

A photograph of three cyclists riding on a paved path. The cyclist in the foreground is a woman wearing a red jacket, blue jeans, and a white helmet, smiling. Behind her are two other cyclists, one in a blue jacket and one in a light blue jacket, both wearing helmets. The path is surrounded by green bushes and a body of water in the background. A yellow rectangular border is overlaid on the image, containing the text 'SUMMER FEET CYCLING' in white, bold, uppercase letters.

SUMMER FEET CYCLING

Coastal Maine: A Cyclists Guide



WELCOME TO AN ENCHANTING JOURNEY ALONG COASTAL NEW ENGLAND

Set off on an exploration that blends the thrill and physical enjoyment of cycling with the scenic beauty and culinary heritage of Coastal New England.

This guide is your passport to discovering the majestic landscapes, historical landmarks, and gastronomic wonders that line the coast of one of America's most picturesque regions.

With more than two decades of experience, [Summer Feet Cycling](#) proudly leads cyclists of all skill levels through Maine's matchless trails and beyond, promising adventure and the revitalizing effects of nature every time.





CYCLING MAINE



**WITH OVER 3000 MILES OF
COASTLINE THE CYCLING
POSSIBILITIES ARE LIMITLESS**

The Park Loop Road

One of the most scenic rides in Maine, The Park Loop Road, follows the contours of the coast and offers stunning ocean views around every corner.

One of the beautiful features of the loop road is that a solid 11 miles of it consists of two lanes of one-way traffic. However, we suggest you ride on this road in the morning to enjoy it with fewer cars. Towards the end of the loop, you can climb up Cadillac Mountain, a 3.5-mile climb. The grade is most gentle in the 6-8% range. Please note that you must pay an entrance fee to enter the park, so make sure you have cash or a card.



ACADIA NATIONAL PARK

ACADIA'S CARRIAGE ROADS

Forty-five miles of Carriage Roads are open to cyclists in Acadia National Park. John Rockefeller conceived, financed, and built the Carriage Roads "To help people enjoy the park's interior of the park free from the noise and pollution of the automobile."

Rockefeller was heavily invested in the project. He knew all the workers on a first-name basis. He was personally involved in designing the sixteen bridges on the Carriage Roads, insisting that each be architecturally unique to blend in with the landscape.

The beauty of the Carriage Roads is that they are only open to bikes, pedestrians, and even horses in some areas. Cyclists must yield the right of way to pedestrians and horses. Class 1 e-bikes are permitted on the Carriage Roads, but classes 2 and 3 are not.



THE SCHOODIC PENINSULA

The Schoodic Peninsula lies north of Mount Desert Island and is reached by car or seasonal ferry service. The ferry between Bar Harbor and Winter Harbor is privately run and does not transport e-bikes. If you drive, you can park at the visitors center at the Schoodic Point Campground. The ride within the park is relatively short, nine miles from the visitor's center to the junction with 186. Like Park Loop Road, a good portion of Schoodic is two lanes of one-way traffic.

A small section of the park called "carriage roads" in the peninsula's interior is rough and not very scenic. To make a day out of our trip to Schoodic, we cycle through the town of Winter Harbor and around the charming Grindstone Neck, as well as cycling to the fishing village of Corea and stopping for food at Lunch on the Warf, where you can enjoy great views of a classic Maine Lobstering community.



The Quiet Side of Acadia

Bar Harbor is the gateway to Acadia National Park, but on the other side of Mount Desert Island, the towns of North East Harbor and South West Harbor are called the quiet side. There is some pleasant cycling here, especially the stretch from South West Harbor to the Bass Harbor Light.

[\(If you'd like a guided tour in Acadia National Park, consider booking our Maine's Gold Coast Tour.\)](#)



SOUTHERN MAINE

The Eastern Trail

The Eastern Trail spans about 65 miles of Maine's landscapes, from South Portland to Kittery, and is part of the larger East Coast Greenway. It offers a picturesque journey through marshlands, woodlands, and coastal towns and opportunities to relish the local seafood. The trail is a combination of dedicated bike lanes and signed-on road riding. The long-term vision is to have a continuous multi-use path.

The Islands of Casco Bay and Southern Maine

The Southern Maine beaches are among the best locations for cycling in Maine. Biddeford Pool and Fortunes Rocks Beach offer exciting summer rides, and they can be combined with some quiet country roads to create enjoyable loop rides.

Just off the coast from Portland, some of the Casco Bay islands offer the opportunity to combine cycling with scenic ferry rides. The best two islands for cycling are Peaks and Chebeague. Both provide a little cycling but are fun ways to spend a day.

Some of our more popular Maine rides are the [5 Lighthouse Tour](#) and [Casco Bay by Bike and Boat](#).



New England Food

New England has over 6000 miles of picturesque coastline and a rich maritime heritage. The region is renowned for its pristine waters, which yield an abundance of fresh and flavorful seafood. From succulent lobster to tender clams, New England seafood has earned its place in culinary history and continues to captivate the palates of locals and visitors alike.

Lobster: The Jewel of the Sea

"The Jewel of the Sea" is often associated with the iconic lobster, representing New England's maritime heritage. Lobster is more than just a dish; it is a cultural symbol. The sweet and tender meat of the lobster is enjoyed in various forms, ranging from the classic lobster rolls to the decadent lobster bisque. Lobster festivals and seafood shacks along the coastline celebrate this crustacean, making it an integral part of New England's culinary identity.



Haddock and Cod

Haddock and cod are two flaky white fish types considered staples in New England's seafood cuisine. These fish are commonly used to prepare popular dishes like fish and chips, where they are battered and fried or broiled with a lemon butter glaze. Their delicate flavor is highly appreciated and enjoyed by many regional seafood lovers.

Oysters

Oysters thrive in New England's cold, clean waters, making them a sought-after delicacy. These briny bivalves are enjoyed raw on the half shell, enhancing their distinct flavors. Oyster festivals and raw bars along the coastline allow enthusiasts to savor the diverse taste profiles of local oysters.



Conclusion:

New England seafood is a culinary treasure trove, reflecting the region's maritime history and commitment to sustainable fishing practices. From the iconic lobster to the delicate scallops, each dish tells a story of the sea and the communities that depend on its bounty. Whether you're a seafood connoisseur or a casual diner, exploring New England's seafood offerings promises an unforgettable gastronomic experience. The region's commitment to quality and tradition ensures that its seafood will continue to be a source of pride and delight for years.



CONCLUSION

Embarking on Your Coastal New England Adventure

With its unparalleled scenic beauty and gastronomic excellence, Coastal New England invites cyclists into a world where every turn brings a discovery. Whether planning a leisurely weekend ride or a comprehensive week-long tour, you're guaranteed an unforgettable journey in Coastal New England.

Our expert team at Summer Feet is ready to assist you in planning your adventure, combining the thrill of cycling with the pleasures of Coastal New England's landscapes and flavors.

Ready to experience the best of Coastal New England? Reach out to us for an adventure that seamlessly blends the exhilaration of cycling with the best this region offers!

Explore our [Portland, Maine, Day Trips](#) and [Multi-Day Maine Bike Tours](#) for inspiration and ideas. We look forward to welcoming you to New England.



MEET OUR TEAM



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THANK YOU



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