

Maine- New Hampshire- Massachusetts

DAY Fifty Loomers Camper Haven [Arcadia] to Bar Harbour, Maine

Monday September 7/09

D10k to Yarmouth+5ktown+5kSMaine A11 M 27.3 PT1h46 OD 3341.1 km



What a day! We stayed at camp sleeping in and updating our log until after 10am as we were just outside Yarmouth, NS. Headed into town with the sun and left the mega mossies behind. The town is a interesting place with the old meeting the new. The Hiway has all the big stores: CnD tire, Atlantic Superstore, etc but all closed as it is Labor Day. We couldn't find a restaurant open so went to Subway for a breakfast sub at noon. Our ferry was 5pm so off we went to find the ferry terminal, purchase our reserved ticket {expensive \$91 for me and \$87 for the old guy} would have saved to put the bikes in someones pickup truck. Wandered looking for the restaurant recommended to us.. a Lebanese place... closed so ended up with a baked potato at Wendy's... this is the first time we have been in a fast food outlet! The potatoes were really good! There is much to much fried foods here from chicken to fish to homefries and the physiques show it. Met a fellow from Tennessee who is cycling alone, with no real plan but a date he would like to be home.... There was a motorcycle rally in Digby with up to 1000 bikers, maybe 20 got on the ferry with us. Interesting they think our way of travel is too hard and I think their way wouldn't suit me... too noisy and boring. One of the bikes had a side car so it was about as big as a Smart car! One fellow said he went 17hours to get to the rally on Ibuprophen! He said you can ache everywhere.... He has no idea!





We went to Frost Park... there are old tomb stones there... they actually Tell a story on the stones



The ferry crossing was smooth. The CAT travels way faster than our ferries. It was a 3 hour crossing and we gained one hour, but it was getting dark as we landed and by the time we went thru customs it was pitch dark and we cycled 5km in the dark on a road with no shoulder.... I can't remember being so scared for a long time... we were very visible to them, but the edge of the road is really rough with either a drop down of 4 inches or broken pavement so when cars past we were bumping along and when cars approached we were blind. It was a very fast 5km up and down past a bunch of motels which we should have stayed in if we had realized there were no street lights.... Stupid! We kept thinking we were coming into Bar Harbour... oh well everyone on the road had been on the ferry so they recognized us as bikes and slowed down and moved over. The proprietor at the Campground was astounded that we made it alive... I was running on adrenaline! Phoned both the boys to touch base. Tyson and his band [Acres of Lions] were outside Medicine Hat headed for a campground and Keith/Julie and boys were in recovery from company for a week from Vancouver. After 50 nights on the road we can put up our tent in the pitch dark at 8pm! Winter is on it's way. NO MOSSIES. \$30 US to camp

DAY Fifty-One Bar Harbour, Maine to Spring Fountain Motel, Bucksport

Tuesday September 8/09

D68km A14.4 M49.4 PT4h43 AT7h with shopping OD 3409.1 km



Up early as light... packed up... did look like a nicer campspot than we expected. All nestled in large trees with lots of space between the spots, but we didn't use the pool so \$30 for 12 hours is a lot, especially when we went on to see everyone else was on ½ prices since the long weekend. [\$99 CG for a week... {\$46 cabin} would be a neat place to spend a fall week] It really is Wally world... lobster tanks, t shirts, dust collectors, etc... WE SHIP! We had planned a day off here but needed cash so went on.

@21k is Ellsworth road good to here with lots of shoulder on ME 3 Has a big grocery store and all services especially a Bank as last nights campsite took no credit cards... lucky we had a little cash with us. Continued on ME-3 and I to ME 172 Surry Rd... we are now on Adventure cycles Northern Tier route... I can tell they send you over hill and dail to be on a less traveled road with no shoulder, very minimal traffic but quite hilly. There had been new pavement and lines on 1... Ken ended up with the second flat of the trip [@40k] The road was rough and my odometer , damaged

prior, popped off and Ken hit it... I think it's done! Weird to not be able to look at the distance all the time... kind of frees you up.

All the restaurants seem to be closed for the season, but not the junk shops! Orland @50km back on US 1.. small market. Turned on 175 but it went back to the hiway so the CG is further on... went to it and another \$30 so I decided we needed a motel night in town... on to Bucksport only 2 miles away... only 2 motels Spring Fountain a little older, but clean, nice firm beds and no smoking rooms. \$60 + 3% tax Had a protein feed with burgers. Not raining, actually beautiful weather but that bath was wonderful!

Met a fellow[>65] at the Maine visitors center who had done across Canada twice [10yrs apart] with Cross Canada tours.... Interesting he told us some stories about 40 cyclist with van support, but no support for the rider if unable to ride must find other transport for self and bike, meals made by cyclists for other cyclist were good, but he got muscle wasting due to lack of protein... improved the last trip all meals were preplanned with protein in mind, he found there was "bickering" especially and not picking on the women, went long distances with no flexibility.... Maybe our solo way isn't so bad.

We are back into mountains with 2 day ahead of plan.

DAY Fifty-Two Spring Fountain Motel, Bucksport to Camden Hills CG, West Rockport

Wednesday September 9/09

D68.69km A16.3 M 57.9 PT4h 17 TT 6.5h OD 3477.79km

Headed off at 8am from the motel across 2 bridges staying on ME-3/US1 to Stockton Springs

@20km Searsport has a bike shop who has been here 35years... and some of the stock has been there that long too! He does all the repairs for anyone close around and orders bikes as needed. Got a new odometer, hop it lasts, has a twist on so might not pop off on rough roads. Stopped for Pancakes and off again. Belfast is a really yuppie looking town with mega old houses mostly redone. I don't know why we don't have houses this style out home... different immigrants I guess.

Decided to stay on #1 as Adventure cycle says the other route is rough... this was up over a cape back to the sea, repeat all day. There was a shoulder to start then no shoulder for at least 10km from Belfast to Camden. Lots of services along the route, mega B&B's and motels, fish restaurants, Stopped for sandwiches on the Baptist church steps.

@63km was Hannaford Supermarket in Rockport... making good time. Not a lot of views, bush is starting to change to reds...more deciduous trees here and less pines, lots and lots of Victorian homes made into B&B's

there is a Warm showers off route 10km but we are happy with the Camden Hills CG... they have a hot tub... 104F and pool that is coooool....Also a club house so we can make our spaghetti inside on a REAL stove! I have been contemplating the homeless today. We stopped at on spot that looked like a store and turned out to be a Food Bank... and hostel of sorts for the homeless... the woman who runs it was not at home, but one of the patrons told me I could take what I needed... no fruit or veggies as she has taken them to the market.... I guess I looked homeless to him! Off I went to the grocery in the next town thinking about those who have not a lot. I don't know how they do it... that Bath last night was wonderful and we have been getting showers every day. Washing our clothes tonight... we just take so much for granted when at home. Camping \$30 tonight again... no wonder the kids touring stay in the ditches... just too expensive.



**DAY Fifty-Three Camden Hills CG, West Rockport to Brunswick Thomas Point
Beach CG**

Thursday September 10/09

D81.78km A 15.8 M48.3 PT5h TT 7 h OD 3558km

Good ride ... hilly but okay. Came into town just as the boat yard got off shift at 1530..... men walking everywhere... met a fellow in the campsite that works there... he waits 15min to let the rush go by.. they make destroyers ships for navy... nice couple. They have a weekend party here for the company so place will fill up tomorrow. Good shoulder on 1... 8 C in am warmed up to 20 by mid afternoon. Funny all kinds of shops along the way, rugs, car repair, etc... but no sign of homes. Stopped at a picnic park for lunch and it quickly filled up. Left there for Wiscasset where we crossed a bridge to a Lobster stand right on the hiway... slowed traffic to a stop... all traffic must yield to pedestrians so they take that to the full advantage and walk out in front of 18 wheelers...



CG empty... spent the evening visiting with a couple from not far away...Poland, Maine.... here for the w/e party. Nice they made our water for our soup. They enjoy the quiet w/e here... no one came for our fee so we went off to bed. Showers too cold as screen doors... time to be inside! CG only takes dogs <35 pounds so they only brought one dog.



Back to the land of the Trains.

Cold nights.... Foggy mornings!

DAY 54 Brunswick Thomas Point Beach CG to Friends-n-Family Sebago Lake

Friday September 11/09

D71.45km A14.6 M47 PT4h53 TT7 h OD 3629km

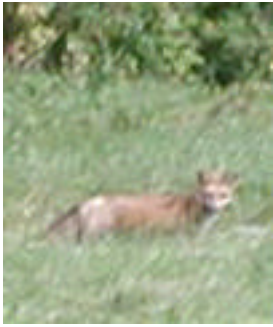
Today is 9-11.... 2001 8 years since the World Trade Center assault...can you believe it?. We headed off with fog dripping on the tent... Met a father and son who were working on a referb of a Cape cod house near here... got a deal , but a real fixer upper... Got on to Adventure cycle route, but it is up and over hill and dayle as usual



This is the ugliest Scarecrow we have seen to date!

Stopped for lunch/breakie at Isabella's Sticky Bun in Freeport.... Yummie eggs and toast and a stickie bun that wasn't that great. There were some women who had started a project where they give every guy/gal going to the war in Iraq an embroidered star from an old flag and when they return they get another one... They said it was well received and the guys are looking for the stars on return.





The hills are continuous... up and down up and down and repeat over and over.... trees and more trees no ocean views.

Scissors and Seams a cute name for a sewing shop.... Sew and Sews is another... maybe I will open a shop!

Cute little fox in a ladys yard... she said it has been around since the size to fit in a tea cup... keeping her mice down.

Got to the CG and they are fully booked with a Westvalia reunion.... they gave us a fellow who is a yearly's site... \$30 please... so we are camped beside a huge 5th wheel ... the hot tub was terrific and the showers ok... the road is close.... The road ... the shoulder was good at times and very rough at other times... traffic low for a Friday... will see what Saturday gives us

DAY 55 Friends-n-Family Sebago Lake to Wells Inn & Cabins

Saturday September 12/09

D64.57km A16.43 M48.29 PT3h55 TT6 h OD 3694km

Awoke to a warmer morning, but my ankle still stiffens overnight. No dew.. a bit inland. Those curvy arrows always point up because they mean and up hill twisty portion! As do passing lanes.

We stopped for breakfast at a Dunk'n donut... who would have thought I would stop here... they have a great breakfast flat bread that helped us along the way.



Nice rolling easy grades. Came to Kennebunk to a chorus of fire trucks... we thought there was a huge accident on the hiway... until we came upon a parade of firetrucks... there was a firemen's convention of sorts in town..



Rained prior to us getting there until just outside of Wells and the skys opened up. We headed to a restaurant and hid out for an hour, then found a cute little cabin to stay in... incredible deal just less than \$40.... This couple have 4 cabins in their yard of a old Victorian house that they used to B&B but it got too much so they just let the cabins now.. continued to rain all afternoon so we were really glad to be inside. This is a real tourist place with hotels all along the route. If you went on a 2 week trip, this would be just the beginning!



tons of market gardens all along route.

DAY 56 Wells Inn & Cabins to Angle Pond Grove CG New Hampshire

Sunday September 13/09

D89.58km A15.88 M48.29 PT5h38 TT9 h OD 3783km



Long day... Started out about 6km short of our planned stop from yesterday due to the rain, then we decided to go on the shore road which gave us a bit longer also but worth it. There were a lot of Campsites/Rv parks further on and mega motel/hotels, but I think we lucked out with our choice. We went on 1A and followed Adventure cycle past huge shacks and mega antique places, coffee shops, trinket shops... on and on.



The beach at York was a surprise 2miles long of sand and surf with guys and gals trying to catch the waves... all wearing wet suits... or dry suits which ever. Reminded me of the west coast at Malibou where the houses are right on the shore... saw one for sale \$299. incredible how depressed their realestate is. There really was no time today without acreages or housing of some sort. They really roll up the sidewalks here on Sundays. This campsite is as usual over priced for a one night stay at \$30 + tax, but it is close to the grocery on a pond, but with mostly full timers. We could have gone in search of a motel, but sometimes the cheaper motels have terrible beds. We were really lucky last night! Clean, firm bed, cooking hot plate and fridge... it definitely gets a 10 on this trip. As we are on the minor roads all the Best Westerns etc are on the I roads.... Not a loss.

DAY 57 Angle Pond Grove CG New Hampshire to Ayer Massachusetts

Monday September 14/09

D81.66km A15.28 M42.56 PT5h21 TT8 h OD 3865km

What to say... headed off route on NH 111 with not too many services, for 16km to Salem... more traffic, nice shoulder, new pavement, +++ crickets, sunny with cool wind in new Hampshire... Black eyed susans stick blooming.

