



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.



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

Starting Point: Parking lot at One Cumberland Place, downtown Bangor

At	Go	Onto	For	Travel Information
12-mile ride				
0.0	L	Cumberland St	0.2	Out of parking lot, cross Center St
0.2	R	Broadway	0.5	
0.7	R	Washington St	0.2	Continue on Broadway to Penobscot Bridge; use dedicated right-hand-turn lane
0.9	L	Broad St	0.6	Through traffic light at Exchange St/Penobscot Plaza, over Kenduskeag Stream. Broad St turns to Front St, then to Railroad St.
1.6	L	Main St	0.4	At traffic light
2.0	R	Buck St	0.9	After <i>Bangor Daily News</i> building
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	To Thomas Hill Standpipe. Continue down Thomas Hill Rd.
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	Cross over Kenduskeag Stream. Picnic area.
4.9	L	Harlow St	0.7	
5.6	BR	Valley Ave	1.1	Cross over Kenduskeag Stream. Picnic areas.
6.7	L	Kenduskeag Ave	0.5	
7.2	R	Griffin Rd	0.8	Heavy traffic. Ice cream shop to right at intersection with Broadway.
8.0	S	Burleigh Rd	1.1	Moderate traffic
9.0	R	Essex St	2.3	
11.3	R	Stillwater Ave	0.1	Move into left-hand-turn lane at intersection with Broadway.
11.4	L	Broadway	0.3	Heavy traffic
11.8	R	Cumberland Ave	0.2	After traffic light at Center St, bear left at fork.
12.0	R	One Cumberland Place		End of Ride

