

Ride 20 - Saco River Tour

Distance: 27 and 48 mile loops
Terrain: Rolling

This gentle 48-mile ride takes cyclist from some of the most popular summer destinations in Southern Maine to the tiny hamlet of Goodwins Mills. The ride begins and ends in the summer Mecca of Old Orchard Beach, a town with a wonderful white sand beach and a bonafide old fashioned amusement pier where fortune tellers share space with ferris wheels. From there cyclists travel inland along the lovely Saco River and through rural farmland. Sun worshipers will want to take time to stop at Ferry Beach State Park, another fine example of Southern Maine's sandy white beaches.

Alternate 1 provides a shorter 27-mile loop which bypasses Goodwins Mills but includes all other highlights mentioned above.

Special features: The beach and amusement pier at Old Orchard Beach; Ferry Beach; Saco River views; the old mill at Goodwins Mills.

Road conditions: Generally good; broken pavement on Simpson Road in Buxton.

Services: Bike shop off route (Bicycle Habitat of New England, Saco, 207-283-2453); other services available on route.

Cautions: Heavy traffic on US 1 in Old Orchard; ME 9 from Old Orchard Beach to Saco narrow with no shoulder and heavy traffic; ME 35 narrow and no shoulder with moderate traffic.

Starting point: The ride originates from the Old Orchard Beach High School parking lot. From Maine Turnpike Exit 5, follow signs to Old Orchard Beach. Turn left at the traffic light on the Turn Road, following the signs for the Old Orchard Beach High School and the Ballpark. The Old Orchard Beach Fire Station is located at this intersection. Go 0.4-miles to the high school parking lot. Park away from the school near the tennis courts.

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	From the Old Orchard Beach High School parking lot turn left on the Emerson Cummings Blvd. and go 0.4-mile to traffic light.
!	0.4	Go straight at traffic light on Union Avenue for 0.6-mile to stop sign and ME 9 (West Grand Avenue).
!	1.0	Turn right at stop sign on ME 9 (West Grand Avenue) and go 7.2 miles to Saco. <i>There are numerous points of access to Old Orchard Beach from West Grand Avenue.</i>
!	1.7	Go straight on ME 9 at stop sign. This is the summer community of Ocean Park with ice cream shops and restaurants.
!	2.9	Bear left at fork on ME 9. Caution: Narrow road, no shoulder, and moderate traffic.
I, P	3.5	Ferry Beach State Park. Swimming, picnic area, toilets (park charges a day use fee).
!	4.1	Turn right on ME 9 (Ferry Road) at stop sign.
!	5.3	Bear left on ME 9. Bayview Street merges on the right.
R	5.8	Garsides Ice Cream on the right. <i>Enter Saco.</i>
!	8.2	Go straight through two sets of traffic lights to North Street, crossing US 1, and following signs to ME 5. Go 0.3-mile to Spring Street. <i>Stay in the right lane through the intersections.</i>
I		<i>There are beautiful homes along North Street.</i>
!	8.5	Turn left on Spring Street following signs for ME 5 and go 0.5-mile to Lincoln Street.
!	8.9	ME 9 turns right, stay straight on Spring Street.
!	9.0	Turn right at stop sign on Lincoln Street and go 0.5-mile to the Boom Road.
!	9.5	Turn right at stop sign and immediately bear left on the Boom Road after crossing the railroad tracks. Go 5.1 miles to ME 5.
S	10.2	<i>Views of the Saco River on the left.</i>
!	10.7	Cross the Maine Turnpike.

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.

OPTION	14.6	Turn left at stop sign on ME 5 and go 1.9 miles to the River Road. ALTERNATE 1: For a shorter 27-mile loop, go straight through Rt. 5 onto the Loudon Rd. and go 1.6 miles to Rt. 112. Turn left on Rt. 112 (caution Rt. 112 has high traffic and no paved shoulders. Paved shoulders are scheduled for construction by 2003). Go 1.0 mile on Rt. 112 and turn right on the Heath Rd. Rejoin Tour at Mile 38.2.
S	14.9	<i>Cross the Saco River.</i>
C	15.0	Homestead by the River Family Camping on the right.
!	16.5	Turn left at four-way intersection on River Road and go 1.8 miles to the Murch Road.
!	18.3	Turn sharply right on the Gordon Road and go 1.7 miles to the Waterhouse Road.
!	20.0	Head straight at stop sign on the Waterhouse Road and go 1.5 miles to ME 35.
!, I OPTION CS	21.5	Turn right at stop sign on ME 35 and go 8.5 miles to Hollis Center and the River Road. Caution: ME 35 has moderate traffic and no paved shoulders. <i>Side trip option: The village of Goodwin's Mills is 0.1-mile to the left. There is a convenience store there.</i>
!	24.1	Stay straight on ME 35 and cross ME 5 at stop sign and flashing red light.
I	27.0	Mainly Llamas on the left.
!	28.7	Stay straight on ME 35 at stop sign and flashing red light and cross US 202.
!	28.9	Stay straight at stop sign on ME 35 and cross ME 117.
!	30.0	Turn right at stop sign on River Road and go 1.0 mile ME 4A.
!	31.0	Turn left at top sign on ME 4A and go 0.9 mile to Salmon Falls Road.
S	31.7	Cross the Saco River. <i>The Saco River passes over a waterfall here. There is a hydro-electric dam at this site.</i>
!,CS	31.9	Turn right on the Salmon Falls Road (the first road on the right after crossing the bridge) and go 1.3 miles to ME 117. There is a convenience store in Bar Mills 0.2 mile straight ahead.
!	33.2	Go straight at stop sign on ME 117 and go 0.3- mile to the Simpson Road. Cross US 202.
!	33.5	Turn right on the Simpson Road and go 4.5 miles to ME 112.
P, I	33.9	Pleasant Point Park. <i>Pleasant Point Park is a town operated swimming and picnic area next to the Saco River.</i>
!	38.0	Turn right at stop sign on ME 112 and go 0.2- mile to the Heath Road.
!	38.2	Turn left on the Heath Road and go 1.3 miles to Flag Pond Road.

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!	39.5	Turn right at stop sign on the Flag Pond Road and go 4.0 miles to US 1.
!	42.7	Cross the Maine Turnpike.
!	43.5	Turn right at stop sign on US 1 and go 0.3-mile to traffic light and ME 98 (Cascade Road).
!	43.8	Turn left at traffic light onto ME 98 (Cascade Road) and go 2.7 miles to Old Orchard Street. Caution: Dangerous intersection. There is heavy traffic on Cascade Road. There is a paved shoulder for most of the way.
!	46.5	Turn left at stop sign on Main Street and go 0.2- mile to the end.
!	46.7	Turn right on ME 9 (West Grand Avenue) and go 0.7- mile to Union Avenue. <i>The world famous Old Orchard Beach Pier is straight ahead.</i>
!	47.2	Stay straight at stop sign on ME 9 (West Grand Avenue).
!	47.4	Turn right at stop sign on Union Avenue and go 0.6- mile to the Turn Road.
!	48.0	Go straight at traffic light on the Turn Road and return to the parking area at Old Orchard Beach High School to end the ride.
!	48.4	Old Orchard Beach High School parking area. This is the end of the ride.

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