

## Day 1 - Page 1

In	Direction	Mile
-	Continue south on the Emerald Necklace bikeway.	0.0
2.0	Before Arborway - turn left onto Pond St.	2.0
0.1	Turn right onto Centre St	2.1
0.5	Bear left at the fork to continue on South St	2.5
0.6	Cross Arborway and continue straight onto Washington St (at Forest Hills station)	3.1
0.2	Turn left on Ukraine Way to cross the train tracks, then take your first right onto Hyde Park	3.3
0.2	Take your next left onto Walk Hill St	3.5
1.8	Turn right onto MA-28 / Blue Hills Parkway (this road sucks, for a bit, sorry sorry)	5.3
0.8	After crossing the river, follow the signs to the left-most fork in the road to continue on to MA-28 S / Blue Hills Parkway	6.1
1.4	Continue onto Unquity Road	7.5
3.1	After the police station and big parking lot, turn left on Blue Hill River Rd	10.6
0.3	Cross I-93. Continue onto Ponkapoag trail (gravel), bearing to your right around the pond	10.9
1.6	When you first see the golf course and golf cart roads, bear left to continue on the last stretch of trail. Soon, on your right, there will be a large, tree-lined boulevard exiting the golf course. Turn right onto the street and continue riding until you reach the parking lot.	12.5
0.5	Cross 138 and continue on Washington St	13.0
4.3	Cross Route 22, Washington St becomes Bay Rd	17.3
9.3	Turn right at the stop sign to continue on Bay Rd	26.6
4.5	Cross I-495 Interstate Highway	31.1
0.6	Turn left on Field St	31.7
2.5	Cross Route 138 and turn right on Oak St	34.2

The ride starts on the bike path next to Longwood Station.

Or at Forest Hills.  
I'm not too picky.

Watch out! Ponkapoag trail has some big rocks, steep climbs and steep drops. It's two miles of fun!

### 18.9: Crescent Ridge Dairy Bar

**34.1: Route 138 Strip**  
Limited services until mile 60.

### Crescent Ridge Dairy Bar

Mile 18.9  
355 Bay Rd, Sharon  
On Bay Rd., one mile after crossing Rt 22.

Ice cream, bathrooms, and goats.

### Route 138 Strip

Mile 34.1  
On Carver St., you'll cross Route 138.

From here to mile 60, there aren't a lot of services on this ride, just the occasional convenience store or Dunkies. Route 138 is a fairly big (if unexciting) commercial strip. Convenience stores, fast food, and a diner shaped like a milk bottle.

In	Direction	Mile
0.5	Turn left on Center St	34.7
0.9	Continue on North Main St/Route 104	35.6
1.3	Cross Pleasant St, road becomes Orchard St	36.9
1.1	Cross Route 138 and then Route 44	38.0
0.5	Road becomes S St E	38.5
1.5	Turn left on Middleboro Ave	40.0
1.3	Turn right on S Precinct St	41.3
3.7	Turn right on Bedford St/Route 18 which becomes Bradley Hill Rd/Route 105	45.0
5.9	Turn left on North Ave	50.9
2.2	Turn right on Neck Rd	53.1
2.1	Turn left on Burgess Ave	55.2
1.1	Turn right on Walnut Plain Rd	56.3
0.8	Turn left on High St	57.1
2.6	Turn left on County Rd	59.7
0.3	Turn right on Pierceville Rd, then bear right and right again on Papermill Rd	60.0
1.1	Bear right on Main St	61.1
1.8	Turn right on at the stop sign to continue on Main St	62.9
0.2	Slight right at the town common onto Gibbs Ave	63.1
0.1	Slight lefts at the fork onto High St	63.2
0.6	Turn right on Kennedy Lane, then take your first left onto Church Ave	63.8
0.6	Turn left on Warr Ave	64.4
0.1	When Warr Ave ends at the red brick building, turn left to rejoin Main St	64.5

**46.6: Tamarack Park**

**51.2: PMC Route begins**

**59.1: Robin's Nest**

### **Tamarack Park**

Mile 46.6

368 Bedford St, Lakeville

One mile after turning on Bedford St, Tamarack Park will be on your right

We like to stop here for a long picnic break on Day 1. It's a little past the half-way point for the day, and has a great view.

No bathrooms, but you'll pass a Dunkies, a Subway and a liquor store 1 mile before the park.

### **PMC Route Begins**

Mile 51.2

This is about where we pick up the Pan-Mass Challenge route. The PMC is an annual charity ride down to the Cape, and there are signs marking the route. They look like this:



You can follow the signs from here until we reach the Canal bike path.

### **Robin's Nest**

Mile 59.1

423 High St, Rochester

Two miles after turning on High St., it will be on your left.

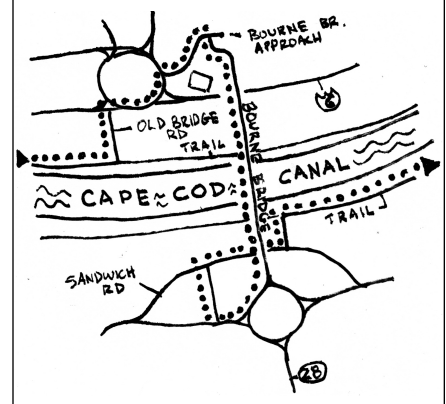
Cute little roadside stop with seafood, ice cream and picnic tables. Porta-potty available out back.

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In	Direction	Mile
0.3	Turn right onto Route 6/Sandwich Road to cross over the bridge. Immediately after, turn right onto Narrows Rd. Narrows Rd becomes Minot Ave.	64.8
1.9	Turn right on Onset Ave	66.7
3.3	Turn right on US-6 E	70.0
0.5	At Buzzards Bay Rotary, take the 1st exit on Main St.	70.5
0.2	Go through the stop light, crossing Academy Drive, then immediately turn right on unmarked Canal St. Continue to the end of the street, towards the train bridge, and turn left onto the canal bike path.	70.7
1.0	When you're getting very close to the Bourne bridge, you'll see a tiny parking lot to your left. Turn left into this parking lot and continue straight onto the road, called Old Bridge Rd.	71.7
0.4	Turn right on Main St.	72.1
0.0	Get on the Bourne Bridge. Turn left (onto the rotary) and then immediately right on the smaller Bourne Bridge Approach Rd, behind the shopping center. Head to the end of that road - there will be a pedestrian footpath that will take you up and across the Bourne Bridge.	72.1
1.0	After the bridge, turn right on Trowbridge Rd at the rotary, right again on Veterans Way, and right again on Sandwich Rd - looping back to pass under the bridge, heading east. Immediately after going under the bridge, turn left towards the canal.	73.1
0.5	Turn right onto the Canal bike path	73.6

## 68.1: Onset & Onset Park

## 72: Getting over Bourne Bridge



### Onset Park

Mile 68.1

After crossing South Boulevard/Union Ave in Onset, the park will be on your right.

This is a nice place to take a break in the very cute town of Onset. Public bathrooms are available down the hill at the marina. Lots of restaurants around, too.

In	Direction	Mile
5.3	Bike path ends. Slight right on Freezer Rd	78.9
0.3	Turn right on Tupper Rd	79.2
0.8	Tupper road ends. Cross straight over route 6A, and then bear left onto Main St/130	80.0
0.4	The entrance to Shawme-Cromwell State Forest is on your right.	80.4

79.2: Shopping plaza

You made it! Enjoy camp.

### Shawme-Cromwell State Forest Campground

42 Main St, Sandwich, MA

Check in at the tollbooth - our reservation is under George Sass - and then continue to camp.

#### Food & Supplies

There is a shopping plaza with a large Stop & Shop and other stores 1.5 miles from the campground. You'll pass behind it on Tupper Road on your way to the campground. If you want to ride there from camp, exit the campground and turn left. When you reach the intersection, turn right to cross 6A and continue on Tupper Rd. The plaza will be on your right.

#### Firewood

The campground store sells firewood, along with some limited camping supplies. Note that the store closes fairly early in the evening; get your wood soon.

#### Electricity

Our campgrounds are non-electric, but you can charge your phone for a while in one of the bathrooms.

#### Cleanup

Bring all your trash to the dumpsters at the campground exit. Do a sweep of your tent site, and help pick up the common areas, before you leave.

#### Checkout

Checkout is by 11 AM. We're always out and riding before then, usually between 8-10 AM.

