



The Outdoors is Maine's History and Heritage

With four seasons and coastal and mountain landscapes, Maine has no equal when it comes to outdoor adventure opportunities. Here are the facts:

- 630,192 acres of state and national park land
- 5,000+ miles of coastline and 2,000 coastal islands
- 32,000 miles of rivers and streams
- 6,000 lakes and ponds; 500 miles of alpine ski trails, and more than 200 mountains with trails

As an added bonus, the Registered Maine Guides program certifies experienced, professional guides who can be hired to enhance your outdoor experience in Maine. For more information, log on to the Maine Professional Guides Association website.

Nordic and Alpine Skiing & Snowboarding

- There's a slope for every level of skier or boarder at Maine's 18 alpine ski areas. 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 Nordic Heritage Sport Club in Presque Isle and the 10th Mountain Ski Center in Fort Kent host regional, national and international biathlon events and offer public clinics.

Biking

- The Eastern Trail is a 62-mile bike route under construction along Maine's south coast. The trail runs from Kittery to South Portland and passes through 12 cities and towns.
- The carriage road system of Acadia National Park is a good option for riders with hybrid or fat tire bikes. John D. Rockefeller Jr. donated the land and planned the construction of the 45 miles of motor-free broken stone roads.
- 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.
- Explore Maine by Bike is a comprehensive guide to bike trails throughout the state. The guide allows you to chart your own course using the helpful maps, or to take one or all of the 33 tours outlined.
- Summer Feet Cycling offers bicycling tours that range from half-day to multi-day excursions.

Paddling, Whitewater Rafting and Boating

- Kayaking is the ideal way to explore Maine's ocean bays, harbors and tidal rivers, including the Maine Island Trail, America's oldest recreational water trail reaching from Kittery to Eastport and the Canadian Maritimes. All along Maine's 3,000 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.

Hiking

- The opportunities for hiking in Maine are endless. The AT and the IAT Maine are home to 267 miles of the Appalachian Trail beginning 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 Belle Isle, Newfoundland.
- 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 shorefront 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.

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, while the three-year-old Sunday River Golf Club in Newry was chosen as one of *Travel + Leisure Golf's* "Top 10 Best New Courses in the World."

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 sometimes 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.

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. And, anglers looking for striped bass will find plenty on the Kennebec River south of Bath.
- 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.

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. In Camden, August's Lobster Sup Cup is a three-day, open-ocean paddleboard racing event held in beautiful Penobscot Bay.

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Media Contact: Charlene Williams
Media Relations for Maine Office of Tourism
207-623-4177; cwilliams@marshallpr.com