



East Coast Greenway®

www.greenway.org

Lewiston to Portland, ME

57.06 miles

Current travel route, southbound
cue sheet pg 1 of 3

R=Right, L=Left, S=Straight, X=Cross, bL=Bear Left, qR=Quick Right, TRO=To Remain On

STARTING POINT: downtown Lewiston, intersection of Canal St & Chestnut St, facing west on Chestnut

at mile:	turn:	on Street/Trail:	for this distance:	Services / Amenities / Notes
0.00	West	Chestnut St.	0.20	
0.20	L	Oxford St.	0.10	
0.30	L	Cedar St.	0.05	
0.35	R	Lincoln St. (becomes River Rd. then Ferry Rd.)	2.80	ATM
3.15	bR	River Rd.	2.55	
5.70	R	Cotton Rd. (becomes Ferry Rd.)	2.25	graveyard on L at turn
7.95	L	Pinewoods Rd (dirt rd. to R)	2.50	
10.45	L	Webster Rd to L; Ferry Rd. to R	0.40	
10.85	X	SR 196	0.10	
10.95	R	Upland Rd. / Ridge Rd. / Gould Rd.	1.90	called Upland Rd. at turn
12.85	X	SR 9	1.30	Upland Rd. changes to Gould Rd. @ SR 9
14.15	R	SR 125 / Main St. (not marked- Burrough is S)	2.10	ATM Library, in Lisbon Falls
16.25	L	SR 196 / Lisbon Rd.	5.60	ATM; over I-295
21.85	X	I-295	2.75	
24.60	R/L	go over Androscoggin River, then qR immed. after bridge on bike/ped path for 0.2 mi, then L onto Androscoggin River Trail for 0.05 mi	0.50	
25.10	S	onto Water St.	0.30	into Brunswick

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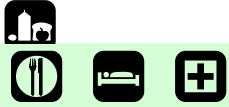
at mile:	turn:	on Street/Trail:	for this distance:	Services / Amenities / Notes
25.40	bL	Federal St. becomes Sills	0.80	cross Bath St. 
26.20	bR	College St.	0.30	Bowdoin College to R.
26.50	L	Park Row	0.30	parking area parallel to Maine St.
26.80	L	Maine St.	0.90	
27.70	R	Maquoit Rd, becomes Woodside	2.45	
30.15	L	Bunganuc Rd.	1.25	
31.40	S	Casco Rd. / Flying Point Rd.	4.85	
36.25	bL	Flying Point Rd. @ int. w/ Pleasant Hill	7.40	
36.95	L	Lower Mast Landing Rd ./ Porter Landing	1.20	at stop sign and Cove Rd.
38.15	L	South St. (becomes S Freeport Rd.) both signs at int.	3.45	   , YMCA
41.60	L	US 1	1.45	stores at intersection; Beth Condon Pathway runs alongside part of US 1
43.05	bL	SR 88 / Spring St.	0.60	turn is south of interstate
43.65	sR	E Main St. VERY sharp R	0.05	in Yarmouth
43.70	L	Willow St.	0.15	
43.85	L	Bridge St.	0.35	
44.20	R	SR 115 / Main St.	0.30	
44.50	L	Beth Condon Memorial Pathway	0.45	    path is at Cleaver St. and goes around behind police station
44.95	R	Portland St. / Middle St.	1.85	

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at mile:	turn:	on Street/Trail:	for this distance:	Services / Amenities / Notes
46.80	L	Tuttle Rd.	0.30	
47.10	R	SR 88 / Foreside Rd.	4.85	through Falmouth & Foreside;
51.95	L	US 1	1.75	
53.70	R	Veranda St. (becomes Bates St.)	0.75	stay R under interstate bridge
54.45	bR	US 1 / Baxter Blvd., cross L at first crosswalk then L onto Back Cove Trail on Tukey's Bridge over Back Cove	0.35	
54.80	sR	Connector Trail SHARP R just before an obvious bR which is incorrect	0.25	Loop under the bridge; this turn is easy to miss, follow sign on RH fence to East End Beach & Old Port
55.05	L	Eastern Prom Trail	2.00	past sewage plant
57.05	END	intersection of Eastern Prom Trail, Commercial St., and India St.	END	Portland: all services

*Continue southbound with **Portland to Wells, ME** cue sheet*

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