The Maine Bicycle tours are published by the Maine Department of Transportation (MaineDOT) 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 MaineDOT 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 inexperienced riders. Bicyclists assume the risk for their own safety at all times when traveling on the indicated roads. The routes have been selected by experienced bicyclists as scenic routes and inclusion of a tour in the book does not indicate that the roads are in good condition or currently or ever will have paved shoulders.

Although 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. MaineDOT assumes no liability for personal injury or property damage suffered by bicyclists.

Mileage readings may vary. We recommend you carry a detailed map of the area with you.

NOTE: No bicycles are allowed on the Interstate-95 Highway system.

**Legend:**
- URBAN AREAS
- INTERSECTION MILEAGE
- PARK/OPEN SPACE
- OFF ROAD TRAIL
- HOSPITAL
- POINT OF INTEREST
- DIRECTION OF TRAVEL
- AIRPORT
- PICNIC AREA
- CAMPGROUND

MAINE HIGHLANDS REGION

Tour 18 Sebasticook Valley