

## Tour 23 - Penquis Tour

<b>Distance:</b> 16, 30, 46, or 55-mile loops <b>Terrain:</b> Gently Rolling
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This pleasant 55-mile ride (shorter 16, 30, and 46-mile options provided) takes cyclists through the portions of three Maine Counties: Piscataquis, Somerset and Penobscot. The tour includes the communities of St. Albans, Dexter, Dover-Foxcroft and Guilford. Access to these communities is easy because of the well-maintained highways and rural roads. Recreation is abundant because of the presence of several lakes, streams and vast tracts of wooded land. This bike tour offers terrific views of mountain scenery, scenic lakes and rivers and potato farms.

Alternate 1, a short 16 mile loop provides a gentle introduction to road biking down low-volume roads through rolling farmland with a view of Ripley Pond.

Alternate 2 provides an intermediate 30 mile loop which includes a visit to Dexter and Wassookeag Lake. Alternate 3 provides a slightly shorter 46-mile tour.

**Special Features:** Historic and friendly communities of Dexter, Dover-Foxcroft and Guilford; mountain scenery, scenic lakes and rivers and potato farms.

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

**Services:** There are no bike shops located along the route.

For accommodations contact Southern Piscataquis Chamber of Commerce, 100 South Street, Dover-Foxcroft, ME 04426, 207-564-7533; Piscataquis County Economic Development Council, 55 High Street, Dover-Foxcroft, ME 04426, 1-800-539-0332.

According to the Maine Atlas and Gazetteer, there are no campgrounds within close proximity to the route

**Cautions:** Light to moderate traffic.

**Starting Point:** Ride originates at the St. Albans General Store in the village of St. Albans, just east of the intersections of Route 152 and Routes 43/23. From Interstate 95, take Exit 38 in Pittsfield and follow Route 152 to the start of the tour. The tour makes a giant loop that connects back to the starting point.

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

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

**ATM:** Automatic teller machine location. **HX:** Historic interest site. **H:** Hiking trailhead/crossing.

**P:** Picnic site. **BS:** Bicycle Shop. **OPTION:** Optional side trip.

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

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

!, CS, S, P	0.0	<p><b>The tour begins just east of the intersection of Route 152 and Routes 23/43. From the St. Albans General Store, follow Routes 23/43 for 1.9 miles to the split of 23/43. St. Albans General Store located at this intersection.</b>  <i>Scenic views of Indian Pond, a great place to picnic.</i></p>
!	1.9	<p><b>Turn left on Route 23 at the split between Route 23\43 and continue 5.6 miles to Ripley.</b></p>

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!, S  OPTION	7.5	<b>Turn right on Route 23 in Ripley and continue 4.9 miles to Dexter.</b> <i>Scenic views of Ripley Pond</i> <b>ALTERNATE 1: For short 16 mile option, turn left here onto Rt.154 and follow 2.8 miles to Rt. 152. Turn left onto Rt. 152 and rejoin tour at Mile 50.0 .</b>
!, CS, R, I, BS,A ATM  OPTION For shorter 30 and 46 mile loops.	12.4	<b>Route 23 takes you through downtown Dexter to Junction 23\7. Turn left on Route 7.</b> Dexter has many choices for food, accommodations, banking and supplies. It is home to the Dexter Shoe Company. The Dexter Historical Society operates the Grist Mill Museum, located downtown. The mill was built in 1854. <b>Continue 6.6 miles to Shaw Road.</b> <b>ALTERNATES 2 and 3. Turn left on Route 23/7 and continue 0.1 miles to the split between Route 23/7. Turn left onto Rt. 23 and follow for 1.5 miles to the Cambridge Rd.</b> <b>ALTERNATE 2: For 30-mile loop, turn left on Cambridge Rd. (becomes Dexter Rd. in Ripley and Cambridge) and follow for 6.9 miles to the Goose Flats Rd. (At 2.3 miles be sure to bear right on Chandler Hill to stay on the Dexter Rd.) Turn left onto Goose Flats Rd. and follow for 1.1 miles to Rt. 152. Turn left on Rt. 152 and rejoin Tour at Mile 47.5.</b> <b>ALTERNATE 3: For 46 mile loop, continue straight on Route 23 for 10.8 miles to Pleasant Avenue in Sangerville. Turn left on Pleasant Avenue, which becomes Hudson Avenue and continue 1.4 miles to Guilford. Rejoin tour at mile 32.7 below. Paved shoulder.</b>
!, S	19.0	<b>Turn left on Shaw Road which becomes Sangerville Line Road and continue 3.4 miles to Starbird Siding Road.</b> <i>Scenic views of forested uplands and historic farmland.</i>
!	22.4	<b>Turn right on Starbird Siding Road and continue 0.7 miles to Route 7.</b>
!	23.1	<b>Turn left on Route 7 and continue 3 miles to Dover-Foxcroft.</b> Paved shoulder for approximately 3 miles.
!  OPTION A, R, CS, S ATM, I	26.1	<b>In Dover-Foxcroft turn left on Pine Street, which becomes Douty Hill Road. Continue 6.6 miles to Sangerville.</b> <i>Option: Continue straight to go into Dover-Foxcroft. Most services are available. Many choices for accommodations, food, banking and supplies. Contact Southern Piscataquis Chamber of Commerce at 207-564-7533 or the Piscataquis County Economic Development Council at 1-800-539-0332.</i> <i>Scenic view of the Piscataquis River.</i>

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!,R,CS	32.7	<b>Cross Route 23 (Main Street) and proceed on Pleasant Avenue for 1.4 miles to Route 150 in Guilford. Pleasant Avenue becomes Hudson Avenue just outside Guilford.</b> Enter Guilford. Guilford has many choices for food, banking and supplies.
!, ATM, R, CS, I	34.1	<b>Turn left onto Route 150 and follow for 11.8 miles to Route 152.</b> Paved shoulder.
!	45.9	<b>Turn left on Route 152 in Cambridge and continue 9.4 miles (passing through West Ripley) to the intersection with Routes 43/23 in St. Albans.</b>
!	55.3	<b>Turn left onto Routes 43/23. End of tour.</b>

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