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## Always slow down and yield to pedestrians, equestrians, and skiers—

especially seniors and kids

HOW TO BE A COURTEOUS MOUNTAIN BIKER

- Let others know you're coming up behind them. A bell-ring or a hello
- · 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 unauthorized trails. And don't ride trails when they're closed.
- You'll jeopardize our ability to ride the rest.
- · Choose not to ride trails that are particularly soft and muddy, even if they're not closed. When it rains, let it drain.
- 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. For info on volunteering, visit wendingmaps.com.
- 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 riding with others, regroup away from homes and refrain from being noisy in populated areas.
- When riding with others at night, regroup well away from road crossings to avoid confusing cars.
- · 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.

# Presumpscot River & Portland North

PORTLAND • FALMOUTH • WESTBROOK

# **MOUNTAIN BIKING** Trail Map











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

Before you go: Check prlt.org, trails.org, falmouthlandtrust.org, and falmouthme.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-6

#### 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.

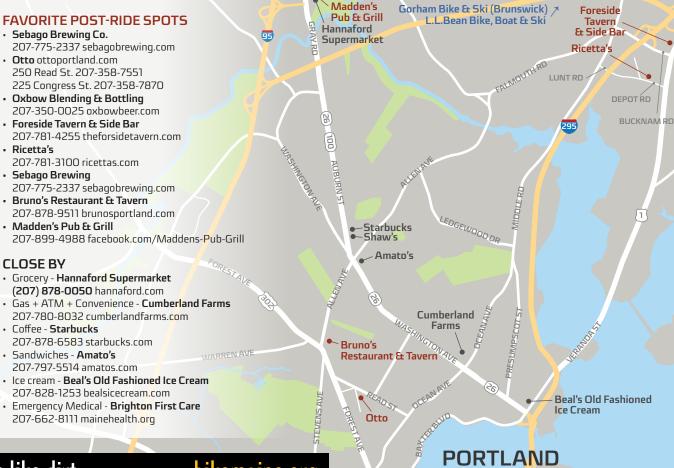
Also be sure to join and volunteer with your local chapter of the New England Mountain Bike Association, whose mission is to steward the trail systems where we recreate, preserve open space, and

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.

WENDING

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 manmade 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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By the end of the weekend we all had greatly improved our skills. If you're looking for a relaxing mountain bike trip for any skill level—these guys are fantastic and the trails are amazing! — Keira

**Cliff was the greatest host.** Some in our group were beginners and he had them up to speed quickly. — Scott

**Amazing trails!** Great weekend getaway. The primitive lodging is charming. Cliff is an excellent cook—healthy, satisfying communal meals. — Sarah



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