



Winnick, Red House,
Stonegate, Robinson

CAPE ELIZABETH

#3
of
12

MOUNTAIN BIKING
Trail Map



Trails on this map are stewarded by the Cape Eizabeth Land Trust and the Cape Elizabeth Conservation Committee. (They are responsible for taking care of the trails, but not for the content of this map.)
Before you go: Check capelandtrust.org and capeelizabeth.com for up-to-date information. Trails may change, conditions may require closures, hazards may be posted. It's always best to check. Also see wendingmaps.com/map-3



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THE SKINNY

Trails on these maps are open to the public, though most are not public property. Let's exercise proper use, trail courtesy, and respect for land owners' wishes. Always read trailhead kiosks and follow trail signage.

KEEP IT ROLLING

Help ensure these trails continue to be available for us to ride: Join, donate to, and volunteer with the organizations listed on the cover. Help them keep these trails safe and fun.

Also be sure to join and volunteer with your local chapter of the New England Mountain Bike Association, whose mission is to steward the trail systems where we recreate, preserve open space, and promote the best that mountain biking has to offer. Join at nemba.org.

Visit wendingmaps.com to find out where to get the maps or send a comment or question.

By using this map you acknowledge your understanding of and agreement to the following terms. You understand this map is as an approximate guide and does not guarantee the routes or condition of the trails on any given day. You agree to follow the signs and directions provided at trailheads and on the trails, and to refer to land owners, stewards, and trusts for notice of restrictions, trail closures, conditions and updated information. You understand that trail recreation is an inherently hazardous activity involving numerous risks, and that you solely assume ALL RISKS related to your activity. You understand that natural and man-made trail obstacles and conditions exist, and that you must remain alert and in control at all times. You assume full responsibility for any and all injuries or property damage that you may suffer or cause to others and agree that you shall assert no claims against, and hereby release Wendy Clark Design, LLC DBA Wending Maps & Wayfinding and all of its members, managers, agents, contractors, sponsors, and advertisers ("us") from any claim you may have against us, and you agree to indemnify, hold harmless, and defend us for, from, and against any claim for damages or losses of any kind (including without limitation trespass, personal injury, and death) that a third party may have or make against us arising out of your use of this map. Copyright © 2018 Wending Maps & Wayfinding. All rights reserved. Reproduction prohibited.



- HOW TO BE A COURTEOUS MOUNTAIN BIKER
- Always slow down and yield to pedestrians, equestrians, and skiers—especially seniors and kids. Horses can get spooked and act unpredictably; stop your bike and let them pass, or ask the equestrian how best to proceed.
 - People can get spooked too, if they don't know you're there. Let others know you're coming up behind them. A bell-ring or a hello is good. If you've found an appropriate place to pass, let them know, such as "Hi, I'm passing on your left." And don't forget "Thank you!"
 - Let faster riders pass. It only takes a couple seconds and you'll both be more comfortable.
 - Unless otherwise posted, downhill riders yield to uphill riders.
 - When you stop, pull slightly off the trail so others may pass.
 - Leave no trace—no trash, no defacing, no skid marks. Take only pictures.
 - Always read the kiosks. Follow direction there and on trail signs.
 - Don't ride trails when they're closed. You'll do damage, give us a bad name, and wreck the trails for everyone.
 - Choose not to ride trails that are particularly soft and muddy, even if they're not closed. A good guideline is to let trails dry out a day for each day it rains. When it rains, let it drain.
 - Don't ride unauthorized trails. You'll jeopardize our ability to ride the rest.
 - Stop and lend a hand when you see a rider with a mechanical issue. Sometimes just having someone hold things is a big help.
 - Ride the middle line. When you come across a puddle, slowly ride through—not around. If we ride at the edges of trails, they widen and become harder to repair or improve. And don't cut corners.
 - Pitch in. Trail building and maintenance don't happen magically. If you ride it, work on it. Visit wendingmaps.com for information on volunteering.
 - Whether riders, pedestrians, skiers, or equestrians—when groups cross in opposite directions, let the other group know how many riders are behind you, especially if your whole group isn't visible.
 - Where riding with your dog is permitted, be sure to keep in control at all times. Even a friendly dog hello is not welcomed by everyone.
 - When approaching a tricky spot or obstacle that might not be visible to the person behind you, let them know—like, "bridge coming up" or "low branch!"
 - When riding at night behind someone with a helmet light, let them know when the indicator signals a low battery (usually yellow or red). It might be time to head back.
 - When riding with others, regroup away from homes and refrain from being noisy in populated areas.
 - When with others at night, regroup well away from road crossings. Cars sometimes can't figure out what's going on with multiple lights moving in random directions. Let's not confuse them.
 - When you discover a problem on the trail (bees nest, broken bridge, etc.) take a minute to notify the organization that cares for the trails. You can find a list on wendingmaps.com.

This is climbing.

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