

Ride 4 - The Heart of Penobscot County

Distance: 45, 67, and 92 mile loops
Terrain: Flat to rolling

This is a land where lumber once was king. Every town and village along the route of this 92-mile ride for cyclists equipped for long distances between services is replete with reminders of that heritage. The ride follows the Penobscot River from Bangor to Howland, before swinging west along the Piscataquis River, and finally south through the agricultural land of western Penobscot County. Old dams, mills and farms dot the countryside, and there are many points of interest along the way. The Bangor Historical Society publishes a guide for a walking tour of the historic buildings in downtown Bangor. The Leonards Mills Museum in Bradley, a reconstruction of a 19th Century sawmill, should not be missed. In addition, there are numerous opportunities for wildlife viewing along the way.

Two shorter loops of 45 and 67 miles are provided which include Old Town and Pushaw Lake. Even on these loops there is still a considerable distance between services in the middle section of the loops.

Many thanks to Jim Rose, owner of the Rose Bicycle Shop in Orono, for suggesting this excellent ride.

Special features: Views of Penobscot and Piscataquis rivers; walking tour of historic Bangor; Leonard Mills Museum in Bradley; wildlife viewing.

Road conditions: Broken pavement from Howland to Medford; heavy traffic between Bangor and Brewer.

Services: Bike shops off route (Rose Bicycle Shop in Orono, 207-866-3525; Pat's Bike Shop in Brewer, 207-827-5450). For accommodations at the beginning and end of the tour, contact Bangor Region Chamber of Commerce, 519 Main Street, Bangor, ME 04402-1443. Telephone: (207) 947-0307.

Cautions: There are more than 20 miles between services along this route and some of the route travels very remote roads. Be sure to carry spare parts, water, food and warm clothes with you.

Starting point: Ride originates from Pickering Square Parking Garage on Broad Street in downtown Bangor. From I-95, take exit 45A to I-395. Take exit 3B to Main Street and go 0.7 mile to a traffic light, following signs for ME 9 and Brewer. Turn right at the light (Railroad Street) and then immediately left. Bear left under the green bridge (ME 9 goes right), and you will see the garage on

your left. It is the only parking garage in Bangor. Rates are reasonable and 24-hour parking is permitted.

Please note:

The Maine Bicycle Tours are published by the Maine Department of Transportation (MDOT) as an aid to bicyclists. All routes shown on these tours are on regular state and local roads used by automobiles, trucks, buses and other motorized vehicles. The MDOT in no way warrants the safety or suitability of the routes indicated on these tours for shared bicycle/motor vehicle use or for use by young and/or inexperienced riders. Bicyclists assume the risk for their own safety at all times when traveling on the indicated routes.

Although the MDOT has made a reasonable effort to ensure that the information contained in this guide is correct as of the date of publication, the actual conditions riders encounter may vary, and the Department in no way warrants its accuracy. MDOT assumes no liability for personal injuries or property damage suffered by bicyclists.

Mileage readings may vary. We recommend you carry a detailed map of the area with you. All roads on this ride can be found in the Maine Atlas and Gazetteer from DeLorme Mapping Co. (www.delorme.com).

!	0.0	From the Pickering Square Parking Garage, turn left on Broad Street and go to traffic light.
!	0.0	Turn left on Washington Street and go 0.2 mile to the second set of traffic lights.
! C	0.2	Turn right, crossing the Penobscot River Bridge into Brewer. After crossing bridge turn left at the second set of traffic lights which will be ME 9 (Main Street). Caution: There is heavy traffic along these roads. Your best bet is to work your way into the left lane after crossing the bridge. □
!	0.5	Turn left on ME 9 (Main Street). Go 4.2 miles to ME 178.
A, S	1.9	Colony Motel on right and views of the Penobscot River.
P	3.0	Boat launch site with picnic tables on left.
R	3.3	Eagles Nest Restaurant on left.
CS	4.3	Rivers Edge Convenience Store on left.
!	4.7	Turn left on ME 178 and go 9.3 miles to US 2 and Milford.
C	5.7	Greenwood Acres RV Park and Campground on left.

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.
 A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.
 ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.
 P: Picnic site. BS: Bicycle Shop. *OPTION*: Optional side trip.

OPTION HX, I, H	9.2	Side Trip: Turn right (the road is marked “Government” in the Maine Atlas and Gazetteer) and go 1.25 miles to Leonards Mills Museum and the Penobscot Experimental Forest. <i>Leonards Mills is a "working" reconstruction of the mill and village that were once located here. It is very interesting and well worth the side trip.</i>
CS	12.4	Spencers Market on left. <i>They make their own ice cream here - it is delicious!</i>
!,CS	14.0	Turn left on US 2 (you cross the Penobscot River here, with two convenience stores located at this intersection) and go 0.4 mile to Old Town.
!	14.4	Turn right at traffic light at the end of the bridge. This is Old Town. All services are available here including bicycle repair.
!, I, BS	14.5	Turn right at stop sign on Main Street and go 0.6 mile to ME 43. <i>The large brick building on the hill is the Old Town Canoe Company, a world-renowned manufacturer of canoes, and other watercraft. The Old Town Canoe Factory Outlet is located 0.2 miles from here, on North Main Street. Following the route to the right, there is also a newly developed park along the river that is a great place for a break in addition to a number of new outlet stores.</i>
!	15.1	At a sharp left corner, Main Street becomes ME 43 (Gilman Falls Avenue). Go 2.4 miles to ME 16.
!, CS OPTION	17.5	Turn right on ME 16 at four-way intersection (there is a convenience store located here). Warning: The next store is located in Howland, 22 miles from here. There are no services until there. Go 2.4 miles to ME 116. ALTERNATE 1: For a shorter 45-mile loop, continue straight on ME 43 for 11.0 miles to ME 221 in Hudson. Turn left on ME 221 and rejoin tour at Mile 75.4.
! OPTION	19.9	Turn right on ME 116 and go 21.8 miles to Howland. ALTERNATE 2: For the intermediate loop of 67 miles, continue straight on ME 16 for 15.1 miles to ME 155 in Lagrange. Rejoin tour at Mile 59.9.
!, CS	41.7	Turn left on ME 6/155 (County Road) at stop sign. This is the town of Howland. Basic supplies are available at several stores. Warning: This is the last store until you reach Lagrange, a distance of 18 miles. Go 1.4 miles to the River Road.
!	42.0	Bear left, staying on ME 6/55 (Lagrange Road).
!	42.9	Cross I-95.

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!	43.1	Turn right on the River Road (unmarked -- the River Road is the first paved road on the right after crossing I-95) and go 9.9 miles to Medford.
S	47.5	<i>Views of the Piscataquis River.</i>
!, P	53.0	Bear left at an intersection with two unmarked roads (there is a small park with picnic tables located at this intersection, the site of an old mill and dam -- the River Road becomes the Medford Road at this point) and go 6.0 miles to ME 6.
I	53.2	The Lagrange-Medford State Recreational Trail crosses the road here.
!	58.0	Bear left at the sharp corner. The Osgood Road heads to the right.
!	59.0	Bear left at stop sign, merging with ME 16, and go 0.9 mile to ME 155 and Lagrange village.
!, CS	59.9	Turn right on ME 155 in Lagrange village (there is a convenience store located at this intersection) and go 9.7 miles to Bradford.
!	63.3	Bear left on ME 155 where it curves to the left at an intersection with the Storer Road and the North Lagrange Road.
!	67.5	Turn right at sharp corner on ME 155 opposite the Bradford town office.
!, CS	69.6	Turn left at flashing red light and stop sign on ME 221 (there is a convenience store, the Bradford General Store, located at this intersection) and go 10.3 miles to Pushaw Road.
R	73.3	Pizza and sandwich shop on the left.
R	74.7	Mohawk Trail Diner on the left.
CS	75.4	Stay straight on ME 221 in Hudson. ME 43 forks to the left. There is a convenience store located at this intersection.
!	79.9	Bear left on Pushaw Road (unmarked -- the Pushaw Road is the first paved road on the left 0.8-miles after crossing railroad tracks) and go 7.4 miles to ME 15 and Bangor.
CS, ATM	82.8	Convenience store (Checkout) and ATM on the right.
S	83.4	<i>Views of Pushaw Lake.</i>
!	87.3	Turn left at stop sign on ME 15 and go 0.4 miles to Kenduskeag Avenue.
!	87.7	Bear right on Kenduskeag Avenue (the turn is just before the Myerowitz Chiropractic Center) and go 3.7 miles to Harlow Street.
!	89.3	Go straight at flashing light (Strickland Road), continuing on Kenduskeag Avenue.
!	89.7	Bear left at the fork, staying on Kenduskeag Avenue. Valley Avenue forks to the right.
!	91.4	Bear left on Harlow Street at yield sign and go past the Federal Building and the Bangor Public Library to the second set of traffic lights. The lights are located in front of Bangor City Hall.

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!	91.7	All traffic must go right (Central Street) at the traffic light in front of Bangor City Hall. Follow the flow of traffic and move into the center lane as you approach the next set of traffic lights.
!	91.8	Pass through the first set of lights, and immediately turn left at the second set on Westmarket Street. Bear right on Westmarket/Broad Street and you will see the parking garage on you left.
!	92.0	Return to the Pickering Square Garage. End of the ride.

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