

Maine: The Outdoor Adventure Capital of the East

Are you looking for your next story about the great outdoors? How do four unique seasons, a rugged coastline and mountain landscapes sound? Maine has no equal when it comes to outdoor adventure opportunities. Maine has:

- Nearly 3,500 miles of coastline and about 2,000 islands off the coast
- Nearly 32,000 miles of rivers and streams, which is more than the combined length of the Mississippi, Amazon, Yangtze and Nile rivers
- More than 600,000 acres of state and national parks, including the 92-mile Allagash Wilderness Waterway, Acadia National Park and Baxter State Park - location of Katahdin and the northern end of the Appalachian Trail.
- 87,500 acres designated as an International Dark Sky Association Dark Sky Sanctuary, a designation that is only the second of its kind in the National Park Service and the first in Maine and New England.

Biking

- The Eastern Trail is a 65+ mile bike route along Maine's south coast. The trail, which is almost entirely off-road, runs from Kittery to South Portland and passes through 12 cities and towns.
- The Bold Coast Scenic Bikeway is a 211-mile route on quiet rural roads that extends from West Gouldsboro, at the top of the Schoodic Peninsula, to Calais, the eastern-most border city linking to mainland Canada.
- The carriage road system of Acadia National Park is ideal for cyclists or pedal-assisted e-bikes. John D. Rockefeller Jr. donated the land and planned the construction of the 45 miles of motor-free crushed rock roads. You can rent e-bikes in Bar Harbor at Pedego Acadia or Acadia Bike.
- Route 11 in northern Maine from Ashland to Fort Kent, and Route 27 in the western mountains from Kingfield to Eustis, are routes for road cyclists who like hills.
- The Bicycle Coalition of Maine organizes bicycling events throughout the state and provides information about biking routes and trails.
- Summer Feet Cycling offers bicycling tours that range from half-day to multi-day excursions.
- Mountain biking and fat-tire biking are awesome on Carrabassett Valley Trails, Katahdin Area Trails, Bradbury Mountain (the first state park in Maine to offer mountain biking), Mt. Agamenticus, and Kennebec Estuary Land Trust and Penobscot River Trails.
- At Mount Abram, you can try out snow biking. The mountain now offers lift-serviced mountain biking.
- Pick up a copy of the Maine Gravel Adventure Field Guide that takes you to the scenic Moosehead Lake region to ride picturesque gravel paths built in collaboration with the Appalachian Mountain Club with the option to journey hut-to-hut for an overnight stay at the AMC lodge.

Paddling, Whitewater Rafting and Boating

- Kayaking is the ideal way to explore Maine's ocean bays, harbors and tidal rivers, including the 375-mile Maine Island Trail, America's oldest recreational water trail reaching from Kittery to Eastport and the Canadian Maritimes. All along Maine's nearly 3,500-mile coast, kayaking outfitters offer half-day, full-day and overnight adventures. Bring your own kayak or rent one locally. Guided trips and instruction are always available.
- From the 92-mile Allagash Wilderness Waterway to a trip through downtown Bangor, canoeists have many paddling options. Birds and animals at inland wildlife sanctuaries are most easily seen from a canoe, and this is the perfect way to get photographs of brilliant foliage color reflecting off a lake or pond.
- Whitewater rafting on the Kennebec, Dead, and Penobscot rivers offers some of the most exciting and scenic raft waters on the east coast. The rivers, located in central and eastern Maine, are dam-controlled and provide high-water rafting from late-April through mid-October.
- Sailing in Maine is in one word, "spectacular." Day sailors or private charters can be found at most major harbors along the coast. Take in views of the coastline, islands and marine life while someone else does the navigating or head to the state's huge lakes.
- You can also join a club like the Freedom Boat Club Maine, which offers six locations including Portland, Boothbay Harbor, and Naples. Membership allows you easy access to a variety of boats.
- Portland Paddle offers yoga, kayaks & SUPs on Casco Bay and at Fort Gorges.

Camping

- If you come to Maine by plane or train, you can't easily bring all the things you need to camp and miss out on one of the best things about Maine. Maine Camping Gear, located in Portland, offers camping gear rentals and trip planning services.
- Camping is available at dozens of private campgrounds and state parks for RV's or tent camping, and you can choose from super luxury glamping to rugged back-country sites.

Rock Climbing

- Try your hand at rock and ice climbing in Maine's Mid-Coast with Equinox Guide Service. Climbers of all levels can enjoy the customizable trips.

Hiking

- The opportunities for hiking in Maine are endless. The Appalachian Trail and the Maine International Trail are home to 282 miles of the Appalachian Trail near Goose Eye Mountain in Oxford County and ending at the trail's northern terminus in Baxter State Park. From Baxter Peak, hikers can begin a new journey on the International Appalachian Trail, stretching 100 miles to the New Brunswick, Canada border and continuing to L'Anse aux Meadows National Historic Site, Nova Scotia.
- The Camden Hills State Park trail system offers some of the best small mountain coastal hiking on the east coast.
- The Bold Coast Trail along the rugged Downeast coast is the longest stretch of undeveloped shoreline on the eastern seaboard. The trail has six and 10-mile loops, camping and dramatic vantage points as much as 150 feet above crashing ocean surf.

- Maine Trailfinder expands to include events and trailside amenities as well as some fun stories.
- Oxbow Brewing has 18 acres of trails for biking, hiking, skiing and snowshoeing in Newcastle, and the Oxbow Beer Garden in Oxford is located at Carter's X-C ski center – fat-biking, snowshoeing and cross country skiing.
- One of the best ways to enjoy a hike is by bird watching. The slow, easy pace is great for all ages, and you can spot some of Maine's numerous species on any hike. Check out the Thorncrag Bird Sanctuary perched on the highest point of Lewiston. The wildlife preserve offers 450 acres of forested oasis including trails, wetlands and resting areas.
- Some of Maine's most outstanding natural features and secluded locations are found on Maine's Public Lands. There's over half a million acres of publics to explore in Maine!

Golf

- Maine's golf courses have a secluded feel, whether the setting is on a 4,000-foot mountain range, rolling farmland, or the edge of the ocean.
- The nine-hole Mount Kineo Golf Course awaits guests on an island in Moosehead Lake.
- For a taste of Scotland, The Links at Outlook in the southern town of South Berwick features rolling dunes and scattered sand bunkers on a 140-acre layout set in open fields.
- The 1893 Poland Spring Country Club is the oldest resort course in America.

Snowmobiling

- An impressive network of 14,000 miles of well-maintained snowmobile trails crisscrossing the state from Kittery to Fort Kent means that when the snow flies, it seems there is suddenly more to Maine. Snowmobiles allow effortless access to remote parts of the state that take on even greater beauty with a coating of snow.

Nordic and Alpine Skiing & Snowboarding

- There's a slope for every level of skier or snowboarder at more than a dozen alpine ski areas in Maine. They range from intimate, family-oriented municipal mountains where beginners can perfect their snowplow, to major resorts with high-speed lifts, glades and superpipes, along with exciting nightlife. Average snowfall at ski areas ranges from 60 to 90 inches; many locations also make their own snow.
- Aroostook County is the premier destination for Nordic skiing. Vast stretches of fields, forests and rolling terrain are ideal for cross-country adventures. Most ski resorts have groomed Nordic trails on site or nearby. A growing winter activity in Maine is biathlon, the Olympic sport that combines Nordic skiing and target shooting. The Fort Kent Outdoor Center hosts regional, national and international biathlon events and offer public clinics.
- For an extreme mountain experience for advanced skiers and snowboarders, try Burnt Mountain Cat Skiing at Sugarloaf – where a backcountry-style adventure awaits.
- Maine Adaptive offers a wide array of adaptive equipment and instruction for Nordic and alpine skiing and snowboarding at several ski resorts and mountains in Maine.

Fishing and Hunting

- Maine is home to the country's best Eastern brook trout fishery, and a top destination for small mouth bass and landlocked salmon. The state's open water fishing season begins April 1, but anglers can fish year-round on 17 rivers.

- Some of the best fly-fishing waters in New England can be found in the Rangeley Lakes region. Anglers looking for striped bass will find plenty on the Kennebec River south of Bath. For saltwater fishing, Casco Bay is your gateway to the cold waters of the Gulf of Maine.
- Serious hunters come to Maine for the moose and black bear whose numbers are greater than in any other state in the east. Upland bird hunting is growing in popularity and the state recently began a wild turkey hunt season.
- Hire a Registered Maine Guide for all your fishing and hunting trips in Maine.

Surfing and Paddle Boarding

- You may not immediately associate Maine with surfing, but the sandy beach communities along the southern Maine coast offer summer surf camps and individual equipment rentals and lesson options for all levels, and York-based Grain Surfboards crafts locally grown wooden boards for devotees. Autumn is considered to be the best time to surf in Maine; temps aren't too cold for most yet, and the swells are consistent.
- Casco Bay provides some of the best paddle boarding in Maine. In southern Casco Bay, Portland Paddle leads scheduled day trips to Fort Gorges, a Civil War-era fortress; sunset tours across Portland Harbor; and half-day tours that include island hopping and lighthouse views.

###

Media Contact:

Whitney Raymond and Elaine Theriault-Currier
Tourism@marshallpr.com