

Coastal Maine Bike Tour Itinerary - June, 2013

Riders: Damon Yakovleff, Age 28; Nicole Anderson, Age 27

Bikes: LL Bean Sport Tour Model, Hybrid touring bikes with ~1.5" tires

<p>Day 1: Portland to Edgecomb Distance: ~ 50 Mi. Lodging: Pioneer Motel For this section we followed the ECG route for the most part, which includes the Androscoggin River trail. Services were frequent, and road conditions were good. The only incident was in Brunswick, with a motorist upset with our taking the lane on the 4 lane Maine St. Services become less frequent after Bath. Red's Eats in Wiscasset made a great stop for an early dinner, being just 3 mi. from the motel.</p>	 <p>Portland Promenade</p>
<p>Day 2: Edgecomb to Belfast Distance: ~ 55 Mi. Lodging: Yankee Clipper Motel Our route for this section was along route 1 until we cut inland on route 131 in Waldoboro and several back roads to get to route 3 into Belfast. The scenery was excellent through this section, although there are few services. The town green in Union, where there is a nearby grocery store, made an excellent stopover for lunch. The last section was fairly hilly, although this afforded good views. Enjoyed the bike / ped bridge across the harbor in Belfast.</p>	 <p>Red Hots</p>
<p>Day 3: Belfast to Ellsworth Distance: ~ 40 mi. Lodging: Day's Inn For this section we followed route 1 all the way. It was somewhat hilly in the section after Bucksport, although there was a wide shoulder and frequent services. The section just before our motel in Ellsworth was extremely dangerous for bicycles and pedestrians.</p>	 <p>Belfast Footbridge</p>
<p>Day 4: Ellsworth to Machias Distance: ~ 60 Mi. Lodging: Margaretta Motel For this section we mostly followed the Downeast Sunrise Trail, which starts just a few miles from the motel. We saw very few other people on the segment of the trail west of Machias. The Schoodic Mountain View / Bog was a real highlight. It was also refreshing to not have to deal with hills, as the trail is nicely graded. Going is slower on the trail due to its gravel surface, however we did not see any washouts or issues. Signage on the trail is excellent. There are few services, although they are well marked. Machias offers several motels and restaurants / take out places.</p>	 <p>Schoodic Mountain</p>

Day 5: Machias to Calais

Distance: ~45 Mi.

Lodging: [International Motel](#)

There were somewhat more other users on the trail through this section, although still very few. Mostly they were ATVs, but this did not detract from the experience as much as I would have expected. The last segment, about 15 mi. from the endpoint of the trail to Calais, was fairly hilly and involved several too-close passes by trucks and cars. However, it did provide nice scenery. Calais is a nice place to spend an afternoon, and was very bike / ped friendly. The walk over the bridge to St. Stephen NB is worth it.



Machias Bay

Day 6: Return trip via [West Transportation](#) from Mardens parking lot in Calais to Bangor terminal of [Concord Coach Service](#), which provided connection back to Portland.

