



27-mile: Gentle terrain, some hills, for almost all cyclists
44- and 63-mile: Moderate terrain, hilly, for intermediate cyclists
83-mile: Challenging terrain for experienced cyclists

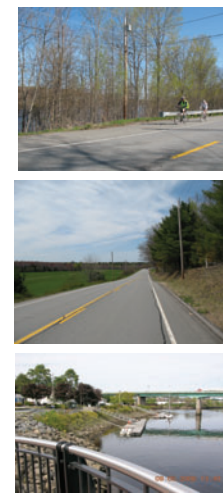
This is a part of Maine where lumber was once king. Every town and village along the route is replete with reminders of that heritage. The Leonard's Mills Museum in Bradley, a reconstruction of a 19th-century sawmill, should not be missed. In addition, there are numerous opportunities for wildlife viewing along the way. The Bangor Historical Society publishes a guide for an architectural walking tour of the historic buildings in downtown Bangor.

The 27-mile loop goes from Bangor to Old Town, up one side of the Penobscot River and down the other. This loop also includes the bike path through the University of Maine at Orono campus. The 44- and 63-mile loops continue from Old Town and circle west of Pushaw Lake through woods and farmlands. The 83-mile ride follows the Penobscot River from Bangor to Howland, before swinging west through woods and farmlands, and finally south through the agricultural fields of western Penobscot County. Old dams, mills, and farms dot the countryside, and there are many other points of interest.

Starting Point: Pickering Square Parking Garage on Broad Street in downtown Bangor

CUE SHEET LEGEND	
R	RIGHT TURN
L	LEFT TURN
S	CONTINUE STRAIGHT
BR	BEAR RIGHT
BL	BEAR LEFT
QR	QUICK RIGHT
QL	QUICK LEFT

At	Go	Onto	For	Travel Information
27-mile ride				
River Loop				
0.0	L	Broad St	0.0	To traffic light
0.0	L	Washington St	0.2	To second set of traffic lights
0.2	R	Penobscot Bridge (Bangor-Brewer Bridge)	0.3	To second set of traffic lights in Brewer. Caution: Heavy traffic. Move to left lane after crossing bridge.
0.5	L	ME 9/178 (Main St)	4.0	Grocery store on this section
4.5	L	ME 178	9.0	Campground and ice cream store on this section
Optional Side Trip				
<i>Turn right and go 1.25 mi on Government Rd to Leonard's Mills Living History Site (a re-created 1790s logging community).</i>				
13.5	L	US 2	0.4	To Old Town
13.9	S	Center St (US 2A)	0.1	
14.0	L	South Brunswick St	0.2	
14.2	R	Perkins Ave	0.4	
14.6	S	University of Maine Bike Path	0.8	Cross Pinkham Rd in 0.5 mi
15.4	L	Bike Path	0.5	
15.9	L	Bike Path	0.9	
16.8	L	Hilltop Rd	0.4	Campus Recreation & Fitness Center on left
17.2	S	Rangeley Rd	0.8	
18.0	R	US 2	0.8	To downtown Orono. Services available including bicycle repair
18.8	S	Continue on US 2	7.8	
26.6	L	Central St (Follow flow of traffic)	0.2	Move to center lane on approach to next set of traffic lights
26.8	L	West Market St	0.1	Pass first set of lights, turn immediately left at second set of lights
26.9	BR	West Market St/Broad St	0.0	Parking garage on left
26.9	L	Pickering Square Garage		End of Ride
44-mile ride				
Pushaw Loop				
<i>Continues from mile 13.5 above</i>				
13.5	L	US 2	0.4	To Old Town
13.9	R	Water St	0.1	Right at traffic light at end of bridge
14.0	R	Main St	0.6	Riverfront park, picnic area, restrooms
14.6	BL	ME 43 (Gilman Falls Ave)	13.4	To Hudson. Convenience store
28.0	L	ME 221	4.5	
32.5	BL	Pushaw Rd	7.1	Pushaw Rd is first paved road on left. No shoulder.
39.6	L	ME 15	0.3	At stop sign
39.9	R	Kenduskeag Ave	2.4	Stay on Kenduskeag Ave, go straight at intersection of Griffin Rd/Kenduskeag Ave.
42.3	BR	Valley Ave	1.1	
43.4	BL	Harlow St	0.3	At yield sign. Go past Federal Building and Bangor Public Library to second set of traffic lights in front of Bangor City Hall.
43.7	R	Central St (Follow flow of traffic)	0.2	Move to center lane on approach to next set of traffic lights



Special features: Views of Penobscot River; walking tour of historic Bangor; Leonard's Mills Museum in Bradley; wildlife viewing; University of Maine campus at Orono

Road conditions: Generally fair to good with rough sections; heavy traffic in Bangor and Brewer

Cautions: There is a considerable distance between services in the middle section of these loops, so be prepared with your own supplies.

Starting point: All rides originate from Pickering Square Parking Garage on Broad Street in downtown Bangor. From I-95, take exit 182 to I-395. Take Exit 3 to US 1A (Main Street), north. Follow signs to parking garage. Rates are reasonable, and 24-hour parking is permitted.

See p. 10 for accommodation information and events in the area.

At	Go	Onto	For	Travel Information
43.9	L	West Market St	0.1	Pass first set of lights, turn immediately left at second set of lights
44.0	BR	West Market St/Broad St	0.0	Parking garage on left
44.0	L	Pickering Square Garage		End of Ride
63-mile ride				
Howland—Lagrange Loop				
<i>Continues from mile 14.6 in 44-mile ride</i>				
14.6	BL	ME 43 (Gilman Falls Ave)	2.4	Convenience store
17.0	R	ME 16	14.8	No shoulder into Lagrange
31.8	L	ME 155	9.4	To Bradford, stay on ME 155, turns sharply left at Storers Corner. ME 155 turns sharply right in Bradford Center at town hall.
41.2	L	ME 221	10.0	Flashing red light and stop sign at ME 221. Convenience store.
51.2	BL	Pushaw Rd	7.1	Pushaw Rd is first paved road on left. No shoulder.
58.3	L	ME 15	0.3	At stop sign
58.6	R	Kenduskeag Ave	2.4	Stay on Kenduskeag Ave, go straight at intersection of Griffin Rd/Kenduskeag Ave.
61.0	BR	Valley Ave	1.1	
62.1	BL	Harlow St	0.3	At yield sign. Go past Federal Building and Bangor Public Library to second set of traffic lights in front of Bangor City Hall.
62.4	R	Central St (Follow flow of traffic)	0.1	Move to center lane on approach to next set of traffic lights
62.5	L	West Market St	0.2	Pass first set of lights, turn immediately left at second set of lights
62.7	BR	West Market St/Broad St	0.0	Parking garage on left
62.7	L	Pickering Square Garage		End of Ride
83-mile ride				
River, Woods, and Farm Loop				
<i>Continues from mile 17.0 above</i>				
17.0	R	ME 16	2.3	No shoulder
19.3	R	ME 116	21.0	Rough road, no shoulder
40.3	L	ME 6/155 (County Rd)	11.5	At stop sign. Town of Howland, supplies available at several stores. These are the last stores until you reach Lagrange, which has a convenience store.
51.8	S	ME 155	9.4	To Bradford, stay on ME 155, turns sharply left at Storers Corner. ME 155 turns sharply right in Bradford Center at town hall.
61.2	L	ME 221	10.0	Flashing red light and stop sign at ME 221. Convenience store
71.2	BL	Pushaw Rd	7.1	Pushaw Rd is first paved road on left. No shoulder.
78.3	L	ME 15	0.3	At stop sign
78.6	R	Kenduskeag Ave	2.4	Stay on Kenduskeag Ave, go straight at intersection of Griffin Rd/Kenduskeag Ave.
81.0	BR	Valley Ave	1.1	
82.1	BL	Harlow St	0.3	At yield sign. Go past Federal Building and Bangor Public Library to second set of traffic lights in front of Bangor City Hall.
82.4	R	Central St (Follow flow of traffic)	0.1	Move to center lane on approach to next set of traffic lights
82.5	L	West Market St	0.2	Pass first set of lights, turn immediately left at second set of lights
82.7	BR	West Market St/Broad St	0.0	Parking garage on left
82.7	L	Pickering Square Garage		End of Ride