12-mile: Gentle terrain, some hills, for almost all cyclists

This ride is designed as a short urban loop to show off the highlights of

Bangor-Maine's third largest city. The tour is entirely on city streets, and riders must be skilled in navigating through traffic. Be sure to take time to stop and see the points of interest along the way.

Special features:	Views of Penobscot River; historic homes, schools, famous Paul Bunyan statue, standpipe, museums, musical events
Caution:	Use caution in urban traffic, particularly at intersections. Some roads have no shoulders.

**Starting point:** Ride originates from the public parking lot at One Cumberland Place, located on the left-hand side of Cumberland Street as you travel north 0.1 mi from Harlow Street in downtown Bangor near the Federal Building (Post Office).

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



MAINE HIGHLANDS REGION

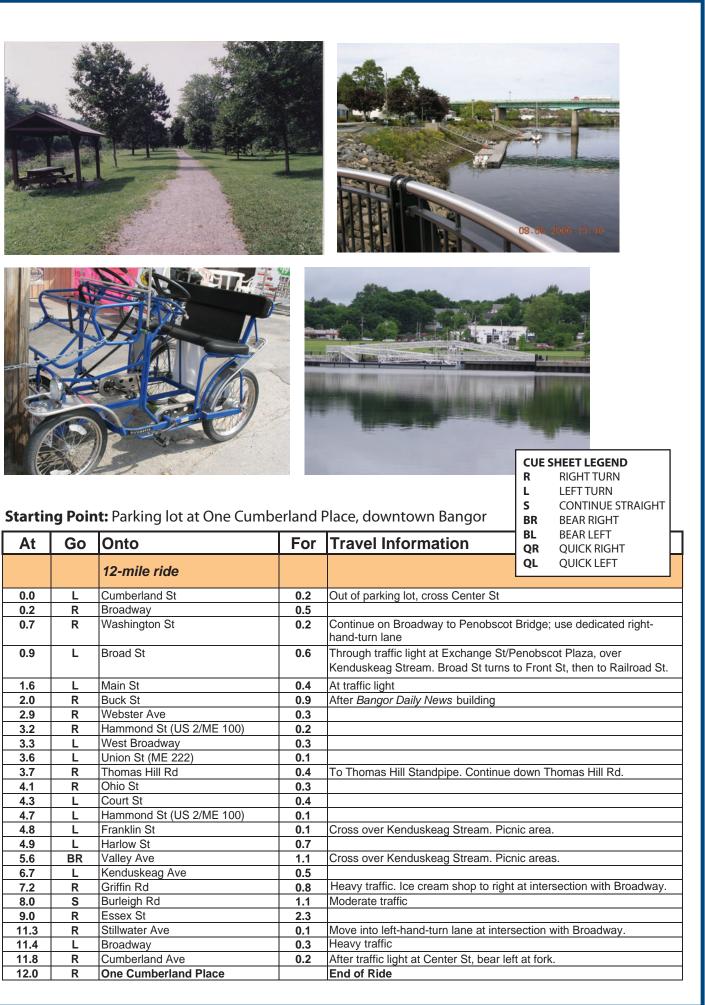
**Tour 16 Around Bangor** 













At	Go	Onto	For	Tr
		12-mile ride		
0.0	L	Cumberland St	0.2	Out
0.2	R	Broadway	0.5	
0.7	R	Washington St	0.2	Co har
0.9	L	Broad St	0.6	Thr Ker
1.6	L	Main St	0.4	At t
2.0	R	Buck St	0.9	Afte
2.9	R	Webster Ave	0.3	
3.2	R	Hammond St (US 2/ME 100)	0.2	
3.3	L	West Broadway	0.3	
3.6	L	Union St (ME 222)	0.1	
3.7	R	Thomas Hill Rd	0.4	То
4.1	R	Ohio St	0.3	
4.3	L	Court St	0.4	
4.7	L	Hammond St (US 2/ME 100)	0.1	
4.8	L	Franklin St	0.1	Cro
4.9	L	Harlow St	0.7	
5.6	BR	Valley Ave	1.1	Cro
6.7	L	Kenduskeag Ave	0.5	
7.2	R	Griffin Rd	0.8	He
8.0	S	Burleigh Rd	1.1	Mo
9.0	R	Essex St	2.3	
11.3	R	Stillwater Ave	0.1	Mo
11.4	L	Broadway	0.3	Hea
11.8	R	Cumberland Ave	0.2	Afte
12.0	R	One Cumberland Place		En