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# Stroudwater, Fore River & Evergreen

WESTBROOK • PORTLAND

# MOUNTAIN BIKING Trail Map

#5 of 12

Trails on this map are stewarded by the Presumpscot Regional Land Trust, Portland Trails and the City of Westbrook.

**Before you go:** Check prlt.org and trails.org 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-5

### 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](http://nemba.org).

Visit [wendingmaps.com](http://wendingmaps.com) to find out where to get the maps or send a comment or question.

**WENDING**  
maps+wayfinding

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.

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Frog & Turtle  
Portland Pie Co.  
The Daily Grind  
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Cumberland Farms  
The Stockhouse  
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Mercy Express Care

**FAVORITE POST-RIDE SPOTS**

- Sebago Brewing Co. Brewery (Gorham) 207-856-2537 [sebagobrewing.com](http://sebagobrewing.com)
- Portland Pie Co. (Westbrook) 207-591-6248 [portlandpie.com](http://portlandpie.com)
- Frog & Turtle 207-591-4185 [thefrogandturtle.com](http://thefrogandturtle.com)
- Stockhouse 207-854-5600 [thestockhouserestaurant.com](http://thestockhouserestaurant.com)
- Bruno's Restaurant & Tavern 207-878-9511 [brunosportland.com](http://brunosportland.com)
- Samuel's Bar & Grill 207-797-6924 [samuelsbarandgrill.com](http://samuelsbarandgrill.com)
- Salvage BBQ 207-553-2100 [salvagebbq.com](http://salvagebbq.com)
- Sebago Brewing Co. (Scarborough) 207-874-2337 [sebagobrewing.com](http://sebagobrewing.com)
- Portland Pie Co. (Portland) 207-772-1231 [portlandpie.com](http://portlandpie.com)
- Oxbow Blending & Bottling 207-350-0025 [oxbowbeer.com](http://oxbowbeer.com)

**CLOSE BY IN WESTBROOK**

- ATM + Gas + Convenience - **Cumberland Farms** 207-854-2850 [cumberlandfarms.com](http://cumberlandfarms.com)
- Grocery - **Hannaford Supermarket** 207-854-4631 [hannaford.com](http://hannaford.com)
- Coffee - **The Daily Grind** 207-899-6863
- Sandwiches - **Subway** 207-854-3287 [order.subway.com](http://order.subway.com)
- Ice Cream - **Beal's Old Fashioned Ice Cream** 207-839-3032 [bealsicecream.com](http://bealsicecream.com)
- Emergency Medical - **Mercy Express Care** 207-857-8174 [mercyhospital.org](http://mercyhospital.org)

**CLOSE BY IN PORTLAND**

- ATM + Gas + Convenience - **7-Eleven** 207-775-5940 [7-eleven.com](http://7-eleven.com)
- Grocery - **Rosemont Market & Bakery** 207-774-8129 [rosemontmarket.com](http://rosemontmarket.com)
- Coffee - **Black Cat Coffee** 207-956-6686
- Sandwiches - **Po' Boys & Pickles** 207-518-9735 [poboyandsandpickles.com](http://poboyandsandpickles.com)
- Ice Cream - **Gorgeous Gelato** 207-699-4309 [gorgeousgelato.com](http://gorgeousgelato.com)
- Emergency Medical - **Brighton First Care** 207-662-8111 [mmc.org](http://mmc.org)

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- CycleMania** (Portland) 207-774-2933 [cyclemania1.com](http://cyclemania1.com)
- Gorham Bike & Ski** [gorhambike.com](http://gorhambike.com) Portland 207-773-1700 Saco 207-283-2453 Brunswick 207-725-1100 Kennebunk 207-604-1136
- L.L.Bean Bike, Boat & Ski Store** (Freeport) 877-755-2326 then press 4 • [llbean.com](http://llbean.com)

**Other locations on map:** Bruno's Restaurant & Tavern, Samuel's Bar & Grill, Po' Boys & Pickles, Gorham Bike & Ski (Brunswick), L.L.Bean Bike, Boat & Ski, Oxbow Blending & Bottling, CycleMania, Gorgeious Gelato, Portland Pie Co., Sebago Brewing Co. (Scarborough).

## GORHAM/BIKE&SKI

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