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In August of 2023, I went on a bike tour in Idaho. I spent about \$3500 for the trip, plus tips for the local guides, and gifts from local merchants. The trip provided meals at local restaurants, and we stayed at locally owned inns and lodges. I was one of 12 guests. You can do the math. This bicycle trip fed the local economy.

I did a similar trip several years ago to Washington County to ride the Downeast Sunrise trail where I stayed a local bed and breakfast and ate at local restaurants that also supported the Washington County economy. But the surface on that trail is now too rough even my hybrid bike.

I chose this tour in Idaho because the trail is a 73 mile flat, paved bike route. Maine lacks a long, continuous off-road paved trail. Cycling or walking on trails separate from traffic is important - to me as a senior, to families with children, to anyone who wants to feel safe. The Casco Bay Trail provides an opportunity for such a trail that will enhance recreation and health opportunities for Mainers, and boost to the local economy. I encourage you to support this initiative, not just for me as I may have passed before this trail is complete, but the families, children, seniors, new cyclists who will use this trail in the future.