



**20-mile:** Gentle terrain, some hills, for almost all cyclists  
**33-mile:** Moderate terrain, hilly, for intermediate cyclists  
**90-mile:** Challenging terrain for experienced cyclists

This part of Maine is called simply “The County.” 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. Native Americans, Acadians, and Swedes have called this region home for many generations.

The 20-mile loop includes the farm country north of Caribou to New Sweden. An intermediate 33-mile loop goes to Stockholm before returning to Caribou.

Cyclists can learn more about the Acadians at three sites along the lovely 90-mile route: the Tri-cultural Museum in Stockholm, the Musée Culturel du Mont-Carmel in Lille (Grand Isle), 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.

**Special features:** Rolling landscape and rural farm communities from Caribou to St. John Valley; many historical sites and museums; low traffic

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

**Cautions:** Heavy traffic in Caribou. Watch for logging trucks on all roads.

**Starting point:** All rides originate from the parking lot on Herschel Street in Caribou. Notify the Caribou Police Department at (207) 493-3301 if you will be parking in this lot overnight.

See p. 9 for accommodation information and events in the area.



**Starting Point:** Caribou, Parking Lot on Herschel Street

CUE SHEET LEGEND	
R	RIGHT TURN
L	LEFT TURN
S	CONTINUE STRAIGHT
BR	BEAR RIGHT
BL	BEAR LEFT
QR	QUICK RIGHT
QL	QUICK LEFT

At	Go	Onto	For	Travel Information
		<b>20-mile ride</b>	<b>Caribou—New Sweden</b>	
0.0	R, QL	Prospect St	0.1	
0.1	R	Sweden St (ME 161)	7.6	2-foot shoulder
7.7	BR	Capitol Hill Rd	0.7	
8.4	R	Station Rd	1.4	Thomas Park on left. Bandstand and portable toilets.
9.8	BR	Station Rd (becomes Emond Rd)	3.3	Bear right at post office staying on Station Rd. Rista Rd goes left.
13.1	R	US 1	5.4	
18.5	BR	Old Van Buren Rd	0.3	
18.8	BR	Main St	1.1	
19.9	R	Herschel St	0.1	
20.0		Herschel St Parking Lot		End of Ride
		<b>33-mile ride</b>	<b>Caribou—New Sweden—Stockholm</b>	
		<i>Continues from mile 8.4 above</i>		
8.4	L	Station Rd	0.5	Convenience store at intersection with ME 161
8.9	R	ME 161 (New Sweden Rd)	4.7	Narrow shoulder in some areas
13.6	R	Stockholm Rd	2.4	Enter village of Stockholm
16.0	R	School St	3.2	
19.2	L	Jemtland Rd	3.8	
23.0	R	US 1	8.3	
31.3	BR	Old Van Buren Rd	0.3	
31.6	BR	Main St	1.1	
32.7	R	Herschel St	0.1	
32.8		Herschel St Parking Lot		End of Ride
		<b>90-mile ride</b>	<b>Caribou—St. Agatha</b>	
		<i>Continues from mile 8.9 above</i>		
8.9	R	ME 161 (New Sweden Rd)	17.5	Two rest areas (provided by Maine Department of Transportation)
26.4	R	ME 162	12.5	Camping available in Sinclair and St. Agatha. Boat landing with picnic tables and toilets.
38.9	R	Cleveland Rd	3.3	No shoulder
42.2	BR	Brise Culotte Rd	2.6	Follows the lakeshore
44.8	R	Lavertu Rd	4.1	Turn is after fire station. Follow signs to Grand Isle. Convenience store on corner.
48.9	S	Morneault Rd	3.7	Lavertu changes to Morneault Rd at crossroad. Convenience store and restaurants in Grand Isle.
52.6	R	US 1	15.4	<b>Caution:</b> Watch for trucks and moose on US 1. Enter the town of Van Buren. Services available including bicycle repair. Acadian Village on right.
68.0	R	US 1	20.3	US 1A continues straight. Shoulder on US 1.
88.3	BR	Old Van Buren Rd	0.3	
88.6	BR	Main St	1.1	
89.7	R	Herschel St	0.1	
89.8		Herschel St Parking Lot		End of Ride