

Maine: Acadia National Park

Bike Vacation Only

With the depth of cycling, culture, and cuisine in Acadia National Park, why go anywhere else? This VBT cycling adventure gives you five days packed with Acadia discovery. VBT's gravel bikes are perfect for exploring Mount Desert Island's network of carriage roads—and our local trip leaders give you the inside scoop on their history. Pedal through charming seaside villages, explore local lakes, and enjoy a boat ride across Frenchman Bay to spend the day exploring the Schoodic Peninsula. With four nights at the luxurious Bar Harbor Inn, you'll spend mornings lingering over breakfast with views of Frenchman Bay—and evenings sipping cocktails on the seaside veranda. Featuring available waterfront rooms and an on-site spa, this is the perfect vantage point to enjoy all Acadia National Park has to offer.

Cultural Highlights

- Ride along Rockefeller's historic and car-free carriage roads through Acadia National Park.
- Practice your lobster-cracking skills at a traditional bake at the Bar Harbor Inn.
- Pause at Jordan Pond's pristine waters reflecting the beautiful curves of the Bubbles.
- Ride through a refreshing and unspoiled landscape of rugged coastline, forested coves, and idyllic fishing harbors.

What to Expect

This tour offers a full range of easy terrain mixed with moderate hills and is ideal for both beginner and experienced cyclists. Van support will be limited in Acadia National Park because of the biking trails. The support vehicle will be available at specific locations. On days with limited vehicle support the leader will provide you with extra snacks and supplies.

Tour Duration: 5 Days

Average Daily Mileage: 13-26 miles

Average Cycling Time: 2-4.5 hours

Group size: 14-18 max

Climate Information

Average High/Low Temperature (°F)

May 65°/45°, June 74°/54°, July 79°/59°, August 78°/59°, September 70°/52°, October 59°/42°

Average Rainfall (in.)

May 4.6, June 4.1, July 3.5, August 3.3, September 4.5, October 5.3

DAY 1: VBT Bicycle Vacation begins

Make your own arrangements for travel to Bar Harbor. If you're flying to Maine, VBT will offer a shuttle from Bangor International Airport. The shuttle works on a "show and go" basis and will make its only departure from the airport to the inn at 1:00 p.m. Shuttle reservations are not required or available.

Guests driving to the tour may leave their car in the Bar Harbor Inn's parking lot for the duration of the tour at no charge.

Your group meets at the Bar Harbor Inn. Before you begin biking Acadia National Park, settle in and explore this lovely seaport town until mid-afternoon. From 1:00 to 3:00 p.m., join your VBT trip leaders for a safety and bike-fitting session, followed by a short warm-up ride. At 5:00 p.m., meet again for a tour orientation and welcome reception before your 7:00 p.m. lobster bake dinner at the inn.

Today's Ride Choices

Afternoon: Warm-up Bar Harbor — 8.3 miles

What to Expect:

Ride to Schooner Head Scenic Overlook and enjoy the lovely ocean views before returning the way you came.

Cumulative Distance Range: 8.3 miles

Included Meals: Dinner

DAY 2: Explore Schoodic Peninsula

After breakfast, we catch a morning bike ferry (45 minutes) across Frenchman Bay to the Schoodic Peninsula, the only section of the park on mainland Maine. A local's favorite, you will ride along the shoreline through classic "Down East" fishing villages. View seabirds, crashing surf, and working lobster boats as you ride to our lunch spot. Enjoy the peace and serenity of Schoodic Point before riding back to Winter Harbor for our return ferry (45 minutes) to Bar Harbor. You'll enjoy dinner on your own this

evening.

Today's Ride Choices

Morning: Schoodic Loop Road — 20 miles

What to Expect:

Begin your day with a 40-minute ferry from Bar Harbor across Frenchmen Bay to Winter Harbor, on the Schoodic Peninsula. Here you will experience rural riding on mainland and remain in Acadia National Park. Explore Maine's rugged coast in this uncrowded and unspoiled magical setting, past fishing villages, secluded bays and pounding surf.

After an included lunch near the water, continue your ride on this quiet peninsula back to Winter Harbor for your return ferry to Bar Harbor.

Cumulative Distance Range: 20 miles

Included Meals: Breakfast, Lunch

DAY 3: Acadia's Park Loop

Today, cycle Acadia's famous Park Loop Road to visit sites such as Sand Beach and Thunder Hole. After lunch at the Fabbri Memorial Picnic Area, stop at Jordan Pond to take in the beautiful views. Continue on Park Loop Road past Cadillac Mountain Summit Road for additional miles. This afternoon, you may choose to go on a sunset cruise on the schooner Margaret Todd (at your own expense) or spend time browsing Bar Harbor's charming gift shops and boutiques. For dinner on your own, enjoy one of the fine restaurants in town.

Today's Ride Choices

Morning: Bar Harbor to Jordan Pond Loop — 24 miles

Afternoon: Park Loop Road to Cadillac Mountain — 14 miles

What to Expect:

A nice ride to Sand Beach where you can spend time on the beach or hike along the cliffs. Return to your cycling route on Park Loop Road and visit Thunder Hole, Otter Cliffs and Fabbri Memorial. Today you will have an included lunch at the Fabbri Memorial picnic area.

After lunch, you have the option to continue on Park Loop Road to Cadillac Mountain for additional miles.

Cumulative Distance Range: 24 – 38 miles

Included Meals: Breakfast, Lunch

DAY 4: Cycle carriage roads around Eagle Lake to Northeast Harbor

Today, the tranquility of biking at Acadia National Park is in full force as you cycle on Acadia's famed car-free carriage roads, which were established by John D. Rockefeller. Your route takes you around Eagle Lake to the town of Northeast Harbor. In this island enclave with its beautiful protected harbor full of sailboats and luxury yachts, you'll find attractive boutiques, galleries, gardens, and eateries. The Azalea and Thuya gardens of Northeast Harbor can be visited before or after lunch. You can choose to return by bike along the carriage roads to the east of Eagle Lake past Bubble Pond. Later this afternoon, take advantage of your inn's amenities, which include a spa and an outdoor swimming pool.

Enjoy your final farewell celebration dinner at the inn.

Today's Ride Choices

Morning: Carriage Roads to Northeast Harbor – 16 miles

Afternoon: Northeast Harbor to Bar Harbor – 13 miles

What to Expect:

Carriage Roads to Northeast Harbor:

Depart the Bar Harbor Inn, skirting the edge of town, and at just under 4 miles, you'll merge with the carriage roads of Acadia National Park and continue on them to the east side of Eagle Lake to the town of Northeast Harbor. Today you will have time for lunch on your own in Northeast Harbor.

Northeast Harbor to Bar Harbor:

To return to Bar Harbor, you enter the carriage roads at the Brown Mountain gatehouse and skirt the southern tip of Jordan Pond, continuing past Bubble Pond and the west side of Eagle Lake. You wind your way back to the center of Bar Harbor along carriage roads and town streets. Be sure to visit the Azalea and Thuya Gardens in Northeast Harbor.

This afternoon there is also an option for additional miles.

Cumulative Distance Range: 16 – 29 miles

Included Meals: Breakfast, Dinner

DAY 5: Enjoy the Witch Hole Pond loop before departing / Optional sea kayaking / VBT Bicycle Vacation ends

This morning, you can enjoy one last ride along Acadia's carriage roads or an optional sea kayak excursion in Bar Harbor. As you and your fellow travelers bid adieu, you'll agree with Maine's state motto that this is truly "the way life should be."

VBT has arranged facilities for you to use between noon and 1:00 p.m. to shower and change before leaving. The innkeepers of the Bar Harbor Inn ask that you depart by 1:00 p.m. A return shuttle to Bangor International Airport will depart the Bar Harbor Inn at 1:00 p.m. For this reason, we suggest a flight departing no earlier than 4:15 p.m.

Today's Ride Choices

Morning: Witch Hole Pond loop – 8.7 miles

What to Expect:

Depart the Bar Harbor Inn skirting the edge of town and joining the Carriage Roads at the Duck Brook Carriage Road trailhead. A counterclockwise loop provides views of Witch Hole Pond and surrounding wetlands with an option to stop at the Hulls Cove Visitor Center before returning to Bar Harbor.

Cumulative Distance Range: 8.7 miles

Included Meals: Breakfast

Accommodations

May vary depending on departure date.

Bar Harbor Inn (Days 1-4)

Built in 1887, the Bar Harbor Inn offers luxurious, air-conditioned suites that overlook sprawling, beautifully landscaped grounds. The Reading Room boasts picture windows with views of the harbor and Porcupine Islands. On your downtime, recharge at the world-class luxury spa, enjoy a leisurely walk along the gracious green lawn, or try the renowned lobster bisques and bakes.