

## Maine: Acadia National Park

### Bike Vacation Only

Explore cozy beaches, craggy shoreline, fishing wharves, and so much more during this phenomenal journey biking Acadia National Park. Ride along Rockefeller's historic car-free carriage roads and take a lobster boat to Little Cranberry Island, where you'll pause to explore the authentic Down East. In idyllic Bar Harbor, practice your lobster-cracking skills and browse galleries, boutiques, and seafood bars. Reel along refreshing and unspoiled landscapes of rugged coastline, forested coves, and fishing harbors. Enjoy a picnic under the pines and expect deluxe comforts at charming seaside inns where surf and seagulls lull you to sleep.



### Cultural Highlights

- Ride along Rockefeller's historic and car-free carriage roads through Acadia National Park
- Take a lobster boat to Little Cranberry Island and discover the authentic Down East

- 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. Approximately half of the rides are on packed gravel paths within the national park. Our VBT van support shuttle is available for those who would like assistance with hills.

**Tour Duration:** 6 Days

**Average Daily Mileage:** 13 - 26

**Average Cycling Time:** 01:15 - 04:00

**Group size:** 18 max

## Climate Information

### Average High/Low Temperature (°F)

May 65°/45°, Jun 74°/54°, Jul 79°/59°, Aug 78°/59°, Sep 70°/52°, Oct 59°/42°

### Average Rainfall (in.)

May 4.6, Jun 4.1, Jul 3.5, Aug 3.3, Sep 4.5, Oct 5.3

## DAY 1: Arrive in Bar Harbor / 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. Upon arrival at the airport, please exit the doors in front of the escalators and cross the street to the Four Points Sheraton to await the shuttle. Your shuttle bus will carry "West Bus Service" titles, and the driver will be holding a VBT sign. If you are arriving after this shuttle departs or your flight is delayed, you must make your own arrangements to reach the Bar Harbor Inn.

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 Choice

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

Accommodation: Bar Harbor Inn, Bar Harbor

Included Meals: Dinner

## DAY 2: Explore Schoodic Peninsula

After breakfast, we catch a morning bike ferry (45 minutes) across Frenchman Bay to 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 sea birds, 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 Choice

Morning: Schoodic Loop Road – 24 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: 24 miles

Accommodation: Bar Harbor Inn, Bar Harbor

Included Meals: Breakfast, Lunch

## DAY 3: Cycle to Compass Harbor / Optional Sea Kayaking or a Sunset Cruise

Today's journey biking Acadia National Park begins with a short morning ride to Compass Harbor, site of George Dorr's Old Farm ruins. A short hike (one-mile roundtrip) takes you to Dorr Point with views of Compass Harbor and the Porcupine Islands. Continue to Sand Beach, where you can relax on the shore. After lunch at the Fabbri Memorial Picnic Area, cycle back to Bar Harbor or, for additional miles, continue on the Park Loop Road past Cadillac Mountain Summit Road. This afternoon, you may choose among optional activities (at your own expense): guided sea kayaking in Frenchman Bay or a sunset cruise on the schooner Margaret Todd. You may also choose to browse 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: Park Loop to Sand Beach – 14 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. Along the ride, you can look forward to a picnic prepared by your trip leaders.

After lunch at the Fabbri Memorial Picnic Area, you have the option to cycle on Park Loop Road past Bubble Rock and Cadillac Mountain Summit road, back to the Inn.

Cumulative Distance Range: 14 – 28 miles

Accommodation: Bar Harbor Inn, Bar Harbor

Included Meals: Breakfast, Lunch

## DAY 4: Cycle Carriage Trails to Jordan Pond

Today, the tranquility of biking 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 loop takes you around Eagle Lake to Jordan Pond before enjoying lunch on your own. Consider stopping at Jordan Pond House for elegant fare, including their famous lobster stew and golden, lighter-than-air popovers. This afternoon you may bike or hike on the Carriage Trails to your inn. In Northeast Harbor, you'll find attractive boutiques, galleries, gardens, and eateries. Your accommodation here, Asticou Inn, overlooks a beautiful protected

harbor full of sailboats and luxury yachts. Take advantage of the inn's amenities, which include a clay tennis court and an outdoor swimming pool. Dinner will be at a local restaurant tonight.

Today's Ride Choice

Morning: Carriage Roads to Jordan Pond – 24 miles

What to Expect: Today you bid farewell to Bar Harbor and head to beautiful North East Harbor. After 3.4 miles, merge with the carriage roads of Acadia National Park and ride along merrily on miles of car-free riding. You will pass Eagle Lake and Aunt Betty's Pond on the way to Jordan Pond to a delightful restaurant for lunch with fabulous views.

After lunch, there is an optional support vehicle shuttle to Asticou Inn, a 3-mile hike to the inn, or continue cycling on the carriage roads and a section of the main road to the inn.

Cumulative Distance Range: 24 miles

Accommodaton: Asticou Inn, Northeast Harbor

Included Meals: Breakfast, Dinner

## **DAY 5: Non-riding Day / Explore Little Cranberry Island and Northeast Harbor**

Today is your last full day adventure biking Acadia National Park. Leave your bikes behind as you explore by boat and on foot. After a leisurely breakfast at the inn, you may enjoy an optional visit to the Azalea and Thuya Gardens. Afterwards, you'll board a lobster boat to Little Cranberry Island. This pristine hamlet hosts a year-round community of lobstermen, boat builders, craftsmen, and "rusticators" (those happy few who opt for country living). You'll visit the Islesford Historical Museum before boarding the boat back to Northeast Harbor (a 30-minute ride).

Enjoy your final farewell celebration dinner at the inn.

Today's Ride Choice

Non-Biking Day: Optional visit to the Azalea and Thuya Gardens, included lobster boat ride, and an optional 11-mile independent bike ride of Sargent Drive in the afternoon.

What to Expect: Today we cross from Northeast Harbor to Little Cranberry Island and Islesford. Explore a quaint community that lives on this dollop of an island. For those wanting more cycling, the leaders will

offer more options. Be sure to visit the Azalea and Thuya Gardens on Northeast Harbor. In the afternoon, you may opt to pursue the bookstores, antique stores and museum.

Accommodation: Asticou Inn, Northeast Harbor

Included Meals: Breakfast, Lunch, Dinner

## **DAY 6: Enjoy the Carriage Trails before departing / VBT Bicycle Vacation ends**

This morning, you will bike to Acadia National Park and cruise along the carriage trails one last time, enjoying the views of Eagle Lake and Bubble Pond on your way back to Bar Harbor. As you and your fellow travelers bid adieu, you'll agree with the state's 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. (travel time approximately 1.25 hours). For this reason, we suggest a flight departing no earlier than 4:15 p.m.

Today's Ride Choices

Morning: Northeast Harbor to Bar Harbor – 19 miles OR Cadillac Mountain – 13 miles

What to Expect: After breakfast, cycle to Acadia National Park and enter the carriage trails one last time, enjoying the views along the east side of Jordan Pond on our way back to Bar Harbor Inn. Lunch is on your own in Bar Harbor.

Talk to your leaders if you would like to shorten the mileage. Options are available.

Cumulative Distance Range: 13 - 19 miles

Included Meals: Breakfast