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 Pennekeawassee 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 Duniap Rd 9.3
Turn left onto Wescott 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 20.9
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-111 34.9
Turn left onto Leach Hill Rd 36.6
After stop sign, go straight into parking lot of Community Ctr 38.8

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.

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