

Ted took a trip with his brothers to spread their mothers' ashes. On that trip Ted decided to cycle at least 10 miles per state in the Northeast USA. A few years later he decided he needed at least 100 KM (62 miles) per state and went back to these states to cycle more miles

Trip summary:

Table of cycle distance per state and where I stayed for the nights on this trip.

State	Bike Miles (KM)	Dates
Massachusetts	13.6 (21.88)	8/14-15/2016
New Hampshire	10.31 (16.59)	8/16/2016
Vermont	17.43 (28.05)	8/16/2016
Maine	71.98 (115.84)	8/17/2016 and 8/19/2016

## Massachusetts

On Sunday August 14, 2016 I arrive in Boston at about 7:00 AM and drove to the Bruce freedom trail near Westford Massachusetts. I then cycled the trail end (Near Lowell) to end (near Westford) and back to my rental car. Great trail, after the ride I went to visit relatives with my brother Dave and his family.

On Monday August 15, 2016 I went to Boston with my 3 brothers and their families and relatives from my mother side of the family.



Profile of Bruce Freedom trail bike trail in Massachusetts.



Ted with his bike at one end of the Bruce Freedom trail in Massachusetts.



Jay, Greg and Ted Stagnone in Boston, Massachusetts.



Ted, Caleigh and Natalie in Boston Massachusetts.



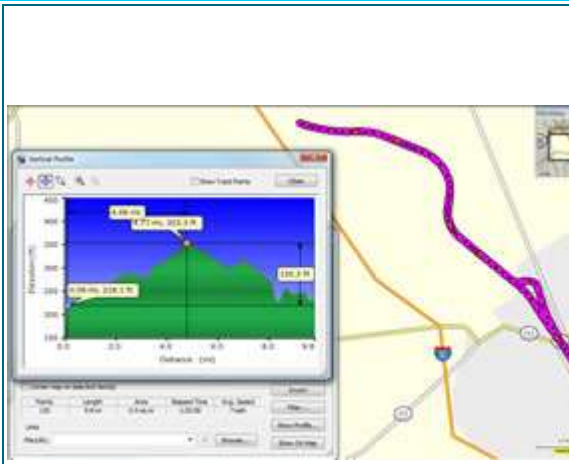
Ted in front of Faneuil Hall in Boston Massachusetts.



Ted in front of Bunker Hill Monument in Boston, Massachusetts.

# New Hampshire

Tuesday, August 16, 2016 I woke up around 7:00 AM and had my hotel included breakfast at La Quinta Inn of Andover, Massachusetts. Then I drove to Windham rails to trails at 2 Range Road, Salem, New Hampshire and cycled for 10.31 miles. After that I went to meet with Cousins from my mom's side of the family for a belated ceremonial of my mother passing away 3 years ago. (Cycled 10.31 miles)



Profile of Windham rails to trails bike ride Ted took in New Hampshire.



Ted with his bike on Windham rails to trails in New Hampshire.



View of Windham rails to trails in New Hampshire.



Caboose at North end of the Windham rails to trails in New Hampshire.



Pond seen from Windham rails to trails in New Hampshire.



Greg, Jay, Ted and Dave Stagnone in New Hampshire.

## Vermont

Tuesday, August 16, 2016 after my mother's belated ceremonial of her passing away 3 years ago. I drove to Vermont and started cycling at the Connecticut River near Charleston, New Hampshire on the Vermont side of the river. I cycled until I was a little passed Springfield, Vermont (turn off to Woodstock, Vermont) and then I cycled back to my rental car. Then I drove towards Kennebunk, Maine. Per my GPS I was due to arrive around 8:00 PM in Kennebunk and got hold of my brother Dave a little before I arrived. They were arriving about the same time and they planned on stopping for dinner first. I ended up meeting up with Dave and his family for dinner and then we went to Gloria's place. We arrived at Gloria's house around 10:00 PM and went to sleep around midnight. (Gloria is my father's last long-term relationship. She remains a great friend of our family.)



Profile of near Springfield, Vermont bike ride



The bridge that crosses the Connecticut River near Charleston, New Hampshire taken from the Vermont side of the river.



Ted's bike on the Toonerville rails to trail near Springfield, Vermont.



Ted's bike at sign to Woodstock, Vermont. Then Ted headed back towards New Hampshire.



Ted with his bike when he returned to Springfield, Vermont on his way back to New Hampshire.



Vermont machine tool shop in Springfield, Vermont.



Old falling apart building in Springfield, Vermont.



Bike art in Springfield, Vermont.



Ted's bike after the rain started and before he packed his bike in his rental car to drive to Maine.

# Maine

## [Kennebunk, Maine](#)

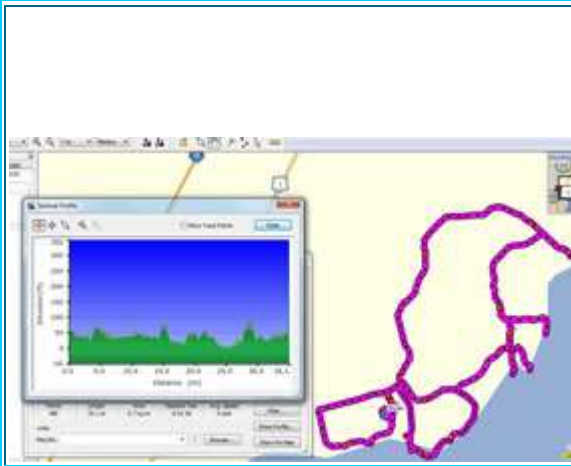
### [Acadia National Park](#)

Kennebunk, Maine

Wednesday, August 17, 2016 – Kennebunk, Maine

I did not wake up until 9:00 AM. Gloria took us around Kennebunk and then we started walking around the tourist area, I really wanted to go biking so I walked back to Gloria's house to get my bike. My plan was to go to the rails to trails bike route, but I forgot my GPS in Gloria's car. I changed my route and cycled the coast to Goose rock and Cape Porpoise. I cycled a different route back; the route out along the coast was nicer. On the way up the coast, I stopped at St. Ann's Episcopal church and had to leave since a wedding was about to start. I also checked out George Bush's estate from the side of the road. Then I cycled the route of the Kennebunk city tour buses and then I went back to

Gloria's. I felt like the ocean side route I took was a much better route than the bike trail would have been. I talked with Gloria for about an hour and then Dave and his family showed up. They had gone to Monkey Trunk (Zip lines and High Ropes Adventure Course). Then we all went to eat at Numam's lobster hut (A place that I had seen on my day's bike ride). I had 2 medium sized lobsters, great dinner. After returning from dinner, Dave and I went to the Federal Jack brew pub for a couple of beers. (Cycled about 37.72 miles)



Profile of Kennybunk, Maine bike ride



Ted at Goose Rock, Maine beach with his bike



Lobster retail store in Cape Porpoise, Maine



Ted with George Bush's estate in the background at Kennebunk, Maine



Ted with his bike entering Kennebunkport, Maine



Ted with Gloria and Olympia Stagnones at Numam's Lobster hut in Cape Porpoise, Maine.



Ted holding up his Lobster dinner at Numam's Lobster house in Cape Porpoise, Maine.



## Acadia National Park

Friday, August 19, 2016

We woke up around 8:00 AM and had the hotel breakfast. Then Dave and his family went to rent bikes. Dave gave me a map from the bike shop to where they would be dropped off by the bike shop shuttle. I rode my bike to meet them at Eagle Lake, my bike odometer was not working for the first few miles. I was able to easily follow the route Dave gave to me from the bike shop where he rented bikes and then I saw a sign for the Acadia visitor center. I started cycling towards the visitor center and then stopped to look at my map. I noticed it was a long distance so I decided to head a different route to Eagle Lake. I was not sure if I could get to Eagle Lake, no signs for it anywhere. I noticed some cyclists and asked them. They sounded like local people and they felt very confident in the directions they gave to me eagle lake. Their direction required a long downhill and ended out being incorrect or incomplete directions. I ended up biking a long distance downhill and realized I was not going the correct way. I then back tracked uphill to where I first saw the visitor center sign. Then I knew where I was and continued on highway 233 to the parking lot for the Carriage trail at Eagle Lake. I was surprised that there were no signs, I should have not listened to the local. My cell phone was not working well, but a little (I could not look things up on google). It would send text messages minutes after I tried to send them. It worked well enough for me to eventually meet up with Dave and his family. They did the witch loop and went back to Eagle Lake to find me. We ended up meeting back at the Eagle Lake trail head. Then we cycled to JP House for lunch (near Jordan pond). Then we cycled back to the trail head at Eagle Lake. Dave and his family ended up catching the shuttle back to Bar Harbor and I continued to the visitor center (and Witch's loop). At the visitor center I found they charged a fee to enter the park, since I was done with my biking at the park, I did not pay the fee. I probably should have paid the fee so I could go into the visitor center exhibits. I then cycled back to the Hotel and packed my bike in its suit case for the flight home. Dave and his family had headed to Cadillac Mountain (I sort of wanted to go with them, but it took me too long to get back to the hotel. Probably for the best since I needed to pack my bike) Then I took a shower and packed everything for my flight home. We went out to dinner at 7:00 PM and I started the long drive back to Boston at about 9:30 PM. I drove through the night, stopping and taking short naps at a couple of rest stops. (Bike miles 34.26)



Profile of Acadia National Park/ Bar Harbor, Maine bike ride



Building at Bowdoin College, where Ted's dad went to school.



Carriage road in Acadia National Park



Dave and Ted Stagnone on bikes at Jordan Pond in Arcadia National Park.



Ted at Jordan Pond in Arcadia National Park.



Ted with Natalie and Caleigh in the background at Bubble Pond in Arcadia National Park.



Jordan Pond in Acadia National Park.



Natalie on Bubble Pond Bridge at Acadia National Park.



Ted on Bubble Pond bridge at Acadia National Park.



Ted's bike on Duck Brook Bridge at Acadia National Park.



Ted's bike on the road from Witch Hole Pond to the Visitor Center at Acadia National Park.

