



## Maine Bicycling with Lou Zambello

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# “Sebago to the Sea” Bike Trail Offers Exercise, Big Trout

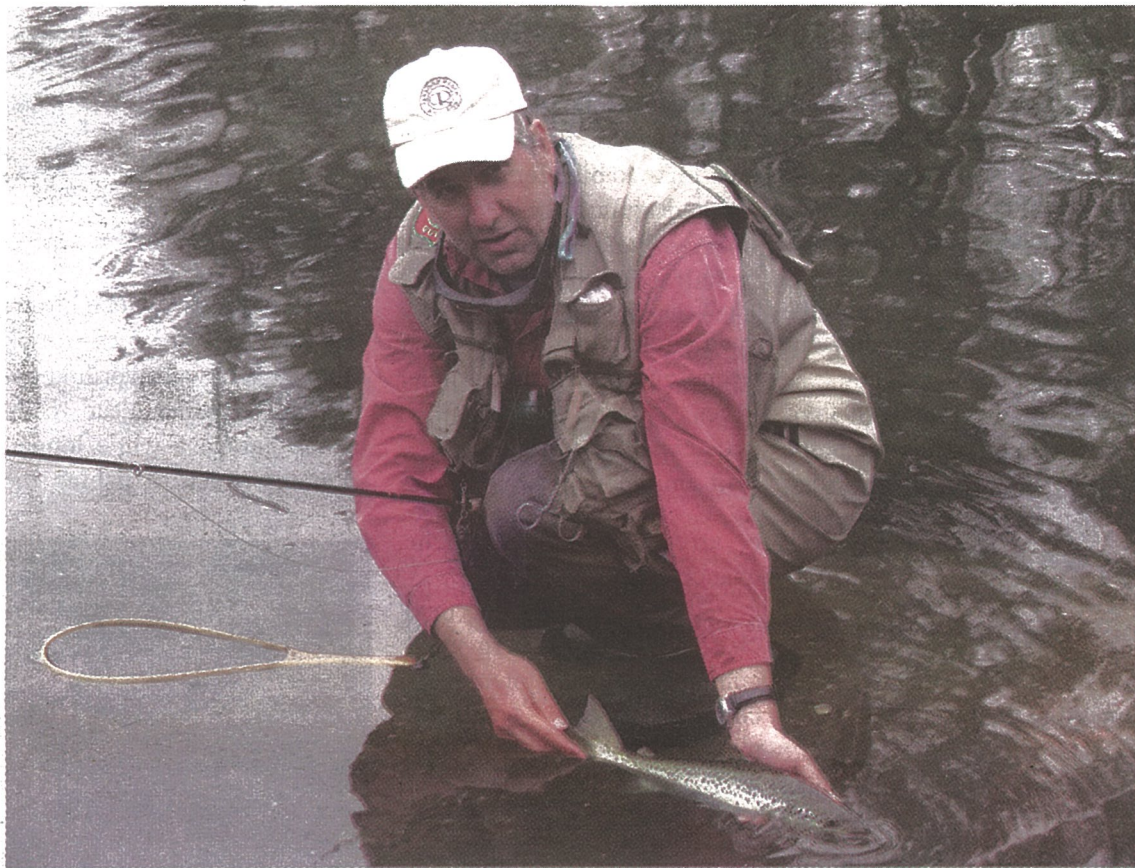
For many Maine sports folks, the beginning of November means putting away boats, camping equipment, fishing gear, bikes and other summer playthings until next year. If this sounds familiar, then I have three words for you: Not...so... fast.

In southern Maine, the weather stays a bit warmer than upcountry. Last year, November's temperatures in Portland stayed around the historical averages with 11 days with daily highs above 50 – perfectly acceptable temperatures for biking. So don't put away your bicycle too soon.

A great multiuser trail for riding in November combines with very good fishing at the same time. I am talking about the *Sebago to the Sea Trail*. This route starts on the southeast shore of Sebago Lake and makes its way to Casco Bay (East End Beach), a distance of about 30 miles.

Part of what make this trail fun to cycle is its variability. Pedalers will travel on single-track trails, woods roads, an old railroad right-of-way, paved country roads, and urban streets. In short, almost every type of cycling possible. There is a 4-mile trail section that is still under construction, but side roads bypass that section.

The *Sebago to the Sea*



**This is a landlocked salmon that the author caught in the upper Presumpscot in November.**

website ([www.sebagotothesea.org](http://www.sebagotothesea.org)) has detailed maps, access points and parking locations for each of the trail's eight sections. The first two sections near Sebago Lake are mostly woods trails on relatively level terrain with few rocks but occasional roots. Bicyclists can explore number of side trails throughout the Sebago Lake Preserve as well. Signage is excellent.

### Next Section

The next section pro-

vides a paved route alongside an inactive railroad track. I like riding along railroad right-of-ways, because pedalers get to see parts of the countryside that can't be viewed by road. My favorite sights include secluded estates, bountiful and beautiful backyard gardens, old farm ponds, unique outbuildings, obscure bridges and abandoned farms and homesteads.

The middle section of the *Sebago to the Sea Trail*, a single track, offers the following highlights:

- The Presumpscot River (very nice)
  - Through Riverton Trolley Park (the historical displays and building ruins are interesting),
  - Behind the Riverside Recycling Facility (not so nice—a razor wire fence and a strong odor)
  - Through Riverside Golf Course (don't worry about getting beamed by a golf ball—remember, you have a bike helmet on).
- This section features real

mountain biking with several gullies, steep pitches, tight turns and wooden bridges to navigate. If the going gets too challenging, just hop off the bike and walk it past the few tougher places.

Here is a little hint: If bicyclists know that they are going to be hopping on and off the bike, they should set the seat a little lower than they ordinarily would. It makes getting off and on a bike easier.

### Eastern Section

The eastern section of the trail takes bicyclists back along the lower Presumpscot River through Falmouth and then on to Back Cove and the Eastern Prom. This segment features quiet sections along the river, school grounds and city parks (University and Payson). It includes single track trail and wide, paved multi-user trails and sidewalks.

I suggest that anglers choose a warm November day and go biking and fishing. A number of Presumpscot River fishing possibilities can be quite productive at this time of year.

If anglers travel on Route 35 south from North Windham, they quickly reach several good access points to the *Sebago to the Sea Trail* but not before crossing the upper Presumpscot River. This stretch of river immediately downstream from the dam usually fishes great this time of year. It

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Sebago to the Sea Trail

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