

HeartCycle Bicycle Touring Club

New England Seacoast Tour

- Dates:** Orientation meeting Saturday September 9, 2023 Riding Sunday September 10 – Friday September 15 with departures after the ride.
- Leaders:** Kurt Arehart and Jim Bethell
SAGS: Kathleen Schindler and Mayoma Pendergast
- Rating:** Intermediate - Average 51 miles/day & 2,000 feet of climbing
- Riders:** Max 28, plus leaders and SAGS
- Price:** \$1,500 (double occupancy) \$400 at Registration
Single Supplement \$2,250 Balance due June 8, 2023
- Cancellation:** [Standard Cancellation policy](#) *Travel Insurance is advised*
- Bike Transportation:** None, the club Sprinter will not be used on this tour.

OVERVIEW

A Craggy Coastline with Crashing Waves, Picturesque Lighthouses, Fresh Seafood and Lightly traveled roads. All that and more come to mind when you join us for this outstanding tour along the New England Seacoast. This semi-fixed based tour begins in Portland, ME with overnights in Ogunquit, ME and Newburyport, MA. Our first hotel, the Hampton Inn in S. Portland is 5 minutes from the Portland Jetway and provides shuttle service to and from. Our



second hotel, the Ogunquit River Inn <https://ogunquitriverinn.com/> is within walking distance (or bus) to many of the fine restaurants and sights to discover in Ogunquit. Our third hotel is the Historic Essex Street Inn <https://essexstreetinn.com/> The Essex Street Inn & Suites is a charming, historic Inn nestled on a tree-lined street in the heart of downtown Newburyport, Massachusetts.! Every room or suite is comfortable, clean and private and features a private bath, high-speed internet service/wi-fi, air conditioning, cable television, hair dryers, and other personal touches for that ideal overnight experience.

ITINERARY

Saturday, September 9 – Arrival in S. Portland, ME

For those flying in, the Hampton Inn provides shuttle service from the Portland Jetway. For those driving in, the Hampton Inn is located on the ring road of the Maine Mall just off I-95 at exit 45. We will gather that evening for our “Meet and Greet” and general orientation meeting.



Sunday, September 10 – S. Portland to Ogunquit – 63 miles, 1845 ft. of climbing

We will begin by riding through the southern part of the Metro Portland area and stopping at the famous Portland Headlight before working our way along the Atlantic Ocean. Visiting Cape Elizabeth, Biddeford and Kennebunkport before reaching Ogunquit.

Monday, September 11 – Ogunquit to Newburyport – 50 miles, option to 70, 1690 ft. climbing

Continuing our way south we'll ride to the Nubble Lighthouse, York Beach and Kittery before crossing into Portsmouth, NH. Then Hampton and Salisbury Beaches before going over the Merrimack River and into Newburyport. It's 50 miles to the Essex Street Inn but you can add on another 20 and head out to Plum Island and take in the Parker River National Wildlife Refuge, one of the most famous birding locations in the USA. Out and back totals you out at 70 miles.



Tuesday, September 12 – Option Day or Loop to Cape Ann and back 57 miles, 2265 ft. climbing

Cape Ann, home to Gloucester and the Gloucester Fisherman (Kodak moment), Manchester by the Sea, Essex and Ipswich to name a few. This loop will take us through some of the most charming towns you'll ever see along the Atlantic before heading back north to our 2nd night at the Essex Street Inn.

Wednesday, September 13 – Newburyport to Ogunquit, 55 miles, 1500 ft. climbing

Reversing course and heading back north, we will take a slightly different route into Portsmouth through the famous Strawberry Banke area. Enjoying the many white sand beaches and state parks along the way to our 2 night stay at the Ogunquit River Inn.

Thursday, September 14 – Option Day or Loop to Dover, NH and back 45 miles, 2100 ft. climbing

This loop day travels inland through the Berwicks, North and South, on our way to Dover, NH where we will have lunch and visit with Mike at Dover Cyclery before heading back through the foothills back to the Ogunquit River Inn for last night together.

Friday, September 15 – Ogunquit to S. Portland, 41 miles, 1200 ft. climbing

Taking a shorter way back to the Hampton Inn where we started and saying our goodbyes will allow everyone to get a head start on their travels home whether driving or flying. There will be 2 rooms available for showers at the hotel when we arrive as well.

Note:

Due to the size of the rooms at the Essex, we will be storing our bikes in the SAG vehicles overnight at this location.

For more information, contact:

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