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 guarantees 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. 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.

At the date of publication, the actual conditions ridden in some tours and the Department in no way warrants its accuracy. MaineDOT 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.

This map prepared by MaineDOT, Office of Communication, Mapping & Graphic Arts Section

Legend:
- URBAN AREAS
- INTERSECTION MILEAGE
- PARK/OPEN SPACE
- HOSPITAL
- POINT OF INTEREST
- DIRECTION OF TRAVEL
- AIRPORT
- PICNIC AREA
- CAMPGROUND
- OTHER SYMBOLS/GRAPHICS MAY BE USED AT TIMES

12-MILE RIDE
42-MILE RIDE
30-MILE RIDE
START
FINISH
START
FINISH
12-mile: Gentle terrain for almost all cyclists
30- and 42-mile: Moderate terrain, hilly, for intermediate cyclists

NOTE: No bicycles are allowed on the Interstate-95 or -295 Highway system

Tour 21 Capital Area
KENNEBEC & MOOSE RIVER VALLEY REGION
12-MILE RIDE
42-MILE RIDE
30-MILE RIDE
NOTE: No bicycles are allowed on the Interstate-95 or -295 Highway system

Tour 21 Capital Area
KENNEBEC & MOOSE RIVER VALLEY REGION
12-MILE RIDE
42-MILE RIDE
30-MILE RIDE
NOTE: No bicycles are allowed on the Interstate-95 or -295 Highway system

Tour 21 Capital Area
KENNEBEC & MOOSE RIVER VALLEY REGION
12-MILE RIDE
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30-MILE RIDE
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