

## Travelling the Pathway to Health

**Nearest Airport:** Major Airlines and Car rental: Portland International (PWM) [23 miles]

**Nearest Train Station:** Down Easter: Freeport, Maine [3.5 miles]

### Travelling by car from the South:

Begin north on 295 to exit 24

Turn left, northbound on US1

Travel approximately 1.5 miles on US1 North to Spencer's Ridge Road on your right.

Landmarks include Freeport Hair Salon on your left about one mile from the exit 24 ramp.

After a stretch of woods on your right you will see an "Antiques" sign on US 1.

The next road is Jameson Way.

You will see two houses set back from US1 on your right

The second yellower house on your right sits on the corner of Spencer's Ridge Rd and US 1

- **There is construction at the entrance of Spencer's Ridge Rd and along the driveway.  
There are two entrances into Spencer's Ridge Rd from US1, only one is plowed open right now.**

Turn right onto Spencer's Ridge Rd and follow it all the way to the end (almost ½ mile).

There is a red arrow on a tree indicating the direction.

Please ignore the no trespassing signs, you are our guest.

### Travelling by car from the North:

Take 295 to exit 28 Brunswick.

Follow the signs to South US 1.

- Note: You will need to cross several lanes to reach US1 South on your right.

Follow "S" shaped curves, and continue south on US1 South from Brunswick.

We are about 1 mile south of the C & R Trading Post (red building on your left).

Continue past the Freeport/Brunswick line, shown by a roadside marker on your right.

The road before Spencer's Ridge Rd is "Thunder Lane", which is little more than a driveway.

Pass Thunder Lane and you will see Spencer's Ridge Rd on your left.

**The entrance into Spencer's Ridge Rd from US1 is on your left.**

**Follow the plowed road to end at a white house with a red door.**

**You will see an "arrow" on a tree indicating the route to follow, away from a driveway.**

