

2015 Maine Tour
August 4 - 12

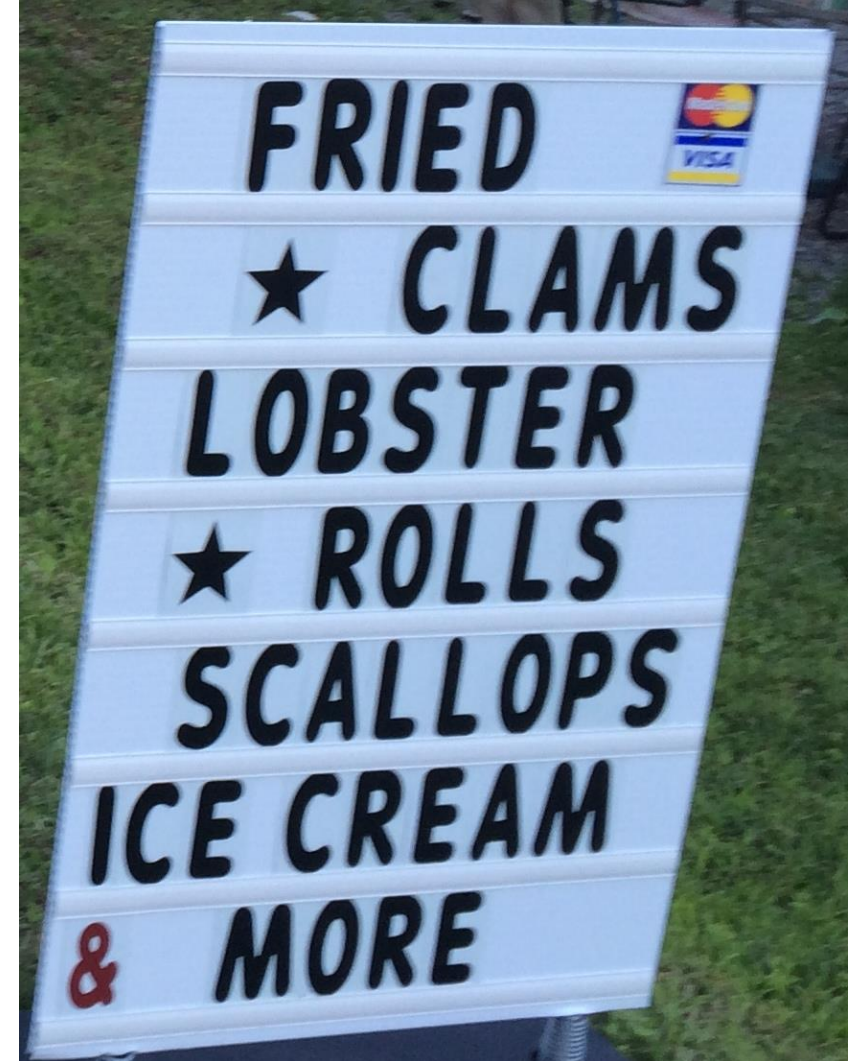




**Wild Maine
blueberries**

Guess what
Sandy had
for
breakfast?





Lobster rolls are sold everywhere in Maine!



Lobster buoys are commonly used as colorful decorations



Signs of snowy winters in Maine



Maine is bike-friendly and doesn't allow billboards (only small signs like the ones shown on the right)

1 – Bangor (start/end)

2 - Skowhegan

6 - Bucksport

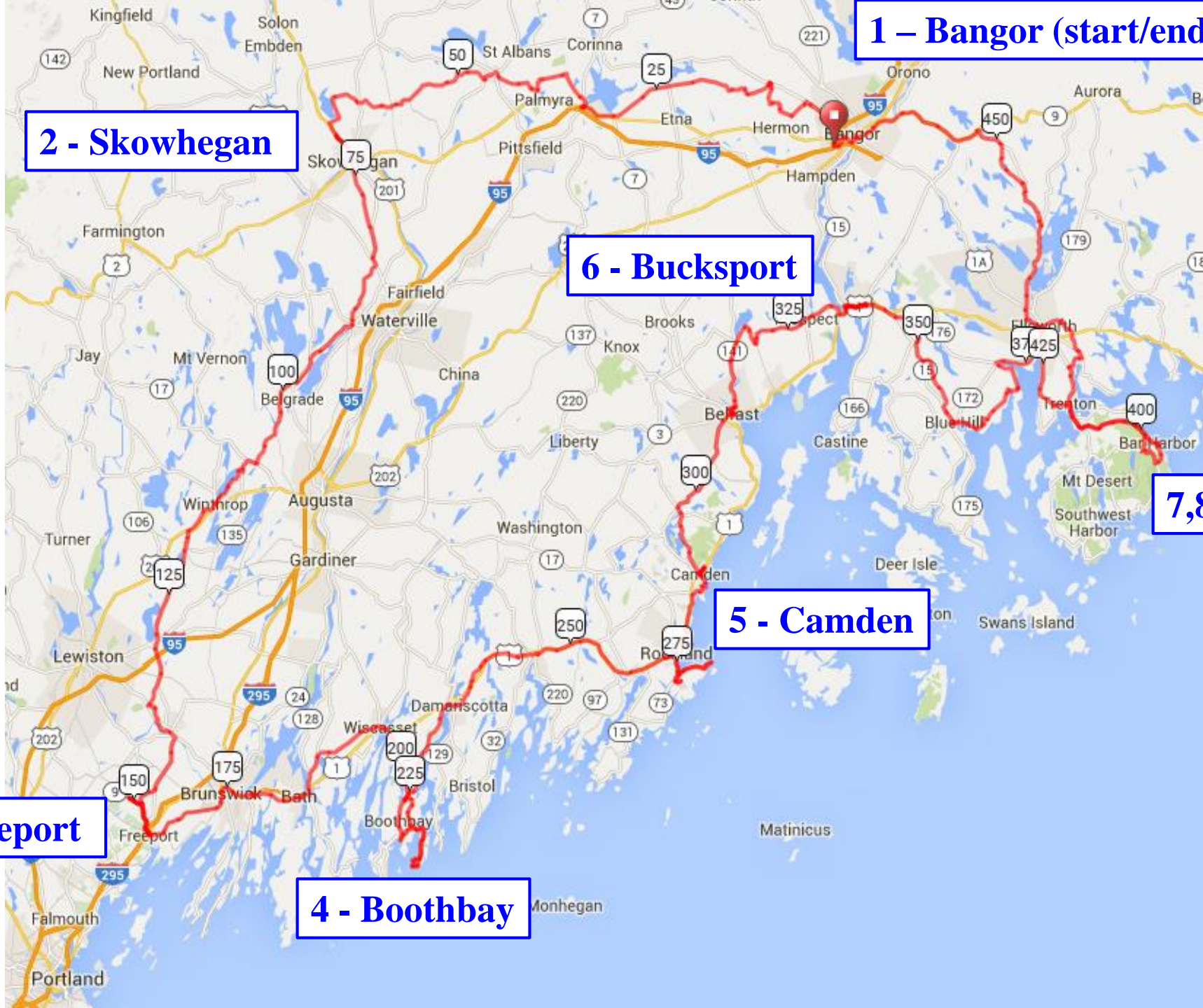
7,8,9 – Bar Harbor

5 - Camden

3 - Freeport

4 - Boothbay

Starting locations
for each day



Day	Miles	Vertical climbing	Start - End
1	76.5	3842 ft	Bangor to Skowhegan
2	85.3	4390 ft	Skowhegan to Freeport
3	68.0	4268 ft	Freeport to Boothbay
4	67.0	3947 ft	Boothbay to Camden
5	57.6	3484 ft	Camden to Bucksport
6	70.5	4108 ft	Bucksport to Bar Harbor
7	52.7	4035 ft	Bar Harbor: Cycled up Cadillac Mtn, cycled the Park Loop, toured Bar Harbor
8	24.8	1450 ft	Bar Harbor: Climbed the “Beehive” and cycled on the carriage paths
9	63.9	2877 ft	Bar Harbor to Bangor
Total	566.3 miles	32,401 ft	

Maine is very hilly. We averaged close to 4000 ft per day of vertical climbs for Days 1-7. The hills seemed unending! Most grades were 5-6%, but there were also many grades of 10% or more.





Daryl & Sandy
Germantown, MD

Dean
Bar Harbor, ME

Paul
Virginia Beach

John
Boone, NC



**Day 1 – Maine
has hilly roads
with beautiful
scenery. We
mostly stayed on
quiet roads.**

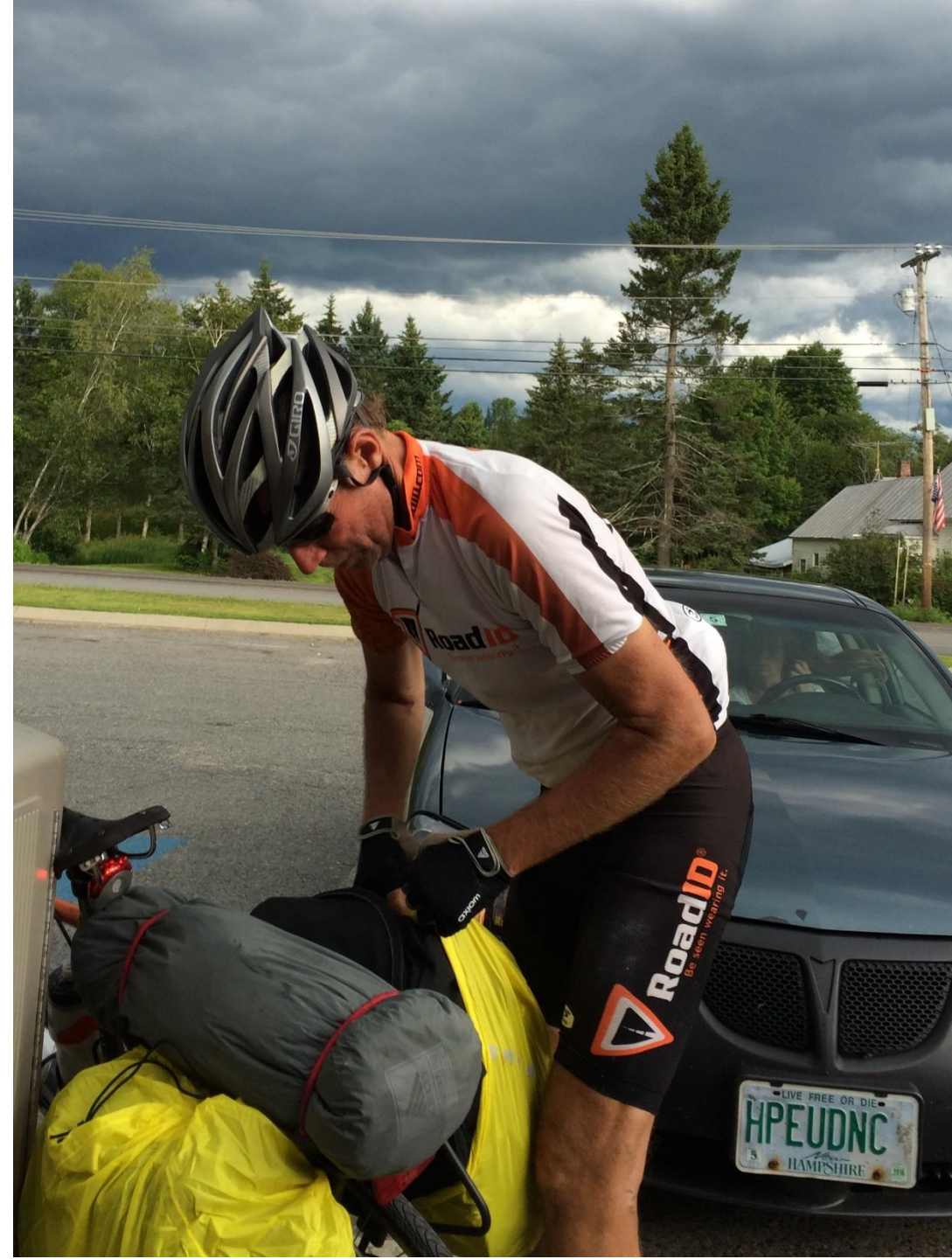
Day 1 – We got lost a few times on Day 1 and had some unexpected gravel/dirt roads. Here we stopped for directions.

Days 2-9 were much smoother!





Day 1 – Stormy skies. Time to put on rain gear!



When Paul, Sandy, and John felt a few drops, they ducked under a nearby porch. Dean and Daryl kept going – and later regretted it!





**We were hit by heavy
rain and hail!**





Day 2 – We cycled past many farms.



**Day 3 – Exiting
the Blueberry
Pond
Campground in
the morning.**

**We camped for the
first 5 night and
then stayed at
Dean & Penny's
house for 3 nights.**





Day 3 – We started the day by cycling into nearby Freeport for breakfast and to shop at LL Bean





Day 3 – We visit the cycling shop at LL Bean



Day 3 – LL Bean's flagship store is huge. It actually consists of several buildings. Tour buses bring shoppers.



Day 3 – We passed a “lobster pound” where lobsters are sometimes kept until market prices are more favorable

Day 3 – We visited the Owls Head Lighthouse.

The view along Maine's rocky coast is amazing.



Day 3 – View near the Owls Head Lighthouse



Dean, Paul and
John near the
Owls Head
Lighthouse



Owls Head Post Office





Day 4 – We took a small trail out to the Breakwater Lighthouse. You can just see it in the top right corner at the end of a 0.9 mile breakwater. Dean and Paul walked out to see the lighthouse.



Scroll through this slide and the next 6 slides quickly to see how the *Breakwater Lighthouse* appeared as we walked towards it.

The breakwater is made of huge granite blocks.















**Day 4 – A small
dock allowed for
a side view of
the Breakwater
Lighthouse**





**Looking back from the lighthouse.
Boats going through the channel past the lighthouse.**

**Day 4 – A
nice bike
path and
bridge
through
Belfast**





“Oreo Cow”



Day 5 – I cycled by a farm with *Belted Galloways* (“oreo cows”). As I took some pictures, a nice woman on a bike stopped and asked me if I wanted to know more about the cows. We had a delightful conversation! She lived next to the farm and volunteered there.



Day 4 – John and Dean in Boothbay. We explored a bit and ate dinner in a restaurant overlooking the harbor.



Day 4 – Paul and John relax on lobster pot chairs in Boothbay

A footbridge cuts across the harbor in Boothbay



Day 4 – Ocean Point near Boothbay





**Day 4 – Ocean Point
near Boothbay**

Day 4 – The Public Landing in Boothbar Harbor.

There are so many
scenic harbors in
Maine!





Day 5 – We ate breakfast on the back porch of Mariner's Grill in Camden, ME. Fresh fruit was typically served with the many excellent meals we ate on the trip. *(Yes, those are blueberries on my oatmeal!)*

(real bikes have kickstands!)



**Day 5 – The
Penobscot Narrows
Bridge is an
impressive cable-
stayed bridge with
an observation deck
at the top of one of
the towers. Of
course we took a
tour!**





In the observatory 440 ft over the Penobscot River



**Cycling
across the
Penobscot
Narrows
Bridge**





We didn't even notice this blueberry field until Dean pointed it out. Maine's "low bush" wild blueberries are different from those grown elsewhere. They aren't planted, but grow wild and are a great source of state pride. Bins used to gather blueberries are commonly seen in fields in August.



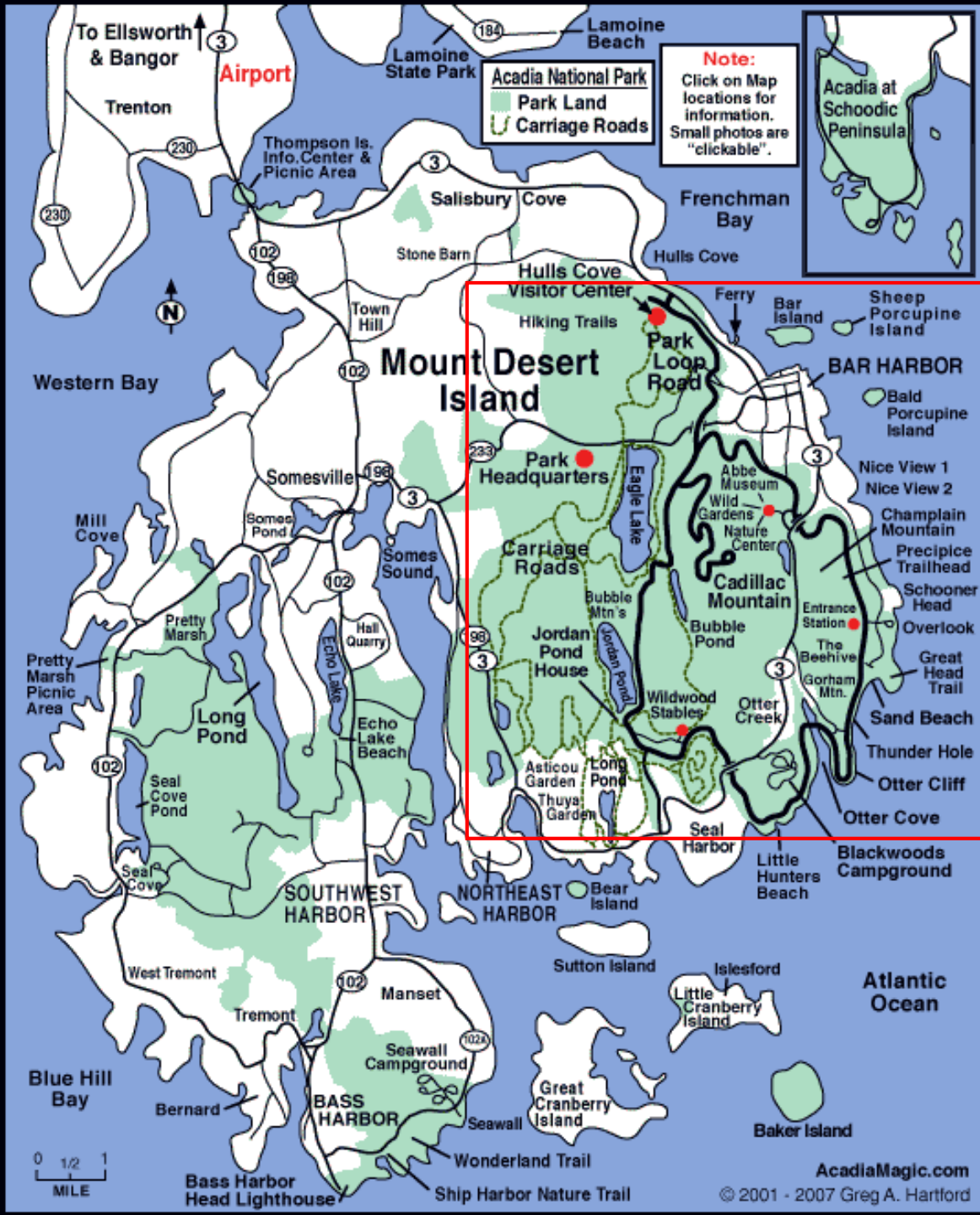
Day 6 – We toured the Allen blueberry processing plant. They were currently processing 450,000 lb of blueberries each day. Many workers were seasonal workers from Haiti.



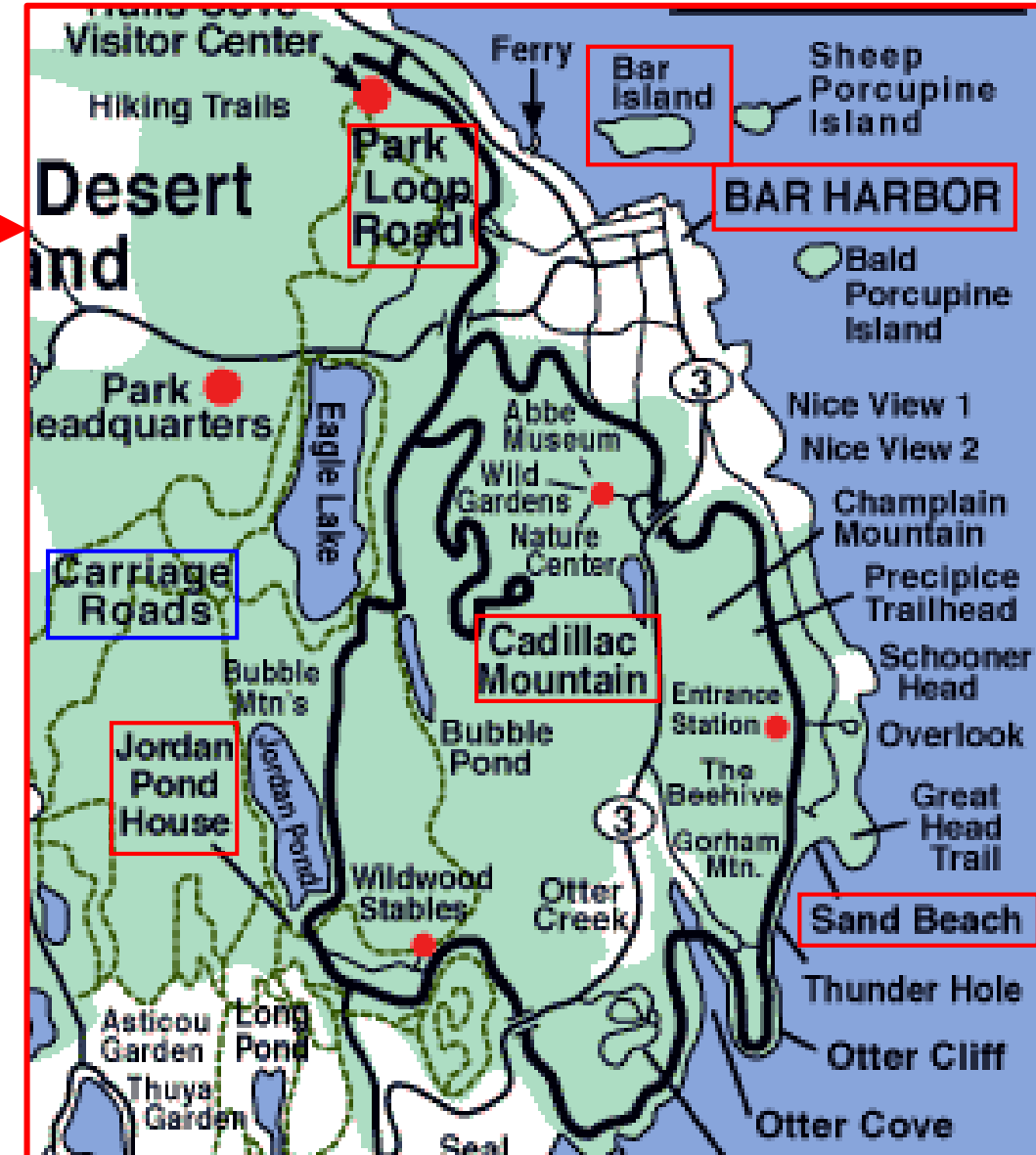




We didn't stay long in this warehouse freezer where they stored frozen blueberries. The temperature was -15 °F! Another video of blueberry processing.



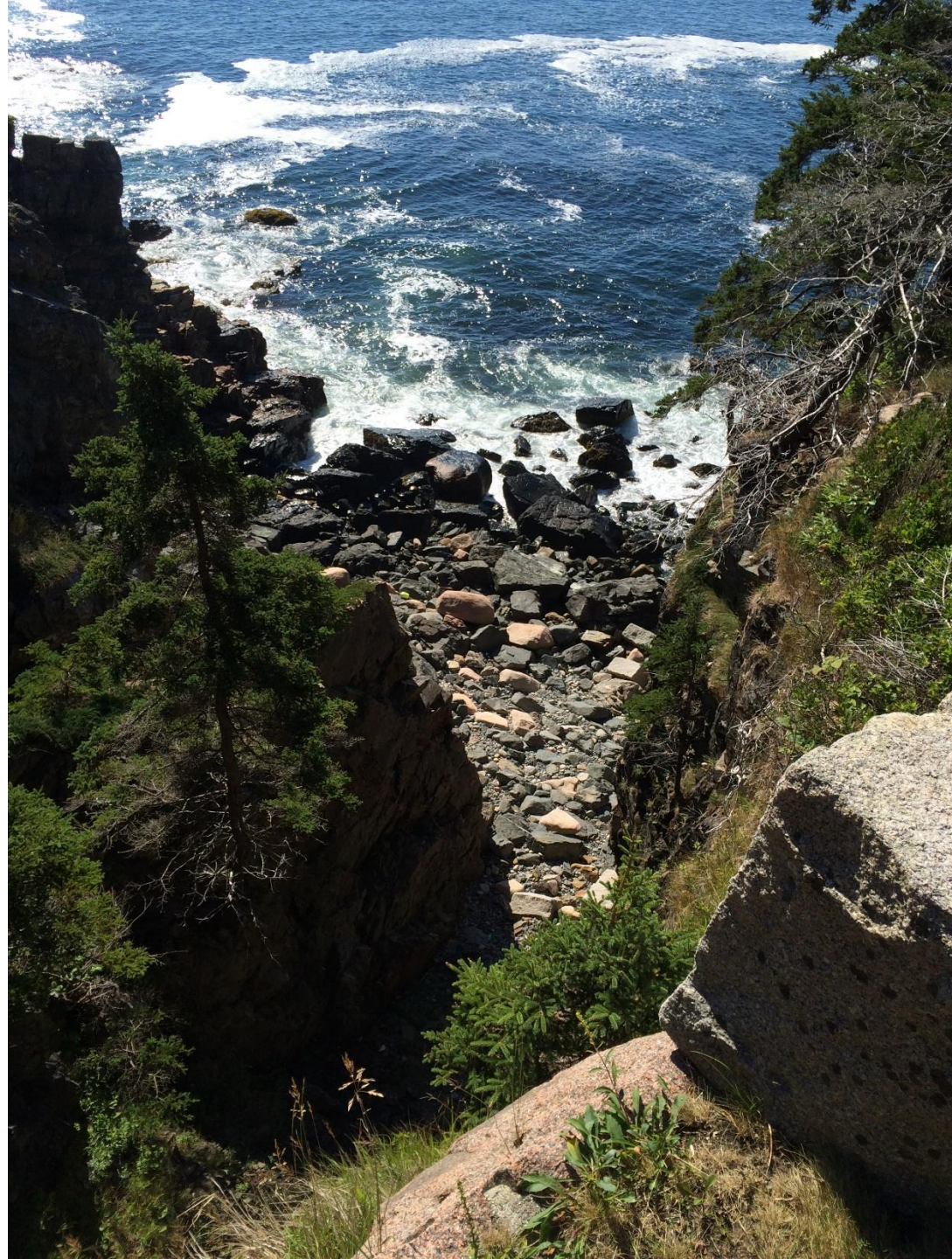
Day 6 - After 6 days of cycling we reach beautiful Acadia National Park on Mount Desert Island.



**Day 7 – We
cycled along
Park Loop Road
in Acadia
National Park.
A 20-mile loop
has one
breathtaking
overlook after
another.**



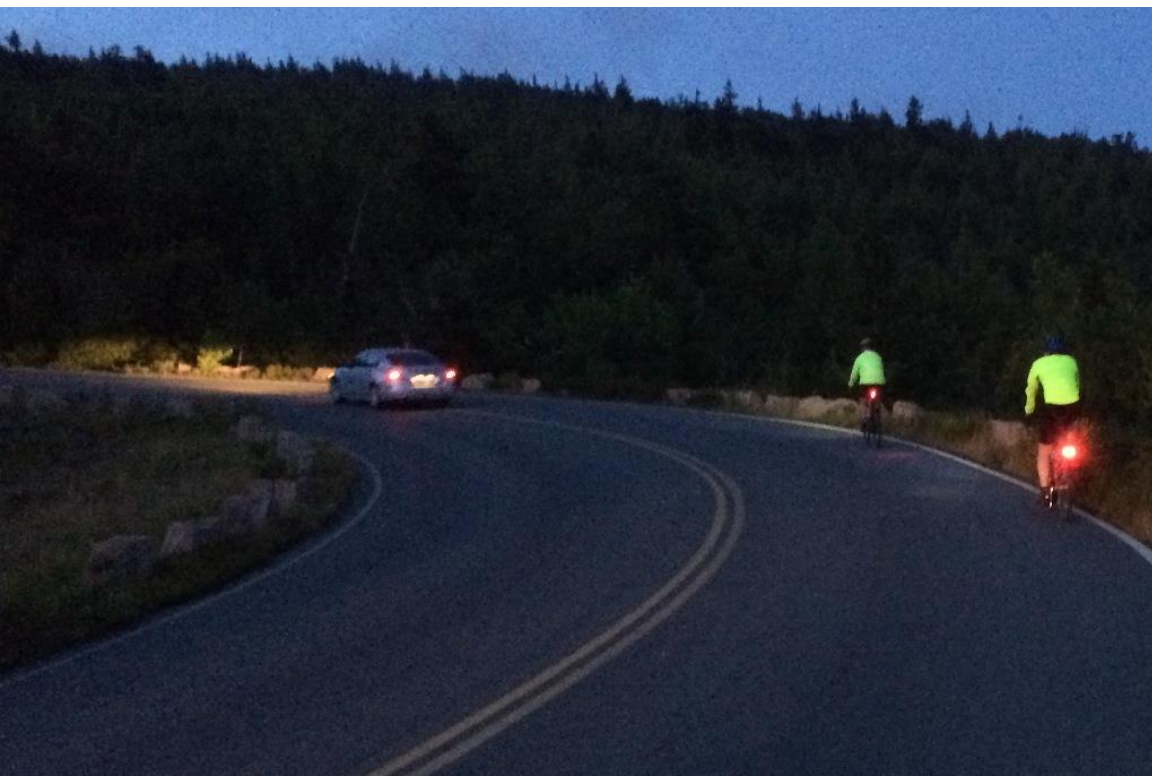






Sand Beach





Day 7 - We began cycling at 4:15 am in hopes of reaching the top of Cadillac Mountain to join hundreds of others in being the first to see the sunrise in the United States. We just made it for the 5:35am sunrise!



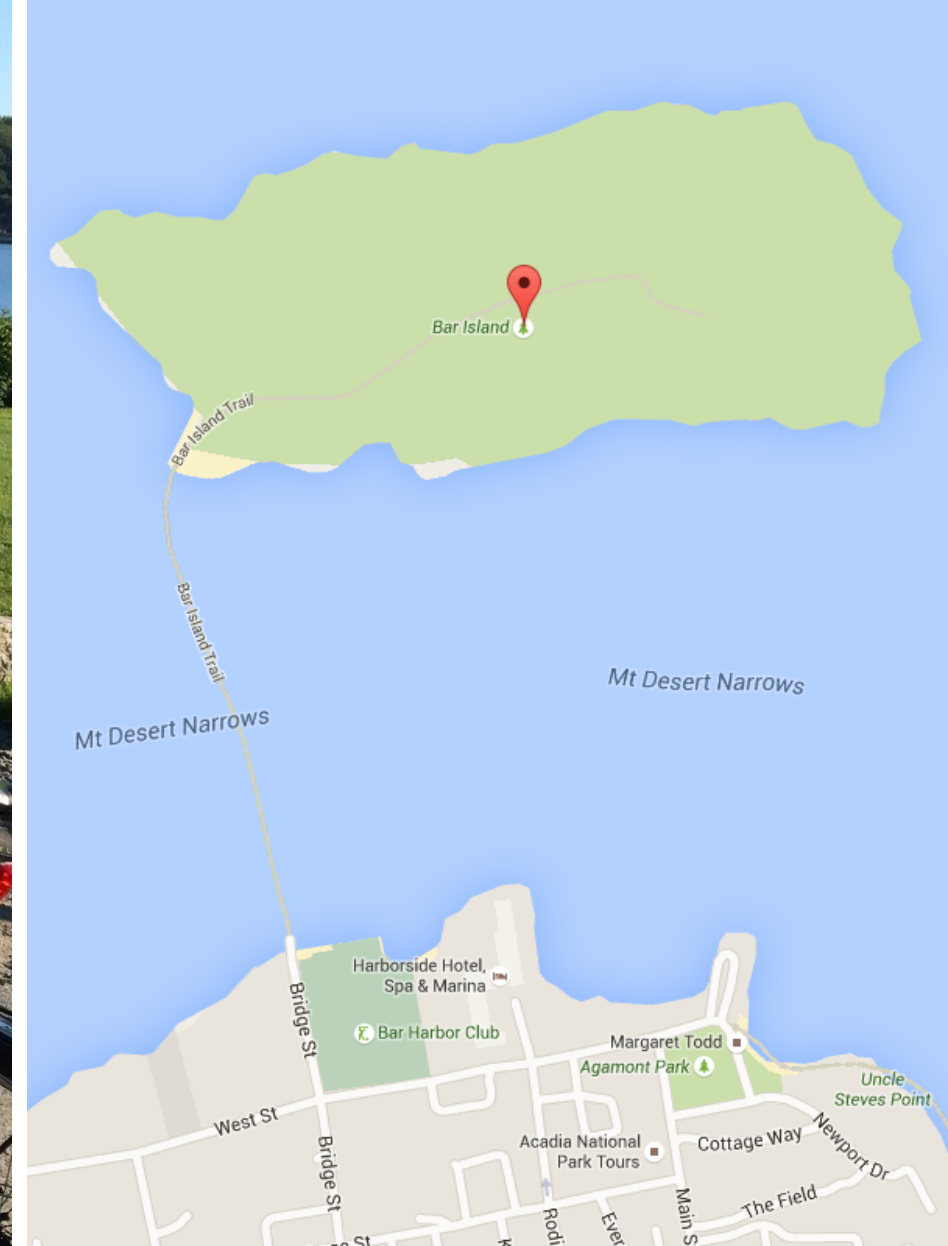






A ranger with the National Park Service estimated that 650 braved the chilly temperatures (50 degrees) to see the sunrise. We were sweaty from the climb and froze on the descent. We cycled back to Bar Harbor for breakfast by 6:45 am, but had to wait for a table to the rush of “sunrise watchers’.”





Day 7 – After climbing Cadillac Mountain and eating breakfast, Dean took us on a tour of Bar Harbor. We stopped by the *Bar Island Path*. What path, we wondered?



I stopped by the *Bar Island Path* later in the day (low tide) and was amazed to find many people, bikes, and cars crossing to Bar Island. The difference between low tide and high tide is around 11 feet! Dean says that people routinely get stranded on Bar Island.



A lobster boat pulls away from the dock in Bar Harbor



Day 7 - We hiked the “Beehive” in Acadia National Park. The strenuous 45-minute hike provided a beautiful view of the coast.

Day 7 – On top of the “Beehive”

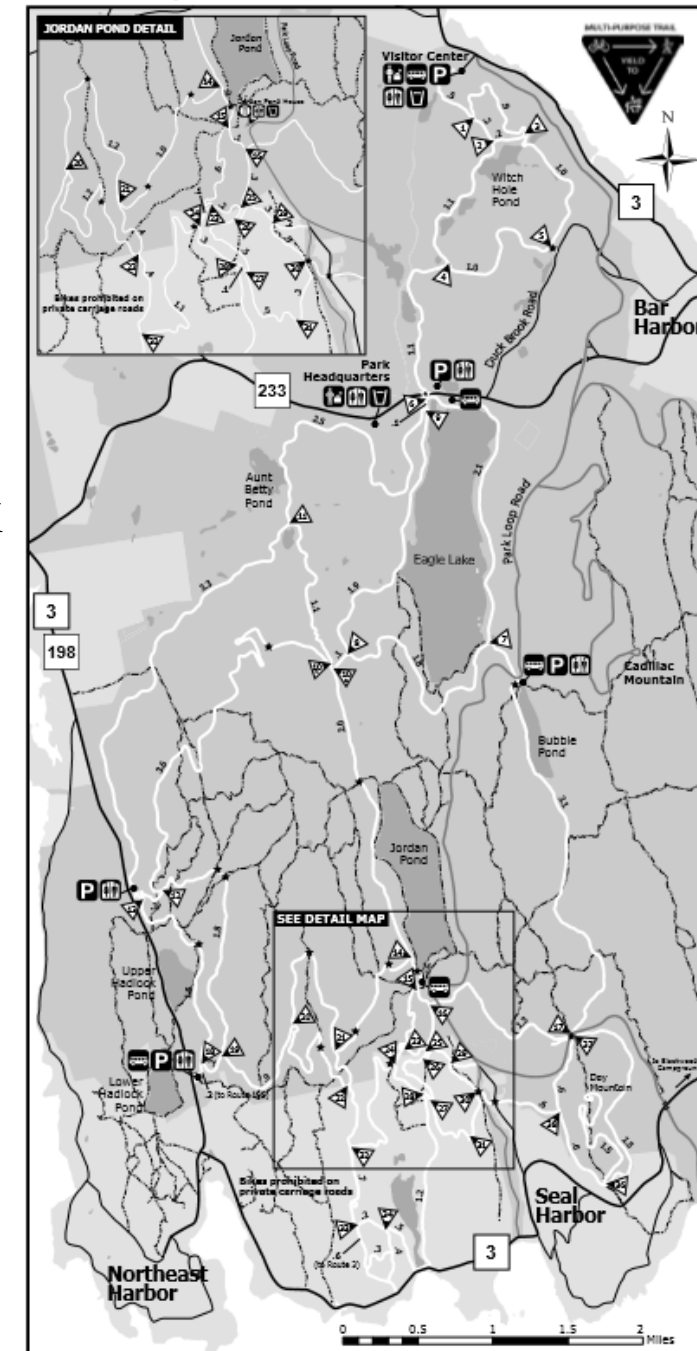


CARRIAGE ROAD

The Carriage Roads and stone bridges in Acadia National Park were financed and directed by philanthropist John D. Rockefeller, Jr., between 1913 and 1940, for hikers, bikers, horseback riders and carriages. The network includes 57 miles of woodland roads free of motor vehicles, of which 45 miles are within Acadia National Park .

<http://www.acdiamagic.com/carriage-roads.htm>

Carriage Road
User's Map



Day 7 – We cycled about 20 miles on the carriage paths. It was great fun and the paths are very well maintained.

The trails are numbered, but it would be easy to get lost on the 57 miles of paths without a map!







**We stopped at Jordan Pond House for lunch.
Cycling is very popular on the carriage paths.**

Dean and his wife Penny were wonderful hosts and opened their house to the group. We stayed with them for 3 nights. Penny even cooked lobsters for us one night. They were fresh off of a friends lobster boat.



Day 9 – Our last days was pleasant, but fairly uneventful.
Here we stopped for a snack about 10 miles from Bangor and the end of the trip.



Alice flew to Bangor to meet me after the trip. We stayed 3 more nights with Dean and Penny and we drove home together.

Dean and Penny were again wonderful hosts and we enjoyed exploring Acadia National Park with them.





**DISHWASH
STATION**
NO CLAMS!

