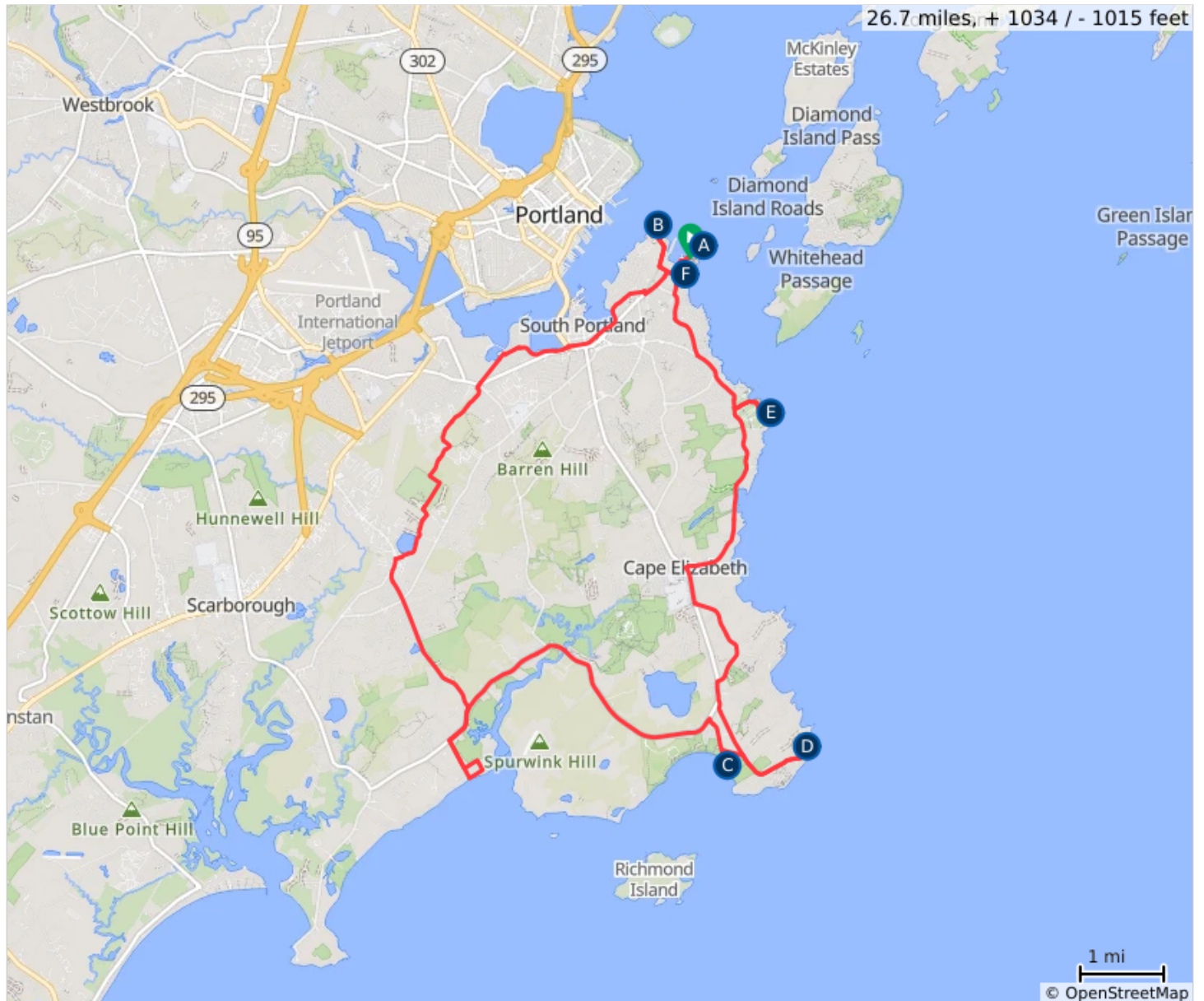


2026 MLR 25-Mile Route



A.	Spring Point Light	D.	Cape Elizabeth Light
B.	Bug Light	E.	Portland Head Light
C.	Kettle Cove Rest Stop	F.	Congratulations!



2026 MLR 25-Mile Route

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	<i>i</i>	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	0.1
9.	0.9	0.1	<i>i</i>	Bug Light Viewpoint. Make a U-turn. Retrace route.	0.1
10.	1.1	0.1	←	L onto Madison St	0.1
11.	1.1	0.1	↑	Continue straight to stay on Madison St	0.3
12.	1.4	0.3	←	L onto Breakwater Dr	0.1
13.	1.5	0.1	→	R onto Broadway	0.4
14.	1.9	0.4	→	R onto Stanford St	0.0
15.	1.9	0.0	←	L onto Greenbelt/ Eastern Trail. Follow path and use caution at street crossings.	1.2
16.	3.2	1.2	<i>i</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.	3.2	0.0	↗	Slight R to stay on Greenbelt/ET	0.6
19.	3.9	0.6	←	L onto Chestnut St	0.2
20.	4.1	0.2	→	R onto N Kelsey St	0.0
21.	4.1	0.0	↘	Slight L to connect with Greenbelt/Eastern Trail	0.5
22.	4.5	0.5	<i>i</i>	Cross Broadway and Evans at light to stay on Greenbelt/Eastern Trail. Connect back to the path across intersection.	0.8
23.	5.4	0.8	↑	Stay on Greenbelt.	1.8
24.	7.2	1.8	↘	Keep L onto Eastern Trail	0.1
25.	7.3	0.1	←	L onto Pleasant Hill Road	2.1
26.	9.4	2.1	↘	Slight L onto Pleasant Hill Road	0.0
27.	9.4	0.0	→	R onto Spurwink Rd/ ME-77 S	0.5
28.	9.9	0.5	←	L onto Ocean Ave	0.5
29.	10.4	0.5	←	L onto Bayview Ave	0.2
30.	10.6	0.2	←	L onto Vesper St	0.1
31.	10.7	0.1	←	L onto Greenwood Ave	0.2

10.7 miles. +234/-246 feet

Num	Dist	Prev	Type	Note	Next
32.	10.9	0.2	➡	R onto Ocean Ave	0.4
33.	11.3	0.4	➡	R onto Spurwink Rd/ME-77 N	1.8
34.	13.1	1.8	!	Slow down. Possible construction on bridge ahead.	2.4
35.	15.5	2.4	➡	R onto Kettle Cove Rd	0.6
36.	16.1	0.6	⚓	Approaching REST STOP at Kettle Cove. Enjoy snacks, water, and more!	0.1
37.	16.2	0.1	i	Retrace route to Fessenden Rd	0.2
38.	16.4	0.2	➡	R onto Fessenden Rd	1.2
39.	17.6	1.2	i	Viewpoint for Cape Elizabeth Light. Make U-turn and retrace route. Follow Two Lights Rd to ME-77.	1.7
40.	19.3	1.7	↑	Continue onto Ocean House Rd/ME-77 N	0.2
41.	19.5	0.2	➡	R onto Old Ocean House Rd	1.3
42.	20.8	1.3	➡	R onto Ocean House Rd/ ME-77 N	0.5
43.	21.3	0.5	➡	R onto Shore Rd	2.4
44.	23.6	2.4	➡	R onto Fort Williams Park Rd	0.4
45.	24.1	0.4	←	L	0.1
46.	24.1	0.1	➡	R onto Circle. Viewpoint Portland Head Light.	0.6
47.	24.7	0.6	➡	R onto Shore Rd	0.8
48.	25.5	0.8	➡	Slight R onto Preble St	0.9
49.	26.4	0.9	➡	R onto Fort Rd	0.3
50.	26.6	0.3	➡	R onto Pickett St	0.0
51.	26.7	0.0	i	FINISH! Enjoy the post-ride celebration.	0.0
52.	26.7	0.0	📍	End of route	0.0

16.0 miles. +757/-735 feet