

## Maine Outdoor Adventure Itinerary

### Day 1

#### Portland Region

Explore the coastline with a half-day tour with **Summer Feet Cycling**. You'll start in downtown

Portland and make your way along the coast learning about the islands and forts as you go. Then, you head to Mackworth Island in Falmouth for a short walk with stunning views of Casco Bay and then bike back to town. Rest up in the Old Port for the next day's adventures, and enjoy some great dining and entertainment.

### Day 2

#### Mid-Coast Region

Head north to the beautiful Mid-Coast Region of Maine (approx. 1¾ hour from Portland). Take in a day sail aboard a historic schooner.

There are several options, including **The Lazy Jack**, **Schooner Surprise**, **The Appledore**, **Schooner Olad** and more. Sail past beaches, lighthouses and magnificent views of the Camden Hills and Penobscot Bay.

Visit **Camden Hills State Park** and hike the short **Mount Battie Trail** for an unforgettable view of Penobscot Bay. This is where Pulitzer-prize winning poet Edna St. Vincent Millay wrote the lines: *"All I could see from where I stood, Was three long mountains and a wood; I turned and looked another way, And saw three islands in a bay."*



### Day 3

#### Acadia National Park

From Rockland, continue along the coast to Mt. Desert Island, home to **Acadia National Park** (approx. 2 hours from Rockland). You can choose to hike or bike throughout the park. **Acadia Bike** offers group or self-guided tours and they will deliver bikes to the park for you. Acadia has more than 120 miles of hiking trails, ranging from very easy to strenuous so it's easy to spend a day hiking through the woods, mountains and along the coast.



You could also spend the day at sea, kayaking. Tours are available through **Acadia Outfitters**, **Coastal Kayaking**, **Aquaterra Adventures**, **Natural History Center** or **National Park Sea Kayak Tours**. They include instruction and a certified guide to accompany small groups while exploring the harbor or other locations around the Island.

### Day 4-5

#### Whitewater Rafting in The Forks

It's time to head west and north. **Northern Outdoors Resort** in The Forks (approx. 3 hours from Bar Harbor) offers world-class excitement on the Kennebec, Penobscot and Dead Rivers. Day-long rafting trips include a gourmet lunch. Just follow the instructions of your Registered Maine Guide and you'll have a fabulous time. And, the resort even provides photos and videos of your trip.



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