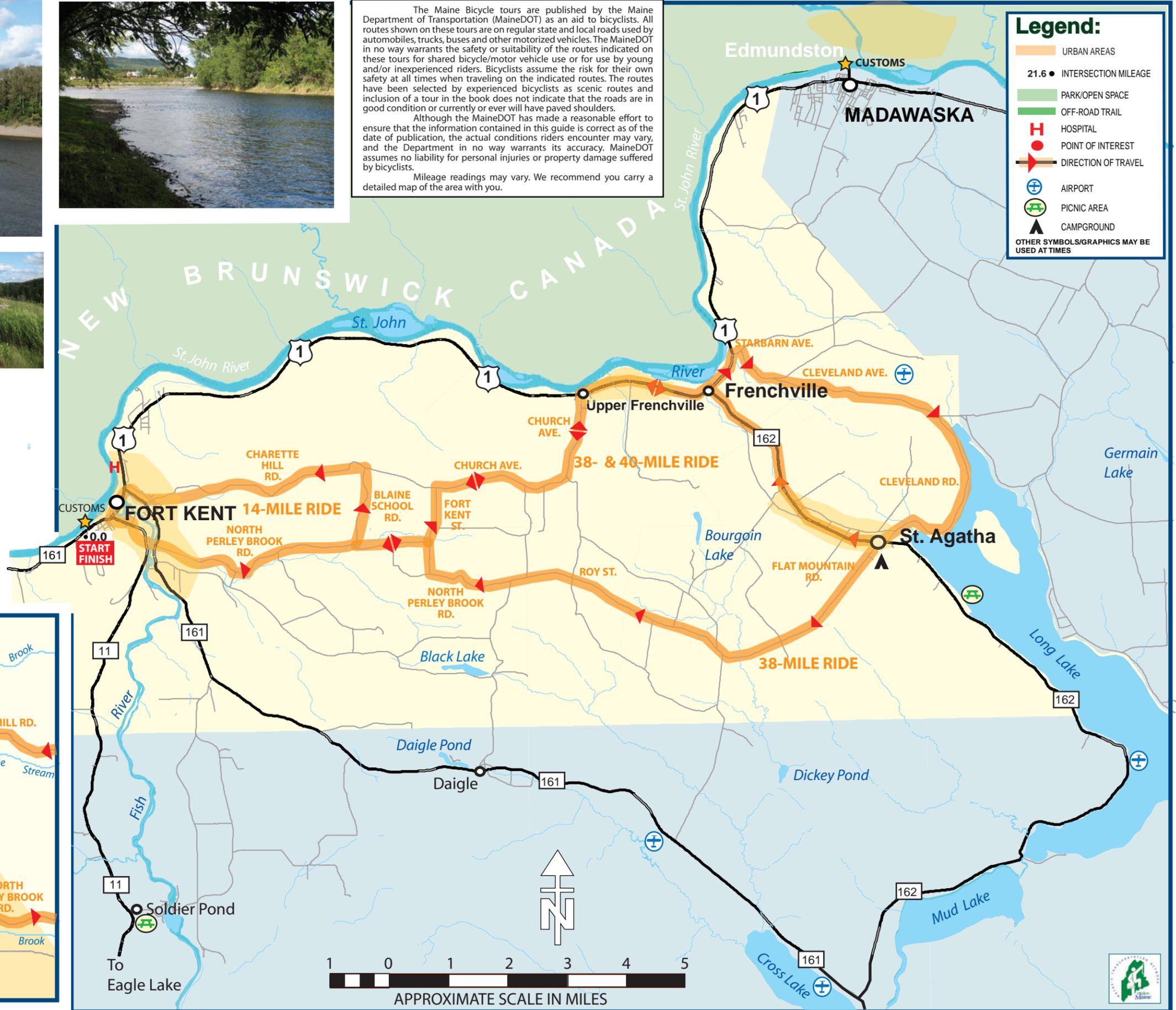




The Maine Bicycle tours are published by the Maine Department of Transportation (MaineDOT) as an aid to bicyclists. All routes shown on these tours are on regular state and local roads used by automobiles, trucks, buses and other motorized vehicles. The MaineDOT in no way warrants the safety or suitability of the routes indicated on these tours for shared bicycle/motor vehicle use or for use by young and/or inexperienced riders. Bicyclists assume the risk for their own safety at all times when traveling on the indicated routes. The routes have been selected by experienced bicyclists as scenic routes and inclusion of a tour in the book does not indicate that the roads are in good condition or currently or ever will have paved shoulders.

Although the MaineDOT has made a reasonable effort to ensure that the information contained in this guide is correct as of the date of publication, the actual conditions riders encounter may vary, and the Department in no way warrants its accuracy. MaineDOT assumes no liability for personal injuries or property damage suffered by bicyclists.

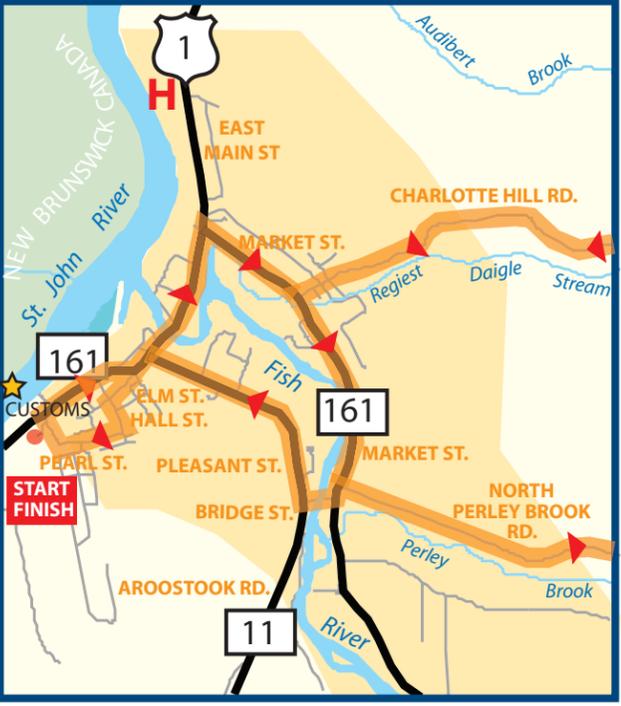
Mileage readings may vary. We recommend you carry a detailed map of the area with you.



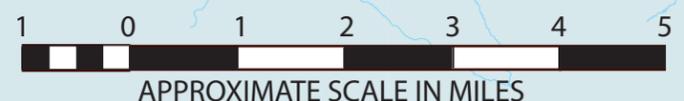
**Legend:**

- URBAN AREAS
- 21.6 • INTERSECTION MILEAGE
- PARK/OPEN SPACE
- OFF-ROAD TRAIL
- HOSPITAL
- POINT OF INTEREST
- DIRECTION OF TRAVEL
- + AIRPORT
- P PICNIC AREA
- ▲ CAMPGROUND

OTHER SYMBOLS/GRAPHICS MAY BE USED AT TIMES



**FORT KENT**



This Map Prepared by MaineDOT, Office of Communications, Mapping & Graphic Arts Section

AROOSTOOK COUNTY REGION  
**Tour 4 St. John Valley**  
 14-mile: Moderate terrain, hilly, for intermediate cyclists  
 38- and 40-mile: Challenging terrain for experienced cyclists