

North Shore Cyclists
LET'S GO COASTAL - Long Route

MILES	DIR	STREET
0.0	R	OUT OF PARKING LOT
0.2	R	MERRIMAC ST
0.5	L	RTE 1 CROSS BRIDGE
1.0	R	MARCH RD (Salisbury)
1.1	L	FERRY RD
3.3	R	BEACH RD
5.3	L	NORTH END BLVD
		(through Seabrook & Hampton)
14.5	L	RTE 111 ROUTE SPLIT (North Hampton)
		Medium route goes L on SAGAMORE RD at 24.3 and picks up route at 39.4
24.8	R	RTE 1B NORTH (Portsmouth)
27.0	S	STAY ALONG RIVER
27.6	R	RTE 1B NORTH
29.2	R	RTE 1B NORTH
29.5	R	MARCY ST STRAWBERRY BANKE
29.9	L	COURT ST
30.0	R	WASHINGTON ST
30.1	R	RTE 1 NORTH cross bridge (Maine)
30.8	R	GOVERNMENT ST (Kittery)
31.4	R	WHIPPLE ST
31.7	R	RTE 103
33.3	R	FORT MCLARY TURN AROUND
34.9	L	RTE 103
35.2	L	WENTWORTH ST STORE ON RIGHT
35.4	R	RTE 103
35.4	L	GOVERNMENT ST
35.8	L	RTE 1 SOUTH cross bridge into NH
36.8	L	MIDDLE ST 5th set of lights (Portsmouth)
37.1	L	RTE 1A SOUTH
		DANGEROUS BRIDGE WALK YOUR BIKE

MILES	DIR	STREET
39.4	R	2ND RIGHT almost straight
40.9	R	SAGAMORE RD (Rye)
42.4	L	CENTRAL ST
43.0	L	LOCKE RD
43.9	R	RTE 1A SOUTH
47.0	R	RTE 111 (North Hampton)
48.3	L	WOODLAND RD
50.5	R	HIGH ST (Hampton)
51.7	S	CROSS RTE 1
52.2	L	TOWLE FARM RD
54.3	R	BROWN RD (Hampton Falls)
55.1	R/L	CROSS RTE 88
55.9	S	CROSS DRINKWATER RD
56.6	R	RTE 84
57.7	L	RTE 150 (Kensington)
62.1	R	FRIEND ST (Amesbury)
62.3	L	SCHOOL ST
62.4	S	MAIN ST TRAFFIC LIGHTS
63.0	S	CROSS RTE 110 TRAFFIC LIGHTS
64.5	L	MERRILL ST CROSS BRIDGE
65.3	S	CROSS RTE 110 TRAFFIC LIGHTS
66.1	R	BAKER RD (SALISBURY)
67.3	R	TRUE RD
67.5	L	RTE 110
68.4	S	CROSS RTE 1
68.7	R	FERRY RD
70.7	L	RTE 1
71.1	R	MERRIMAC ST (NEWBURYPORT)
71.5	L	KENT ST
71.7	L	PARKING LOT

Start location:

Cushing Park, Newburyport

Directions to start:

From I-95, Exit 57 for Rte 113 E.

Go 2 miles and take a left onto Kent Street. Parking lot is 2 blocks on right.

From Rte 1, go onto Merrimac Street (at the Newburyport end of the bridge over the Merrimack). Go 1/4 mile west towards Amesbury.

Take a left at the gas station, and lot is 1 block on left.

North Shore Cyclists

LET'S GO COASTAL - Medium Route

MILES	DIR	STREET
0.0	R	OUT OF PARKING LOT
0.2	R	MERRIMAC ST
0.5	L	RTE 1 CROSS BRIDGE
1.0	R	MARCH RD (Salisbury)
1.1	L	FERRY RD
3.3	R	BEACH RD
5.3	L	NORTH END BLVD (through Seabrook & Hampton)
14.5	L	RTE 111 ROUTE SPLIT (North Hampton)
24.3	L	SAGAMORE RD
24.6	R	2ND RIGHT almost straight
26.1	R	SAGAMORE RD (Rye)
27.6	L	CENTRAL ST
28.2	L	LOCKE RD
29.1	R	RTE 1A SOUTH
32.2	R	RTE 111 (North Hampton)
33.5	L	WOODLAND RD
35.7	R	HIGH ST (Hampton)
36.9	S	CROSS RTE 1
37.4	L	TOWLE FARM RD
39.5	R	BROWN RD (Hampton Falls)
40.3	R/L	CROSS RTE 88
41.1	S	CROSS DRINKWATER RD
41.8	R	RTE 84
42.9	L	RTE 150 (Kensington)
47.3	R	FRIEND ST (Amesbury)
47.5	L	SCHOOL ST
47.6	S	MAIN ST TRAFFIC LIGHTS
48.2	S	CROSS RTE 110 TRAFFIC LIGHTS
49.7	L	MERRILL ST CROSS BRIDGE
50.5	S	CROSS RTE 110 TRAFFIC LIGHTS
51.3	R	BAKER RD (SALISBURY)
52.5	R	TRUE RD
52.7	L	RTE 110
53.6	S	CROSS RTE 1
53.9	R	FERRY RD
55.9	L	RTE 1
56.3	R	MERRIMAC ST (NEWBURYPORT)
56.7	L	KENT ST
56.9	L	PARKING LOT

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Go 1/4 mile west towards Amesbury.

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North Shore Cyclists
LET'S GO COASTAL - Short Route

MILES	DIR	STREET
0.0	R	OUT OF PARKING LOT
0.2	R	MERRIMAC ST
0.5	L	RTE 1 CROSS BRIDGE
1.0	R	MARCH RD (Salisbury)
1.1	L	FERRY RD
3.3	R	BEACH RD
5.3	L	NORTH END BLVD (through Seabrook & Hampton)
14.5	L	RTE 111 ROUTE SPLIT (North Hampton)
15.8	L	WOODLAND RD
18.0	R	HIGH ST (Hampton)
19.2	S	CROSS RTE 1
19.7	L	TOWLE FARM RD
21.8	R	BROWN RD (Hampton Falls)
22.6	R/L	CROSS RTE 88
23.4	S	CROSS DRINKWATER RD
24.1	R	RTE 84
25.2	L	RTE 150 (Kensington)
29.6	R	FRIEND ST (Amesbury)
29.8	L	SCHOOL ST
29.9	S	MAIN ST TRAFFIC LIGHTS
30.5	S	CROSS RTE 110 TRAFFIC LIGHTS
32.0	L	MERRILL ST CROSS BRIDGE
32.8	S	CROSS RTE 110 TRAFFIC LIGHTS
33.6	R	BAKER RD (SALISBURY)
34.8	R	TRUE RD
35.0	L	RTE 110
35.9	S	CROSS RTE 1
36.2	R	FERRY RD
38.2	L	RTE 1
38.6	R	MERRIMAC ST (NEWBURYPORT)
39.0	L	KENT ST
39.2	L	PARKING LOT

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