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TOUR ITINERARY

RIDING LEVEL 2

United States / Maine

Maine Bike Tour

Camden and Penobscot Bay: Summer on New England's Islands

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TOUR HIGHLIGHTS

- Bike three of Maine's coastal islands, offering quiet roads and a relaxed lifestyle away from the mainland
- Experience the simple thrills of a New England summer, swimming in lakes, ponds, quarries, and even the Atlantic Ocean
- Share a lobster bake with the locals and sample sun-warmed blueberries at a farm in the St. George River Valley
- Cruise the pristine waters surrounding North Haven with our friends, Conner and Oakley, two local fishermen









ARRIVAL + DEPARTURE

Arrival Details

- **Airport City**: Portland, Maine
- **Pick-Up Location**: The Press Hotel, Portland or 16 Bay View
- **Pick-Up Time**: 9:00 am at the Press Hotel or 11:00 am at 16 Bay View

Departure Details

- **Airport City**: Portland, Maine
- **Drop-Off Location**: The Press Hotel or Portland Airport
- **Drop-Off Time**: 11:30 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or **emergency@duvine.com**.

Travelers Take Note

Ferry and boat rides rely on daily sailing conditions, so weather may dictate itinerary changes or activity cancellations.

The variety of accommodations on Maine's islands is limited. Some hotels on this tour are therefore simpler than typical DuVine accommodations, but were chosen for their unique location and island proximity. Please note that there are very few rooms available with two beds. Additionally, we are unable to offer triple occupancy on this tour.

TOUR ITINERARY

Tour By Day

DAY 1 Island Life in Isleboro

Meet your guides in Portland and transfer up the coast to Lincolnville where we'll catch the ferry to the island of Isleboro. With just 560 permanent residents, Islesboro has long been a summer retreat for artists, actors, and writers. After a bike fitting and safety briefing, we'll set out on our first ride, pedaling past rocky coves and secluded beaches to the island's northernmost point. No visit to the islands is complete without a lobster roll—perhaps Maine's most emblematic meal. Back on the mainland, we'll make a quick coffee stop on our way to the top of Mount Battie, the best place for pristine views of Camden Harbor. End the day at our postcard-perfect hotel overlooking Penobscot Bay. This evening we'll regather and head to dinner at our favorite local restaurant.

Meals: Lunch / Dinner
Destinations: Camden, Isleboro
Accomplished: 24 miles / 38 km, elevation gain: 1,148 feet / 350 meters
Accommodations: **16 Bay View**

DAY 2 Lavender and Blueberries

This morning we'll pedal out of Camden into the scenic St. George River Valley. Our farm country route is lined with lakes, forests, and spacious meadows, and we'll stop at a lavender farm where this fragrant herb flowers throughout the summer. Continue riding to a blueberry farm where we'll have a lunch featuring hand-picked ingredients and fresh lobster. After, choose to ride back to Camden or opt for a lift in the van. Tonight, we invite you to explore the local restaurant scene for dinner on your own; your guides are happy to make recommendations and reservations.

Meals: Breakfast / Lunch
Destinations: Hope, Appleton, Union
Accomplished: 27 miles / 43 km, elevation gain: 2,139 feet / 652 meters
Shorter Option: 18 miles / 29 km, elevation gain: 1,210 feet / 369 meters
Accommodations: **16 Bay View**

TOUR ITINERARY

DAY 3

Spruce Head

Today begins with a short transfer to the quaint town of Rockland where our ride begins. Heading south, we'll cruise along the craggy Maine coastline, breathing in the salty sea air and enjoying sweeping views of Penobscot Bay. Pause at Birch Point Beach State Park, where a short path through the forest reveals rocky headlands with panoramic vistas of the bay and surrounding islands. From there, continue cycling to Spruce Head Island for lunch at one of Maine's most beloved lobster shacks—a laid-back spot that feels like it's at the end of the Earth. Afterward, opt to bike back or linger a while for a dip in the sea before hopping into the van. Back in Rockland, we'll board the ferry to North Haven. Picturesque and pastoral with a deep sense of place, this charming island may be mid-coast Maine's best-kept secret. Check into our next hotel, a rambling Victorian in the heart of town. Settle in and enjoy a glass of wine on the porch before gathering for a hyper-local meal at the Lodge's inviting restaurant.

Meals: Breakfast / Lunch / Dinner
Destinations: Rockland, Owl's Head, Spruce Head Island
Accomplished: 37 miles / 59 km, elevation gain: 1,814 feet / 552 meters
Shorter Option: 20 miles / 32 km, elevation gain: 952 feet / 290 meters
Accommodations: **Nebo Lodge**

DAY 4

North Haven

After a hearty New England breakfast, we'll set off on a ride spanning the entire length of the island, with stunning views across Penobscot Bay unfolding along the way. A visit to the local historical society offers a window into the island's agricultural heritage and maritime traditions. From there, continue cycling. working up an appetite for lunch on a picturesque organic farm. Afterward, we'll join our friends Conner and Oakley aboard their boat for a jaunt around the surrounding islands. Both local fishermen, the two will share their commitment to regenerative practices and explain how the movement could help shape a more sustainable future for the island's farms and fisheries. This evening, we'll raise a glass to our adventures together before a festive final dinner with the locals.

Meals: Breakfast / Lunch / Dinner
Destinations: North Haven
Accomplished: 23 miles / 37 km, elevation gain: 1,246 feet / 380 meters
Shorter Option: 13 miles / 21 km, elevation gain: 702 feet / 214 meters
Accommodations: **Nebo Lodge**

DAY 5

Back to Portland

Catch a boat back to the mainland as we say goodbye to North Haven. Your guides will see you off for the drive home or transfer you down the coast to Portland before you head to your next destination.

Meals: Breakfast
Destinations: Rockland, Portland
