) and follow for 1.9 miles to Pine Point Rd. (also Rt. 9). Bike Lanes Begin.
CS	53.3	<i>Market/Variety Store, Convenience Store</i>

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!,CS,I,R, S,H	55.0	Turn left, continuing on Route 9/Pine Point Road for 3.2 miles to Route 1. Wide paved shoulder. <i>Many attractions and services along Route 9/Pine Point Road. Walks and canoe rides available through Scarborough Marsh. The Eastern Trail off-road trail will cross at the marsh; pedestrians/bicyclists are not allowed across marsh bridge.</i>
R	56.0	<i>Clambake Restaurant</i>
	56.6	<i>Elementary School</i>
R	56.7	<i>Ice Cream Stand and Restaurant</i>
H,S	57.0	<i>Eastern Trail corridor crossing and Scarborough Marsh Lookout</i>
!	58.2	Cross Route 1 and continue on Broad Turn Road for 1.1 miles to a fork in the road. You will cross the Maine Turnpike via an overpass. Caution: No shoulder and moderate traffic volumes. <i>NOTE: This recommended route adds several miles to the route to avoid Payne Road and Route 1. Route 1 and Payne Road have high traffic speeds and volumes and no shoulder for most of their length.</i>
!	59.3	At fork, bear right continuing on Broad Turn Road, follow for 1.8 miles to Holmes Road. No shoulder.
!	61.1	Turn right onto Holmes Road and follow for 1.6 miles to Beech Ridge Rd.. Caution: Holmes Road has trucks with high speeds and volumes and no shoulders.
! BS	62.7	At Beech Ridge Rd., turn right and continue (crossing the Maine Turnpike) for 2.2 miles to Payne Rd. For a bicycle shop, turn left on Payne Road for a little over two miles to Joe Jones, 456 Payne Road, Scarborough, 885-5635.
S	64.9	Continue across the Payne Rd. onto Scottow Hill Rd. and follow it for 1.0 mile. <i>There is a farm stand at this corner.</i>
!	65.9	Turn right onto Haigis Parkway and follow for 0.3 mile to Route 1. Haigis Parkway has a wide paved shoulder.
!	66.2	Turn left onto Route 1 and follow for 0.9 miles to Commerce Drive.
!	67.1	Turn right onto Commerce Drive and follow for 0.3 mile to Evergreen Farms Road. Commerce Drive is a wide residential road.
!	67.4	Turn left onto Evergreen Farms Road and follow for 0.3 mile to Eastern Road. Evergreen Farms Road is a wide residential road.
!	67.7	Turn left onto Eastern Road, part of the Eastern Trail, and follow for 0.6 mile to Route 207.
!	68.3	Turn right onto Route 207 and follow for 0.9 mile to Highland Avenue. Paved shoulder on Route 207.

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!	69.2	Turn left onto Highland Avenue and follow for 4.3 miles to Evans Street. Highland Avenue has no shoulders initially.
!	70.2	At fork bear right to remain on Highland Avenue. Paved shoulder begins within 0.5 miles.
	70.9	<i>Pleasant Hill Elementary School</i>
	71.0	<i>Pleasant Hill Road</i>
	71.9	<i>South Portland city line. South Portland has a developing greenbelt system, beaches and is home to the Maine Mall, and two major semi-conductor manufacturers (Fairchild and National Semiconductor).</i>
!	73.5	Turn left onto Evans Street and follow for 0.6 mile to Hill Street. Church of Christ is on the right approaching Evans Street. Evans Street has no shoulders.
	73.7	<i>South Portland Community Center with public restrooms and water.</i>
!,R,CS	74.1	Turn right onto Hill Street (just before the traffic light) and follow for 0.4 mile to Broadway. <i>OPTION: Continue straight on Evans Street for 0.1 mile for services, sandwich shops, etc.</i>
!	74.5	Follow Broadway 0.1 mile to North Kelsey Street. Caution: High traffic volumes on Broadway.
!	74.6	Turn left on North Kelsey Street for 0.2 mile to Pearl Street.
!,H	74.8	Turn right on Pearl Street and follow to end for 0.3 mile to join South Portland Greenbelt, a paved shared use path.
!	75.1	Turn right onto Greenbelt and follow 0.6 mile to intersection with Route 77/Casco Bay Bridge/Broadway.
ATM,R, CS,P	75.7	Continue across intersection, connecting to the paved Greenbelt Pathway. This is the Knightville/Millcreek neighborhood of South Portland where there are a wide variety of restaurants, services, shops and groceries. Stop and enjoy the Millcreek Park with its picnic areas, fountain and foot bridge. Follow Greenbelt for 1.6 miles to Bug Light Park.
S T	77.3	Bug Light Park. This is the end of the tour. <i>At Bug Light Park there is greenspace, a lighthouse, seasonal concessions, a boat launch and great views of Portland Harbor. Two water taxi services are available from Bug Light Park to the foot of the Eastern Promenade Trail in Portland (part of the Casco Bay Route/next East Coast Greenway tour). Call Presumpscot Water Taxi (year round), 776-5384; or, Sea Tow Water Taxi (summers only), 772-6724, for more information.</i>

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		To continue to next tour in lieu of water taxi option, retrace steps back to intersection of Greenbelt and Route 77/Casco Bay Bridge (1.6 miles; tour mile point 78.4). For continuation into Portland, see 'Casco Bay Route'.
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