

Maine Coastal Itinerary

Day 1

The Maine Beaches

Think of your first memories of the beach.

The warm sand beneath your feet. The sea breeze on your face. The sound of people having about as much fun as people can have. And there you were, with the thrilling feeling that at that moment, on that beach, everything was possible. Does it seem like only yesterday? In Maine it was – for anyone who spent yesterday in Maine's Beaches Region, a dazzling stretch of white sand beaches an hour north of Boston and a bit south of Portland, from Kittery to Old Orchard Beach.

Start your trip by stopping in York on the way to Ogunquit to check out one of Maine's most photographed lighthouses, Cape Neddick Lighthouse, or Nubble Light, as it's commonly called. Being so close to shore you can clearly see the lighthouse with its Victorian-style keeper's house and red roof from Sohier Park.



Continue on your way to Ogunquit. Once there, stroll along Marginal Way's beautiful one-mile coastal walk for panoramic ocean views before arriving at Perkins Cove. If you are an art lover, now is a great time to take a peek at the works of art housed in the Ogunquit Museum of American Art. If you prefer a leisurely day on the beach, pack a picnic and stay a while at Ogunquit Beach, a 3.5-mile white sand beach.

Once you've had your fill of the beach, settle down for the night at centrally located Meadowmere Resort in Ogunquit. With all its amenities, you will be sure to have a restful night's sleep.

Day 2

Maine Beaches/Portland

On day two of your journey, enjoy more adventure in Kennebunkport. Explore Dock Square to see where sailboats and schooners, as well as the well-preserved mansions built by sea captains. Dock Square is also the place to do your souvenir shopping and a great place to grab something tasty to eat.

After a quick stop in Kennebunk, continue on your way to Portland. There is a lot to do once you arrive in Maine's largest city, including Maine Day Ventures' Maine Foodie Tours and a Portland City and Lighthouse Tour with Portland Discovery. Don't miss exploring the Old Port, which is home to cobblestone streets, boutique shops, historic brick buildings and amazing restaurants ranging from lobster shacks to upscale dining.

For the more active, pedal around town with [Summer Feet Cycling](#), and for the beer enthusiast, jump aboard the [Maine Brews Cruise](#).

After this long day, rest your head at the historic [Portland Regency](#) in Portland. Relax in the on-site spa or enjoy a cocktail in their award-winning lounge.

Day 3

Mid-Coast

Today is all about Maine's midcoast. Start your day off learning about Maine's deeply rooted ties to the ocean at the [Maine Maritime Museum](#) in Bath. Don't miss the only surviving historic wooden shipyard in the country.

History buffs may also enjoy the [Frances Perkins National Monument](#) in Newcastle, where they can explore the iconic legacy of Frances Perkins (1880-1965), who was the driving force behind the New Deal.

Next stop – Rockland! Walk out on the Rockland Breakwater to surround yourself by boats in the harbor before reaching the Rockland Breakwater light. Rockland is also home to the [Farnsworth Art Museum](#), which showcases an impressive collection of Maine's role in American art.

From Rockland, make your way to Camden. Hike the trails at Camden Hills State Park to reach the summits of Mount Megunticook and Mount Battie, providing stunning views of downtown Camden and Penobscot Bay. Explore downtown brimming with shops and the perfect place to watch boats come and go. Get out on the water by climbing aboard a windjammer for an afternoon sail.

If you feel like venturing out before settling down for the night, travel to Lincolnville to find [Cellardoor Winery](#) for tours and tastings.

Day 4

Bar Harbor & Acadia National Park

Keep making your way up the coast and visit Downeast Maine for the fourth day of your journey. Explore [Acadia National Park](#). Use free transportation on the [Island Explorer](#), or take a trolley tour with [Oli's Trolley](#) throughout Bar Harbor and the park.

Within Acadia, Cadillac Mountain, Sand Beach, Thunder Hole and Bass Harbor Head Light are not to be missed. Enjoy the Carriage Roads of Acadia, a network of 57 miles of woodland roads free of motor vehicles and perfect for biking, walking and horse-drawn carriage rides. Listen to the resounding boom of Thunder Hole, or take in Bass Harbor Head Light.

Take a walk throughout downtown Bar Harbor to see boats on the water and explore its many shops. Or you can enjoy the shops and restaurants in Southwest Harbor, known as the "quiet side" of Mt. Desert Island.

If you are looking for more adventure, try sea kayaking with [National Park Sea Kayak Tours](#) or rock climbing with [Acadia Mountain Guides Climbing School](#).

Finish your visit by staying at the [Bar Harbor Grand Hotel](#), minutes from the waterfront and a short distance to Acadia National Park.

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