Androscoggin Riverlands: These lands are located along the Androscoggin River in northern Maine. The river flows through a mix of forested areas and small towns, offering opportunities for hiking, fishing, and canoeing.

Rest Stop: Turner Town Hall

Lunch Stop: Turner Center

Androscoggin Lake: Known for its abundant fish populations, Androscoggin Lake is a popular destination for fishing enthusiasts. The lake also supports a variety of waterfowl, including mallards and Canada geese.

Salmon Brook: This stream is located near the town of Rumford and is known for its excellent trout fishing. Salmon Brook is also a popular spot for kayaking and canoeing.

Carrabassett River: Running through the towns of Carrabassett Valley and Farmington, this river is known for its scenic beauty and offers opportunities for fishing, kayaking, and canoeing.

Route Extension: This section of the trail provides access to additional scenic viewpoints and fishing spots along the Androscoggin River. It is a great destination for those looking to explore more of the river's natural beauty.

Chicken Ridge: This area is known for its picturesque views of the river and surrounding forests. It is a popular spot for hiking and picnicking.

Ledge: Located along the river, this area offers stunning views of the surrounding landscape. It is a great destination for photography and relaxation.

Buckfield: This town is known for its historic architecture and vibrant arts scene. It is a great place to explore on foot or by bike.

Paris: Known for its annual maple syrup festival, Paris is a great place to explore the local cuisine and culture. It is also a popular destination for birdwatching and nature photography.

Gray: Located near the Androscoggin River, Gray offers opportunities for hiking, fishing, and canoeing. It is also home to the Grayelman House Inn, a historic bed and breakfast.

Litchfield: Known for its scenic drives and historic homes, Litchfield is a great place to explore on foot or by bike. It is also home to the Litchfield Inn, a historic hotel.

Bowdoinham: This town is known for its historic buildings and scenic views of the river. It is a great place to explore the local history and culture.

Lisbon Falls: Located along the river, Lisbon Falls is a great place to explore the river's natural beauty and take in the stunning views.

Braslawn: Known for its historic architecture and scenic views of the river, Braslawn is a great place to explore on foot or by bike.

Map design by the Maine Office of Tourism. Map data provided by the Maine Bureau of Parks and Lands.
Over the Rivers and Through the Woods

Monday
September 8, 2014

Ride Description
Our route heads almost directly east from Norway, with the majority of the day’s climbing occurring in the first ten miles. The highlight of the day comes early as we visit the historic village of Paris Hill, a true gem of a time gone by. Then we climb up and over Hedgehog Hill followed by a rewarding descent into Buckfield. The route levels off and meanders along the Nezinscot River through picturesque towns, including Turner, where we stop for a rest break. We cross the pastoral Androscoggin River between Howes Corner and North Leeds, then head south to Leeds with several scenic vistas along the way. We head southeast to Monmouth, stopping for lunch and a tour of the delightful Cumston Hall. From there we round Annabessacook Lake and, after crossing Narrows Pond, tackle one last uphill climb to our traditional camp night at the YMCA Camp of Maine on Cobbosseecontee Lake.

Ride Turn-by-turn*

| Exit BikeMaine Village going south on Cottage St | 0 |
| Turn left onto Beal St, use bike lane | 0.4 |
| Make slight left onto Tucker St | 0.8 |
| Turn left onto unnamed street (Alpine St) | 1.1 |
| Turn right onto Walcott St, becomes Western Promenade St | 1.3 |
| Turn left onto unnamed street (Western Ave) | 2.0 |
| Turn right onto unnamed street (Nichol St), cross RR tracks | 2.6 |
| Bear right at stop onto High St, immediate left onto Porter St | 2.7 |
| After stop sign, continue across ME-26 onto Paris Hill Rd | 2.8 |
| Turn left onto Hannibal Hamlin Dr, keep Courthouse Sq on right | 5.4 |
| After stop sign, continue straight onto Tremont St | 5.5 |
| Turn left onto unnamed road (Mt Mica Rd) not Christian Ridge Rd | 5.8 |
| Becomes Paris Hill Rd in Buckfield, use caution on descent | 8.5 |
| Turn right onto N Buckfield Rd, becomes High St | 12.1 |
| Turn right onto ME-140S/Morrill St, immediate left onto ME-117E | 13.4 |
| After stop sign, proceed with caution across ME-4 | 20.0 |

Rest Stop, Turner Town Hall
20.0

Ride Extension Turn-by-turn*

| At mile 43.4, turn right onto Fish Hatchery Rd | 0 |
| Turn right onto South Monmouth Rd | 1.8 |
| At stop sign, continue across ME-126 onto Oak Hill Rd | 3.1 |
| Becomes Biker Rd after steep climb of Oak Hill | 3.3 |
| Turn left onto Huntington Hill Rd | 4.8 |
| Turn right onto Libby Rd | 5.1 |
| Continue onto Plains Rd after stop sign at Hallowell Rd | 6.4 |
| Turn left onto Pine Tree Rd | 7.0 |
| Turn left onto unnamed road (Dennis Hill Rd) | 9.7 |
| Turn left onto ME-126/9W | 10.3 |
| At blinker, turn right onto Hallowell Rd | 10.4 |
| Turn left onto Hardscrabble Rd, becomes Cobbosseecontee Rd | 12.3 |
| After golf course, steep downhill to Cobbosseecontee Lake | 14.0 |
| Turn right onto Sanborn Rd to rejoin main route at Mile 44.4 | 15.2 |

Androscoggin River and the Clean Water Act
The Androscoggin River currently provides important habitat for a variety of fish and wildlife species, but it was once classified as one of the most polluted rivers in North America. Beginning in the 1950s, discharge from paper mills built along its banks was pumped directly into its waters until they became unsuitable for aquatic life—the fumes that the river produced were rumored to peel the paint off nearby houses. The intense degradation of the river inspired Senator Edmund Muskie to craft the Clean Water Act of 1972, an act that regulates the discharge of pollutants into the waters of the US. With the assistance of the Act and subsequent water quality legislation, the Androscoggin River has made a significant recovery and is able to support aquatic life once more.