

**Paper**  
40 Washington Street  
Camden, ME 207.230.0111

**YOU'VE EARNED IT**

Open 6 Days  
4pm-10pm  
Closed Sunday

**KC's COLLISION**  
YOU STAY W/ UP, WE FIX W/ UP

**KEN & NATASHA CHASE**  
104 BUTTERMILK LANE, SOUTH THOMASTON, ME 04859  
207-594-4566  
KCCOLLISION@YAHOO.COM

**SIDECOUNTRY SPORTS**  
207.706.4994  
SIDECOUNTRYSPORTS.COM

**CAMDEN SNOW BOWL**

VISIT US DURING THE SUMMER SEASON AT THE SNOW BOWL BASE LODGE

*Schooner Cutter*

**Olad and Owl**

**DAY SAILS & CHARTERS**  
on beautiful Penobscot Bay

- 2 Hour Sails
- Half/Full Day Charters
- Private Charters
- Public Sails Daily
- Lobster Bakes
- Sunset Sails

Tickets available online, by phone or at the landing  
(207)236-2323 [www.maineschooners.com](http://www.maineschooners.com)

**SIDECOUNTRYSPORTS**  
Sales | Service | Demos | Fitting

**THANK YOU!**  
To everyone who has contributed to making our community such a beautiful place to ride.

**ROCKLAND**  
481 Main St.  
Rockland, ME 04841  
207.701.5100

**TRAILSIDE**  
AT THE Camden Snow Bowl  
24 Barnestown Rd.  
Camden, ME 04834  
207.706.4994

SIDECOUNTRYSPORTS.COM

**THE DROUTHY BEAR**

They say money can't buy happiness..but it can buy bikes and beer. Please ride responsibly.

50 Elm Street - Camden - (207) 236 BEAR  
[www.drouthybear.com](http://www.drouthybear.com)

**SNOW SPORT & SPINE**  
ORTHOPAEDIC MANUAL THERAPY CENTER  
ROCKPORT, MAINE • 230-0700

**THE BIG SNACK SHACK**  
CAMDEN SNOW BOWL

bagel cafe

**TRAILS 6 ALES**

FREE, ALL-AGES MOUNTAIN BIKING TRAILS IN THE WOODS OF OXBOW BREWING COMPANY TRAILS FOR ALL SKILL LEVELS TO ENJOY

SEE [WWW.OXBOWBEER.COM](http://WWW.OXBOWBEER.COM) FOR DETAILS



**Bohndell Sails & Rigging**

198 Commercial Street  
PO Box 628  
Rockport, ME 04856

207-236-3549  
[www.bohndell-sails.com](http://www.bohndell-sails.com)  
bohndellsails@gmail.com

**TRAIL NAMES**

<b>Easiest</b>	Cakewalk
Apple Tree	Chutes & Ladders
Avi	Drop Kick
Change Up	Freebooter
Crazy B	G5 Connector
Epiphany	Half Hitch
Fitzy	Jibe
Goose Fat	Lower Five Brooks
Goose River	Rapscaillon
IPA	River Run
Kuller	Rollins
LGB	Smizzler
Lollipop Loop	Tim's Berm
Rusty Cage	Tim Pan Alley
Rusty Wheels	
Sadie's	
Short Cut	<b>Most Difficult</b>
Soundgarden	Dreadnaught (descent)
Track & Jibe	Horn Swaggie
Truck Driver	Keel Haul
	Pitch Pole
	Round the Mountain
	Summit
	Tempest
	Upper Five Brooks
<b>More Difficult</b>	
Baseline	
Bitter End	
Black Dog	

**PLISGA & DAY**  
LAND SURVEYORS

Measuring Maine for over 40 years

BANGOR & HOULTON MAINE  
PHONE: (207) 947 0019  
FAX: (207) 942 9807  
EMAIL: [info@WeMapIt.com](mailto:info@WeMapIt.com)  
[www.WeMapIt.com](http://www.WeMapIt.com)

**GOOD DEEDS INC**

LAND SURVEYING • DEED RESEARCH

BELFAST MAINE

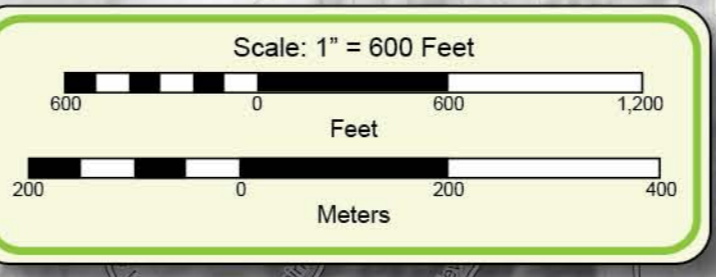
PHONE: (207) 338 5743

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

**VILLAGE BUILDERS & REMODELING CO.**

Camden, Maine 207.236.3464

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



**LEGEND**

**TRAILS**

- Easiest Single Track
- More Difficult Single Track
- Most Difficult Single Track
- Single Track Variation
- Future Single Track
- Hiking Only
- ATV Trail

**ROADS**

- State Highway
- Paved Road
- Gravel Road
- 20' Contour Interval (2' Contour Interval on reverse side)

**OWNERSHIP**

- Coastal Mountains Land Trust
- Town of Camden

**SYMBOLS**

- Scenic View Point
- Trailhead Parking
- Picnic Area
- Information Kiosk
- Trail Intersection Marker
- Base Lodge
- Landmark
- Bridge

Contour, water, town line, and road data obtained from the Maine Office of GIS.  
Projection/Datum: UTM, NAD83 Zone 19  
Date: June 26, 2019  
Map created by Plisga & Day Land Surveyors

**PLISGA & DAY**  
LAND SURVEYORS  
[www.WeMapIt.com](http://www.WeMapIt.com)

**BayChiropractic CENTER**  
Blaine W. Curtis, DC

(207) 596-6700 • Rockland, ME

**THRESHERS BREWING CO**

Searsmont & Thomaston  
Maine

**Pro-Rental**  
236-8803

Choice Of The Pros

Equipment & Tools for Construction, Home and Industry  
440 West St (Route 90), Rockport ME

**MEGUNTICOOK CAMPGROUND**

Cabins, Tent sites and RV sites ~ By The Sea

620 Commercial St. (US Route 1)  
Rockport, Maine  
(207) 594-2428

[megunticookcampgrounds.com](http://megunticookcampgrounds.com)

10 % discount to NEMBA members

**OUR CUSTOMERS ENJOY FREE ATMs WORLDWIDE!**

Open an account today! Visit us at a local branch, at [bangor.com](http://bangor.com), or give us a call at 1.877.Bangor1.

**Bangor Savings Bank**  
You matter more.

For certain international ATM withdrawals, due to technical limitations, we will automatically reimburse \$3.00 of an ATM fee charged in those instances where the fee exceeds \$3.00, leaving your ATM transaction receipt to any Bangor Savings Bank branch for the remaining reimbursement. Please ask for further details before traveling abroad. Member FDIC.

**the View**  
ROCKPORT BAR & TERRACE

**16 BAY VIEW HOTEL**  
CAMDEN

16bayview.com 844.213.7990

**VINTAGE ROOM**

Please be respectful of private property and **RIDE ONLY ON MARKED TRAILS AND OBEY ALL SIGNS.** NEMBA works hard to maintain a good relationship with the adjoining landowners to this trail system. Please do your part by staying off posted property and encourage other riders to do the same.

**LOCUS MAP**

There is **NO PARKING** at the Rollins Road Trailhead. If you are driving to the trail **PLEASE PARK AT THE SNOW BOWL TRAILHEAD.**

**CAMDEN LAW**

Main Office: 20 Mechanic Street, Camden, ME 04843  
 Satellite Office: 56 Main Street, Belfast, ME 04915  
 (207) 236-8836 - camdenlaw.com  
 Small-Town Values. Seasoned Professionals.  
 Camden Law, A Full Service Law Firm.

Scale: 1" = 200 Feet

Scale: 0 200 400 600 Feet  
 0 60 120 180 Meters

**THOMASTON TOWN FOREST**

PHASE TWO TRAILS UNDER CONSTRUCTION EXPECTED TO OPEN IN FALL 2019

**THE GEORGES RIVER LAND TRUST**

**CLARK ST TRAILHEAD**

Scale: 0 1,000 2,000 Feet

Map showing trails (numbered 20-51) and landmarks like Rollins Road, Goose River, and various trailheads.

**THESE TRAILS ARE CLOSED DURING HUNTING SEASON.** Please respect the wishes of the landowners and do not use these trails during the month of November.

**MAINE BOATS, HOMES & HARBORS**

Gifted Writers. Dedicated Readers. Join Us!

Maine Boats, Homes & Harbors. Best of the Maine Coast since 1987.

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

**TRAILRUNNERS OF MIDCOAST MAINE**

A community of fun-loving girls & boys who run amok in the woods and mountains of midcoast Maine.

FACEBOOK: [FACEBOOK.COM/GROUPS/198241647106893](https://www.facebook.com/groups/198241647106893)  
 INSTAGRAM: [TRAILRUNNERSOFMIDCOASTMAINE](https://www.instagram.com/trailrunnersofmidcoastmaine)  
 SWAG: [TRAILRUNNERSOFMIDCOASTMAINE.ATAYNE.COM](mailto:TRAILRUNNERSOFMIDCOASTMAINE.ATAYNE.COM)  
 EMAIL: [TRAILRUNNERSOFMIDCOASTMAINE@GMAIL.COM](mailto:TRAILRUNNERSOFMIDCOASTMAINE@GMAIL.COM)

CHECK OUT OUR LYNX

**SAGAMORE FARM**

Map showing trails (Upper Loop, Main Trail, Lower Loop) and landmarks like Camden Hills State Park and Sagamore Farm Road.

Scale: 0 600 1,200 Feet

**THOMASTON TOWN FOREST**

Map showing trails (Thunder Chicken, Quill Pig, Main Brace) and landmarks like Georges River Land Trust and Clark St Trailhead.

Scale: 0 1,000 2,000 Feet

**Trail Rules & Safety Information**

- Wear a helmet.
- Carry in, carry out. Leave no trace. Respect wildlife.
- Ride only open trails, observe, respect and obey all signage.
- Stop at all road crossings, slow down at intersections.
- Ensure water crossings are safe.
- Stay in control at all times. Pass with care.
- Share the trail. Yield to pedestrians and other trail users.
- Riding a loop may require riding along the shoulder of a public road. Sight lines on roads are limited, please watch for traffic.
- Many of our trails are remote, plan ahead, ensure equipment is working properly and you have spare parts and basic tools.
- Don't count on cell phones. Please let someone know where you are going and when you plan to be back. Ride in groups if possible.
- Always ride with food and plenty of water.

**Emergency Information**

- In the event of a medical emergency, first attempt to use a cell phone to call 911.
- If riding in a group of three or more, have at least one person stay with the injured person.
- Mark the location of the injured person on a map, and if possible use a GPS to get a coordinate.
- DO NOT attempt to move the injured person if a head, neck or back injury is suspected.
- Attempt to keep the injured person warm and dry.
- Assist the injured person to the nearest road if the injury is not to the head, neck or back.

**Thank you Landowners**

Without the permission of public and private landowners, our trail system would not be possible. We Thank You!

Please respect landowners. Ride only on marked trails.

This trail system is a work in progress. In time we plan to expand the network throughout the area.

The user of this map bears full responsibility and assumes all risk for his or her safety. Midcoast Region NEMBA, the Town of Camden, the Coastal Mountains Land Trust, and affiliates will not accept responsibility for personal injury and/or property damage while using this map.

**Mountain Bike Trail Map**

2019 | 2020

[mcnemba.com](http://mcnemba.com)

**SIDECOUNTRY SPORTS**

SUGGESTED DONATION \$2.00 THANK YOU!

Trailhead: 207-700-8994  
 Rockland: 207-701-5100  
[SIDECOUNTRYSPORTS.COM](http://SIDECOUNTRYSPORTS.COM)