

Ride 19 - Portland Lighthouse Tour

Distance: 30 and 41 miles
Terrain: Flat

This scenic 41-mile ride offers a quintessential view of coastal Maine. The ride begins in Portland, Maine's largest and most urban city with a working waterfront and a picturesque shopping district where, in the 18th and 19th century, there were ships, chandlers, and warehouses for this once busy shipping port. From Portland, cyclists cross over the Fore River and head out toward the coast with opportunities to stop along the way at state and municipal parks with several lovely sand beaches, Prouts Neck, where artist Winslow Homer lived and painted, historic old lighthouses, and an interesting lighthouse museum. There is a shorter 30-mile option to this tour, which eliminates the trip to Prouts Neck.

Special features: Eastern Prom Trail in Portland; Portland's Old Port; Prouts Neck; Higgins Beach; Crescent Beach State Park; Kettle Cove; Two Lights State Park; Scarborough Beach Park; views of Calendar Islands and Casco Bay; Portland Head Light, the oldest lighthouse in the country; Spring Point Light.

Road conditions: Generally good; wide paved shoulder along ME 77 in Cape Elizabeth.

Services: Several off route bike shops in Portland (Allspeed Bicycle & Ski, 208-878-8741; Back Bay Bike, 207-773-6906; Cyclemania, 207-774-2933; Gorham Bike & Ski, 207-773-1700; Haggett's Cycle, 207-773-5117); other basic services available on route. AMTRAK offers daily train service between Portland and Boston with a stop at the Portland Transportation Center. For schedules and fares call 1-800-RIDERAIL or www.thedowneaster.com.

Cautions: Heavy traffic and no shoulder on Broadway from Casco Bay Bridge; parts of ME 77 narrow with heavy traffic; heavy to moderate traffic on Cottage Street.

Starting point: Ride originates in Portland at the Portland Transportation Center (connections to AMTRAK service to Boston and interstate bus service). To get there by motor vehicle use Exit 5 from I-295 north and Exit 5A from I-295 south. An alternate starting location is the large parking lot on Marginal Way. To get there take, Exit 7 off I-295 in Portland. At the first traffic light immediately after the off-ramp, take a left onto Marginal Way. The Park and Ride lot will be on your left.

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).

	0.0	Turn right upon leaving Portland Intermodal Center
	0.1	Turn left at the traffic signal (sign points toward Westbrook)
	0.3	Turn right at traffic signal onto Congress St. Caution: no shoulder and heavy traffic
	0.7	Turn right at the traffic signal onto St. John St. which has a wide curb lane.
	1.4	At the rotary, proceed halfway through and follow the ramp pointing toward Commercial St. which has paved shoulders.
	2.2	Turn left on Beach St. on-ramp to the Casco Bay Bridge. Bear right on the Beach Street ramp that takes you on to the Casco Bay Bridge. Caution: At the end of the ramp merge with heavy traffic. There is a wide paved shoulder on the bridge. Watch for traffic turning right on Broadway. Go 1.0 mile across the bridge to Broadway.
		<i>Optional Start form Marginal Way Parking Lot</i>
!	0.0	<i>From the Marginal Way parking lot turn left and go 0.5 mile to the Eastern Prom Trail.</i>

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.

!	0.5	Bear left on the Eastern Prom Trail. <i>Views of Portland Harbor and Casco Bay.</i> Caution: <i>This is a heavily used recreational trail - watch for pedestrians and in-line skaters.</i> Go 1.8 miles to Commercial Street.
!	2.3	Merge on Commercial Street. <i>This is Portland's famous Old Port District.</i> Caution: <i>Watch for turning vehicles.</i> Go 1.3 miles to the Beach Street on-ramp on the Casco Bay Bridge. Rejoin Tour at Mile 2.2
!	3.2	Head straight at traffic light on Broadway and go 0.3 mile to ME 77. Caution: <i>Heavy traffic, no shoulder. Stay to the right.</i>
!	3.5	Turn right on ME 77 and go 0.7 mile to Sawyer Road. <i>Sawyer Road is at the second set of traffic lights after turning on ME 77.</i>
!	4.2	Turn right on Sawyer Road and go 1.5 miles to Fickett Road.
!	5.7	Turn right at stop sign on Fickett Road and go 0.7 mile to Highland Avenue. ALTERNATE 1: <i>For shorter 30-mile option, bear left and continue on Sawyer Rd. for 2.0 miles and rejoin ME 77 and the main tour at mile 21.2.</i>
!	6.4	Turn left at stop sign on Highland Avenue and go 3.1 miles to the Chamberlain Road.
!	8.7	At 4-way intersection and stop sign, stay straight on Highland Avenue.
!	9.5	Bear left on Chamberlain Road and go 1.0 mile to the Black Point Road (ME 207).
!	10.5	Turn left on the Black Point Road and go 5.1 miles to Prout's Neck.
I	11.7	<i>Large salt marsh on the left.</i>
I, S	12.4	<i>Maine's largest salt marsh is on the right.</i>
I, P	13.1	Scarborough Beach State Park on the left. <i>Swimming, picnic tables, toilets.</i>
S	14.8	<i>Views of Old Orchard Beach and Pine Point on the right.</i>
!	15.6	Turn around at Prout's Neck (the end of the road) and retrace route 2.4 miles to ME 77. <i>Prout's Neck is a private community that was once the home of the artist Winslow Homer.</i>
!	18.0	Turn right on ME 77 (Spurwink Road) and go 5.4 mile to the Ocean House Road.
OPTION !, S	19.1	Optional Side Trip: Turn right on Ocean Avenue and go 0.5 mile to reach Higgins Beach. <i>Scenic public beach, swimming.</i>
!	22.6	Crescent Beach State Park on the right. <i>Scenic beach, picnic area, hiking, toilets.</i>

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!, R	23.4	Bear right on the Ocean House Road (there is an ice-cream stand located at the corner) and go 0.6 mile to Kettle Cove.
S, P	24.0	Kettle Cove <i>Views of Richmond Island, Crescent Beach. There is a trail from here to Two Lights State Park.</i> Retrace route 0.2 mile to Fessenden Lane.
!	24.2	Turn right on Fessenden Lane and go 0.2 mile to Two Lights Road.
!	24.4	Bear right on Two Lights Road and go 1.1 miles to the end.
S, P	24.8	Bear right on the Park Road and go 0.3 mile to Two Lights State Park. <i>This is the site of an old fort. There are breathtaking views from the headlands. Picnic tables and toilets are available.</i>
!, R	25.5	Cape Elizabeth Light. There is a restaurant here. <i>Notice the old lighthouse on your left (now Private) which gives the area the name Two Lights.</i> <i>Great views of the Calendar Islands and Casco Bay.</i> Return 1.7 miles to ME 77 staying on the Two Lights Road.
!,CS	27.2	Bear right on ME 77 and go 0.3 mile to the Old Ocean House Road. Convenience store located here.
!	27.5	Turn right on the Old Ocean House Road and go 1.2 miles to the end.
!	28.7	Turn right on ME 77 and go 0.5 mile to the Shore Road.
CS	29.0	Grocery store on the left.
!	29.2	Turn right on the Shore Road and go 2.4 miles to Fort Williams Park.
! HX,P	31.6	Turn right on Fort Williams Park Road and go 0.4 mile to Portland Head Light. Fort Williams Park is a popular town operated park on the site of an old fort. <i>Picnic tables, toilets, ruins of the Goddard Mansion.</i>
S, I	32.0	Portland Head Light. <i>One of the most photographed lighthouses in the world, it was commissioned by George Washington in 1797. Views of Portland Harbor and the city of Portland from here. There is a lighthouse museum here.</i> Retrace route to the Shore Road.
!	32.4	Turn right on the Shore Road and go 1.4 miles to Preble Street.
!, CS	33.8	Bear right on Preble Street (an Irving convenience store is located at the corner) and go 0.9 mile to Fort Road.
!	34.4	Bear right at stop sign on Preble Street.
!	34.7	Bear right on Fort Road and go 0.5 mile to Spring Point and Southern Maine Community College.

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!,HX	35.0	At stop sign stay straight on Fort Road. On the right is the campus of Southern Maine Community College. It is situated on the site of old Fort Preble.
!,I,HX	35.2	Spring Point Spring Point Light and the Portland Harbor Museum are located here. <i>Views of Portland and Fort Gorges.</i> Retrace route 0.3-mile to stop sign at Pickett Street.
!	35.5	Turn right at stop sign on Pickett Street and go 0.2 mile to Broadway.
!	35.7	Turn left at 4-way stop on Broadway and go 1.1 miles to Cottage Road.
!, CS, R, ATM	36.8	Turn right at traffic light on Cottage Road (Pratt- Abbott Cleaners is located at the corner) and go 0.3 mile to the roundabout/rotary. This is the Knightville section of South Portland; all services except bicycle repair are available here. Caution: Traffic is heavy through this intersection.
! OPTION S	37.1	At the small roundabout/rotary, turn left on E-Street. E-street is the second street that leaves from the rotary. Go 0.2 mile to Waterman Drive. You should be facing the bridge after making the turn. Optional Side Trip: Go straight through the roundabout to get to the new waterfront park with great views of Portland Harbor.
!	37.3	Turn left at stop sign on Waterman Drive and go 0.1 mile to traffic light.
!, S	37.4	Turn right at traffic light and immediately right at the next traffic light on to the Casco Bay Bridge. There is a wide shoulder on the bridge. <i>Great views of Portland and the Fore River from the bridge.</i> Go 1.1 mile to Park Street in Portland, crossing bridge.
	38.5	Turn right on Park St. and then an immediate right on Commercial St. and follow it to where it ends at the rotary.
	39.4	Proceed halfway through rotary to St. John St.
	40.2	Turn left at second traffic signal onto Park Ave., which is a one-way street.
	40.7	At the underpass under I-295, Park Ave. Turns into Congress St. and becomes two-way. Use caution proceeding past on-ramps and off-ramps. Turn left at first light past the underpass toward the Transportation Center.
	40.8	Turn right at first traffic light and return to Portland Transportation Center.
		<i>Optional Return to Marginal Way Lot</i>

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!	38.5	Turn right on Park Street (Park Street is the first road on the right after the bridge) and immediately turn left on Commercial Street. Caution: Dangerous intersection, heavy and fast traffic along Commercial Street. Go 0.8 mile to the Eastern Prom Trail.
!	39.3	Bear right on the Eastern Prom Trail (Look for the Eastern Prom Trail where Commercial turns sharply left at the intersection with India Street). Go 1.8 miles to Marginal Way.
!	41.1	Merge with Marginal Way and go 0.5 mile to the parking lot.
!	41.6	Marginal Way parking lot. This is the end of the ride.

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