

# Seaside Towns Fall Foliage Cycling Paddling Travel Guide



## Moon Acadia National Park: Seaside Towns, Fall Foliage, Cycling & Paddling (Travel Guide) by Hilary Nangle

★★★★☆ 4 out of 5

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Looking for a way to enjoy the beauty of fall foliage while getting some exercise? Consider a cycling or paddling trip along the coast. Here are a few seaside towns that offer stunning fall foliage views and plenty of opportunities for outdoor recreation.

### Bar Harbor, Maine

Bar Harbor is a popular tourist destination for its stunning views of Acadia National Park. In the fall, the park's forests come alive with vibrant colors, making it an ideal place for a cycling or paddling trip. There are several bike trails and paddling routes that wind through the park, offering views of mountains, lakes, and coastline.

- **Recommended cycling route:** The Park Loop Road is a 27-mile loop that offers stunning views of the park's interior, including Cadillac

Mountain, the highest point on the U.S. Atlantic coast.

- **Recommended paddling route:** The Somes Sound is a fjord-like inlet that offers calm waters and beautiful scenery. There are several paddling trails that explore the sound, ranging from easy to challenging.



## **Newport, Rhode Island**

Newport is a charming seaside town with a rich history and architecture. In the fall, the town's trees come alive with vibrant colors, creating a picturesque setting for a cycling or paddling trip. There are several bike paths and paddling routes that follow the coastline, offering views of the ocean, mansions, and historic landmarks.

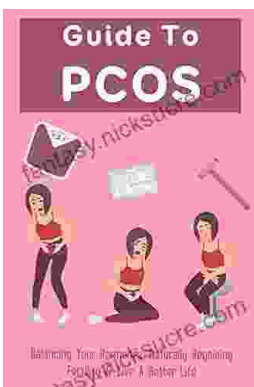
- **Recommended cycling route:** The Cliff Walk is a 3.5-mile path that hugs the coastline, offering stunning views of the ocean and mansions. It's



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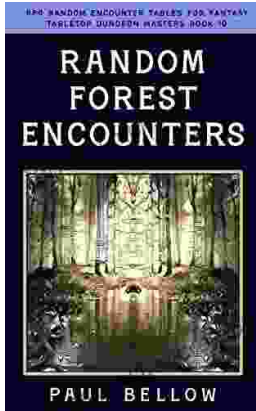
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