



1346 Massachusetts Ave.
Arlington Heights, MA
(781) 648 - 5222

The Bobby Mac / Quad Cycles Training Loop

Our route is a series of loops over rolling hills through Lexington, Bedford, Concord, Carlisle, Chelmsford and Billerica, with stops at points that afford easy return to the store.

Start at the store heading **W** on **Mass. Ave.** to **Bow St.**, Lexington (.5 mi.).

R on **Bow St.**, and immediate **L** onto the **Minute Man Bikeway**.

Stop at its end at **Bedford Depot** (7 mi.).

R off **Bikeway** up **South Rd.** to **L** at light on **4 & 225** in Bedford Center (.4 mi.).

Bear **R** at fork following **4 & 225** (.3 mi.).

Bear **L** at fork (**Gammy's**) following **Rte 225** (.1 mi.).

L (hairpin - "The Dog Leg") on **River Rd.**, Carlisle, which becomes **Monument St.** in Concord (2.5 mi.).

Stop at **Old North Bridge** park entrance (3.5 mi.).

Bailout via **Rte. 2A** from **Concord Center** (purple route on map. Staying on 2A is shortest).

Continue South on **Monument St.** to **R** on **Lowell Rd.** in Concord Center (.5 mi.).

Follow **Lowell Rd.** (becomes **Concord Rd.**) to Carlisle Center (6 mi.)

Stop at **Fern's** (formerly **Daisy's**). This is our lunch stop. Fern's serves great sandwiches, soups, pastries, hot and cold drinks and even stocks tubes, patch kits and other emergency bike needs.

Bailout via **Rte. 225 E** to the **Bikeway** (4 mi.).

Option 1: Reverse direction via **Concord / Lowell Rd.**

Stop at Concord Center. From there, take **2A E** to Merriam's Corner and bear **L** on **Old Bedford Rd.** (1.4 mi.). Bear **R** on **Virginia Rd.** (.5 mi.). Bear **R** on **Hanscom Dr.** (1.7 mi.). Go **L** on **2A** (.6 mi.). Go **R** on **Mill St.** (.3 mi.). Go **L** on **Lincoln St.** (1 mi.), which tees into **Worthen Rd.** (2.5 mi.). Go **L**, then **R** onto **Mass. Ave.** and back to the shop.

Option 2: The "Dinosaur Loop":

Continue **N** on **Lowell Rd.** (becomes **Concord Rd** again) to **Rte. 4** (3.5 mi.). Sharp **R** on **4** now heading **S** to the intersection of **4** and **225**.

Stop at **Gammy's** to regroup.

Bailout continuing on **4 & 225** to **R** at the lights at **Bedford Common** onto **South St.** (.4 mi.), down to the **Depot** and the end of the **Bikeway** (.4 mi.).

Continue **W** on **225** back to Carlisle Ctr. / Fern's (4 mi.) and follow Option 1 above for extra miles (total 54).

