Jugtown Plains: After the Nature Conservancy raised funds to help purchase an easement on Jugtown Plains it transferred the land to Maine's Bureau of Parks and Lands to manage. The easement prevents development, ensures continued public recreational access, protects and maintains the rare pitch pine-heath, and allows for continued sustainable management for timber products. This land is composed by white pines, with patches of coniferous forest broken only by the Crooked River winding through the trees. The forest is composed of Maine's most important example of pitch pine heath, a natural community type that is sensitive to change in the face of continuous development.

Visitors can enjoy hiking, blueberry picking, and camping.

Sebago Lake State Park: Located on the shore of Maine's deepest and second largest lake, this 1,400-acre State Park contains sandy beaches, woodlands, bogs, and rivers. Visitors may see common loons flying overhead; these birds migrate to Sebago Lake each year to breed and raise their young. Sebago Lake is the main water source for the city of Portland, thus the water quality of the lake is important to wildlife and surrounding communities alike. The park offers swimming, hiking, camping, and boating to the public.

Killick Pond State WMA: Owned and managed by Maine Inland Fisheries and Wildlife, this wildlife area is covered with pitch pine-scarce pine barrens—a natural community type rare in Maine. Numerous wetlands, ponds, and riparian zones throughout Killick Pond provide habitat for a variety of plant and animal species, including eight rare animal populations and four rare plant populations. Ribbon smilax, Acadian sedgegrasses, meadowsweet, and wood lilies are just a few of these rare species that inhabit this WMA. The Nature Conservancy works with the Army National Guard and other partners in this area to perform controlled burns that promote pitch pine growth.
Cycling Sebago Lake’s Watershed

Sunday September 7, 2014

Ride Description
From our waterfront campsite on the Presumpscot River, our route takes us out of Westbrook in grand fashion and eventually onto the Mountain Division Trail. After leaving the trail, our route heads north, tracing the western and northern shore of the state’s second largest lake, Sebago. The rolling terrain makes for some inspiring cycling. After crossing over the Cumberland and Oxford Canal, the route hugs the shore of Pleasant Lake with occasional views of the White Mountains to the west. Gaining elevation as we head towards Otisfield, our reward is a wonderful descent to the shore of Penncolesalee Lake and on into Norway.

Ride Turn-by-turn*

Exit Westbrook Riverbank Park, turn right onto Main St 0
Bear right using entrance lane onto ME-25W at traffic signal 0.7
Turn right onto ME-237N 2.5
At roundabout, take first right onto US-202/ME-4N 5.5
After Blue Seal Feeds on right, left onto Mountain Division Trail 6.2
Stay on bike path, crossing 3 roads and Presumpscot River

Turn left onto Plummer Rd 8.9
Turn right onto Dunlap Rd 9.3
Turn left onto Wesscott Rd 10.2
Turn right onto ME-114N 11
Continue on ME-114N after stop sign for ME-35 13.2

Rest Stop, Sebago Lake Family Campground

Continue on ME-114N through E. Sebago and N. Sebago

Turn right onto Clement Rd 29.9
Turn right onto unnamed road toward Sebago Lake State Park 30.1
Turn left to stay on State Park Rd, cross Songo Lock 31.7
Turn left onto Songo School Rd 31.9
Turn left onto Roosevelt Trail, US-302/ME-35W 34.1
Turn right onto Sand Rd 34.3
Turn right onto unnamed road, ME-11N 34.9
Turn left onto Leach Hill Rd 36.6
After stop sign, go straight into parking lot of Community Ctr 38.8

Lunch Stop, Casco Community Center

* Mileage may vary from your odometer. Verify turns by checking route markings, street names, and odometer.

Ride Extension Turn-by-turn*

Exit BikeMaine Village south on Cottage St 0
Turn right onto Main St 0.3
Continue straight on ME-118W (ME-117 turns left) 2.0
Turn right onto Greenwood Rd 3.0
Slight left onto Don Hunt Rd 5.9
Turn left onto Morse Rd 6.2
Turn left onto Norway Center Rd 6.7
Bear left staying on Norway Center Rd, past Watson Rd 8.6
Turn right onto Morrill Rd 8.9
After stop sign, cross ME-118, becomes Country Club Rd 10.0
After two stop signs, turn left onto ME-117N 11.6
Turn right onto ME-118E/117N 12.4
Turn left onto Cottage St 14.2

Turn left into BikeMaine Village, Norway Town Recreation Park 14.5

Water Quality

Sebago Lake is the water source for Greater Portland, providing water for 15% of Maine’s people. According to the Portland Water District, “Sebago Lake is exceptionally clear and soft—clean enough to be exempt from the expensive filtration process required of most surface water sources. The lake covers 30,000 acres. The watershed is more than 50 miles long.” Protection of Maine’s water resources is included in a November bond issue. This initiative will provide funding to upgrade and replace stream crossings, upgrade drinking water systems and wastewater treatment facilities, and restore wetlands. Sebago Lake holds the world record for the biggest landlocked salmon caught—a 22.5 pound fish caught by Edward Blakey in 1908.