

Ride 1 - St. John Valley Tour

Distance: 20, 33, and 91 mile loops Terrain: Rolling

This is Maine's "Big Sky Country." The rolling green landscape is a checkerboard of farm fields and small towns while above the sky stretches for miles. This is also one of the most culturally distinct regions of Maine. French-Acadians settled here in the 1700s after they were exiled from Nova Scotia (another group eventually made their way to Louisiana and the two groups speak a related dialect). Cyclists can learn more about the Acadians at three sites along this lovely 91-mile route: the Tri-cultural Museum in Stockholm, the *Musee et Centre Culturel du Mont-Carmel* in Lille and the 18th Century Acadian Village just north of Van Buren. The Acadian Village is on the National Register and is the largest historic site in Maine.

Two shorter options exist. A 20-mile loop includes the farm country north of Caribou and New Sweden. An intermediate 33-mile loop includes a visit to Stockholm before returning to Caribou.

Special features: Maine's "Big Sky Country" from Caribou to St. John Valley with rolling landscape and rural farm communities; Tri-cultural Museum in Stockholm; *Musee et Centre Culturel du Mont-Carmel* in Lille; 18th Century Acadian Village on National Register; low traffic.

Road conditions: Generally good; some broken pavement on back roads.

Services: Bike shop on route (Van Buren Ski Shop, Van Buren, 207-868-2737); bike shop off route (Aroostook Bike & Sport, Presque Isle, 764-0206); other services available. For accommodation information, contact Caribou Chamber of Commerce, P.O. Box 357, 111 High Street, Caribou, Maine 04736, 800-722-7648; Van Buren and Greater Van Buren Chamber, 65 Maine Street, Van Buren 04785, 207-868-3510; or Aroostook County Tourism, 888-216-2463.

Cautions: Heavy traffic in Caribou; logging trucks on ME 161.

Starting point: Ride originates from park and ride lot on Herschell Street, opposite Habeeb's Smoke Shop in Caribou. Notify the Caribou Police Department if you will be parking at this lot overnight. An alternate starting point is the Old Iron Inn on High Street.

Please note: The Maine Bicycle Tours are published by the Maine Department of Transportation (MDOT) 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 MDOT 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.

Although the MDOT 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. MDOT 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. All roads on this ride can be found in the Maine Atlas and Gazetteer from DeLorme Mapping Co. (www.delorme.com).

!	0.0	From the park and ride lot on Herschell Street, turn right and then immediately left on Prospect Street at a stop sign.
!	0.2	Turn right at stop sign on Sweden Street (ME 161) and go 7.7 miles to Capitol Hill road and New Sweden.
CS	6.2	Sunrise Market is on the right.
!	8.1	Bear right on Capitol Hill Road and go 0.7- mile, following signs to New Sweden.
HX	8.6	Pass Gustaf Adolph Lutheran Church.
!, S <i>OPTION</i>	8.8	Turn left at stop sign on Station Road and go 0.5 mile to ME 161. <i>Short optional side trip: turn right at the stop sign, and go to the top of the hill, for outstanding views of the area; retrace route.</i> ALTERNATE 1: For a shorter 20-mile option, turn right on Station Rd. and follow it for 5.0 miles to Rt. 1. Be sure to bear right on Station Rd. at the fork, which is 1.5 miles from New Sweden. Turn right on Rt. 1 to return to Caribou and rejoin tour at Mile 84.8.
!, CS	9.3	Turn right at stop sign on ME 161 (North Store Variety is to the left) and go 12.8 miles to ME 162.
CS	13.8	Lil's Grocery on the right.

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.
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ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.
P: Picnic site. BS: Bicycle Shop. *OPTION*: Optional side trip.

I	13.8	Optional side trip: turn right on the Larsson Road to reach the village of Stockholm. <i>The Tri-Cultural Museum in Stockholm is housed in the building that once served as the town's first store and post office.</i> ALTERNATE 2: For an intermediate 33-mile option, follow the Larsson Rd. for 2.4 miles into Stockholm village. After crossing the Little Madawaska River, turn right on the Stockholm Rd. and follow it for 3.4 miles to the Jemtland Rd. Turn left and follow the Jemtland Rd. for 4.0 miles to Rt. 1. Turn right on Rt. 1 and rejoin tour at Mile 81.7.
OPTION		
	16.1	Cross the Little Madawaska River.
CS, P	17.5	Public boat access to Madawaska Lake. There are picnic tables and a convenience store on the left.
R	18.0	Rainbow Cove Restaurant (seasonal) on the left.
P	18.9	Maine Department of Transportation picnic area on the right.
P	22.9	Maine Department of Transportation picnic area on the left.
	23.5	Public boat access to Cross Lake.
CS	26.7	Convenience store is on the right.
!	27.1	Turn right on ME 162 and go 11.7 miles to St. Agatha.
A	29.5	Camp Top o' Maine on right. <i>Rental cabins.</i>
CS	31.0	Enter village of Sinclair. Rossignol's Neighborhood Store on the left.
!	31.2	Turn left at stop sign staying on ME 162.
C	32.2	Long Lake camping area on right.
R	33.3	Sunset Restaurant and Cocktail Lounge on left.
R	34.2	Long Lake Sporting Club (restaurant) on right.
A	37.0	Log Cabin Rentals on the left. <i>Cabin rentals.</i>
P	38.1	Public boat access on the right. <i>Picnic tables, toilet.</i>
A	38.6	Long Lake Motor Inn on the left.
R,CS, ATM, !	38.8	Enter village of St. Agatha. All services are available in St. Agatha except bicycle repair. Turn right on Cleveland Road and go 3.4 miles to the Brise Culotte Road. <i>Side trip to camping and restaurant: Go 0.2- mile and turn left on the Flat Mountain (or Back Settlement) Road to reach the Lakeview Restaurant and Camping Resort. There are fantastic views of Long Lake from this spot.</i>
OPTION		
P	39.0	St. Agatha Recreation Park and Picnic Area on the right.
P	39.2	Public boat access with picnic tables on the right.

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!	42.3	Bear right on Brise Culotte Road and go 2.2 miles to the Beaulieu Road. The Brise Culotte Road follows the lakeshore.
OPTION A,I	44.4	Continue straight on Beaulieu road and go 0.4 miles to the Lavertu Road. <i>Turn right on the Birch Point Road and go 1.5 miles for a side trip to reach the Auberge du Lac (bed and breakfast).</i>
!,CS	44.8	Turn right on Lavertu Road (there is a convenience store on the corner) and go 3.2 miles to the Morneault Road. <i>This is Maine's "Big Sky Country" as you pass through the potato fields.</i>
	48.0	Continue straight through intersection and go 4.7 miles to US 1, following signs to Grand Isle. The road becomes the Morneault Road at this point.
	51.0	Continue straight at 4-way intersection, staying on Morneault Road.
!	52.7	Turn right at stop sign on Route 1 South and go 15.7 miles to Van Buren.
I	55.4	Enter the village of Lille. <i>Cathedral and convent on the right are home to the Musee et centre culturel du Mont-Carmel. This museum and cultural center was built as a Catholic Church in 1909, and contains Church artifacts and sculptures by Louis Jobin.</i>
CS, C I	65.6	Enter Van Buren. The Acadian Village is on the right. <i>The Acadian Village contains original and replica buildings arranged in a traditional Acadian pattern with displays of artifacts common to Acadians of the St. John River Valley in the mid-18th Century. The Acadian Village is on the National Register of Historic Places.</i> All services are available in Van Buren including bicycle repair. <i>The Ski Shop on Main Street, is a full-service bicycle shop with a very friendly and helpful staff (207) 868-2737.</i> <i>Aegis carbon-fiber bicycle frames are manufactured in Van Buren (207) 868-9771.</i> Campground and convenience and hardware stores are available in St. Leonard in New Brunswick, Canada, which is directly across the river from Van Buren.
A	68.1	Farrell-Michaud House Bed and Breakfast is on the right (207) 868-7729.
!, I	68.5	Turn right on US 1 and go 21.4 miles to Caribou. There is an information booth on the right.
P,S	82.3	Connor Recreation Picnic Area on the left. <i>Views!</i>
P	84.3	North Country Park - picnic tables and grills on right.
CS	84.9	Martin's Convenience Store on the right.

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	89.3	Cary Medical Center.
!	89.9	Turn right at traffic light on Bennett Drive and go 0.9- mile to High Street.
!	90.8	Bear right at stop sign on High Street and go 0.3- mile to Herschell Street.
A	90.9	Old Iron House Inn is on the left.
!	91.1	Bear right at yield sign and then immediately left on Herschell Street following signs for ME 161/164/228 and go 0.1- mile to the parking lot.
!	91.2	Turn right into the parking lot off Herschell Street. This is the end of the ride.

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