

# Walking and Bicycling In Lewiston-Auburn



125 Manley Road  
Auburn, Maine 04210  
(207) 783-9186  
[www.atrcmpo.org](http://www.atrcmpo.org)



As the transportation planning agency for the Lewiston-Auburn area, the Androscoggin Transportation Resource Center is actively working with local governments, businesses, schools, and community groups to design a safe bicycle and pedestrian network that includes sidewalks, bike lanes, and pathways. Please visit our resource library at [www.atrcmpo.org](http://www.atrcmpo.org) for a color map of the region's 2025 Vision for bicycling and walking.

## Helpful Hints

The bicycling and walking routes in this guide have been selected solely at the discretion of the ATRC staff. Many of these routes are not officially designated, marked, policed, or lighted. Please use at your own risk!

Due to limitations of space and scale, the map is intended for orientation purposes only. When planning your trip, please consult a detailed street map of Lewiston-Auburn available from the Androscoggin County Chamber of Commerce, AAA, or DeLorme.

Remember, half the fun is getting there! Bicycling and bus directions are provided for many of the routes. The Bus hub is located at the corner of Bates and Oak Streets in downtown Lewiston. In general, The Bus runs Monday through Friday from 6:30 AM to 5:30 PM. Each trip costs \$1.00 in exact change. You can get on and off The Bus almost anywhere on the route. Each bus is equipped with a bike rack with space for two bicycles.

Route mileage is listed for round trip travel. Average walking speed is 3 miles an hour. Average bicycling speed is 10-12 miles an hour.

When riding your bicycle, wear a helmet and use proper hand signals.

Obey all traffic laws! Ride with traffic, walk against traffic.

*Revised April, 2002*



## Walking Loops

### **(1) Great Falls Loop,** Downtown L/A 1 mile

This is a scenic stroll with views of the Great Falls, the Androscoggin River, and the mills that made the Twin Cities. The Lewiston side offers a paved pathway through Railroad Park. Check out the colorful new benches constructed and painted by students of the Lewiston Regional



Technical Center. Cross the river at the historic Lewiston-Auburn Railroad Bridge, restored in 1994 for bicycle/pedestrian use only. In Auburn, the River Walk, a paved pathway, leads back to the Longley Bridge.

### **(2) The Parkway,** Auburn 4 miles

This is a hilly workout along paved pathways connected by the quiet tree-lined neighborhoods of Goff Hill. Start at the leafy entrance to the ELF Woods at the intersection of Elm Street and Minot Avenue. Snaking uphill, the pathway offers glimpses of the Twin Cities. Beyond the high school, sidewalks on local streets—Harris, Granite, Davis, Gamage, and Williams, will lead you to the Union Street Gully, a unique parkway that follows the path of Barron Brook, which once provided water power to what is now Great Falls Plaza. Today, the winding pathway connects a variety of recreational facilities, including the Ingersoll Ice Arena, baseball diamonds, playgrounds, sledding hills, and tennis courts. Keen observers will spy the sight of the old ski jump. To make your route even longer, include a hike through the Pettingill Woods (Trip #9). Either way, the stairs connecting each segment of the parkway will make your heart race.

*Gamage Avenue Bus*



### **(3) Lake-Mountain-River Loop,** Lewiston 3 miles

The variety of landscapes, both manmade and wild, will surprise you! Start with an easy stroll around Lake Andrews on the Bates College campus, where the pretty stone terraces will invite you to sit and linger. Crossing College Street at Mountain Avenue, walk through the

grassy quad for a short hike up Mt. David, which offers panoramic views of the Twin Cities. After your climb, take Mountain Avenue to Main Street where you'll head west past rows of historic homes to Whipple Street. Take Whipple Street to Sunnyside Park. Here you'll find a wooded trail marked by four boulders that leads down to the Androscoggin River. Continue along the river through the cemetery and back to Main Street via Riverside Street. But, if you are swept away by the serene setting and can't believe you are in downtown Lewiston, continue past the cemetery, across the cascading pools of Jepson Brook, and under the Veterans Memorial Bridge, where giant boulders jut out into the river. Beyond the bridge, the well-worn path continues less than a mile to Tall Pines Drive, although this section crosses privately owned land.

*Main Street Bus*



### **(4) L/A Historical Walking Tour**

[www.androscoggincounty.com/visitor/latour.html](http://www.androscoggincounty.com/visitor/latour.html)  
[ci.lewiston.me/files/pdf/tourbrochure.pdf](http://ci.lewiston.me/files/pdf/tourbrochure.pdf)

Explore the rich history of the Twin Cities on a walking tour developed by the Androscoggin County Chamber of Commerce or the City of Lewiston. Detailed information with pictures and historical facts can be found on their web sites. The routes follow sidewalks past the cities' mills, historic homes and buildings, churches, and other civic, cultural, and industrial landmarks.

### **(5) Barker Mill Loop,** Auburn 2 miles

It may not be Niagara Falls, but the sounds of gushing water behind the Barker Mill will certainly harken you back to the Industrial Age when the mills served as the foundation of the economy. You'll be hard pressed to find a good view of the falls from the New Auburn side of the river, but wading across the pools and rocks trying to is a strenuous, albeit dangerous, enterprise. Instead, find the service road at the Lower Barker Mill Dam and follow the footpath along the Little Androscoggin River to the Upper Barker Mill Dam. Return on quiet Mill Street.

*New Auburn Bus to Mill Street*



## **(6) Papermill Road,** Lisbon

2 miles

Behind the bustle of Route 196, a scenic footpath winds along the Sabattus River. True to its name, you'll reach the ruins of the old paper mill at the end of the trail on Mill Street. It's so peaceful, you won't mind returning the way you came. Soon, the Papermill Road will be improved as part of the 5-mile Lisbon Trail that will connect the villages of Lisbon, Lisbon Center, and Lisbon Falls. Parking is available at the boat launch near the intersection of Route 196 and Frost Hill Avenue.

*By bike, follow directions for Trip #17. Continue on Pinewoods Road. Take a left on Village Street to Route 196.*



## **Green Places with Hiking or Bicycling**

### **(7) ELF Woods,** Auburn

This 40-acre wooded area has been transformed into a park by the students of Edward Little High School. Start at the gateway on Elm Street and Minot Avenue. Follow the winding paved pathway uphill to explore the scenic lookout and the outdoor amphitheater. Improved wooded trails to the left extend your route to the school's very own archaeological dig.

*Gamage Avenue Bus*



### **(8) Franklin Pasture,** Lewiston

Find out why Lewiston poet Marsden Hartley once described the wilds of Franklin Pasture as the "Asia and Africa" of his youth. Hills sprinkled with apple blossoms plunge down to ravines tamed by streams. Trails, which have been improved by students, can be accessed behind Lewiston High School and the Multi-Purpose Center.

*Lisbon Street Bus to Bartlett Street*



### **(9) Pettingill Woods,** Auburn

A heart pumping cardiovascular triumph! Cross the brook behind the Ingersoll Arena and follow the marked wooded trails through a short maze of steep hills, winding streams and wooden bridges.

*By bike follow the Union Street Gully Parkway, a paved linear pathway that begins at the tennis courts off of Union Street.*

*Gamage Avenue Bus*



### **(10) Sherwood Forest,** Auburn

Wooded trails designed and marked by students lead to a variety of natural habitats, including forests and wetlands. Entranceway is located at the rear of

Sherwood Heights Elementary School.  
*New Auburn Bus to Cook Street*

### **(11) Androscoggin Riverlands,** Turner



26 miles

This natural preserve offers an extensive network of wooded trails on 1,900 acres bordering the Androscoggin River, including homesteads abandoned when the Gulf Island Dam was constructed in 1927.

*To bike there, take Turner Street to Route 4 where wide shoulders are available. A short ride leads to Upper Street in Turner. Hang a right on Center Bridge Road and turn right again into a dirt parking lot just before the bridge.*

### **(12) Lost Valley,** Auburn

[www.lostvalleyski.com](http://www.lostvalleyski.com)

Enjoy mountain biking on 300 wooded acres dotted with streams and rolling hills. Fees charged.

*Take the Minot Avenue bus to Hotel Road. Ride up Hotel Road and take a left on Young's Corner Road. You can also take the Gamage Avenue Bus to Lake Street. Ride up Lake Street and make a left on Young's Corner Road.*



### **(13) Mt. Apatite,** Auburn

This 325-acre wooded park is best known by rock hounds for yielding crystals of tourmaline and quartz. An extensive network of forested trails links abandoned quarries, gleaming slag piles, steep ledges, and giant boulders.

*Minot Avenue Bus to Hotel Road.*

*By bike, take Court Street to Stevens Mills Road.*

*Follow Stevens Mills to end.*



### **(14) Thorncrag Bird Sanctuary,** Lewiston

[www.avcnet.org/stanton](http://www.avcnet.org/stanton)

The largest of its kind in New England, this 310-acre preserve encompasses six different habitats that support a diversity of wildlife, trees, and plants. A network of trails passes ponds, streams, benches, and stone fireplaces, climbing to an elevation of 510 feet, the highest point in the city.

*Sabattus Street bus to Highland Spring Road.*

*By bike, follow directions for Bates College loop.*

*From Central Avenue, take Brault, Belleview, and Blanchette. Cross East Avenue and take the paved pathway to Montello School. At Montello School, follow wooded trail (looks like a dead end) to the corner of Montello Street and Highland Spring Road. Use the bike racks, as NO biking is allowed within the preserve.*





# Bicycling Trips

## (15) Bates College Loop, Lewiston

10 miles

This urban ride will lead you through the city's prettiest tree-lined neighborhoods via streets with wide curb lanes and bike lanes. From Kennedy Park in downtown Lewiston, follow Bates Street to College Street. On College Street, use caution crossing busy Sabattus Street. At Russell Street, follow marked bike lanes clockwise around College Street, Stetson Road, and Hogan Road. Watch out for the parade of joggers and strollers walking against traffic in the bike lane.

Beyond the busy intersection of Webster, Central, and Sabattus, you'll coast back downtown via one-way Ash Street faster than you can legally drive.

*Sabattus or Main Street Bus*



## (16) Lake Auburn Loop, Auburn

13 miles

Discover the most popular bicycling route in the Twin Cities! Go clockwise around the lake to avoid crossing busy Route 4. To reach the lake's west shore you can take Hotel Road, Lake Street, Turner Street, Park Avenue, or Summer Street, but Turner Street offers the widest travel lane. From Turner Street, make a left on Gracelawn and watch out for turning traffic as various roads begin to merge. Rounding Summer Street, you'll begin an ascent into the charming hamlets of farmhouses, churches, and schools that formed Auburn's earliest settlements. Pavement on West and North Auburn roads is cracked and bumpy, but bicyclists with fat tires can use Spring Road, which is flat, hard-packed, and closed to motorized traffic. On Spring Road, you can spot the foundation of the Spring House, a famed late 19<sup>th</sup> century destination for health and leisure. Either way, stop at the Auburn Land Lab to check out the new butterfly gazebo designed by students and volunteers. Then, turn right onto scenic Lake Shore Drive, which runs right along the water. On the other side of Route 4 (very dangerous to cross!), you can stop in East Auburn for a dip at the beach. Return downtown via Turner Street across from Rainbow Bicycles. For a longer route around the lake, check out [www.state.me.us/mdot/biketours.htm](http://www.state.me.us/mdot/biketours.htm)

*Auburn Mall Bus*



## (17) Androscoggin Riverfront, Lewiston

18 miles

From the Lewiston-Auburn Railroad Bridge, follow Oxford and Lincoln Streets south through historic Little Canada. The road is fairly wide until the Turnpike overpass, when it becomes River Road. Follow River Road to Ferry Road, Cotton Road, and Pinewoods Road to reach Beaver Park in Lisbon, a 337-acre wooded park with hiking, fishing, and swimming. Fees charged. Although traffic is light, these rural roads do not offer shoulders. Add Trip #6 to extend your ride.

*Lisbon Street Bus*



## (18) Androscoggin Riverfront, Auburn

20 miles

From the Lewiston-Auburn Railroad Bridge, bike south on Main Street and follow signs for Route 136 South. The road is fairly wide until the Turnpike overpass, offering winning waterfront views past Penley's Rips. Although traffic is light, the rural portions of Route 136 do not yet have shoulders. Bike to the new River Park in Durham, a 12-acre farm where you can enjoy fishing and picnicking.

*New Auburn Bus*



## (19) Range Pond State Park, Poland

18 miles

Swimming in the pristine waters at Range Pond is a sweet reward for an afternoon of bicycling. The nature trails inside the park's 750 acres are also suitable for both mountain biking and hiking. To reach the Stevens Mills area, try Court Street or Poland Road, both of which are wide with paved shoulders. From Hotel Road, follow the Lewiston Junction Road all the way to the end, where you'll turn left onto Empire Road. Although traffic is light on these rural roads, there are no shoulders to accommodate bicycles.

*Minot Avenue Bus to Hotel Road*



Franklin Pasture