16-mile: Gentle terrain, some hills, for almost all cyclists
21- and two 29-mile: Moderate terrain, hilly, for intermediate cyclists

Called by some “the middle of nowhere,” the town of Unity is really in the middle of everywhere—located centrally to Waterville, Bangor, Belfast, and Augusta! Home to numerous working farms and Unity College, Unity is proud of its rich agricultural heritage. Unity is home to the Unity Centre for the Performing Arts where artists and performers come from all over the world. The natural environment can be further explored by canoe/kayak on Unity Pond, at Carlton Pond Waterfowl Production Area, part of Sunkhaze Meadow Wildlife Refuge, and at Carlton Bog. By foot, the local CommUnity Trail System offers scenic hikes throughout Unity and the Unity College campus.

All rides go around Unity Pond (actually a 2,528-acre lake), which is set in the midst of rolling farm country. Much of the lake is surrounded by marshes. Unity Pond is the largest lake in Waldo County, and though popular with local anglers, it is never crowded.

Each ride goes through lovely farm country—llamas, goats, sheep, and beautiful barns—the countryside in the Unity area is incredibly beautiful. Cycling is especially popular during the Common Ground Country Fair in September, when nonmotorized transportation to the Fair is encouraged. See www.mofga.org for dates and times.

Special features:
- Beautiful farms, farmland, Unity village, Maine Organic Farmers and Gardeners Association (MOFGA) fairgrounds, Unity Pond, Unity College, Unity wetlands

Road conditions:
- Fair to good; some broken pavement
- Short distances on gravel roads

Cautions:
- There may be heavy trucks on ME 9/US 202.
- Some roads have no shoulders.

Starting Point: All rides start at Field of Dreams parking lot in Unity on ME 9/US 202, about a half mile east of Unity center.

See p. 11 for accommodation information and events in the area.