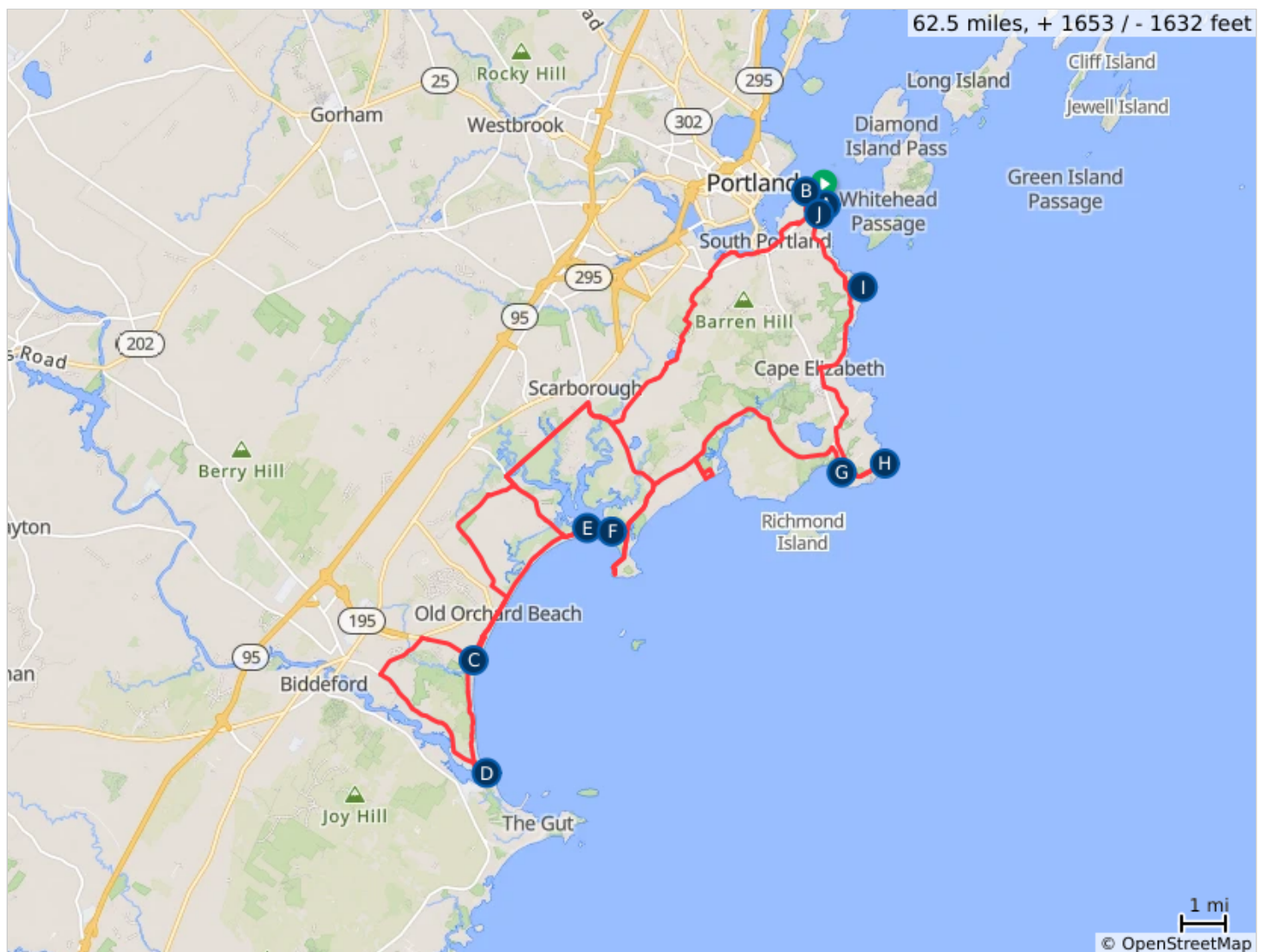


2026 MLR 62-Mile Route



A.	Spring Point Light	F.	Ferry Beach Rest Stop
B.	Bug Light	G.	Kettle Cove Rest Stop
C.	Ocean Park Rest Stop	H.	Cape Elizabeth Light
D.	Views of Wood Island Light Ahead	I.	Portland Head Light
E.	Bathroom	J.	Congratulations!



2026 MLR 62-Mile Route

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.0
2.	0.0	0.0	i	START: Spring Point Light Viewpoint. Have a great ride!	0.0
3.	0.0	0.0	←	L onto Fort Rd	0.0
4.	0.0	0.0	→	R onto Slocum Dr	0.1
5.	0.1	0.1	↑	Continue onto Adams St	0.2
6.	0.3	0.2	→	R onto Benjamin W Pickett St	0.1
7.	0.4	0.1	↑	Continue onto Breakwater Dr	0.1
8.	0.5	0.1	→	R onto Madison St	0.4
9.	0.9	0.4	→	R into Bug Light Park and continue into parking lot	0.1
10.	1.0	0.1	i	Bug Light Viewpoint. Make a U-turn. Retrace route.	0.1
11.	1.1	0.1	←	L onto Madison St	0.4
12.	1.4	0.4	←	L onto Breakwater Dr	0.1
13.	1.6	0.1	→	R onto Broadway	0.4
14.	1.9	0.4	→	R onto Stanford St	0.0
15.	2.0	0.0	←	L onto Greenbelt/Eastern Trail. Follow path and use caution at street crossings.	1.2
16.	3.2	1.2	!	Slow down! Two-crossing intersection ahead. Dismount recommended.	0.0
17.	3.2	0.0	←	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
18.	3.3	0.0	→	Slight R to stay on Greenbelt/Eastern Trail	0.8
19.	4.1	0.8	→	R onto N Kelsey St	0.0
20.	4.1	0.0	↱	Slight L to stay on path	0.5
21.	4.6	0.5	i	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	1.0
23.	5.7	1.0	↑	Stay on Greenbelt/ Eastern Trail	1.0
24.	6.7	1.0	↻	Make a U-turn onto Eastern Trail	0.5
25.	7.2	0.5	↱	Keep L onto Eastern Trail	0.1
26.	7.3	0.1	←	L onto Pleasant Hill Road	0.1
27.	7.5	0.1	→	R onto Chamberlain Road	0.9
28.	8.3	0.9	↶	Sharp L onto Highland Avenue	0.0
29.	8.3	0.0	↷	Sharp R onto Highland Avenue	0.0
30.	8.3	0.0	←	L to stay on Highland Ave	1.0
31.	9.3	1.0	→	R onto Black Point Rd/ME-207 N	0.9

9.3 miles. +156/-159 feet

Num	Dist	Prev	Type	Note	Next
32.	10.2	0.9	←	L onto Eastern Rd/ET	0.3
33.	10.5	0.3	↑	Continue onto Eastern Trail	1.3
34.	11.8	1.3	!	Slow down. Variable conditions on gravel through marsh.	0.8
35.	12.7	0.8	←	L onto Pine Point Rd/State Rte 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	0.6
39.	14.6	0.6	↱	Follow Portland Ave slightly L to stay on road	1.6
40.	16.3	1.6	←	L onto Walnut St	0.4
41.	16.7	0.4	→	R onto East Grand Avenue	0.4
42.	17.1	0.4	↑	Cross Old Orchard St to continue straight on West Grand Ave	0.6
43.	17.7	0.6	←	L onto Union Avenue	0.1
44.	17.8	0.1	→	R onto Seaside Avenue	0.6
45.	18.4	0.6	⚡	REST STOP at Ocean Park on R side. Enjoy snacks, water, and more!	0.1
46.	18.5	0.1	→	R onto New Salt Rd	0.1
47.	18.6	0.1	←	L onto West Grand Ave	0.1
48.	18.7	0.1	↑	Continue straight on Seaside Ave	2.2
49.	20.9	2.2	←	L onto Lower Beach Road and make immediate R.	0.0
50.	20.9	0.0	→	R onto Camp Ellis Ave	0.1
51.	20.9	0.1	←	L onto Main Ave	0.2
52.	21.1	0.2	↗	Follow North Ave slightly R	0.2
53.	21.3	0.2	←	L onto Bay Ave	0.0
54.	21.3	0.0	←	L on Eastern Ave. Views of Wood Island Light in distance.	0.1
55.	21.4	0.1	→	R onto North Ave	0.0
56.	21.5	0.0	↑	Continue onto Main Ave	0.2
57.	21.6	0.2	→	R onto Camp Ellis Ave	0.1
58.	21.7	0.1	←	L onto Lower Beach/Ferry Rd	0.0
59.	21.7	0.0	↑	Continue onto Ferry Rd for 3.0 miles	3.1
60.	24.8	3.1	→	Onto Old Orchard Rd	1.3
61.	26.1	1.3	!	Use caution at dangerous intersection ahead.	0.0
62.	26.1	0.0	→	At the traffic circle, take the 1st exit onto Temple Ave	0.0
63.	26.1	0.0	↑	Continue straight on Temple Ave	1.2
64.	27.4	1.2	←	L onto W Grand Ave	1.2
65.	28.6	1.2	↑	Cross Old Orchard St to continue on East Grand Ave	2.4

19.3 miles. +325/-347 feet

Num	Dist	Prev	Type	Note	Next
66.	30.9	2.4	➡	R onto Pine Point Rd	0.0
67.	31.0	0.0	↰	Slight L as Pine Point Rd becomes King St	0.6
68.	31.5	0.6	↻	Make a U-turn in the parking lot. Retrace route to Pine Point Rd.	0.6
69.	32.1	0.6	↗	Slight R to Pine Point Rd	0.1
70.	32.1	0.1	↑	Continue straight on Pine Point Rd for 2.0 miles	1.9
71.	34.1	1.9	➡	R onto Eastern Trail	0.1
72.	34.2	0.1	!	Slow speed. Variable conditions on gravel through marsh.	2.0
73.	36.2	2.0	↑	Continue onto Eastern Rd	0.3
74.	36.6	0.3	➡	R onto Black Point Rd/ME-207 S	3.9
75.	40.4	3.9	➡	R onto Ferry Rd	0.3
76.	40.8	0.3	⛑	REST STOP at Ferry Beach. Enjoy snacks, water, and more!	0.0
77.	40.8	0.0	↻	Make a U-turn and retrace your route after visiting the rest stop	0.0
78.	40.8	0.0	↑	Continue onto Ferry Rd	0.3
79.	41.1	0.3	➡	R onto Black Point Rd	1.1
80.	42.2	1.1	↑	Make a U-turn at Checkley Point/Winslow Homer Rd	2.4
81.	44.6	2.4	➡	R onto Spurwink Rd/ ME-77 N	1.1
82.	45.7	1.1	➡	R onto Ocean Ave	0.5
83.	46.2	0.5	←	L onto Bayview Ave	0.2
84.	46.4	0.2	←	L onto Vesper St	0.1
85.	46.5	0.1	←	L onto Greenwood Ave	0.2
86.	46.7	0.2	➡	R onto Ocean Ave	0.4
87.	47.1	0.4	➡	R onto Spurwink Rd and continue for 4.0 miles	1.9
88.	48.9	1.9	!	Slow down! Possible construction on bridge ahead.	2.4
89.	51.3	2.4	➡	R onto Kettle Cove Rd	0.6
90.	51.9	0.6	⛑	REST STOP at Kettle Cove. Enjoy snacks, water, and more!	0.1
91.	52.0	0.1	↑	Keep R to stay on Kettle Cove Rd	0.2
92.	52.2	0.2	➡	R onto Fessenden Rd	0.3
93.	52.5	0.3	➡	R onto Two Lights Rd. Continue to dead end.	1.0
94.	53.4	1.0	↻	Viewpoint for Cape Elizabeth Light. Make U-turn and retrace route. Follow Two Lights Rd to ME-77.	1.7
95.	55.2	1.7	↑	Continue onto Ocean House Rd/ME-77 N	0.2
96.	55.4	0.2	➡	R onto Old Ocean House Rd	1.3
97.	56.6	1.3	➡	R onto Ocean House Rd/ME-77 N	0.5
98.	57.1	0.5	➡	R onto Shore Rd	2.4

28.5 miles. +805/-704 feet

Num	Dist	Prev	Type	Note	Next
99. .	59.5	2.4	➡	R onto Fort Williams Park Rd	0.4
100 .	59.9	0.4	⬅	L	0.1
101 .	60.0	0.1	➡	R onto Captain Strout Cir	0.0
102 .	60.0	0.0	ⓘ	Viewpoint Portland Head Light.	0.0
103 .	60.0	0.0	➡	R. Retrace route to exit Fort Williams Park.	0.1
104 .	60.1	0.1	➡	R	0.4
105 .	60.5	0.4	➡	R onto Shore Rd	0.8
106 .	61.3	0.8	➡	Slight R onto Preble St	0.9
107 .	62.2	0.9	➡	R onto Fort Rd	0.3
108 .	62.5	0.3	➡	R onto Pickett St. Look for finish archway.	0.0
109 .	62.5	0.0	📍	End of route	0.0

5.4 miles. +160/-157 feet