

South Portland, Maine

Starting Point: Spring Point Light, at bottom of hill on Fort Rd at Southern Maine Community College

| At | Go | Onto | For | Travel Information |
|------|---------------|---------------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0.0 | S | Osprey Ln | 0.3 | Follow water and continue left through parking lot at boat ramp |
| 0.3 | R | Benjamin W Pickett St | 0.1 | At stop sign |
| 0.4 | S | Breakwater Dr | 0.1 | At stop sign, cross Broadway |
| 0.5 | R | Madison St | 0.5 | To Bug Light - Start of the Eastern Trail (ET), turn R to parking lot |
| 1.0 | Retrace Route | To Breakwater Dr | 0.5 | |
| 1.4 | S | South Portland Greenbelt (ET) | 1.6 | Follow path and use caution when crossing streets. |
| 3.0 | S | South Portland Greenbelt (ET) | 0.7 | Walk bicycles across intersection at traffic lights at Waterman Dr and Broadway (2 crossings). Look for Kiosk on west side to continue on Greenbelt. |
| 3.7 | L | Chestnut St | 0.2 | Stop sign at Elm St |
| 3.9 | R | N Kelsey St | 0.0 | Greenbelt on left |
| 3.9 | S | South Portland Greenbelt (ET) | 0.5 | |
| 4.4 | S | South Portland Greenbelt (ET) | 1.9 | Cross both Broadway and Evans St at light. Continue on Greenbelt through Wainwright Recreation Complex. |
| 6.3 | L | Gary L. Maietta Pkwy | 0.4 | End of Greenbelt, Rest Rooms available here. |
| 6.6 | R | Highland Ave | 1.8 | |
| 8.4 | L | Highland Ave | 1.0 | At stop sign |
| 9.4 | R | Black Point Rd, ME 207 | 0.8 | At stop sign |
| 10.3 | L | Eastern Rd / Eastern Trail (ET) | 2.5 | Pavement ends after 1/3 mile. |
| 12.8 | L | Pine Point Rd, ME 9 | 0.3 | |
| 13.1 | R | Old Blue Point Rd | 0.7 | |
| 13.7 | L | Milliken Mills Rd | 1.0 | |
| 14.7 | BL | Portland Ave | 1.7 | |
| 16.3 | L | Walnut Street | 0.4 | |
| 16.7 | R | Milliken Street | 0.4 | |
| 17.1 | S | First Street | 0.2 | Slight jog to the left as you cross Old Orchard St. |
| 17.3 | R | REST STOP | 0.0 | Memorial Park |
| 17.3 | R | First Street | 0.5 | |
| 17.8 | L | Union Avenue | 0.1 | Cross West Grand Ave., ME 9 |
| 17.9 | R | Seaside Avenue | 0.7 | |
| 18.6 | R | New Salt Road | 0.1 | |
| 18.7 | L | West Grand Ave, ME 9 | 0.9 | Name changes to Seaside Ave. after crossing creek. |
| 19.7 | S | Seaside Ave | 1.3 | Split with 100 mile ride here. |
| 21.0 | S | Main Ave (becomes North Ave) | 0.3 | Follow road as it curves right at beach |
| 21.3 | BR | Into Parking Lot | 0.1 | Wood Island Light visible from pier at Camp Ellis. |
| 21.4 | S | Eastern Ave | 0.2 | Out of parking lot |
| 21.5 | R | North Ave (becomes Main Ave) | 0.2 | At stop sign. Follow road around Left bend. |
| 21.7 | R | Camp Ellis Ave | 0.1 | |
| 21.8 | L | Ferry Rd. ME-9 | 3.1 | |
| 24.9 | R | Old Orchard Rd | 1.3 | Rejoin 100 mile ride here. |
| 26.1 | R | Temple Ave | 1.3 | |
| 27.4 | L | West Grand Ave, ME 9 | 0.6 | |
| 28.0 | L | Union Avenue | 0.1 | |
| 28.0 | R | First Street | 0.2 | Optional Rest Stop. (100 miles rider rest stop at Memorial Park. You can keep going 12.3 miles to Ferry Beach rest stop). |
| 28.2 | S | Milliken Street | 0.4 | Slight jog to the left as you cross Old Orchard St. |
| 28.6 | R | Walnut Street | 0.1 | |
| 28.7 | L | East Grand Ave., ME 9 | 1.9 | |
| 30.6 | R | Pine Point Rd | 0.1 | Split with 100 mile ride here. |

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| 30.7 | L | King St | 0.6 | Rest rooms in parking lot |
| 31.2 | Retrace Route | King St | 0.6 | |
| 31.8 | R | Pine Point Rd | 0.1 | |
| 31.9 | S | Pine Point Rd, ME 9 | 1.9 | Rejoin 100 mile ride here. |
| 33.8 | R | Eastern Trail / Eastern Rd | 2.5 | Across Scarborough Marsh |
| 36.3 | R | Black Point Rd, ME 207 | 3.9 | Continue S at ME 77 intersection to stay on Black Point Rd |
| 40.1 | R | Ferry Rd | 0.3 | To Ferry Beach |
| 40.4 | L | REST STOP | 0.0 | Ferry Beach |
| 40.4 | Retrace Route | Ferry Rd | 0.3 | |
| 40.8 | R | Black Point Rd | 1.1 | To Prouts Neck. Wood Island Light is visible across the water. |
| 41.9 | Retrace Route | Black Point Rd | 2.4 | To Spurwink Rd, ME 77 |
| 44.2 | R | Spurwink Rd, ME 77 | 1.1 | |
| 45.3 | R | Ocean Ave | 0.5 | |
| 45.8 | L | Bayview Ave | 0.2 | At end of Ocean Ave |
| 46.0 | L | Vesper St | 0.1 | |
| 46.2 | L | Greenwood Ave | 0.2 | |
| 46.3 | R | Ocean Ave | 0.4 | |
| 46.7 | R | Spurwink Rd, ME 77 | 4.2 | |
| 50.9 | R | Kettle Cove Rd | 0.6 | Just beyond Ice Cream Store |
| 51.5 | S | REST STOP | 0.0 | Kettle Cove |
| 51.5 | Retrace Route | Kettle Cove Rd | 0.2 | To Fessenden Rd |
| 51.7 | R | Fessenden Rd | 0.2 | |
| 52.0 | R | Two Lights Rd | 1.0 | BL in 0.3 mi to stay on Two Lights Rd. 1st of Two Lights at end, 2nd of Two Lights visible above trees looking west. |
| 53.0 | Retrace Route | Two Lights Rd | 1.0 | To Fessenden Rd |
| 53.9 | S | Two Lights Rd | 0.7 | To ME 77 |
| 54.7 | R | ME 77 | 0.2 | |
| 54.9 | R | Old Ocean House Rd | 1.3 | |
| 56.1 | R | Ocean House Rd, ME 77 | 0.5 | |
| 56.6 | R | Shore Rd | 2.3 | |
| 58.9 | R | Fort Williams Park Rd | 0.5 | To Portland Head Light . Ram Island Ledge Light and Halfway Rock Light are visible from here on a clear day. |
| 59.5 | Retrace Route | Fort Williams Park Rd | 0.5 | To Shore Rd |
| 60.0 | R | Shore Rd | 0.8 | |
| 60.8 | BR | Preble St | 0.9 | |
| 61.6 | R | Fort Rd | 0.3 | |
| 62.0 | | Southern Maine Community College | | End of Ride |