

## MAINE'S ACADIA NATIONAL PARK

### 2016 TOUR ITINERARY

*Acadia, our nation's smallest National Park, is revered as one of the most scenic and beautiful of our national treasures. Situated primarily on Mt. Desert Island, the park is an incredible blend of rocky shoreline, dense forest, crystal clear lakes, waterfalls, and granite-domed hills. Best explored by bicycle and on foot, you will also enjoy a guided kayak excursion and a sail on a Maine Windjammer. Cruise across Frenchman's Bay to Schoodic Peninsula to ride along stunning coastline and through several of Maine's classic fishing villages. Nestled on the shore of Frenchman's Bay in the town of Bar Harbor is the Bar Harbor Inn. Considered one of Maine's finest oceanfront properties, the inn is located in a peaceful setting, just steps from shops, restaurants, and galleries in town. Enjoy a stunning oceanfront room with private porch or opt for a room overlooking the grounds. Either way, you will enjoy a full gourmet breakfast each morning in the dining room overlooking the harbor. The trip is based out of the Bar Harbor Inn for the duration of your vacation, meaning you only need to unpack once!*

**Sunday – Day 1:** Meet your tour leaders at the Bar Harbor Inn for a bike fitting followed by a ride to a beautiful point overlooking the lighthouse that marks the entrance to the head of Frenchman's Bay. The ride will help familiarize you with your bike and the town of Bar Harbor. Return for a dip in the pool before the welcome reception. This evening, enjoy a traditional Maine lobster bake on the terrace of the inn overlooking the bay. Stroll along the Shore Path as the sun sets beyond the Porcupine Islands then drift off to sleep to the sound of waves lapping at the shoreline outside your room.

**Lodging:** The Bar Harbor Inn      Bar Harbor, ME      207-288-3351      [www.barharborinn.com](http://www.barharborinn.com)

**Cycling Option:** 11 miles

**Monday – Day 2: Dramatic Oceanfront** – Much of today's ride is along the magnificent Park Loop Road. A favorite among road cyclists, this one-way, two-lane road winds through beautiful spruce, fir, and hardwood forest before it brings you into full view of the dramatic coastline. Enjoy a respite on Sand Beach, a solitary stretch of sand nestled between granite points extending from the shoreline. A hike to a scenic overlook above the beach provides stunning views of the beach and the rocky coastline. While cycling this magnificent road, you can witness the sea as it crashes upon Acadia's pink granite shores. Your leaders will serve a delicious picnic lunch along the route. The afternoon ride curves inland along Bubble Pond, giving you your first taste of the car-free carriage roads. This fabulous 45-mile network of roads lacing the eastern side of the island was built by John D. Rockefeller over a course of nearly three decades during the early 20<sup>th</sup> century. Rockefeller's foresight, generosity, and efforts to preserve natural

beauty are most evident in Acadia National Park. This evening, join your tour mates for dinner at a favorite restaurant in town.

***Cycling Options: 14 or 24 miles***

**Tuesday – Day 3: The Carriage Trails & Northeast Harbor** – The quiet splendor of spruce forest that surrounds the carriage roads on which you'll be cycling provides a serene start to your day. Canopied sections along Eagle Lake give way to gorgeous views extending over Jordan Pond. Wind your way to Northeast Harbor over a series of three granite bridges that span streams in this section of the park. Just before entering town, visit the serene and beautiful Asticou Azalea Gardens or Thuya Gardens – a mix of formal English gardens with simple Japanese influences. Northeast Harbor is home to a large collection of summer “cottages” built by wealthy east coast families who began erecting summer homes in town in 1880. These elegant homes line many of the streets leading from town all the way to Somes Sound and, as you pedal, the cottages will blend into beautiful views of the sound. Fjord-like Somes Sound is one of the closest resemblances to a fjord in North America and your ride winds along its shores to the picturesque village of Somesville and its Monet-like footbridge. Sample the local microbrew at the Atlantic Brewing Company before returning to Bar Harbor. This evening, join your fellow riders for a sunset sail on a Maine Windjammer. The late day light and light breeze seem to envelope the islands in magical mystique. Afterwards, choose your own dining spot from one of the many great restaurants around Bar Harbor.

***Cycling Options: 20 or 37 miles***

**Wednesday – Day 4: Cruise to Schoodic Peninsula** - This morning, wheel your bike on board the Bar Harbor Ferry – a former working lobster boat - for a cruise across Frenchman's Bay to Winter Harbor. Sail past the Porcupine Islands and enjoy wonderful views of the Winter Harbor Lighthouse before docking at the pier to begin your exploration of the Schoodic section of Acadia National Park. Schoodic Peninsula features small fishing villages and secluded bays so characteristic of rural seacoast Maine. The Park occupies a stunning section at the end of the peninsula where pounding surf meets granite shoreline. Along the route, ride a beautiful and lightly traveled one-way road that follows the coast so closely you can sometimes feel the salt spray as you ride. Unspoiled coastline and coniferous forest converge here creating an incredible sensory contrast. Pause to photograph the lovely fishing village of Corea, reportedly the most professionally photographed fishing village in Maine. Stop in at the classic 5 & 10 in Winter Harbor before catching the return ferry to Bar Harbor. Tonight, join your fellow travelers for dinner at one of Bar Harbor's top restaurants.

***Cycling Options: 17 or 33 miles***

**Thursday – Day 5: Morning Sea Kayak Excursion & Afternoon Hike** – After a couple of days exploring the island by bike, gain a different perspective from the water. Following a brief dry land instructional session, paddle off for new discoveries in sturdy and maneuverable sea kayaks and accompanied by a Registered Maine Guide. Calm waters during the early hours of the day provide optimal conditions for seal and porpoise encounters. Loons, osprey, and bald eagles are frequently observed while paddling the sheltered waters around the island. Return to shore for a picnic lunch overlooking the harbor then depart for the trailhead of one of our favorite hikes. Climb granite block “stairs” through several diverse ecosystems before emerging on the bald granite dome of the summit. Soak in the views that extend far across the bay and islands to Schoodic Peninsula. If you prefer a less strenuous afternoon, the town of

Bar Harbor offers many options such as the Abbe Museum, the College of the Atlantic's Museum of Natural History, or whale watches that travel offshore in search of giant humpbacks that frequent the area. Kebo Valley Golf Course is also nearby should you have the urge to hit the links. Tonight gather in the Bar Harbor Inn's private dining room to enjoy your final evening together.

**Hiking Option:** 1 mile

**Friday – Day 6: The Carriage Roads & Cadillac Mountain** – Your final day is a mix of carriage roads and paved roads within the park. A break for lunch on the lawn of the historic Jordan Pond House provides opportunity to enjoy their famous popovers. Soak in the beautiful views over Jordan Pond to the bald-topped mountains named The Bubbles at the far end. You might choose to challenge yourself with a climb up the gradual 3.5-mile road to the summit of Cadillac Mountain where you will be rewarded with spectacular 360-degree views of the surrounding coastline. At 1530', Cadillac is the highest point along the North American seaboard. *Bicycling* magazine included the ride up Cadillac as one of its "Top 100 Climbs in the US." If you're not up for the ascent, you can catch a ride to the top in the support van and enjoy walking to vantage points on its rocky summit. Showers will be available at the inn at the conclusion of the tour.

**Cycling Options:** 25, 27, or 32 miles

## TRAVEL & TOUR QUICK FACTS

<b>Tour Start</b>	2:30pm at the Bar Harbor Inn.
<b>Tour Conclusion</b>	3:00pm at the Bar Harbor Inn.
<b>Travel To/From Tour</b>	Fly into Bar Harbor ( <a href="#">BHB</a> ) or Bangor ( <a href="#">BGR</a> ). <a href="#">Bus or rental car</a> from BGR, or <a href="#">free bus</a> from BHB, to Bar Harbor.
<b>Pre-Tour Lodging</b>	Reserve directly through the <a href="#">Bar Harbor Inn</a> .
<b>Days/Nights</b>	6 days/5 nights
<b>Included Meals</b>	All meals included except for two lunches and one dinner.
<b>Rating</b>	Intermediate. 25 – 35 miles/day. Rolling with a few longer hills. Some longer options available.
<b>Activities</b>	Cycling, hiking, sea kayaking, sailing are included. Golf and whale watching are nearby.

## STANDARD INCLUDED ASPECTS

<b>Equipment</b>	Computer-equipped road or hybrid bike, helmet, rear bag, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for custom fit.
<b>Van Support</b>	Rides supported by a Sojourn van as well as a tour leader on a bicycle.
<b>Tour Leaders</b>	Two experienced tour leaders guide each trip from start to finish.
<b>Ride Nourishment</b>	A selection of snacks and refreshments are supplied throughout all rides.
<b>Ride Information</b>	Detailed route directions, maps, and a daily briefing are provided.
<b>Office Support</b>	At your service 9:00am – 6:00pm EST, Monday – Friday. 800-730-4771
<b>Detailed Information</b>	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

## DATES & PRICING

Acadia National Park 2016 Tour Dates	Oceanfront Per Person DBL	Oceanfront SGL Supplement	Non-Oceanfront Per Person DBL	Non-Oceanfront SGL Supplement
July 10 – 15	\$2,695.00	\$895.00	\$2,395.00	\$695.00
July 31 – August 5	\$2,695.00	\$895.00	\$2,395.00	\$695.00
August 7 – 12	\$2,695.00	\$895.00	\$2,395.00	\$695.00
September 11 – 16	\$2,595.00	\$795.00	\$2,395.00	\$695.00
September 18 – 23	\$2,595.00	\$795.00	\$2,395.00	\$695.00

## WEATHER

Bar Harbor	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg. High	30°	32°	40°	51°	64°	72°	77°	77°	68°	57°	45°	34°
Avg. Low	10°	11°	22°	32°	41°	50°	57°	56°	48°	38°	30°	16°
Avg. Precip.	3.6 in	3.4 in	3.7 in	4.1 in	3.9 in	3.3 in	3.3 in	3.1 in	3.7 in	3.9 in	5.3 in	4.7 in

Degrees in Fahrenheit