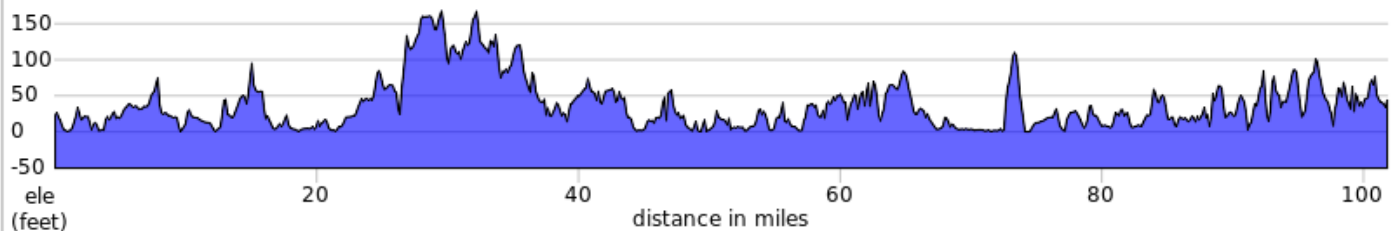
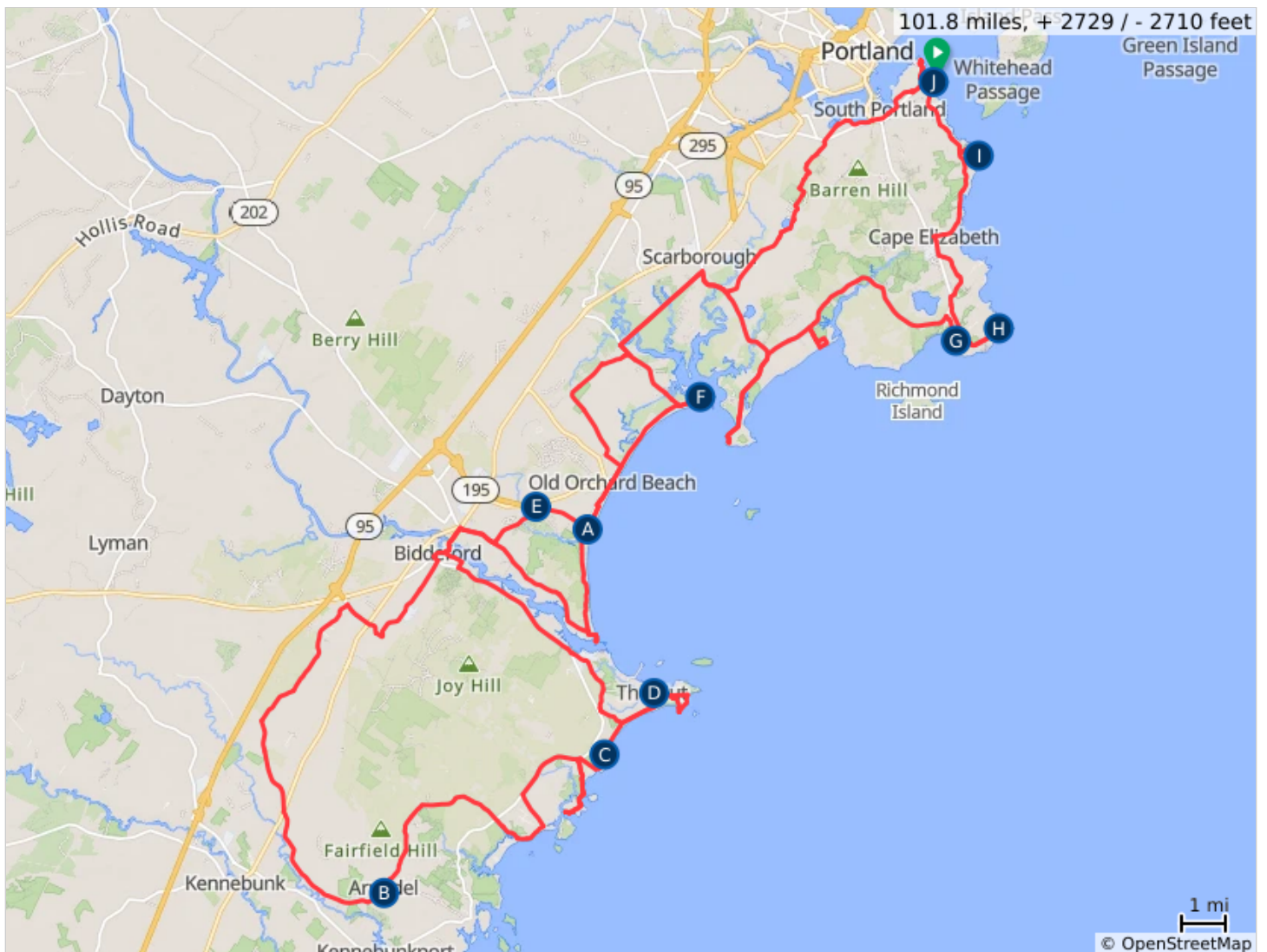


2026 MLR 100-Mile Route



A.	Ocean Park Rest Stop	F.	Restroom
B.	Beauchemin Boat Yard	G.	Kettle Cove Rest Stop
C.	Fortunes Rock Rest Stop	H.	Cape Elizabeth Light
D.	Woods Island Lighthouse	I.	Portland Head Light
E.	Dangerous Intersection	J.	Congratulations!



2026 MLR 100-Mile Route

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0		START: Spring Point Light Viewpoint. Have a great ride!	0.0
2.	0.0	0.0		L onto Fort Rd	0.0
3.	0.0	0.0		R onto Slocum Dr	0.1
4.	0.1	0.1		Continue onto Adams St	0.2
5.	0.3	0.2		R onto Benjamin W Pickett St	0.1
6.	0.4	0.1		Continue onto Breakwater Dr	0.1
7.	0.5	0.1		R onto Madison St	0.4
8.	0.8	0.4		R into Bug Light Park and continue into parking lot	0.1
9.	1.0	0.1		Bug Light Viewpoint. Make a U-turn. Retrace route.	0.1
10.	1.1	0.1		L onto Madison St	0.4
11.	1.4	0.4		L onto Breakwater Dr	0.1
12.	1.5	0.1		R onto Broadway	0.4
13.	1.9	0.4		R onto Stanford St	0.0
14.	2.0	0.0		L onto Greenbelt/ Eastern Trail. Follow path and use caution at street crossings.	1.2
15.	3.2	1.2		Slow down! Two-crossing intersection ahead. Dismount recommended.	0.1
16.	3.2	0.1		Walk bicycles across intersection at traffic lights at Waterman Dr and Broadway. Look for kiosk on west side to continue on Greenbelt/ET.	0.0
17.	3.3	0.0		Slight R to stay on Greenbelt/Eastern Trail	0.6
18.	3.9	0.6		L onto Chestnut St	0.2
19.	4.1	0.2		R onto N Kelsey St	0.0
20.	4.1	0.0		Slight L to follow path	0.5
21.	4.5	0.5		Cross Broadway and Evans at light to stay on Greenbelt/Eastern Trail. Connect back to the path across intersection.	0.1
22.	4.6	0.1		L to stay on Greenbelt/Eastern Trail for 1.0 mile	1.0
23.	5.7	1.0		Slight R to stay on Greenbelt/ Eastern Trail	1.2
24.	6.9	1.2		L	0.0
25.	6.9	0.0		Sharp R	0.0
26.	6.9	0.0		L onto Eastern Trail Extension	0.3
27.	7.2	0.3		Keep L onto Eastern Trail	0.1
28.	7.3	0.1		L onto Pleasant Hill Road	0.1
29.	7.5	0.1		R onto Chamberlain Road	0.9
30.	8.3	0.9		Continue onto Highland Avenue	1.0
31.	9.3	1.0		R onto Black Point Rd/ME-207 N	0.9

9.3 miles. +155/-158 feet

Num	Dist	Prev	Type	Note	Next
32.	10.2	0.9	←	L onto Eastern Rd/ Eastern Trail	0.3
33.	10.5	0.3	↑	Continue onto Eastern Trail	1.3
34.	11.8	1.3	!	Slow down. Gravel trail segment through marsh.	0.8
35.	12.7	0.8	←	L onto Pine Point Rd/ ME 9 W	0.3
36.	13.0	0.3	→	R onto Old Blue Point Rd	0.7
37.	13.6	0.7	←	L onto Milliken Mills Rd	0.4
38.	14.0	0.4	↑	Continue onto Portland Ave	2.2
39.	16.3	2.2	←	L onto Walnut St	0.4
40.	16.7	0.4	→	R onto E Grand Ave	1.0
41.	17.7	1.0	←	L onto Union Ave	0.1
42.	17.8	0.1	→	R onto Seaside Ave	0.6
43.	18.4	0.6	⚓	REST STOP at Ocean Park Bandstand on R. Enjoy snack, water, and more!	0.2
44.	18.5	0.2	→	R onto New Salt Rd	0.1
45.	18.6	0.1	←	L onto W Grand Ave	2.3
46.	20.8	2.3	←	L onto Lower Beach Rd	0.0
47.	20.9	0.0	→	R onto Camp Ellis Ave	0.1
48.	20.9	0.1	←	L onto Main Ave	0.2
49.	21.1	0.2	↑	Continue onto North Ave	0.2
50.	21.2	0.2	←	Slight L onto Bay Ave	0.0
51.	21.3	0.0	←	L onto Eastern Ave	0.1
52.	21.4	0.1	→	R onto North Ave	0.0
53.	21.4	0.0	↑	Continue onto Main Ave	0.2
54.	21.6	0.2	→	R onto Camp Ellis Ave	0.1
55.	21.7	0.1	←	L onto Lower Beach Rd/Ferry Rd	0.0
56.	21.7	0.0	↑	Continue onto Ferry Rd for 3.0 miles	3.1
57.	24.8	3.1	↑	Continue onto Beach St	0.9
58.	25.7	0.9	←	L onto Main St	0.9
59.	26.5	0.9	←	L onto Alfred Rd. Watch out for oncoming traffic!	0.1
60.	26.6	0.1	←	L onto Pool St	0.1
61.	26.8	0.1	→	R onto Hill St	2.2
62.	29.0	2.2	→	R onto Landry St	0.2
63.	29.2	0.2	→	R onto Precourt St	0.3
64.	29.5	0.3	↑	Continue onto Biddeford Connector	0.7
65.	30.1	0.7	←	L onto Mountain Rd	3.5

20.8 miles. +500/-434 feet

Num	Dist	Prev	Type	Note	Next
66.	33.6	3.5	←	L onto Limerick Rd	2.2
67.	35.8	2.2	↑	Cross Portland Rd (Rt 1) at the light to continue on River Rd	2.4
68.	38.3	2.4	↑	Continue onto Arundel Rd	1.3
69.	39.5	1.3	⚓	R into boatyard ahead for REST STOP in Kennebunkport. Enjoy snack, water, and more!	0.1
70.	39.6	0.1	←	L to stay on Arundel Rd	0.0
71.	39.7	0.0	→	Slight R onto Arundel Rd/Lester Wildes Rd	2.2
72.	41.9	2.2	→	R onto Goose Rocks Rd	1.9
73.	43.8	1.9	↑	Cross Mills Rd (Route 9) onto Dyke Rd	0.7
74.	44.5	0.7	←	L onto Kings Hwy	0.7
75.	45.2	0.7	←	L onto New Biddeford Rd	0.9
76.	46.1	0.9	→	R onto State Rte 9 E	1.6
77.	47.7	1.6	→	R onto Granite Point Rd	1.6
78.	49.3	1.6	↪	U-Turn in parking lot and return the way you came	1.6
79.	50.9	1.6	→	R onto Pool St	0.1
80.	51.0	0.1	→	R onto Fortunes Rocks Rd	0.9
81.	51.8	0.9	⚓	REST STOP at Fortunes Rock Beach near tennis court. Enjoy snacks, water, and more!	0.0
82.	51.9	0.0	!	Stay alert. Beach parking area.	0.8
83.	52.7	0.8	↑	Continue straight onto Mile Stretch Rd	1.1
84.	53.8	1.1	↗	Continue slightly R onto L.B. Orcutt Blvd	0.6
85.	54.4	0.6	→	R onto Ocean Ave	0.6
86.	55.0	0.6	→	R onto Bay St	0.0
87.	55.0	0.0	←	L onto 7th St	0.2
88.	55.2	0.2	←	L onto 1st St	0.1
89.	55.4	0.1	←	L onto L.B. Orcutt Blvd	0.4
90.	55.8	0.4	←	L.B. Orcutt Blvd turns L and becomes Yates St	0.2
91.	56.0	0.2	→	R onto Mile Stretch Rd	1.0
92.	57.0	1.0	→	R onto Bridge Rd	0.6
93.	57.6	0.6	→	R onto Old Pool Rd	1.3
94.	58.9	1.3	←	L onto Hills Beach Rd	0.4
95.	59.3	0.4	→	R onto Pool St and continue for 3.0 miles	3.3
96.	62.6	3.3	→	R onto Simard Ave	0.2
97.	62.7	0.2	←	L onto Cleaves St	0.3
98.	63.1	0.3	↑	Continue straightish as Cleaves St becomes Water St	0.1

32.9 miles. +748/-867 feet

Num	Dist	Prev	Type	Note	Next
99.	63.2	0.1	➡	R onto Main St	0.0
100.	63.2	0.0	➡	R onto Main St	0.7
101.	63.9	0.7	➡	R onto Beach St	0.9
102.	64.8	0.9	⬅	L onto Old Orchard Rd	1.3
103.	66.1	1.3	➡	R onto Temple Ave	0.0
104.	66.1	0.0	⬆	Continue straight on Temple Ave	1.3
105.	67.3	1.3	⚓	REST STOP at Ocean Park Bandstand on R ahead. Enjoy snack, water, and more!	0.0
106.	67.4	0.0	⬅	L at Seaside Ave	0.6
107.	67.9	0.6	⬅	L onto Union Ave	0.1
108.	68.0	0.1	➡	R onto W Grand Ave	3.0
109.	71.0	3.0	➡	R onto Pine Point Rd	0.1
110.	71.0	0.1	⬅	Pine Point Rd turns slightly L and becomes King St	0.5
111.	71.6	0.5	↻	U-Turn and return the way you came	0.5
112.	72.1	0.5	➡	King St turns slightly R and becomes Pine Point Rd	2.0
113.	74.1	2.0	➡	R onto Eastern Trail	0.1
114.	74.1	0.1	!	Slow down. Gravel trail segment through marsh.	2.1
115.	76.2	2.1	⬆	Continue onto Eastern Rd	0.3
116.	76.6	0.3	➡	R onto Black Point Rd/ME-207 S and continue for 5.0 miles	4.9
117.	81.5	4.9	⬆	Make a U-turn at Checkley Point/Winslow Homer Rd	2.4
118.	83.9	2.4	➡	R onto Spurwink Rd/ME-77 N	1.1
119.	85.0	1.1	➡	R onto Ocean Ave	0.5
120.	85.5	0.5	⬅	L onto Bayview Ave	0.2

22.5 miles. +450/-460 feet

Num	Dist	Prev	Type	Note	Next
121 .	85.7	0.2	←	L onto Vesper St	0.1
122 .	85.8	0.1	←	L onto Greenwood Ave	0.2
123 .	86.0	0.2	→	R onto Ocean Ave	0.4
124 .	86.4	0.4	→	R onto Spurwink Rd/ME-77 N	1.8
125 .	88.2	1.8	!	Slow down. Possible construction at bridge ahead.	2.4
126 .	90.6	2.4	→	R onto Kettle Cove Rd	0.6
127 .	91.2	0.6	⚓	REST STOP at Kettle Cove. Enjoy snacks, water, and more!	0.1
128 .	91.3	0.1	↗	Keep R to stay on Kettle Cove Rd and retrace route to exit rest stop	0.2
129 .	91.5	0.2	→	R onto Fessenden Rd	0.3
130 .	91.7	0.3	→	R onto Two Lights Rd. Continue to dead end.	1.0
131 .	92.7	1.0	i	Viewpoint for Cape Elizabeth Light. Make U-turn and retrace route. Follow Two Lights Rd to ME-77.	1.7
132 .	94.5	1.7	↑	Continue onto Ocean House Rd/ME-77 N	0.2
133 .	94.7	0.2	→	R onto Old Ocean House Rd	1.3
134 .	95.9	1.3	→	R onto Ocean House Rd/ME-77 N	0.5
135 .	96.4	0.5	→	R onto Shore Rd	2.4
136 .	98.8	2.4	→	R onto Fort Williams Park Rd	0.4
137 .	99.2	0.4	←	L	0.1
138 .	99.3	0.1	→	R onto Captain Strout Cir	0.0
139 .	99.3	0.0	i	Viewpoint Portland Head Light	0.1
140 .	99.4	0.1	→	R. Retrace route to exit Fort Williams Park.	0.4
141 .	99.8	0.4	→	R onto Shore Rd	0.8

14.3 miles. +616/-582 feet

Num	Dist	Prev	Type	Note	Next
142 .	100.6	0.8	➡	Slight R onto Preble St	0.9
143 .	101.5	0.9	➡	R onto Fort Rd	0.3
144 .	101.8	0.3	➡	R onto Pickett St	0.0
145 .	101.8	0.0	ⓘ	FINISH! Enjoy the post-ride celebration.	0.0
146 .	101.8	0.0	📍	End of route	0.0

2.0 miles. +27/-50 feet