

HeartCycle Bicycle Touring Club Acadia: Rocky Coastal Maine

- Dates:** Orientation meeting Monday, September 8, 2025. Riding Tuesday, September 9 – Monday, September 15, with departure on Tuesday, September 16 (lodging last night included).
- Leaders:** Patty Menz and John Penick; **SAGs:** Mayoma Pendergast and Kathleen Schindler
- Miles:** 238 road miles with up to 15,000 feet of elevation gain; plus, up to 35 miles on carriage paths
- Rating:** Intermediate; see mileage and elevation stats below
- Riders:** 26
- Price:** \$2,700 (double occupancy). \$650 due at registration. Balance due by June 10, 2025. Single supplement \$4,050.
- Cancellation:** [Standard cancellation policy](#)

Travel insurance is strongly recommended.

OVERVIEW

Pine forests, rocky cliffs, quaint fishing villages, and fresh tasty lobster await you on this new HeartCycle tour in Acadia National Park, Maine. The tour will include five days of road riding, a day cycling on the carriage paths in the park, and a day off to explore the many activities the area has to offer.

Acadia National Park is located on Mount Desert Island, the largest island off the coast of Maine. Home to Cadillac Mountain, this is the earliest place to see the sunrise in the United States.



The tour will be fixed-base in Bar Harbor, with an 8-night stay at the Bar Harbor Villager Motel, a modest hotel with a perfect location. Breakfast is included with your stay. Dozens of restaurants, many bars, and breweries as well as shops are within a mile of the hotel. A beautiful oceanside path from the center of town to the motel is a must when walking to town.



Weather on Mount Desert Island in September is perfect for cycling. Highs during the day range from 60 to 70 degrees. Nights are mostly 50 degrees but can dip into the 40s. Occasional rain is possible, so packing raingear is always a good idea.

Because Acadia National Park is popular—even after Labor Day—we can expect traffic. The speed limit on park roads is 35 mph, but extra caution is important while cycling in this area.

Detailed route maps, cue sheets, and GPS files will be provided to all tour participants.

ITINERARY

Monday, September 8, 2025

Evening orientation meeting at the Bar Harbor Villager Motel, Bar Harbor, ME.

Tuesday, September 9 – Monday, September 15

Leaders will decide which of the following rides to do each of the six ride days and which day to take a rest based on weather and road conditions.

Bar Harbor and the Northern Region—*59.4 miles, 3141 feet of elevation gain*

We will explore the area north of Mount Desert Island and visit two remote beaches: Lamoine Beach and Marlboro Beach. Marlboro Beach has a nice view of Acadia Park.

Swan's Island Adventure—*55 miles, 3505 feet of elevation gain (mileage includes ride to ferry)*

Today, we will ferry to a remote island with a population of 355 (in 2020) whose main industry is lobster fishing. Beautiful scenic seaside views, a visit to Burnt Coast Lighthouse, and lunch on a quiet beach cove are some highlights of this adventure.

Bass Harbor—*50 miles, 3016 feet of elevation gain*

We will journey to the west coast of Mount Desert Island with some picturesque views of Jordan Pond and Eagle Lake. Our SAG stop will be in Acadia National Park at Seawall. Visit the popularly photographed cliffside Bass Harbor Lighthouse.



Schoodic Peninsula and Winter Harbor—*37 miles, 2053 feet of elevation gain*

We will ferry to the east to see another part of Acadia National Park rarely visited by most tourists. You will want to take many photos of this spectacular rocky coast. Electric bikes are not allowed on this ferry, but our support vehicles will accommodate as many as possible.

Acadia Park Loop—*28 miles and 2085 feet of elevation gain, or 36 miles and 3215 feet of elevation gain with Cadillac Climb*

A low mileage day is planned with plenty of time to enjoy the spectacular views and points of interest in the park. Don't miss Sand Beach, Thunder Hole, Otter Cliffs, and Bubble Pond. For our climbers, there will be an **optional** loop to climb

to the summit of Cadillac Mountain, the highest point in the park. The 3.4-mile, 970-ft ascent with grades averaging 5.4% will be a challenge to the hearty cyclist.

Carriage Paths—*up to 35 miles with varied elevations*

“You can’t come to Acadia without biking on the carriage paths,” advised many of the locals. These areas are not served by roads and are some of the prettiest in the park. A local shop (0.3 mile from the hotel) will provide you with a hybrid bike suitable for these trails, a map of the area, and support, if needed, to spend a day exploring the interior portions of Acadia. The SAGs will provide a bag lunch for you to carry. Check out YouTube videos of biking on the carriage paths in Acadia to see what this experience will entail.

We have an agreement with Acadia Bike to provide hybrid rental bikes suitable for the carriage paths. The cost is included in your tour fee. If you wish to have an e-bike for the paths, they are available, but you will be responsible for the additional cost. Category I electric bikes are the only type of electric bike allowed on the carriage paths. Further information will be provided to tour registrants.



Day-off Activities

There is so much to do! A free shuttle travels to all areas of the park. You can revisit any area, arrange a sunrise visit to Cadillac Mountain, do some hiking, take a tour of the park, whale watch, kayak (talk to Glen at Acadia Bike), visit a local museum, browse through town, or sit and relax at one of the many breweries.

SPECIAL NOTES:

A local Bar Harbor villager will give us a talk on lobstering.

Group dinner/pizza party will be at the hotel with a chance to mingle with all the participants. The motel has a heated outdoor pool. A laundromat is 0.2 miles from the hotel.

Getting to Bar Harbor

Bar Harbor has an airport with flights to and from Boston; however, flights can be pricey. Portland, ME, has direct flights from many cities, including Denver. Vehicles may be rented at the Portland airport for the 3-hour drive to Bar Harbor. Another suggestion is to fly to Bangor, ME, which is about 1 hour and 15 minutes from Bar Harbor. Two companies have shuttles from the airport to Bar Harbor. Contact them to arrange transportation—Bangor Bar Harbor Express and Bar Harbor Express.

Bikes

High-quality rental bikes are very limited in Bar Harbor. *Bar Harbor Bicycle Shop*, 207-288-3886, has some carbon-fiber Trek and Specialized bikes. Reserve as soon as possible. This shop is also a provider for *Bike Flights* and will accept, assemble/repack, and store your bike box for a fee. Contact them directly to discuss options.

The hotel does not have room to store bike boxes during our trip nor will it accept bike shipments. If you're shipping your bike, ship it to the *Bar Harbor Bicycle Shop*.

For more information contact:

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