

## Four Island Adventure

### Overview:

This tour is the perfect introduction to the beauty and culture of mid-coast Maine. The region offers cool summer breezes and vistas of blue water dotted with colorful lobster buoys, sailboats, and islands of all shapes and sizes. Pedal on miles of quiet roads on Maine's most exquisite islands and along the beautiful St. George Peninsula. Fabulous biking with lots of Maine activities: kayaking in Camden Harbor, hiking through the "elf forest" and craggy bluffs of Monhegan Island, picnicking on secluded beaches, swimming in rock quarries, and exploring local art galleries. Stay in charming inns and B&B's and enjoy delicious meals including a traditional Maine lobster boil.

Tour Level: Easy – Moderate



## **Itinerary:**

### **Day 1: Arrival in Camden**

Day one of the bike tour we meet for introductions and bike fittings at our hotel. Afterward, we will jump into kayaks to explore the magnificent Camden Harbor. You will stay and dine at the charming Whitehall Inn in Camden.

Lodging: Whitehall Inn

Meals: Dinner

### **Day 2: Rockport-Camden**

Our first day gives us a taste of the sea air and view to the Islands we will shortly be on our way to. We will pass through the beautiful Rockport and Camden harbors, exploring the lovely homes in the area and the beautiful surrounding countryside, while biking on the quiet seaside roads. We continue our ride inland and make a short climb to a magnificent view of the ocean and surrounding countryside.

Lodging: Whitehall Inn

Meals: Breakfast

### **Day 3: Islesboro and Vinalhaven**

Today you will explore some of Maine's most exquisite islands. You will catch the ferry and bike on Islesboro. This lovely, friendly island, 3 miles off Lincolnville Beach, has 600 year-round residents scattered over a terrain of woods, fields and rocky shoreline. The southern tip is the home of some of the most exclusive residences in all of Maine, but the northern three quarters of the island are much more rural. You will see small roads winding along the shore, stately summer homes perched on hills above the bay, coves with lobster boats and spindly piers and peaceful villages with trim white houses. After a picnic on the beach, you will catch the Quicksilver, a converted lobster boat, and cruise to Vinalhaven. You will bike (or van) across this magnificent island and stop along the way for a refreshing swim in one of the beautiful rock quarries. You will stay at the Tidewater Motel overlooking the harbor.

Lodging: Tidewater Motel

Meals: Breakfast, Lunch

### **Day 4: North Haven and Vinalhaven**

Today you will bike on two of Maine's beautiful and interesting islands. North Haven, originally the home of fishing, ship building and sheep farming, has increasingly become a refuge for summer homesteaders and now has a winter population of 350 and a summer population of 2,500 people. Lobster fishing and tourism are the main domestic industries. You will bike around the island and explore the small town of North Haven where you can visit the gallery of one of Maine's most famous contemporary artists, Eric Hopkins. Other highlights include the majestic view of the Camden Hills from the north shore of the island, a short hike up to Ames Knob overlooking the Fox Island Thoroughfare and biking over pleasantly rolling hills to the stone beach at the end of Crabtree Point.

To finish our visit to North Haven, you will have a picnic lunch on a secluded beach. After lunch, you will return in "Brown's Boat" to Vinalhaven, which has some striking differences from its smaller sister island. Because it is rockier, a sheep industry never developed here, and the island is less open and has more tree-cover than North Haven. Historically the home of a major granite industry, it is dotted with secluded, small quarries, which make ideal swimming spots. It is also known as "The Lobster Capital of the World" and an artist colony. You will bike south across the island and can take a dip in one of two rock quarries along the way. You will end this memorable day with a traditional Maine "lobsta" boil on the dock in the harbor:

Lodging: Tidewater Motel

Meals: Breakfast, Lunch, Dinner

#### Day 5: Rockland, Owls Head, Tenants Harbor, Spruce Head and Port Clyde

First thing in the morning, you will catch the ferry to Rockland on the mainland. Rockland was for many years thought of as a blue collar working town, but with the arrival of the Farnsworth Art Museum has become an important cultural center with art galleries everywhere. There are opportunities to visit the Farnsworth Museum and the collections of three generations of Wyeths and the many galleries and shops in Rockland as well as the Puffin and Owls Head Transport Museums. You will then bike around the Owls Head Peninsula stopping at its famous lighthouse and continuing on down quiet roads to the quaint fishing villages of Tenants Harbor and Port Clyde. Along the way, you may wish to stop for lunch on the dock at Millers Lobster Pound where you can watch the lobster men bring in their catch. That night you will stay in a local hotel in the tiny town of Port Clyde - Ocean House Hotel- and dine on fresh seafood.

Lodging: Ocean House Hotel

Meals: Breakfast, Dinner

#### Day 6: Monhegan

First thing in the morning, we catch the mail boat, The Laura B, for an hour's ride to Monhegan Island. Monhegan is an art colony with spectacular hiking through woodlands and along rocky cliffs with the sound of crashing waves along the shore. On the woodland part of the hike, you will see the "elf homes" created by local residents in little nooks and crannies along the way. You may wish to visit the galleries displaying the works of the many island artists. We will wrap up with a wonderful, farewell dinner in Port Clyde.

Lodging: Ocean House Hotel

Meals: Breakfast and Dinner

#### Day 7: Port Clyde, Rockland and Rockport

We will bike through Tenants Harbor, South Thomaston, Rockland and back to Camden. Once in Camden we will wish our new companions farewell. Showers and changing rooms will be available for guest at the end of the tour.

Meals: Breakfast

**Highlights:**

- Bike on quiet, country roads amidst Maine's most picturesque coastal scenery
- Sea kayak among the many coastal islands
- Hike through the "elf forest" and craggy bluffs of Monhegan Island
- Picnic and swim on secluded beaches and rock quarries
- Eat seafood fresh out of the sea and enjoy a classic Maine lobster boil
- Visit some of Maine's most famous coastal art galleries

**Details:**

Terrain: This tour offers primarily gentle, rolling, seashore hills. Considered easy to moderate with places for great photo opportunities.

Weather: The average high temperature at this time of year on the Maine coast is 73° F and the low is 57° F.

Daily Mileage Options: 20-50 miles with longer and shorter options available on all days.

**Accommodation:**

Whitehall Inn: Built in 1894 as a sea captain's home, Whitehall was purchased by a young widow in 1901 and run as a boarding house. Decades of providing clean, comfortable accommodations, friendly service and hearty breakfasts has made the Whitehall Inn a favorite with a wide range of people. It has hosted royalty, politicians, celebrities, and famous athletes in its 110-year history. It was also the set of the original Peyton Place and Stephen King's Thinner.



Tidewater Motel: Built on a bridge separating Carver's Harbor from Carver's Pond on Vinalhaven Island, the Tidewater Motel is just inches shy of being in the water. Guests can enjoy breathtaking views and unforgettable sunsets from their private decks that jut out over the water. At night the ebb and flow of the tides will lull you to sleep, and in the morning you'll wake to the sounds of a working harbor



Ocean House Hotel: Overlooking the harbor in Port Clyde, Maine, the Ocean House Hotel was originally built in the 1830's as a rooming house for local fishermen, seamen and dock workers. The hotel is just a short walk away from the Drift-in Beach and the Marshall Point Lighthouse and Museum. From the second-floor common porch, guests can see the islands of Muscongus Bay and enjoy beautiful sunsets

