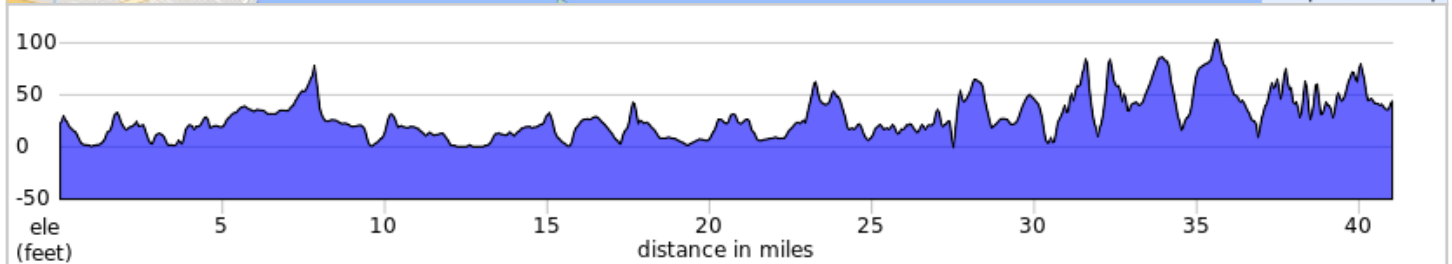
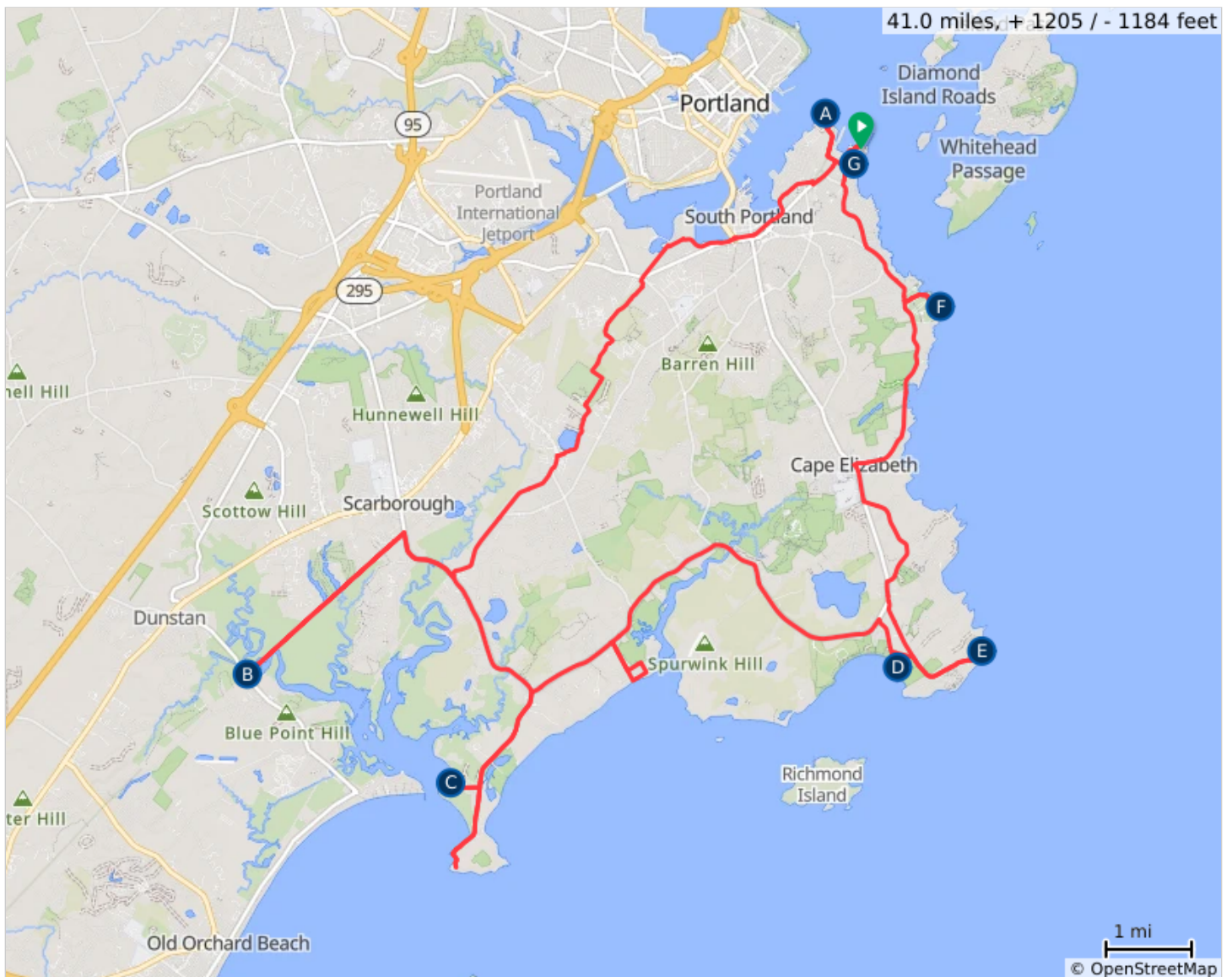


2026 MLR 40-Mile Route



A.	Bug Light	E.	Cape Elizabeth Light
B.	Turnaround in Parking Lot!	F.	Portland Head Light
C.	Ferry Beach Rest Stop	G.	Finish Line!
D.	Kettle Cove Rest Stop		



2026 MLR 40-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 Street	0.1
7.	0.4	0.1	↑	Continue onto Breakwater Drive	0.1
8.	0.5	0.1	→	R onto Madison St	0.4
9.	0.9	0.4	→	R into Bug Light Park. 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 Drive	0.1
13.	1.6	0.1	→	R onto Broadway	0.4
14.	1.9	0.4	↻	Sharp R onto Stanford Street	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	i	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 path. Continue 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/ET. Connect back to the path across intersection.	0.1
22.	4.6	0.1	←	L to stay on and follow Greenbelt/Eastern Trail	1.0
23.	5.7	1.0	→	Slight R to stay on and follow Greenbelt/Eastern Trail	1.5
24.	7.2	1.5	↙	Keep L onto Eastern Trail	0.1
25.	7.3	0.1	←	L onto Pleasant Hill Road	0.1
26.	7.5	0.1	→	R onto Chamberlain Road	0.9
27.	8.3	0.9	↑	Continue onto Highland Avenue	1.0
28.	9.3	1.0	↗	Slight R onto Highland Avenue	0.0
29.	9.3	0.0	→	R onto Black Point Road	0.9
30.	10.2	0.9	←	L onto Eastern Rd/Eastern Trail	1.7
31.	11.8	1.7	!	Slow down. Variable conditions on gravel through marsh.	0.8

11.8 miles. +197/-207 feet

Num	Dist	Prev	Type	Note	Next
32.	12.6	0.8	↪	Make a U-turn in parking lot.	0.2
33.	12.9	0.2	↑	Stay on Eastern Trail	1.9
34.	14.8	1.9	↑	Stay on Eastern Road	0.3
35.	15.1	0.3	➡	R onto Black Point Road.	3.9
36.	19.0	3.9	➡	R onto Ferry Rd.	0.3
37.	19.3	0.3	⛑	REST STOP at Ferry Beach. Enjoy snacks, water, and more!	0.0
38.	19.3	0.0	↪	Exit rest stop and retrace route back to Black Point Rd	0.3
39.	19.7	0.3	➡	R onto Black Point Rd and continue to Prouts Neck	1.1
40.	20.7	1.1	↑	Make a U-turn at Checkley Point/Winslow Homer Rd	2.4
41.	23.1	2.4	➡	R onto Spurwink Rd/ME-77 N	1.1
42.	24.2	1.1	➡	R onto Ocean Ave	0.5
43.	24.7	0.5	⬅	L onto Bayview Ave	0.2
44.	24.9	0.2	⬅	L onto Vesper St	0.1
45.	25.1	0.1	⬅	L onto Greenwood Ave	0.2
46.	25.2	0.2	➡	R onto Ocean Ave	0.4
47.	25.6	0.4	➡	R onto Spurwink Rd/ME-77 N	1.8
48.	27.4	1.8	!	Slow down! Possible construction on bridge ahead.	2.4
49.	29.8	2.4	➡	R onto Kettle Cove Rd	0.6
50.	30.4	0.6	⛑	REST STOP at Kettle Cove. Enjoy snacks, water, and more!	0.0
51.	30.4	0.0	➡	Exiting rest stop. Keep R to stay on Kettle Cove Rd.	0.3
52.	30.7	0.3	➡	R onto Fessenden Rd	0.3
53.	31.0	0.3	➡	R onto Two Lights Rd. Continue to dead end.	1.0
54.	32.0	1.0	i	Viewpoint for Cape Elizabeth Light. Make U-turn and retrace route. Follow Two Lights Rd to ME-77.	0.0
55.	32.0	0.0	↪	Make U-Turn. Follow Two Lights Rd to ME-77.	1.7
56.	33.7	1.7	↑	Continue onto Ocean House Rd/ME-77 N	0.2
57.	33.9	0.2	➡	R onto Old Ocean House Rd	1.3
58.	35.2	1.3	➡	R onto Ocean House Rd/ME-77 N	0.5
59.	35.6	0.5	➡	R onto Shore Rd	2.4
60.	38.0	2.4	➡	R onto Fort Williams Park Rd	0.4
61.	38.4	0.4	⬅	L	0.1
62.	38.5	0.1	➡	R onto Captain Strout Cir	0.0
63.	38.5	0.0	i	Viewpoint Portland Head Light.	0.1
64.	38.6	0.1	➡	R. Retrace route to exit Fort Williams Park.	0.4
65.	39.0	0.4	➡	R onto Shore Rd	0.8

27.2 miles. +857/-817 feet

Num	Dist	Prev	Type	Note	Next
66.	39.9	0.8	➡	Slight R onto Preble St	0.9
67.	40.7	0.9	➡	R onto Fort Rd	0.3
68.	41.0	0.3	➡	R onto Pickett St. Look for finish archway.	0.0
69.	41.0	0.0	<i>i</i>	FINISH! Enjoy the post-ride celebration.	0.0

2.0 miles. +26/-49 feet