There are many hiking opportunities throughout the White Mountain National Forest. Be sure to get an area map if you are considering hiking in this area.

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/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.

Although the MaineDOT has made a reasonable effort to ensure that the information provided in this year's correct as of the date of publication, the actual construction ridden enclosures may vary, 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.

Legend:
- URBAN AREAS
- 21.6 = INTERSECTION MILEAGE
- INCURSION SPACE
- OFF-Road TRAIL
- HOSPITAL
- POINT OF INTEREST
- DIRECTION OF TRAVEL
- AIRPORT
- PICNIC AREA
- CAMPGROUND

Other Symbols/Graphics May Be Used At Times

MaineDOT's maps are intended for use with these guidelines.

This Map Prepared by MaineDOT, Office of Communications, Mapping & Graphic Arts Section.