

Biking Mount Desert Island: The Ultimate Pocket Guide

Mount Desert Island, home to the renowned Acadia National Park, is a cyclist's paradise. With over 45 miles of scenic bike trails and 57 miles of historic carriage roads, there's something for every level of rider. This comprehensive pocket guide will equip you with everything you need to know for an unforgettable biking adventure on this breathtaking island.



Biking Mount Desert Island: Pocket Guide by Peter O'Neil

★★★★☆ 4.1 out of 5

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Trail Recommendations

Acadia Bike Path: This paved, 4.5-mile trail is perfect for a leisurely ride along Somes Sound. Enjoy stunning views of the surrounding mountains, granite cliffs, and turquoise waters.

Loop Road: This 27-mile scenic loop around Mount Desert Island offers breathtaking views of the Atlantic Ocean, Cadillac Mountain, and Jordan

Pond. Tackle the challenging climbs with panoramic rewards.

Carriage Roads: Once used by horse-drawn carriages, these unpaved roads offer a unique and serene cycling experience. Explore miles of forested trails with gentle slopes and historic bridges.

Insider Tips

Bike Rental: Several shops on Mount Desert Island offer bike rentals, including Trek Bicycles, Acadia Bike Rental, and Bar Harbor Bike Shop.

Safety First: Always wear a helmet and follow traffic laws. Be cautious of wildlife, especially deer, and yield to pedestrians on shared trails.

Plan Ahead: Pack water, snacks, and appropriate clothing for changing weather conditions. Carry a map or download the Acadia National Park app for navigation.

Detailed Trail Descriptions

Acadia Bike Path

Length: 4.5 miles (one-way)

Difficulty: Easy

Surface: Paved

Description: This scenic bike path winds along Somes Sound, offering spectacular views of Cadillac Mountain, the Bubbles, and other granite peaks. The flat terrain makes it suitable for all ages and abilities.



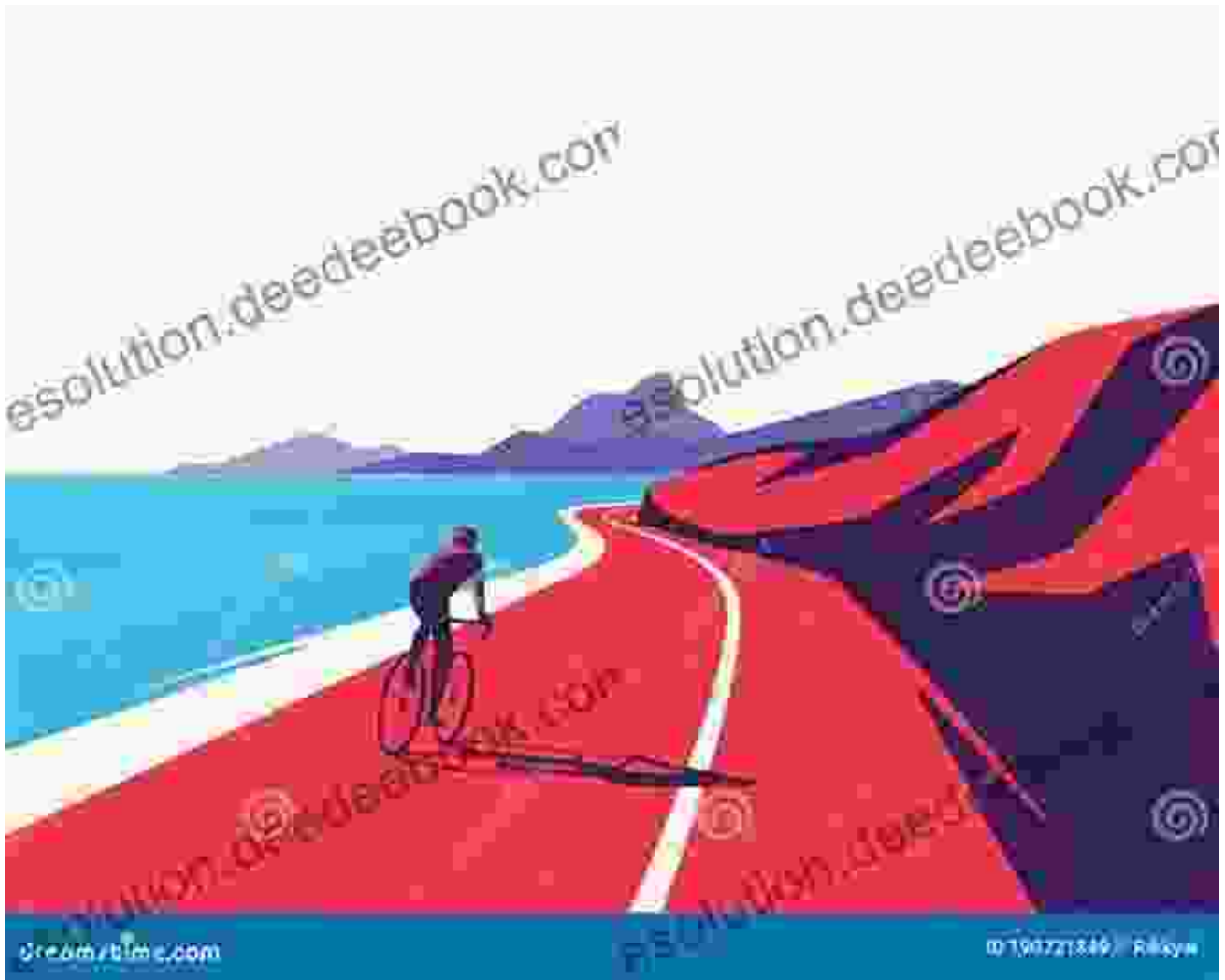
Loop Road

Length: 27 miles (full loop)

Difficulty: Moderate-Challenging

Surface: Paved

Description: This iconic loop road circles Mount Desert Island, showcasing the park's diverse landscapes. Ascend challenging climbs to earn panoramic vistas of the Atlantic, Frenchman Bay, and Cadillac Mountain.



Carriage Roads

Length: 57 miles (total network)

Difficulty: Easy-Intermediate

Surface: Unpaved

Description: Immerse yourself in the tranquil beauty of the carriage roads, originally built by John D. Rockefeller Jr. Explore miles of well-maintained trails through forests, past lakes, and over granite bridges.

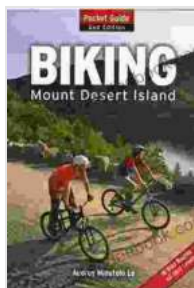


Bike Safety

Biking on Mount Desert Island is generally safe, but it's essential to follow these precautions:

- Wear a helmet at all times.
- Ride in the same direction as traffic and use designated bike lanes when available.
- Yield to pedestrians on shared trails.
- Be aware of wildlife, especially deer.
- Carry a whistle or noisemaker to alert others of your presence.

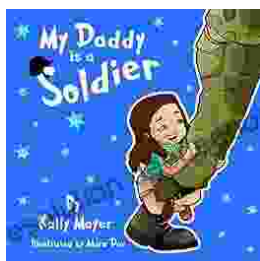
Whether you're a seasoned cyclist or a novice rider, biking Mount Desert Island is an unforgettable experience. With its breathtaking trails, scenic routes, and ample bike rental options, there's a perfect cycling adventure for everyone. Embrace the natural beauty of this island gem on two wheels, and create lasting memories to cherish.



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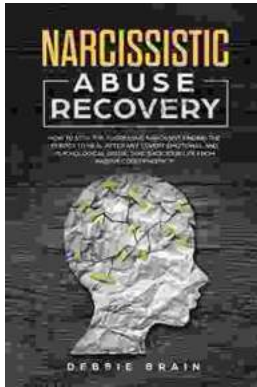
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