

Day 1 - Page 1

| In | Direction | Mile |
|-----------|---|-------------|
| - | Continue south on the Emerald Necklace bikeway. | 0.0 |
| 0.7 | Cross Huntington Ave/Washington St. Continue on the Emerald Necklace Bikeway, taking the left fork. | 0.7 |
| 1.3 | Before Arborway - turn left off the bikeway, 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 | 5.3 |
| 0.8 | After crossing the river, merge into the left-most fork and weird rotary. Follow the signs 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 at the stop sign onto Blue Hill River Rd. Look for signs for Houghton's Pond. | 10.6 |
| 0.3 | Cross I-93. Continue through the teeny parking lot and onto Ponkapoag trail (gravel). Keep the pond on your right; at any forks, continue straight. | 10.9 |
| 1.6 | Suddenly, the trail will open up to a golf course and golf cart roads. Bear left on the trail to continue. Soon, on your right, there will be a large, tree-lined boulevard exiting the golf course. Turn right onto the boulevard and continue riding until you reach the parking lot. | 12.5 |
| 0.5 | Exit the parking lot, 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 |

The cue sheet starts on the bike path next to Longwood Station.

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

| In | Direction | Mile |
|-----|---|------|
| 4.5 | Cross I-495 Interstate Highway | 31.1 |
| 0.6 | Turn left on Field St | 31.7 |
| 2.5 | Cross Route 138 and immediately turn right onto Oak St | 34.2 |
| 0.5 | When Oak St. ends, turn left onto 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 |

34.1: Route 138 Strip
Last call for McD's and other snacks. Your options after this are mostly gas stations until mile 60.

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.

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.

PMC Route Begins
Mile 51.2

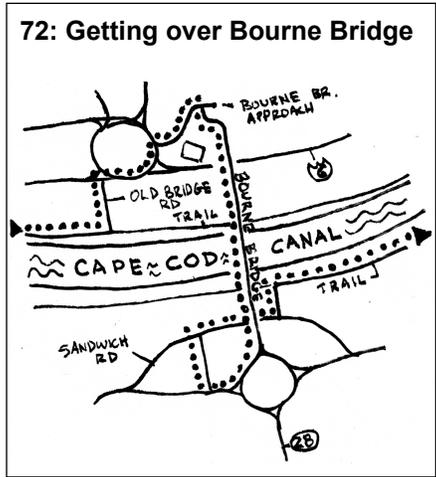
This is about where we pick up the Pan-Mass Challenge route. The PMC is an annual charity ride down to the Cape, and there are signs marking the route. They look like this:



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

| 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 - almost hidden on the right, 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



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.

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| 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

This year we are in **Group Site #004, Area #2**. The reservation is under George Sass. We'll gather as many folks as we can and check in at the tollbooth, 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.

