

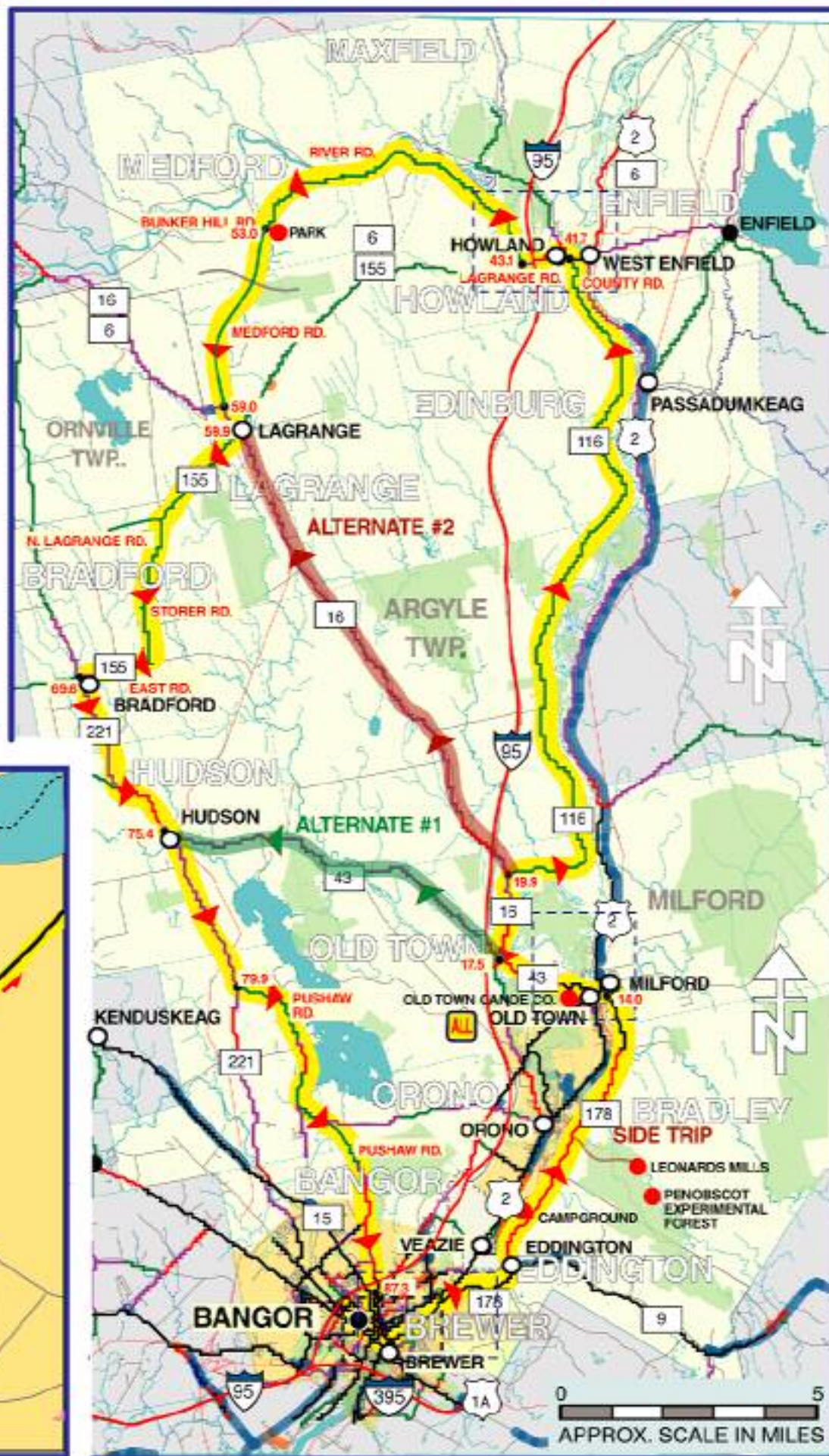
HOWLAND/WEST ENFIELD

### Tour #4 Heart of Penobscot County

This is a land where lumber once was king. Every town and village along the route of this 92 mile ride for cyclists equipped for long distances between services is replete with reminders of that heritage. The ride follows the Penobscot River from Bangor to Howland, before swinging west along the Piscataquis River, and finally south through the agricultural land of western Penobscot County.



OLDTOWN/MILFORD



DISTANCE: 45, 67 and 92 mile loops  
TERRAIN: Flat to rolling

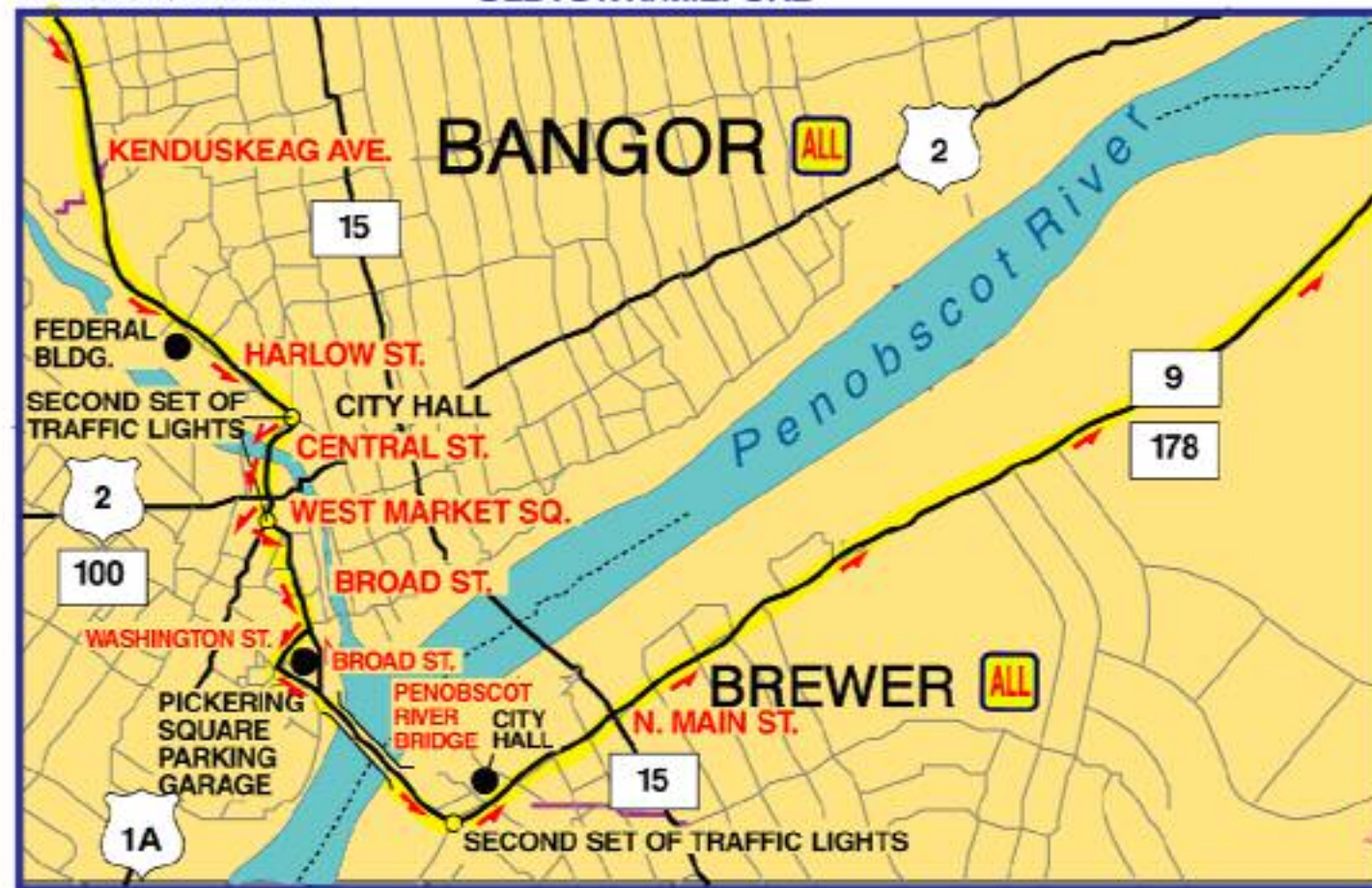
Tour #4 Heart of Penobscot County

**Legend:**

- TOWN WITHIN TOUR
- ★ TOWN WITH BIKE SHOP
- TOWN NOT ON ROUTE
- URBAN AREA
- 216 CUMULATIVE MILEAGE
- ▶ TRAVEL DIRECTION
- PARK/OPEN SPACE
- H HOSPITAL
- POINT OF INTEREST
- MAIN ROUTE
- ALTERNATE #1
- ALTERNATE #2
- ALL FOOD, LODGING, STORES, BIKE REPAIR, IN AREA
- ▲ STEEP CLIMB OR DESCENT
- SHOULDER 2-4FT
- SHOULDER 4-6FT
- ANNUAL AVERAGE DAILY TRAFFIC**
- 1-1499
- 1500-2999
- 3000-4999
- 5000+

OTHER SYMBOLS/GRAPHICS MAY BE USED AT TIMES, THESE ARE SELF-EXPLAINING AND PLACED AS CLOSE TO THE ACTUAL LOCATION (OR NEAR THE TOWN NAME) AS POSSIBLE.

BANGOR/BREWER



This Map Prepared by the MAPPRO & MEDIA SERVICES of The Maine Department of Transportation

Note: See Page 2 for Disclaimer