

Route Color:  
**YELLOW**

**SAG Support: (207) 956-1908**

# Day 3

September 10, 2019  
Damariscotta > Rockland

**52.5 Miles**  
**2,947 Vert. Ft.**

Start  
Round Top Farm

Rest Stop  
Waldoboro Public Library  
(15.5mi)

Lunch Stop  
Masonic Lodge, Warren  
(27.8mi)

Finish  
Snow Marine Park



**Elevation Profile**



Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.0
2.	0.0	0.0	←	L onto Main St.	1.2
3.	1.3	1.2	→	Slight R onto US-1 N	0.2
4.	1.5	0.2	←	L onto Midcoast Rd	0.0
5.	1.5	0.0	↗	Slight R to stay on Midcoast Rd.	0.2
6.	1.7	0.2	←	L onto Center St	1.4
7.	3.2	1.4	←	L onto E Neck Rd	2.3
8.	5.4	2.3	→	R onto Vannah Rd	1.3
9.	6.7	1.3	←	L onto US-1 N	0.2
10.	7.0	0.2	←	L onto E Pond Rd	1.1
11.	8.1	1.1	→	R onto Upper E Pond Rd	2.0
12.	10.1	2.0	→	R onto Eugley Hill Rd	0.7
13.	10.8	0.7	↑	Continue onto N Nobleboro Rd	1.8
14.	12.5	1.8	→	R onto ME-32 S	0.2
15.	12.7	0.2	←	L onto Cross Street	0.4
16.	13.1	0.4	→	R onto Depot St	1.8
17.	14.9	1.8	↑	Continue onto Jefferson St	0.5
18.	15.4	0.5	←	L onto Main St	0.1
19.	15.5	0.1	📖	Rest Stop Waldoboro Public Library	0.0
20.	15.5	0.0	←	L onto Main St	0.3
21.	15.8	0.3	→	R onto Old Rte One	2.6
22.	18.4	2.6	↖	Slight L to Continue on Old Rte One/Goshen Rd	0.5

18.4 miles. +1185/-1085 feet

Num	Dist	Prev	Type	Note	Next
23.	18.9	0.5	→	R onto US-1 N	0.4
24.	19.2	0.4	←	L onto Manktown Rd	0.3
25.	19.5	0.3	↑	Continue straight to stay on Manktown Rd	2.8
26.	22.3	2.8	→	R onto ME-235 N	0.7
27.	22.9	0.7	→	R onto Old Augusta Rd	1.2
28.	24.1	1.2	↑	Continue onto Western Rd	3.2
29.	27.3	3.2	→	R onto ME-90 W	0.4
30.	27.8	0.4	📖	Lunch at Masonic Lodge	0.0
31.	27.8	0.0	→	R onto ME-90 W	0.4
32.	28.2	0.4	→	R onto Western Rd	0.1
33.	28.3	0.1	←	L onto Main St	0.6
34.	29.0	0.6	→	R onto Riverside Dr	0.1
35.	29.1	0.1	←	L onto High St	0.4
36.	29.5	0.4	→	R onto ME-131 S	0.0
37.	29.5	0.0	←	L onto Patterson Mill Rd	0.6
38.	30.1	0.6	←	L onto Highland Rd	1.6
39.	31.6	1.6	→	R onto Beechwood St	4.5
40.	36.1	4.5	→	R onto Main St	0.0
41.	36.1	0.0	←	L onto Knox St	0.4
42.	36.5	0.4	←	L onto Thatcher St.	0.6
43.	37.1	0.6	↑	Continue onto Fish St	0.3
44.	37.3	0.3	→	R onto US-1 N/Main St	0.1
45.	37.4	0.1	→	R onto High St	1.7
46.	39.1	1.7	←	L onto Westbrook St	1.9

20.7 miles. +1128/-1250 feet

Num	Dist	Prev	Type	Note	Next
47.	41.0	1.9	←	L onto ME-73 N	0.1
48.	41.2	0.1	↑	Continue onto Dublin Rd	0.5
49.	41.7	0.5	↖	Slight L to continue on Dublin Rd	1.6
50.	43.3	1.6	←	L onto Ash Point Dr	0.4
51.	43.7	0.4	→	R onto S Shore Dr	2.4
52.	46.2	2.4	→	Slight R onto Main St	0.2
53.	46.3	0.2	←	L onto Lighthouse Rd	0.5
54.	46.9	0.5	↖	Slight L to continue on Lighthouse Rd	0.4
55.	47.3	0.4	🏰	POI Owls Head Lighthouse	0.0
56.	47.3	0.0	↑	Straight down Lighthouse Rd to Main St	0.9
57.	48.2	0.9	→	R onto Main St	0.1
58.	48.3	0.1	→	R onto N Shore Dr	2.6
59.	51.0	2.6	→	R onto ME-73 N	1.2
60.	52.1	1.2	→	R onto Mechanic St	0.2
61.	52.4	0.2	→	R	0.1
62.	52.5	0.1	📍	End of route	0.0

13.4 miles. +583/-596 feet

## Route Description

Today's ride from Damariscotta to Rockland has us pedaling northeast through Waldoboro and Thomaston, formerly the border between New England and New France. If you missed your chance to see Pemaquid Point Lighthouse yesterday, you're in luck! Before ending in Rockland, our route goes past Owls Head Light, overlooking Penobscot Bay, and our second professional photo spot. Home to the Wabanaki Confederacy, the Penobscot area has been continuously inhabited for more than 10,000 years, and is a rich shellfishing area.

## Points of Interest

Beth's Farm Market (25) - Stop by this charming, family-run farm stand for some fresh produce or a baked treat to fuel you until the next stop.

Knox Museum at Montpelier (38.3) - Following his service as secretary of war to George Washington, Henry Knox settled at the Montpelier estate in Thomaston, ME. We'll ride by this beautiful 1920s re-creation of the estate that Knox built for his wife and to live out his farm dreams.

Owls Head Lighthouse (48.1) - Built in 1852 and operated by the US Coast Guard, Owls Head is a quintessential Maine lighthouse overlooking the Penobscot Bay.



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