

2016 ACADIA NATIONAL PARK SELF-GUIDED ITINERARY

Acadia, our nation's smallest National Park, is unquestionably one of the most scenic. The bulk of the Park is situated on Mt. Desert Island, an incredible oasis of rocky coastal shoreline, dense forest, crystal clear lakes, waterfalls and granite-topped hills. It is easily accessed by bicycle from your lodging at the renowned Bar Harbor Inn, nestled on the shore between Frenchman's Bay and the town of Bar Harbor, just steps from shops and eateries in town. An oasis of culture frequented by the likes of the Vanderbilts, Pulitzers, and Morgans, the inn was the center of social activity on the island during the summers of the early 20th century. Long considered one of Maine's finest oceanfront properties, the Bar Harbor Inn serves as the perfect base for your trip. Choose a stunning oceanfront room with private porch or a comfortable a town-side room. Each day, you will enjoy a gourmet breakfast in the inn's dining room which overlooks Frenchman's Bay. The trip is based out of the Bar Harbor Inn for the duration of your vacation meaning you unpack only once!

Sunday – Day 1: A warm-up ride takes you to a beautiful point overlooking the lighthouse that marks the head of Frenchman's Bay. The ride will help familiarize you with your bike and also the layout of Bar Harbor. This evening, you might enjoy a traditional Maine Lobster Bake on the terrace of the inn or opt for one of the town's plentiful dining establishments just a short walk from the inn. 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

Cycling Option: 12 miles

Monday – Day 2: *Dramatic Oceanfront* – Much of today's ride is along the magnificent Park Loop Road. A favorite among cyclists, this one-way road winds through a beautiful spruce, fir, and hardwood forest before hugging the dramatic coastline. Visit the Wild Gardens of Acadia and walk along the *Sieur de Monts* Spring Interpretive Trail. Enjoy a respite on Sand Beach, a solitary stretch of sand nestled in the midst of the rocky shoreline. A short hike to a scenic overlook above the beach provides close-up access to tidal pools and rocky coastline. While cycling this stunning road, you can witness the sea as it crashes upon Acadia's pink granite shores. Bring along a sandwich for the beach from our favorite bakery in town or grab a bite at the legendary Jordon Pond House. Afternoon rides wind inland along Bubble Pond, giving you your first taste of the automobile-free carriage roads. This fabulous 50-mile network of roads was built by John D. Rockefeller over a period of three decades during the early 20th century. Rockefeller's foresight, generosity, and efforts to preserve the region's stunning natural beauty are evident throughout Acadia National Park. After returning to Bar Harbor, enjoy dinner at the inn or one of the many restaurants in town.

Cycling Options: 16 miles, 24 miles, or 27 miles

Tuesday – Day 3: The Carriage Trails and Northeast Harbor – The quiet splendor of spruce forest that surrounds the carriage roads on which you'll be cycling provides a peaceful and 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 three of the native granite bridges that span streams in this section of the Park. 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 building summer homes in town in 1880. These lovely and elegant homes line many of the streets in town. Cottages give way to beautiful views of fjord-like Somes Sound and surrounding hillsides as you pedal along the edge of the sound. Visit the picturesque village of Somesville complete with its Monet-like footbridge. Sample the local microbrew at the Atlantic Brewing Company. This evening, enjoy a sunset sail on a gorgeous Maine Windjammer.

Cycling Options: 37 miles

Wednesday – Day 4: Cruise to Schoodic Peninsula - This morning, wheels your bike on board the Bar Harbor Ferry—a converted lobster boat—for a cruise across Frenchman's Bay to Winter Harbor. Sail past the Porcupine Islands and take in wonderful views of Winter Harbor Lighthouse before docking. Schoodic Peninsula features small fishing villages and secluded bays typical of rural seacoast Maine. Acadia National Park occupies a stunning section at the end of the peninsula where pounding surf meets granite shoreline. Enjoy a beautiful and very lightly traveled one-way road that follows the coast so closely you can sometimes feel the salt spray as you ride. Visit the lovely fishing village of Corea, reportedly the most professionally photographed coastal lobster village in the state. Relax on the dock overlooking the harbor while devouring a fresh-cooked lobster roll. Stop by the classic 5&10 in Winter Harbor before catching the return cruise to back across Frenchman's Bay to Bar Harbor.

Cycling Options: 14 miles or 34 miles

Thursday – Day 5: Morning Sea Kayak Excursion and Afternoon Hike – After a couple of days exploring the island by bike, gain a different perspective from a seat on 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. This afternoon, our favorite hike leads through several diverse ecosystems before emerging on a bald granite dome at the summit. Soak in the views that extend across the islands dotting Frenchman's Bay all the way to Schoodic Peninsula. If you prefer a less strenuous afternoon, the town of Bar Harbor offers many options such as the Abbe Museum or whale watches that travel offshore in search of giant humpbacks that frequent the area.

Hiking Option: 4 miles

Friday – Day 6: The Carriage Roads and Cadillac Mountain – Your final day is a mix of carriage roads and paved roads in the park. 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 prefer peaceful carriage roads, forego the option to climb Cadillac as you wind your way back to Bar Harbor. Either way, be sure to sample the famed Jordan Pond House popovers while enjoying the view of Jordan Pond and The Bubbles from tables on the lawn. Showers will be available upon your return to the inn.

Cycling Options: 18 miles, 25 miles, or 31 miles

TRAVEL & TOUR QUICK FACTS

Tour Start	Mid-afternoon Day One at the Bar Harbor Inn.
Tour Conclusion	Late afternoon Day Six at the Bar Harbor Inn.
Travel To/From Tour	Fly into Bar Harbor (BHB) or Bangor (BGR). Bus or rental car from BGR, or free bus from BHB, to Bar Harbor.
Pre-Tour Lodging	Reserve directly through the Bar Harbor Inn .
Days/Nights	6 days/5 nights
Included Meals	Breakfast daily in the main dining room of Bar Harbor Inn's restaurant.
Rating	Intermediate. 25 – 35 miles/day. Rolling with a few longer hills. Some longer options available.
Activities	Cycling, hiking, sea kayaking, sailing, and (seasonal) bike ferry included. Golf course, whale watching, and museums nearby.

STANDARD INCLUDED ASPECTS

Equipment	Road or hybrid bike, helmet, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for custom fit.
Van Support	Minimal support available (on Mt. Desert Island only) from bike shop.
Ride Information	Detailed route directions and maps are provided.
Office Support	At your service 9:00am – 6:00pm EST, Monday – Friday. 800-730-4771
Detailed Information	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

DATES & PRICING

Acadia National Park Self-Guided Dates	Per Person DBL Occupancy*	Single Room Supplement
May	\$1595/\$1695	\$795.00
June & September	\$1795/\$1995	\$795.00
July & August	\$1895/\$2095	\$795.00

*Pricing is based on availability of Sojourn's contracted room types and a Sunday start. Alternative room types (Ocean View/Non-Ocean View) or Friday and Saturday night stays may result in pricing increase.

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