

Maine's **LAKES *and* MOUNTAINS**

YEAR-ROUND ADVENTURE AWAITS



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Welcome to **MAINE'S LAKES *and* MOUNTAINS**

Maine's Lakes & Mountains region is an honest-to-goodness four-season recreational destination. Scores of trail-creased mountain peaks, fish-filled rivers and ponds, and swimmable lakes are here to be enjoyed by all.

Paired with these wonders of nature are the charms of towns that long ago laid claim to the dictionary definition of "quaint," including **Bethel, Farmington, Norway, Rangeley, Waterford, Newry...** the list goes on and is limited only by the time you have available while you are here.

Paddlers are delighted by the range of waterways we offer. Anglers of all kind and skill come prepared to fish in every season. Golfers and hikers alike have a world of choice, and both get to enjoy the spectacular views.

Even leaf-peepers looking for a relaxing autumn drive in the country will be thrilled by the epic seasonal color along our many scenic byways.

From a romantic weekend away, to a few weeks "at camp," the hardest part of making the most of a **Maine Lakes & Mountains** vacation is deciding what you'll do next.

Use this vacation planner, the map on pages 42–43, as well as our website **MaineLakesAndMountains.com** to uncover some of the best bits our year-round Maine vacation destination has to offer. Welcome.

SEBAGO | BRIDGTON | FLAGSTAFF | STRATTON | EUSTIS | OQUOSSOC



— Memories are made on — MAINE'S LAKES —

Between Memorial Day and Columbus Day, our lakeside towns are alive with visitors eager to soak up our Maine charm. Begin with making a reservation at a lakeside cabin or a pleasant motel, country inn, or B&B for your stay. Now grab your crew and head to the water. Everything else can wait. Warm, sunny days are also perfect for a hike to a spectacular view, or stroll around town. Now and then get out for a drive—stopping to explore local sights, museums, or charming craft and gift shops. When night falls, experience dining, live music, the nostalgia of the drive-in, summer stock or just spending time with friends, new and old, under the stars.

SEBAGO LAKES

The Indian name Sebago (se-bay-go) means “great stretch of water.” Carved by ancient rivers and cut by ice age glaciers, **Sebago Lake** fills a granite basin that has been weathered for millions of years. Thanks to those glaciers, visitors today can enjoy multiple watersports on Maine’s deepest lake. Powerboaters, sailors, kayakers, canoeists, anglers, and beachgoers will all find something to enjoy here.

On Sebago’s north shore is beautiful **Sebago Lake State Park**. The park’s campground, with 250 campsites, is popular with families, providing lasting memories season after season. Wooded areas offer a respite from the sun and activity on the beaches. Whether hiking on marked trails or biking, visitors find many ways to enjoy the park.

GREATER BRIDGTON LAKES

If you’re looking to experience “*life as it should be*,” to know the hushed quickening of dawn, the clarity of a bubbling stream, or the painted wonder of the sun setting in concert with loons calling across a still lake, you’ll feel right at home in the **Greater Bridgton Lakes** region.

The bountiful mountains, lakes, and woods set amongst towns with names like **Sweden**, **Lovell** and **Denmark** provide a vast playground for visitors, offering a multitude of year-round activities. From the excitement of skiing the mountain peaks in the winter to hiking wooded trails in the spring, swimming, fishing, and paddling on a lake of glass in the summer to leafpeeping in autumn, this pristine lakes region will capture your heart and never let it go.

FLAGSTAFF AREA – MAINE’S HIGH PEAKS REGION

A pontoon boat ride on Maine’s largest, man-made lake with the dramatic 4,000+-ft. **Bigelow Range** looming above, fly-fishing at **Stratton Brook Pond** at an almost 1,400-ft. elevation, kayaking on myriad rivers and ponds awaiting discovery, or preparing today’s catch over a campfire on the shores of the **Chain of Ponds** after a day of fishing and swimming are adventures for visitors all ages.

The **Northern Forest Canoe Trail** can be accessed at the Stratton boat launch, where motorboats are also welcome. You can find serenity with a knock-out view at **Cathedral Pines Campground**, located on the western shores of **Flagstaff Lake**. The **Dead River Area Historical Society** museum exhibits the “lost” towns of **Flagstaff Lake**, including the village of **Flagstaff**, named for the flagpole erected by Benedict Arnold’s men during his famous march to Québec in 1775.

RANGELEY & OQUOSSOC

The **Rangeley** and **Oquossoc** area consists of six major lakes plus hundreds of smaller lakes and ponds. Get to know the area aboard one of the **Rangeley Regional Cruises**, or simply take in the views of these waterways along the **Rangeley Lakes National Scenic Byway**. Make sure to bring along a picnic lunch to enjoy beside one of four waterfalls. Complete your visit with a stop at the **Rangeley Outdoor Sporting Heritage Museum**, named the *Best Sporting Museum* in New England by *Yankee* magazine.

Cruise back in time on **The Oquossoc Lady**, a beautifully restored 1947 vintage wooden launch at the Saddleback Marina in **Oquossoc**. You’ll circle around Rangeley Lake while the captain shares an intimate glimpse of the lake and its history from a unique perspective.

— CLASSIC OUTDOOR EXPERIENCES — MAINE'S MOUNTAINS

Iconic and windswept, our mountains tell a spellbinding tale, whether you come to play on their sun-drenched faces or to traverse their quiet paths to spy unmatched vistas. Discover the secrets of our beautiful mountain villages and why rustic sporting types come to enjoy world-class hunting and fishing in rough-hewn places. Then, when the wintry flakes take flight, return again as our steep slopes welcome you back for another set of thrills. Welcome to the mountains of western Maine, where each season is bound to delight, surprise, and refresh.

FRYEBURG

Visitors of all kinds will be delighted by **Fryeburg**, one of the oldest of the region's mountain villages. Hikers should survey the entire area from atop **Jockey Cap** mountain; be sure to look for the monument to former resident Robert Peary (of North Pole discovery fame). Swim or paddle awhile in **Lovewells Pond** or go for a serene trip down the **Saco River**. Maybe ride quietly through the town's wide, welcoming streets, passing nearly a dozen spots on the National Register of Historic Places along the way (including three of its picturesque parks). Of note at **Fryeburg Academy** is Leura Hill Eastman PAC bringing world-class performances to town. People also know Fryeburg because of the long-running and hugely popular fall agricultural fair—considered by many to be Maine's (and New England's) finest.

BETHEL

Situated between some of Maine's tallest mountains to the north and the **White Mountain National Forest** to the west, **Bethel** is an ideal starting point for bicycle, automobile, and hiking tour loops. Learn more about this picturesque mountain village at the **Bethel Historical Society's Regional History Center**, which hosts exhibits in two of the town's earliest homes, or take a self-guided walking tour. This serene hamlet, with its unique boutiques and quaint eateries, is deceptively popular with hiking enthusiasts seeking challenging new heights and thrill-seekers drawn to plummeting ski slopes.

NEWRY

Newry is home to **Sunday River**, Maine's second-largest ski resort with 135 trails across eight interconnected mountains. The area also caters to Nordic skiers with several ski touring centers. The **Grafton Notch Scenic Byway** begins just north of Sunday River and travels along Route 26 to **Grafton Notch State Park** and **Lake Umbagog National Wildlife Refuge**. At Grafton Notch State Park, you can go hiking, rock and ice climbing, or picnic along the Bear River.

MAINE'S HIGH PEAKS REGION

From **Kingfield** to the Canadian border, this area offers an abundance of exciting outdoor adventures with a backdrop that stimulates the senses. Home to 10 of Maine's 4,000+-ft. mountains, skiing, hiking, snowmobiling, snowshoeing, ATV riding, dog-sledding, and mountain biking are favorite

activities. Shops and galleries full of treasures dot the **Maine High Peaks Scenic Byway** corridor. **Kingfield** is home to the **Ski Museum of Maine**, the **Stanley Museum**, and **Maine Huts & Trails**. Learn about the history of Maine's ski industry, see an original Stanley Steamer, start a journey along a 75-mile network of beautifully maintained trails for non-motorized recreation, and experience real back-country hospitality.

In neighboring **Carrabassett Valley**, **Sugarloaf Mountain**, at 4,237 feet, is Maine's largest ski area and the setting of the state's premier championship golf course. Enjoy the **Narrow Gauge Pathway**, which follows the **Carrabassett River**, where trail enthusiasts can walk, run, bike, or enjoy cross-country skiing and snowshoeing. Continuing north, in the **Town of Eustis** and **Township of Wyman**, you can begin an **Appalachian Trail** hike or connect to interstate and international snowmobile and ATV trails, either for a day trip, or for longer adventures!

RANGELEY

Rangeley is built for outdoor recreation, from skiing, snowboarding, or snowmobiling in the winter to hiking and golf in the spring and summer.

Those looking to take in all there is to see should slow the pace while heading to **Height of Land** up along Route 17. Whether it be the breathtaking sunset behind **Toothaker Island**—the verdant jewel floating in the delightfully named **Mooselookmeguntic Lake**—or the endless (or is it endlessly changing) Maine skies. The view looks great from the top.

At **Rangeley Lake State Park**, explore nearly 900 acres of land. You'll find a swimming area on the lake's southern edge as well as a picnic area and ballfield. Launch your motorboat, or paddle away from the concrete boat ramp. You can also hike and camp here—a small campground provides 50 sites for tenting, camper trailers, and RVs as well as a playground.

In the town of **Rangeley**, you can visit the **Rangeley Public Library**, or the **Oquossoc Log Church**, both of which are on the National Register of Historic Places. You can also learn more about scientist **Wilhelm Reich** or visit the **Rangeley Lakes Region Logging Museum**. At **Rangeley Friends of the Arts Theatre**, take in a concert or show.

FRYEBURG | BETHEL | NEWRY | CARRABASSETT VALLEY | KINGFIELD | RANGELEY



Image courtesy of Maine Huts & Trails

TIMELESS CHARMS *and* CROSSROADS

Spend some time in this part of **Maine's Lakes & Mountains** and your world kind of slows down. Things here just seem to be so easygoing. It's the nature of things, when you sit at the crossroads, whether it's the crossroads of history or the crossroads of industry. Here's the secret: the whole area sits right smack in the center of it all, close to just about everything. So, don't rush your visit. Hike a waterfall, visit a museum or step back in time to living history at **Washburn-Norlands**. Next up, a lazy-day picnic along the **Androscoggin River**.

JAY, LIVERMORE & LIVERMORE FALLS

Jay, Livermore & Livermore Falls sit on the cusp of Maine's western mountains and at the gateway for several ski areas. **Spruce Mountain Ski Slope** in Jay is a blast from the past where you rise 300 vertical feet to the summit via its tow rope lifts. Warm weather exploration will take you to the nearby Androscoggin River, with canoeing, kayaking, or bass fishing. You can also take the **Source to Sea Canoe Trek** to explore the river. In Jay, you can hike to scenic overlooks of the river at **Pine Island Park** or along a one-mile trail through an orchard at **North Jay's White Granite Park**.

Head over to the 14-mile **Whistlestop Trail**, which starts off Route 4/17 in Jay across from French Falls and ends in **West Farmington**. This multi-use trail accommodates virtually all forms of motorized and non-motorized recreation.

Livermore is home to the **Washburn-Norlands Living History Center**, a 455-acre complex that includes restored structures ranging from a one-room schoolhouse to farm structures to a Victorian Mansion. Learn firsthand about living and working in Maine of the late 1800s.

FARMINGTON

Agricultural heritage runs deep in this community. Come buy produce from local farmers at the **Farmington Farmers Market** or the **Sandy River Farmers Market**. The town is also home to the **University of Maine at Farmington (UMF)**, where you can attend performances and lectures. In December, **Farmington** celebrates **Chester Greenwood Day**, honoring the inventor of earmuffs with a parade, and the **Festival of Trees**.

For those looking to explore on foot, the **Healthy Community Coalition** offers walking maps of Farmington. At **UMF's Fitness & Recreation Center**, you can take outdoor adventure workshops and clinics through its **Mainely Outdoors** program.

Take a walk through Farmington history by following walking tour signs that will take you by the **Farmington Library**, **UMF's Merrill Hall**, **Hippach Field**, the old corn cannery, the Farmington Historical Society's **Old North Church**, the original narrow gauge railroad depot, and the site where the devastating fire of 1886 began, destroying most of the downtown area.

THE RIVER VALLEY

The **River Valley** is home to **Black Mountain Ski Area**, where you can ski or snowboard by day or under the lights at night. The mountain is also home to cross-country trails developed by local **two-time Olympian Chummy Broomhall**, and has hosted many national cross-country ski championships.

Alternatively, when the weather turns warm, you can fish for bass along the **Androscoggin River** or visit **Rumford Falls** (formerly known as **Pennacook Falls**), which gradually plunge nearly 180 feet. Hike along the **River Walking Trail** to spot statues of **Paul Bunyan** and his **Blue Ox Babe**. Rumford is also home to former **US Secretary of State** and **Senator Edmund Muskie**.

In addition to Rumford, the River Valley is peppered with the towns of **Andover**, **Byron**, **Canton**, **Carthage**, **Dixfield**, **Hanover**, **Mexico**, **Peru**, and **Roxbury**. Each of these friendly western Maine towns offers their own take on quaint New England historic buildings, tree-lined streets, village greens, white-steepled churches, and country stores.

Interestingly, in Byron in the 1830s, gold was discovered in the **Swift River**. Even today, recreational gold panning is still enjoyed along the branches of the river.

This area boasts spectacular views from **Mount Zicron**. For those looking for man-made beauty, look for the **Lovejoy Covered Bridge** in Andover, one of six within the **Maine's Lakes & Mountains Region**.

FARMINGTON | JAY | LIVERMORE | LIVERMORE FALLS | RUMFORD | ANDOVER & MORE



© John Bald





*** *Winding along Route 26* ***

It is not at all surprising that **Route 26** began as a Native American mountain-to-sea trade route. Follow us on our quick northbound tour from where the route intersects with I-95 in **Gray** to tiny **Woodstock** in the foothills of the western mountains. Of course, thrilling outdoor recreation can be found along each turn, so take your time. Just one visit to the places along Route 26 will have you coming back for a lifetime.

GRAY

To be guaranteed a sighting of the state's beloved moose, you need not go any further than **The Maine Wildlife Park**. It's home to 30 of Maine's indigenous species—many of which arrived at the park because they were orphaned or injured—and provides a valuable wildlife and conservation education resource. Park guides offer scheduled tours and talks, and the park hosts a number of events throughout the year.

NEW GLOUCESTER

Next, visit the cluster of tidy buildings that comprise the **Sabbathday Lake Shaker Village**, for a look at life as it has been since the community was established in 1783. There are tours, a museum, library, workshops, and a shop available for visitors. Nearby, **Pineland Farms** is a pastoral 5,000-acre site that has been transformed into an organic farm, business campus, and welcoming recreational and event venue.

POLAND

Poland Spring Preservation Park is home to the **Poland Spring Water Museum**—you can even see the original spring, the **Maine State Building** from the 1893 Chicago World's Fair, and the serene **All Souls Chapel**. Next door is the Donald Ross-designed course surrounding America's Oldest Golf Resort.

OXFORD

North of Poland is the community of Oxford, now home to a new thrill—**The Oxford Casino**. Opened in 2012, it quickly grew in popularity with local and visiting fun-seekers looking to take a chance at going home a winner. Oxford is also home to the famous **Oxford Plains Speedway**

and its Annual 250 held each summer. September welcomes the **Oxford County Fair** with its demolition derby, rides, and harness racing.

NORWAY

Norway offers the nicest kinds of diversions. Shop at locally owned stores housed in buildings that date from the early 1900s. Or visit the annual three-day **Norway Arts Festival** in July, featuring more than 120 artists celebrating visual and performing arts. North of town you'll find **Lake Penesseewassee** (Norway Lake) to paddle the day away or fish for brown trout, pickerel, and landlocked salmon.

SOUTH PARIS

The **McLaughlin Garden & Homestead** sits at the center of this community, with its respected horticultural pedigree including Maine's largest collection of lilacs. **Celebration Barn Theater** showcases its internationally known school for physical theater that attracts touring artists, actors, dancers, mimes, jugglers, and storytellers. The town is also home to the **Paris Hill Historic District**, a well-preserved collection of 19th-century homes and civic buildings worth seeking out.

WOODSTOCK & BRYANT POND

Our journey through this part of the region ends at **Bryant Pond** and **Woodstock**. This rural town and its pretty pond are well-loved by many native Mainers. A unique claim to fame? It's home of the last "crank" call ever made—well, the last call with a crank phone ever made. The pond is also home to the **University of Maine 4-H Camp & Learning Center**.



Images: © Daniel Marquis



TOWN AND COUNTRY

— LEWISTON AUBURN METROPOLITAN AREA —

With a shared population approaching nearly 60,000, the “twin cities” of **Lewiston and Auburn (LA)** are the cultural and economic center of Androscoggin County. Sitting just above and between the downtowns of both cities are the **Great Falls** of the **Androscoggin River**, which powered the area’s rise to prominence during the last century as the heart of Maine’s shoe and textile industry. Visit **Museum L-A**, located in one of the former Bates Mill buildings, to see the whole story.

UP IN THE AIR

Today, visitors can see the falls up close with a walk along the **Androscoggin River Walk**, a mile-long paved trail that travels from the falls south to a pedestrian bridge crossing the river to Lewiston’s **Simard-Payne Memorial Park**—home to celebrations like the **Liberty Festival** (July 4), the **Dempsey Challenge** in the autumn and **The Great Falls Balloon Festival**, which fills the August sky with dozens of spectacular hot air balloons.

LEWISTON: A CITY OF LANDMARKS

Maine’s only basilica, **Saints Peter and Paul**, is the second-largest church in New England. Completed in 1936 to serve Lewiston’s large French-speaking population, it was modeled after Chartres, featuring a striking rose window. Another prominent landmark, **Thorncrag Nature Sanctuary**, is the highest point in the city and a protected bird habitat with more than 70 documented species sightings.

AUBURN: LAKE AUBURN AND MT. APATITE

Auburn is the bucolic counterpart to Lewiston’s more urban offerings, with farmhouse-lined, winding country roads hinting its agricultural heritage. Here you will also find easy access to the area’s landlocked salmon and bass fishing in the pristine waters of **Lake Auburn**. For rock hounds there is feldspar, smoky quartz, tourmaline, and, of course, apatite to be unearthed at **Mount Apatite**, located west of downtown.

CELEBRATE WITH THE ARTS

Each of these cities offers up a shared collection of cultural gems: the **Public Theatre**, the state’s highest-rated equity theater; with 60+ annual performances at the **Dollard and Priscilla Gendron Franco Center**; the annual **Emerge Film Festival**; the **Bates College Museum of Art**, and the world-renowned **Bates Dance Festival** held each summer at the college’s Lewiston campus.

A COMMUNITY OF COMMUNITIES

Further exploration of the greater Lewiston Auburn area will reveal a collection of towns, each with something special, whether it be a favorite ice cream shop, antique store, maple barn, or event like **Lisbon’s Moxie Festival**. An outing into the surrounding towns of **Minot**, **Mechanic Falls**, **Hebron**, **Turner**, **Buckfield**, **Sabattus**, **Lisbon**, and **Greene** will reveal that they all add something unique to this community.

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A wooden Adirondack chair is positioned on a wooden dock, facing away from the viewer towards a body of water. The scene is captured during sunset or sunrise, with warm, golden light reflecting off the water's surface. The chair is made of dark wood and has a classic slatted design. The background is a soft, out-of-focus view of the water and distant shoreline.

— *What will you discover in* — **MAINE'S LAKES & MOUNTAINS?**

Looking for an active outdoor vacation? Peaceful family retreat? **Maine's Lakes & Mountains** offers activities for everyone. For the outdoor aficionado, bring your reel and your creel for lake trout and world-class landlocked salmon. Kayak our vast network of waterways. Hike to the peaks of the **Bigelow Range** or ski some of New England's most challenging terrain.

Taking it easy? Then take in the region's spectacular scenery along our **Scenic Byways**. Visit our covered bridges (there are six). Tour a living history museum. Attend a theatrical performance or simply relax by the lake listening for the loons.



PUT THE FUN BACK INTO THE FAMILY VACATION!

.....

SEASONS IN THE FUN

To have fun with (and like) a kid you sometimes need to get out of the parental mindset—think like a kid! What makes them laugh? Or embrace digital downtime? Tough questions, but we also know that once a family bonds with a place like Maine's Lakes & Mountains, the connection is impossible to break.

FORGET THE "BOX," THIS IS JUST THINKING OUTSIDE

In the summer, rent some canoes and paddle up the Songo River—wait in line to open the hand-operated locks. Paintball, anyone? Spend a wild autumn day at the Maine Wildlife Park in Gray. Snowy days call for snowboard lessons or a dog-sledding adventure for the whole pack.

FREE FAMILY FUN

It doesn't have to set you back too much to have a good time. Take a hike up Streaked Mountain in South Paris for an endless view of the region—look SW to spot the Presidential Range in the White Mountains. Fishing from shore, a boat, or on the ice is a simple way for families to connect with nature and each other, especially on Maine Free Fishing Days held annually in February and June.

TIME FOR THE NIGHTCRAWLERS

The campfire is tough competition. It's warm and nostalgic, a therapeutic end to a full day with the added bonus of guilt-free marshmallows. We have just the right nighttime activities to square off against the allure of the fire. Hit the Bridgton Drive-in (celebrating 60 years of silver screen magic) or split your sides at the Celebration Barn in South Paris.

BE PREPARED—THERE BE WEATHER HERE

Weather is a fickle thing here in Maine. Even a partly cloudy day can ruin the best-laid plans. The best defense is a good offense. There is stuff to do nearby guaranteed to chase the clouds away. Take a spin at the Rollodrome in Auburn. Heard of candlepin bowling? There may even be an alley right up the lane from where you are staying.

SENSATIONAL SEASONAL EVENTS

Sometimes timing is everything, so pay attention. One area where Maine's Lakes & Mountains shines is with its annual events. Our event section has a good selection to pick from, but we consider these to be family-friendly frontrunners: Ice Fishing Derbies (February), Maine Maple Sunday (March), The Stratton Family Fun Days (June), Moxie Festival (July), Great Falls Balloon Festival (August), Fryeburg Fair (October), Chester Greenwood Day (December).

Once you get the hang of it, spending time as a family and finding things to do here make for an excellent way to build lasting, happy memories. Now go.



Lakeside Beaches

Maine's Lakes & Mountains region overflows with many freshwater beaches. Enjoy the easy refreshment of a cool dip in crystalline lakes set like jewels amid lush green forests. With so many it would be crazy to limit yourself to just one.

STATE PARK BEACHES

Mt. Blue State Park

299 Center Hill Rd., Weld
207-585-2347 (In-season)

Spectacular views of Mt. Blue and surrounding mountains ring this lakeside park that boasts a wide variety of activities for park visitors year-round. Mt. Blue State Park offers visitors an extensive network of trails, a sandy beach, popular camping area, boat launch, and picnic area. Fee charged.

Range Pond State Park

26 State Park Rd., Poland
207-998-4104 (In-season)

A short drive from one of Maine's major urban areas, Lewiston and Auburn, Range (rang) Pond State Park welcomes visitors who enjoy its wide sandy beach as they swim, picnic, and play. Most activity centers on the waterfront, which is easily accessible because of the smooth, surfaced promenade that parallels the pond for 1,000 feet directly adjacent to the beach. Fee charged.

Rangeley Lake State Park

South Shore Rd., Rangeley
207-864-3858 (In-season)

The park consists of 869 remote acres, on the 10-square-mile Rangeley Lake. The lake is famous for landlocked salmon and trout fishing. In addition to water sports, visitors enjoy hiking, picnicking, camping, wildlife-watching, and nature photography. The 50-site campground and day-use areas offer picnicking, swimming, and a concrete boat ramp with floats. There is a children's play area, hiking trails, and modern restrooms with hot showers. Fee charged.

Sebago Lake State Park

11 Park Access Rd., Casco
207-693-6613 (In-season)

This forested lakeside park is situated on the shore of Maine's deepest and second-largest lake. Near the foothills of the White Mountains, the park's 1,400 acres feature sandy beaches and extensive woodlands. Hiking and biking trails are also located in and around the park. Amenities include a day-use area, tables, grills, a boat ramp, lifeguards, and bathhouses; 250-site camping area; flush toilets; hot showers. Fee charged.

LOCAL BEACHES

Anasagunticook Lake

1 Mile off Route 108, Canton
Just 20 minutes from the River Valley business district, you can find the "Stone House" in the middle of the lake built in the early 1900s. Open to the public, no fee.

Cathedral Pines Campground

945 Arnold Trail, Eustis
207-246-3491 | GoPinesCamping.com
Cathedral Pines Campground is located on Flagstaff Lake on a 300-acre plot of red pine amid some of New England's most spectacular scenery. The beach is open to the public and offers gorgeous views of the Bigelow Mountain Range, playground, and picnic tables. No Fee.

Dundee Park

79 Presumpscot Rd, Windham | 207-893-2415
Located on the Presumpscot River in Windham, this park is a place for a fun family outing offering a calm, sheltered swimming place, especially for young children. You can also rent sporting and fishing equipment here. Take Rt. 302 to River Road, just south of downtown Windham. Turn right onto Presumpscot Road after 2 miles (at yellow blinking light). Fee charged.

Kiwanis Beach, Watchic Lake

Route 25, Standish | 207-642-3071
This family-friendly beach offers picnic tables, sun and shade, concessions, bathrooms and a big recreation field, making this a popular spot. From Windham, take Rt. 237 to Rt. 35 into Standish Village. Turn right onto Rt. 25, go about 4 miles. Turn right onto the marked beach road shortly after Rt. 113 intersection. Fee charged.

Limington Rapids

Rt. 25 W, Limington | 207-637-2171
On the Saco River, this lovely spot is a great place to enjoy a picnic next to the river's rushing waters. A short walk alongside the river brings you to a cove with a small beach where it's safe to swim. Six picnic tables, some with grills, and restroom are available. Area is on the left side of Rt. 25 W just over the river. No fee.

Pennesseewassee Lake/Lake Norway

Norway | 207-743-6651
At the west end of the lake, there is a boat launch, fishing, picnicking, and playground at Pennesseewassee Park. Open to the public. No fee.

Pequawket Beach

Rt. 25 W, Limington
Located at Moy-Mo-Day-O Recreation Area, the beach is open Memorial Day to Labor Day. Day use is \$5/car. The area includes the boat launch, dock, a 1,500-foot sandy beach with changing rooms, tennis courts, volleyball area, horseshoe pit, picnic tables, charcoal grills, playground and walking trails.

Rangeley Lakeside Park

Main Street (Route 4), Rangeley | 207-864-3326
Open to the public, this park features a nice sandy swimming area and dock with a slide, boat launch area, swings, covered picnic tables, a changing/restroom building, tennis courts and a large, landscaped lawn area. Lifeguards are on duty during the summer months, weather permitting, from 11 a.m. to 5 p.m. No fee.

Tassel Top Beach

Just off Route 302, Raymond | 207-655-4675
This public beach is on Sebago Lake in Raymond and offers plenty of parking, a nice stretch of beach, nature trail, and views. Grills and picnic tables are available, as well as a concession stand and bathroom. Fee charged.

Wilson Lake

Off Route 2, Wilton | 207-645-4961
While this 480-acre lake does not have a sandy beach, it's still a great place to get in the water. The town boat launch is located at the extreme southern tip of the lake. No fee.

Worthley Pond

1.5 miles off Route 108, Peru
Worthley is a quaint, quiet little pond just 10 minutes from the River Valley business district. Open to the public. No fee.

To learn more about beaches in the region, visit our website.

 **Handicap Accessible**

IF IT'S TIME TO LEAVE THE REAL WORLD BEHIND

Go Camping



Maine's Lakes & Mountains boasts numerous private campgrounds and designated camping sites, from well-maintained state parks like family-friendly **Sebago Lake State Park** to the sidelines of the **Appalachian Trail**; each offers outdoor experiences for every age. Some even have winter camping for heartier souls seeking the ultimate in cold weather adventure.

One of the best things about camping in Maine's Lakes & Mountains is that no matter how you camp we can accommodate. Wilderness tenting? An RV park in a white pine grove? You can even skip the gear and rent a cabin or cottage for that classic Maine getaway. Keep in mind, if you want a lakefront site or the perfect mountain view, you'll need to make your reservations early!

To learn more about camping in the region, visit our website or CampMaine.com

Explore a **PADDLER'S PARADISE**



Whether you canoe, kayak, or even SUP, paddling the waters of Maine's Lakes & Mountains is an exceptional, perhaps transformative way to explore the region. Regardless of your skill level or ability, there are a variety of ways to grow your passion for paddling when traveling to the region, from flat-water kayaking to multi-day canoe trips or even highly technical paddling in pulse-quicken whitewater. Camp and paddle canoe trips along the **Saco River**, the **Northern Forest Canoe Trail**, the **Androscoggin River**, or numerous other waterways can easily turn a few days away into lasting vacation memories.

More than anything, when you are paddling, you become part of the landscape—traveling through it, experiencing it firsthand—not simply looking at it. The forests, mountains, and lowlands are laced with a network of watersheds, lakes, rivers, and streams begging to be explored, and forested woodland rich in wildlife and history. Many are ideal for camping excursions. As an added benefit, paddle outfitters, rentals, shuttle services, instruction, and guided trips are all available.

To learn more about paddling in the region, visit our website.



STATE PARKS *and* PUBLIC RESERVED LANDS

Maine's Lakes & Mountains has six state parks, eight public reserved land areas, and the White Mountain National Forest—which stretches from New Hampshire to the foothills of our western mountains. These combined areas offer endless miles of hiking and snowmobile trails and 23 wooded campgrounds. Come to fish, hike, spot moose, bird-watch, or picnic by the water.

STATE PARKS

ANDROSCOGGIN RIVERLANDS STATE PARK

Center Bridge Road, Turner | 207-998-4104

Lying just north of Lewiston/Auburn, the Androscoggin Riverlands State Park is a year-round 2,675-acre expanse that offers 23 miles of recreational and historic multi-use trails, space for wildlife observation and hunting, and river access for boating and fishing.

GRAFTON NOTCH STATE PARK

1941 Bear River Road, Newry | 207-824-2912 (in season)

207-624-6080 (off-season)

Stretching across 3,000 acres, the Grafton Notch State Park covers a portion of scenic Route 26 and provides access to the Appalachian Trail, Moose Cave, Spruce Meadow, and Screw Auger Falls, offering picnicking, bird-watching, fishing, snowmobiling, and hunting.

MT. BLUE STATE PARK

299 Center Hill Road, Weld | 207-585-2347 (in season)

207-585-2261 (off-season)

Mt. Blue State Park offers a gorgeous sandy beach with panoramic views of the spectacular Mt. Blue mountain range. The park hosts wilderness camping, swimming, boating, hiking and walking trails in the summer, and snowmobiling, skiing, and snowshoeing in the winter.

RANGE POND STATE PARK

26 State Park Road, Poland | 207-998-4104 (in season)

207-624-6080 (off-season)

During your visit to the Lewiston/Auburn area, stop by Range Pond State Park in Poland. The seasonal park offers a beautiful summer escape on the wide sandy beach for swimming, picnicking, and relaxing, while the smooth promenade offers hassle-free access parallel to the water.

RANGELEY LAKE STATE PARK

South Shore Road, Rangeley | 207-864-3858 (in season)

207-624-6080 (off-season)

The vast 869 acres of Rangeley Lake State Park offer over 50 camping sites to choose from, swimming, boating, picnicking, and walking. In the winter, embark on a snowmobile adventure on the park's town-maintained trails that connect you to other local trails and ITS 89.

SEBAGO LAKE STATE PARK

11 Park Access Road, Casco | 207-693-6613 (in season)

207-693-6231 (off-season)

Enjoy the splendor of Sebago Lake from the shores of the Sebago Lake State Park's beach. Day use includes grills, boat ramps, lifeguards, and bathhouses. Those wishing to extend their stay have a variety of 250 campsites to pick from and 1,400 acres to explore via hiking or biking.

PUBLIC RESERVED LANDS

BALD MOUNTAIN PUBLIC RESERVED LAND

Access via the Bald Mountain Road in Oquossoc

A four-season destination for hunters, hikers, and explorers, the one-mile hike to the top of Bald Mountain produces incredible views of the Rangeley, Cupsuptic, and Mooselookmeguntic lakes, and wildlife watchers can spot up to 200 different species in the surrounding forests.

BIGELOW PRESERVE PUBLIC RESERVED LAND

Access over gravel roads off Rt. 27 in Carrabassett or

via Long Falls Dam Road in North New Portland

Beginning on the north at Flagstaff Lake, the Bigelow Preserve covers 36,000 acres and all seven summits of the entire Bigelow Mountain range, including one of the 10 highest peaks in the state, West Peak. Visitors here can bike, hike, swim, hunt, snowmobile, camp, and more.

CHAIN OF PONDS PUBLIC RESERVED LAND

Access north of Stratton on Rt. 27

Natanis, Long, Bag, and Lower Ponds, connected by intermediary waterways, make up the Chain of Ponds area. All ponds offer remote lakeside camping sites along with canoeing, kayaking, bird-watching, and fishing.



Image courtesy of the Northern Forest Canoe Trail



© Scott & Diana Vlaun

DEAD RIVER PUBLIC RESERVED LAND

Access gained via Long Falls Dam Road in North New Portland

This reserved area includes several miles of the Dead River along with portions of the Flagstaff Lake shoreline. ATV-ing, lakeside camping, biking, horseback riding, hunting, fishing, and snowmobiling are among the many activities available.

FOUR PONDS PUBLIC RESERVED LAND

Access via Appalachian Trail on Rt. 17, Township D or Rt. 4, Sandy River

Located to the east of Mooselookmeguntic Lake, the reserve encompasses 6,000 acres, including a considerable piece of the Appalachian Trail. Campers will find a lean-to at Sabbath Day Pond and a site at Little Swift River Pond. Other activities include fishing, hiking, snowmobiling, and snowshoeing.

MAHOOSUC PUBLIC RESERVED LAND

Hiker access through Grafton Notch State Park, Rt. 26 or Success Pond Road in NH. Vehicle access from south on Bethel's Sunday River Road; from north on East B Hill Rd. between Upton and Andover

Located along the New Hampshire border in Oxford County, the Mahoosuc area mingles with the Grafton Notch State Park to include glacier-sculpted streams, waterfalls, and 30,000 acres of mountainous topography. Hiking, picnicking, camping, and ATV riding are popular activities in the area.

RICHARDSON PUBLIC RESERVED LAND

Boat access via the launch sites at Oquossoc in Rangeley and the South Arm in Township C

A full 22,000 acres comprise this reserve, set between Upper Richardson and Mooselookmeguntic Lakes. Remote mountainside campsites are abundant throughout the region, as are hardwood flats and softwood ridges bordering numerous small ponds and lakes.

WHITE MOUNTAIN NATIONAL FOREST

71 White Mountain Drive, Compton, NH | 603-536-6100

Encompassing nearly 800,000 acres over portions of western Maine and New Hampshire, the forest offers 1,200 miles of hiking trails, 400 miles of snowmobile trails, 23 campgrounds, and 10 total alpine and touring ski areas. The forest boasts the highest peak east of the Mississippi, the largest alpine area south of Canada, and two National Register of Historic Places sites. The legendary Tuckerman's Ravine, the Presidential Range, and the Kancamagus Scenic Highway round out the forest's most famed features. fs.usda.gov/whitemountain



Image courtesy of the Northern Forest Canoe Trail

THE NORTHERN FOREST CANOE TRAIL

Follow one of the most historically rich paddling routes along the Northern Forest Canoe Trail. The 740-mile inland paddling trail traces routes across New York, Vermont, Québec, New Hampshire, and Maine. The trail—Maine's premier paddling resource and the nation's foremost water trail—offers unequaled canoe and kayak access to Flagstaff Lake. Discover any number of secluded sandy beaches, connect to the Dead River, or enjoy the breathtaking views of the towering Bigelow Range.

Visit NorthernForestCanoeTrail.org for more information.

For more information on Maine's State Parks, visit Maine.gov/doc/parks or get the Official Guide to Maine State Parks & Lands app at PocketRanger.com/apps/maine.



Covered Bridges

A JOURNEY THROUGH HISTORY

With more covered bridges than any other part of the state, the bridges of **Maine's Lakes & Mountains** stand as rustic and rough-hewn reminders of the craftsmanship, engineering, ingenuity, and thrift that are the defining characteristics of a "New England Yankee." Created to extend a bridge's lifespan and to calm easily spooked horses, these now-protected structures continue to capture the imagination of travelers.

BABB'S BRIDGE South Windham/Gorham

Built in 1843, the bridge is a one-span queen post truss construction with a total length of 79 feet. The original bridge was destroyed by fire in 1973, and an exact replica was completed in 1976. **Getting there:** From the Windham Post Office go SE on Roosevelt Trail toward Tandberg Trail for 0.6 mi. Turn right onto River Rd. Go south for 4.3 mi. Take a right onto Covered Bridge Rd./Hurricane Rd. and follow to the bridge for about 1/2 mi. Drive time is about 8 minutes.

BENNETT'S BRIDGE Lincoln Plantation

The bridge, built in 1901, has trusses of the Paddleford type with a total length of 93 feet spanning the Magalloway River. The bridge was closed to traffic in 1985. **Getting there:** From the Rangeley Post Office go northwest on ME-4 (Main St.) toward Park Rd., following ME-4 N for 6.6 mi. Turn right onto ME-16 W and follow for 22.4 mi. Turn right onto Littlehale Rd. (closed in winter) and follow to bridge in 3/10 mi. Drive time is about 40 minutes.

HEMLOCK BRIDGE Fryeburg

Built in 1857, the bridge is a 109-foot Paddleford truss strengthened with laminated wooden arches and reinforced to carry local traffic in 1988. **Getting there:** From the Fryeburg Post Office, take Main St. N. 6.9 mi. Turn right onto Frog Alley and travel 2 mi. to bridge. Drive time is about 20 minutes.

LOVEJOY BRIDGE Andover

The bridge, built in 1868, is 70 feet long and spans the Ellis River. Constructed of Paddleford trusses, it is Maine's shortest covered bridge. **Getting there:** From the Andover Post Office, head south on E. Andover Rd. toward Rumford Center Rd. 1.5 mi. E. Andover Rd. turns slightly right and becomes Covered Bridge Rd. Drive time is about 5 minutes.

PARSONSFIELD-PORTER BRIDGE Porter

The bridge, built as a joint project by the towns of Porter and Parsonsfield over the Ossipee River in 1859, is a 152-foot structure of Paddleford truss construction strengthened with laminated wooden arches. **Getting there:** From the Parsonsfield Post Office, head west on ME-25 W/Federal St. toward Elm St. Continue to follow ME-25 W 2.7 mi. Turn left onto ME-160 Rd. and travel 0.2 mi. Turn left traveling 160 feet then turn right to bridge. Drive time is about 6 minutes.

SUNDAY RIVER BRIDGE – THE ARTIST'S BRIDGE Newry

The bridge, built in 1872, is named The Artists' Bridge because of its reputation as being the most photographed and painted of the venerable covered bridges in Maine. The bridge was closed to traffic in 1958. **Getting there:** From the Newry Post Office turn left onto Sunday River Rd. traveling 1.2 mi. Make slight right to stay on Sunday River Rd. Bridge will be on left. Drive time is about 4 minutes.

MAINE'S LAND OF *Waterfalls*

Welcome photographers, hikers, and waterfall enthusiasts, Maine's western mountains offer these 15 waterfalls for your approval. Tumbling nearly 180 feet over solid granite, Rumford Falls (Pennacook Falls) is the highest cascade east of Niagara. Angel Falls is one of Maine's highest single-drop falls at 90 feet. Poplar Stream Falls and Swift River Falls have captured the hearts of photographers, artists, and waterfall enthusiasts alike.

ANGEL FALLS

Mountain Brook, Township D
Type: *Plunge*
Height: 90'
Trail Length: 0.8 mile to falls
Trail Difficulty: *Easy/moderate*
Altitude Gain: down 50', +150'
Hiking Time: 30 minutes

BICKFORD SLIDES

Bickford Brook, Stow
Type: *Cascades and Slides*
Height: *Varies*
Trail Length: 0.7 mile to lower slide; 1.1 mile to upper slide
Trail Difficulty: *Moderate*
Altitude Gain: Lower slide, +300'; upper slide, +500'
Hiking Time: 35 minutes to the upper slide

THE CATARACTS

Frye Brook, Andover
Type: *Horsetails and Cascades*
Height: Approx. 60' total drop
Trail Length: 0.5 mile
Trail Difficulty: *Moderate*
Altitude Gain: +150'
Hiking Time: 20 minutes

DUNN FALLS

West Branch Ellis River, Andover
Type: *Horsetails and Fans*
Height: Lower falls, 80'; upper falls, 50'
Trail Length: 2-mile loop
Trail Difficulty: *Moderate*
Altitude Gain: +250', down 250'
Hiking Time: 90 minutes

ELLIS FALLS

Ellis Meadow Brook, Andover
Type: *Horsetails*
Height: 22' total drop
Trail Length: *Roadside*
Trail Difficulty: *Easy*
Altitude Gain: *None*

KEZAR FALLS

Kezar River, Lovell
Type: *Cascades*
Height: 20' total drop
Trail Length: less than 0.1 mile
Trail Difficulty: *Easy*
Altitude Gain: down 25'

MAD RIVER FALLS

Mad River, Batchelders Grant
Type: *Horsetails*
Height: 100' total drop
Trail Length: 1.6 miles to falls
Trail Difficulty: *Moderate*
Altitude Gain: +300'
Hiking Time: 45 minutes

POPLAR STREAM FALLS

Poplar Stream and South Brook, Carrabassett Valley
Type: *Horsetails*
Height: Upper falls 24'; lower falls 51'
Trail Length: 2 miles
Trail Difficulty: Upper falls, easy/moderate; lower falls, moderate/difficult
Altitude Gain: +250'
Hiking Time: 60 minutes

RUMFORD FALLS

Androscoggin River, Rumford
Type: *Cascades*
Height: 176' total drop
Trail Length: *Roadside*
Trail Difficulty: *Easy*
Altitude Gain: *None*
Alt. Names: *Pennacook Falls, New Pennacook Falls*

SCREW AUGER FALLS

Bear River, Grafton Township
Type: *Plunges and Cascades*
Height: *Plunge, 20'*
Trail Length: *Less than 0.1 mile*
Trail Difficulty: *Easy*
Altitude Gain: *None*

SMALLS FALLS

Sandy River in Township E
Type: *Horsetails and Cascades*
Height: 54' total drop
Trail Length: 0.1 mile to top of falls
Trail Difficulty: *Easy*
Altitude Gain: +50'
Hiking Time: 5 minutes

SNOW FALLS

Little Androscoggin River, West Paris
Type: *Small Plunge and Cascades*
Height: 25' total drop
Trail Length: *Roadside*
Trail Difficulty: *Easy*
Altitude Gain: *None*

STEEP FALLS

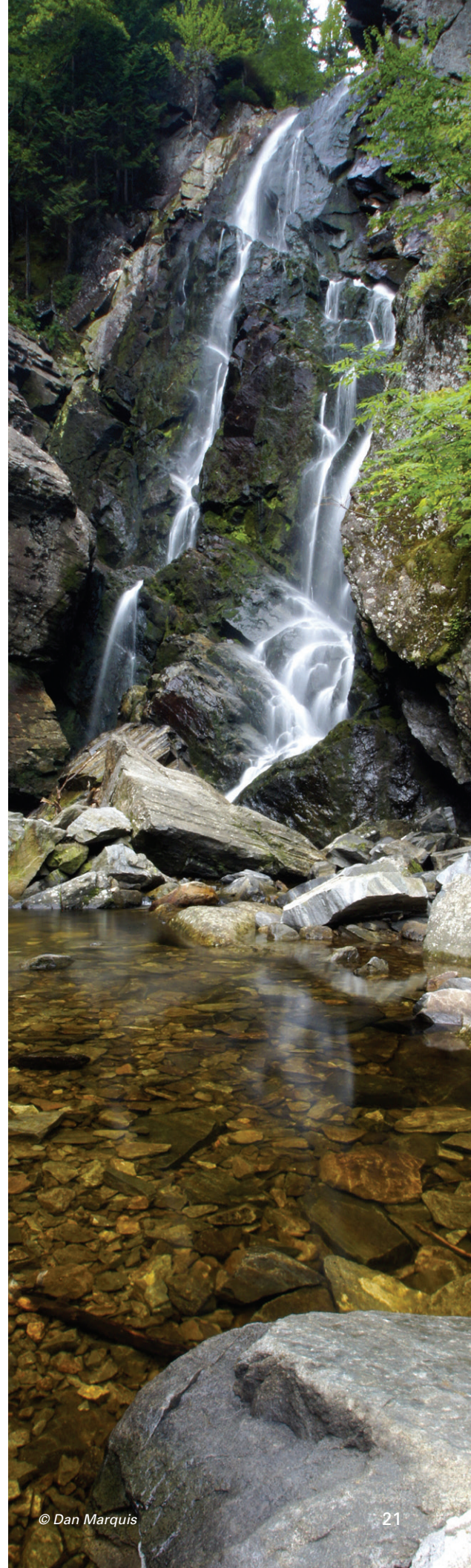
Saco River, Limington and Baldwin
Type: *Block*
Height: 6'
Trail Length: 0.2 mile
Trail Difficulty: *Easy*
Altitude Gain: *None*
Hiking Time: 5 minutes

STEP FALLS

Wight Brook, Newry
Type: *Horsetails, Cascades, and Pools*
Height: Approx. 250' total drop
Trail Length: 0.6 mile
Trail Difficulty: *Easy*
Altitude Gain: +300'
Hiking Time: 20 minutes

SWIFT RIVER FALLS

Swift River, Roxbury
Type: *Cascades*
Height: 6'
Trail Length: *Roadside*
Trail Difficulty: *Easy*
Altitude Gain: *None*



To learn more about waterfalls in the region, visit our website.

MAKE TIME TO EAT

Maine's Lakes & Mountains has tasty places to eat around every turn. Best thing is, you can get there from here. Eating out when you are on vacation is sometimes the impossible task, especially with so many choices. We've picked some locally run places throughout the region that regularly get good reviews and are popular with locals. But don't simply trust the reviewers. Use your "gut instinct" and you just may discover your new favorite place.



BETHEL AREA

22 BROAD STREET @ GIDEON HASTINGS HOUSE

22 Broad St., Bethel | 207-824-3496

Fine Cuisine

CHO SUN

141 Main St., Bethel | 207-824-7370

Korean & Sushi

THE JOLLY DRAYMAN AT THE BRIAR LEA INN

150 Mayville Rd. (Rte. 2), Bethel | 207-824-4717

English Pub Food & Indian Cuisine

ROOSTER'S ROADHOUSE

159 Mayville Rd., Bethel | 207-824-0309

Casual American Food & Seafood

FRANKLIN COUNTY

CALZOLAIO

284 Main St., Suite 1, Wilton | 207-645-9500

Italian, Casual, Pub

DUTCH TREAT

291 U.S. Rt. 2 East, Wilton | 207-645-2145

Ice Cream, Burgers, Fries, etc.

HOMESTEAD

186 Broadway, Farmington | 207-778-6162

Casual Pub, Bakery

THAI SMILE & SUSHI

168 Front St., Farmington | 207-778-0790

Thai, Sushi, Curry

FRYEBURG AREA

302 WEST SMOKEHOUSE & TAVERN

636 Main St., Fryeburg | 207-935-3021

BBQ (traditional southern style smokehouse)

EBENEZER'S PUB

44 Allen Rd., Lovell | 207-925-3200

Pub Fare, Full Entrées

OXFORD HOUSE INN

548 Main St., Fryeburg | 207-935-3442

Fine Dining

GREATER BRIDGTON

CAMPFIRE GRILLE

518 Portland Rd., Bridgton | 207-803-2255

American Cuisine, Creative Comfort Food

MACK'S PLACE

224 Portland Rd., Bridgton | 207-647-4611

Seafood, Pizza, Burgers, & Lobsters

MERCED'S

770 Roosevelt Trail, Naples | 207-693-5332

Fine Family Dining

PUNKIN VALLEY RESTAURANT

1270 N. High St., Bridgton | 207-647-2784

Family Dining, Casual

JAY, LIVERMORE, LIVERMORE FALLS

LA FLEURS

224 Main St., Jay | 207-897-2117

Casual, Pub, & Local Joints

MY DAD'S PLACE

458 Old Jay Hill Rd., Jay | 207-645-9800

Breakfast, Pizza, & Sandwiches

CHUCK WAGON RESTAURANT

2 Depot St., Livermore Falls | 207-897-4031

Family Dining, Casual

LEWISTON AUBURN METRO AREA

DAVINICI'S EATERY

150 Mill St., Lewiston | 207-782-2088

Pizza & Pasta

FISH BONES AMERICAN GRILL

70 Lincoln St., Lewiston | 207-333-3663

Fine Cuisine

FUEL

49 Lisbon St., Lewiston | 207-333-3835

Fine Cuisine

MAC'S GRILL

1052 Minot Ave., Auburn | 207-783-6885

Steakhouse

MAINE'S HIGH PEAKS

TEA POND LODGE & RESTAURANT

468 Tea Pond Rd., Eustis | 207-670-3009

Maine Food, Pub, Sunday Brunch

HUGS ITALIAN RESTAURANT

3001 Town Line Rd., Carrabassett Valley

207-237-2392 | *Italian Cuisine*

THE KINGFIELD WOODSMAN

372 Main St., Kingfield | 207-265-2561

Breakfast, Lunch

LONGFELLOW'S RESTAURANT

247 Main St., Kingfield | 207-265-4394

Fine Family Dining

OXFORD HILLS

CAFÉ NOMAD

450 Main St., Norway | 207-739-2249

Fresh, Local Food

MAURICE RESTAURANT

109 Main St., South Paris | 207-743-2532

Fine French Cuisine

OLDE MILL TAVERN

56 Main St., Harrison | 207-583-9077

Casual, Vegan/Vegetarian, Gluten-Free Options

OXFORD GRILL & BAR

777 Casino Way, Oxford | 207-539-6700

Casual

RANGELEY

THE RANGELEY INN & TAVERN

2443 Main St., Rangeley | 207-864-3341

Casual, Sophisticated, Rustic Cuisine

LOON LODGE INN & RESTAURANT

16 Pickford Rd., Rangeley | 207-864-5666

Casual, New American Cuisine

GINGERBREAD HOUSE RESTAURANT

55 Carry Rd., Oquossoc | 207-864-3602

Casual Neighborhood Cafe & Fine Dining

RIVER VALLEY

HOTEL RUMFORD SPORTS PUB AND BAR

65 Canal St., Rumford | 207-364-3621

Casual, Pub

THE MEXICO CHICKEN COOP

41 Main St., Mexico | 207-364-2710

American & Asian Restaurant

SURRY SEAFOOD COMPANY

60 Weld St., Dixfield | 207-562-9900

Seafood, Casual

SEBAGO

BOMB DIGGITY CAFÉ & BAKERY

781 Roosevelt Trail, Windham | 207-893-8855

Breakfast & Lunch, Locally Sourced

BUCK'S NAKED BBQ

4 Turning Leaf Dr., Windham | 207-893-0600

Casual, Steakhouse

FRANCO'S BISTRO

907 Roosevelt Trail, Windham | 207-892-3700

Italian Cuisine

How to shop LIKE A MAINER

FIND A REAL MAINE ANTIQUE

With roots dipping back to before the dawn of our great nation, there is some really old stuff here, and a quick trip up **Route 302** on your way to **Bridgton** will bring you past many, many antique shops open and looking to make their old stuff your new stuff. You can also while away a few hours on **Route 25** in **Cornish** or take an entire day browsing the malls, barns, and shops along **Route 26** from **Gray** to **Norway**.

Keep in mind that in an area as spread out as **Maine's Lakes & Mountains** you might just find the best stuff "along the way." So keep your eyes peeled for those **OPEN** flags.

FARMERS MARKETS: BUYING HYPER-LOCAL

If you go out on a Saturday morning you will spot the welcoming *Farmers Market Today* signs everywhere from **Lisbon** up through **Rumford** and into **Bethel** or **Kingfield**. Fresh veggies, corn, and tomatoes in midsummer to squash, pumpkins, and apples in fall. Artisanal goat cheese and tasty baked goods. Hearty soups and breads made from Maine heritage grains. Just-cut wildflowers for the table, and prime cuts of pork and locally raised, grass-fed beef. New potatoes, braids of garlic, or sour and snappy dilly beans. Apple pies, blueberry pies, chicken pies, or even "secret recipe" whoopie pies.

Sure, the lobsters have been brought in from the coast, but you can be guaranteed that everything else you find, even the yarn, will be from within 30 minutes. And as they say, "It's all good." So whether it's just a couple of tables or a grand affair with dozens of vendors, take the time to stop in and pick up something tasty for lunch or dinner. For an up-to-the-minute list of Farmers Markets, visit GetRealMaine.com.

PLACES WITH A LITTLE BIT OF EVERYTHING

There's a mite bit of distance between the towns of **Maine's Lakes & Mountains** region and the bigger shopping destinations in the state. Most of the time, we wouldn't have it any other way. But one solution that works well is to visit places like **Renys** (the Maine Adventure originated in **Bridgton**), **Paris Farmers Union** (numerous locations throughout the region) and **Marden's**.

These are real Maine general stores with a little bit of everything. Whether it be some birdseed or a pair of boots, a snow sled or a couple of jars of Moxie jelly, you are likely to find it in any (or all three) of these places and other local stores just like them. And if they can't get it for you, you probably didn't need it anyway.





HIKING & WALKING TRAILS

Maine's Lakes & Mountains offers spectacular ways to hit the trail—whether backpacking through the woods, climbing Jockey Cap or just strolling through Thorncrag. While seasoned hikers seek out tougher hiking trails, novice hikers can also find a good selection of trails.



BETHEL AREA

ANDROSCOGGIN RIVER RECREATION TRAIL

Off Route 2, Bethel

The river is a great natural resource for all to enjoy the beauty of wildlife in its natural habitat. Bald eagle, great blue heron, whitetail deer, moose, fox, coyote, otter, and more can be spotted along the trail.

MAGGIE'S NATURE PARK

Off Route 26, Greenwood

Located on Greenwood Rd., 1.5 miles from Route 26, in Greenwood, the park boasts well-marked loop trails of varying distances that wind through the woods and offer superb views of Mt. Abram and surrounding ponds.

MOOSE CAVE GORGE

Grafton Notch State Park

Located within a 45-foot-deep canyon of bedrock where water skirts boulders and temporarily disappears into a cave beneath a granite slab, the trail also loops through a moss garden located on the ledges of the mixed-growth forest.

MOTHER WALKER FALLS GORGE

Grafton Notch State Park

Located 1.1 mile north of Screw Auger Falls, the falls are in a v-shaped gorge more than 40 feet wide and 980 feet long. This cascade of water roars over broken rocks falling into small pools and gradually descending 98 feet.

STEP FALLS TRAIL

Off Route 26, Newry

This trail ascends alongside Wight Brook, with its popular swimming holes and striking views of the Mahoosuc Mountains around Grafton Notch.

FRANKLIN COUNTY

DAGGETT ROCK

Wheeler Hill Road, Phillips

An uphill trail on an old woods road, this short hike leads to one of the largest glacial erratics (a really big rock) in New England. Near the trailhead is an old foundation, probably of the Daggett farmstead. There are several geo caches hidden around the rock.

FLINT WOODS AND VILLAGE WOODS

Anson Street/Titcomb Hill Road, Farmington

This network of forest trails offers easy-to-moderate terrain for year-round, non-motorized use. Explore the many trails to find old wells, vernal pools, scenic overlooks and more, a few blocks from downtown.

KINEOWATHA PARK

Wilson Lake, Wilton

The park's trails wander through old pine forests, along the shores of Wilson Lake. This short network of trails provides easy and relaxed walking as well as picnicking and swimming. The trails are not marked, but are well-worn and are easy to follow.

GREATER BRIDGTON

HOLT POND

Route 302, Naples

Take a leisurely walk on boardwalks and dry trails that cross the mossy wetlands. Enjoy the view of Bald Pate Mountain and the surrounding hills. You may park your car at Lake Region High School and walk through the woods to Holt Pond.

JOCKEY CAP

Off Route 302, Fryeburg

An easy one-third-mile climb to the summit of a

naked gray granite outcrop resembling its namesake. The 360° views at the summit are identified on a monument erected by Fryeburg resident and Arctic explorer Robert E. Peary.

PONDICHERRY PARK

Off Route 302, Bridgton

The park includes 66 acres of woodlands and streams in the heart of Bridgton. The wood-chipped pathway leads you deep into the park, where there are signs of beaver, deer, mink, and spotted salamanders.

JAY/LIVERMORE/LIVERMORE FALLS

FOUNDRY TRAIL

Bridge Street, Livermore Falls

Along the Androscoggin River, this walking and paved biking trail winds around the Livermore Falls Recreation Area; the site is where the first pulp paper mill in Maine was built by Alvin Record.

FRENCH FALLS RIVER WALK

French Falls Drive, Jay

This trail features two short loops of half-and three-quarter-mile, respectively, winding down behind either side of the recreation fields and providing lovely views along the river. Portions of the park are flooded in the winter for public skating.

THE WHISTLE STOP RAIL TRAIL

Route 4 North, Jay

This converted narrow gauge railroad bed—great for walking, running, biking, horseback riding, ATV riding, and snowmobiling—will take you all the way to UMaine's Farmington campus. Remember this is a multi-use trail. Please share the trail.

LEWISTON AUBURN METRO AREA

MOUNT APATITE PARK

Stevens Mills Road, Auburn

This 325-acre wooded park is best known by rock hounds for yielding crystals of tourmaline and quartz (special rules apply). An extensive network of forested trails links abandoned quarries, gleaming slag piles, steep ledges, and giant boulders.

THORNCRAG NATURE SANCTUARY

Highland Spring Road, Lewiston

The largest bird sanctuary in New England, this 372-acre wildlife preserve is open from dawn to dusk for bird-watching, walking, snowshoeing, cross-country skiing, picnicking, and more.

MAINE'S HIGH PEAKS

CATHEDRAL PINES PATHWAYS

Off Route 27, Eustis

Cathedral Pines Pathways offers easy hiking, biking, snowshoeing, and cross-country skiing through towering pines and a boardwalk traversing a bog with spectacular views of the Bigelow Range.

CROCKER MOUNTAIN CIRQUE

Off Route 27, Carrabassett Valley

Featuring a reflecting pool surrounded by the towering walls of North and South Crocker Mountains, this trail is an easy hike that offers a variety of settings for lunch or an overnight stay at the small campsite.

NARROW GAUGE PATHWAY

Off Route 27, Carrabassett Valley

Parking available along pathway. A non-motorized multi-use trail with a surface of crushed packed stone, very smooth and easy for any age. Bikers

please yield for pedestrians. Free Nordic skiing, grooming provided by Carrabassett Valley.

POPLAR STREAM FALLS

Off Route 27, Carrabassett Valley

Consists of two scenic waterfalls on two streams, with drops of 24 and 51 feet, and a swimming hole. The falls are an easy 1.5-mile walk in a gorge on the right.

OXFORD HILLS

MOUNT TIRE'M

Off Route 37, Waterford

This easy hike takes only an hour to reach the summit, where you will be rewarded with views of Bear Pond and Long Lake. There are no blazes, but the trail is well-worn and easy to follow.

ORDWAY GROVE

Pleasant Street, Norway

Ordway Grove is an inspiring short loop trail through some of the oldest white pine and oak in the area. Great views of Lake Penesseewassee (Lake Norway).

ROBERTS FARM PRESERVE

Roberts Road, Norway

This intricate trail system located on a 165-acre preserve includes an ADA compliant loop, two cross-country ski trails, and a hiking trail. Situated above Lake Penesseewassee, there are expansive views of the lake and mountains beyond.

STREAKED MOUNTAIN

Off Route 117, South Paris

This is a challenging but rewarding hike. Once on the granite slope, the hike is one continuous view of the Little Androscoggin River Valley, the Oxford Hills, White Mountains, and the Presidential Range.

VIRGIL PARRIS FOREST

Sodom Road, Buckfield

Packard Trail is a 2-mile trail network punctuated by many scenic features—views of South Pond, several marshes, a dozen glacial erratics and small waterfalls. Five short side trails lead to various scenic points.

RANGELEY LAKES

ANGEL FALLS

Off Route 17, Rangeley

This trail leads to Angel Falls, one of Maine's tallest and most unique waterfalls. The fall has a 90-foot "hanging" plunge and in high water the cascading water creates the shape of an angel's wing, giving the fall its name.

CASCADE STREAM GORGE TRAIL

Off Route 4, Rangeley

This short trail leads into the 90-foot-deep gorge of Cascade Stream providing access to a series of waterfalls and chutes. A higher trail away from the stream offers a loop opportunity. There are many wildflowers and interesting plants within the gorge; be sure to bring a wildflower guide if you have one!

PIAZZA ROCK

Off Route 4, Rangeley

A nice hike for children offering interesting rock formations. Enter Appalachian Trail northbound on Route 4, nine miles south of Rangeley.

RANGELEY LAKES TRAILS CENTER

524 Saddleback Mountain Road, Rangeley

Seven miles of trails are available for hiking, walking, nature-watching, and more. For mountain biking there are 2 miles of easy trail (to steel bridge and back

along Tote Road). The remainder is suggested for advanced mountain bikers.

SADDLEBACK MOUNTAIN

976 Saddleback Mountain Road, Rangeley

Explore Ethel and Eddy Ponds and hike to the open summit of Saddleback Mountain where hikers are rewarded with sweeping views of the Rangeley Lakes to the west and high peaks region to the east.

RIVER VALLEY

COOS CANYON

Route 17, Byron

A beautiful scenic gorge carved into bedrock by the Swift River located in Byron. Walking trails, viewpoints, and picnic tables are available. In addition, you can swim or pan for gold in the river.

RUMFORD WHITECAP MOUNTAIN PRESERVE

Coburn Brook Road, Rumford

Within the preserve, two trails lead to the summit from the parking lot providing either two distinct experiences or the opportunity for a loop. During late summer, the area is widely known for its blueberries that grow on the upper ledges.

SWIFT RIVER WALKING TRAIL

Intersection of Route 2 and Route 120, Rumford

The Swift River Walking Trail is a paved walkway that meanders through a young deciduous forest. The trail parallels the Swift River and provides many beautiful views from the river's banks.

SEBAGO LAKES REGION

BALD PATE MOUNTAIN TRAIL

Off Route 107, Bridgton/Sebago

This preserve, consisting of 486 acres of forest, meadows, and granite-topped summits, offers hikers trails boasting scenic views, a forest returning from past timber harvests and ice-storm damage, a unique pitch pine habitat with fragile soils at the summit, and a haven for wildlife.

DONNABETH LIPMAN PARK

Chaffin Pond Reserve Road, Windham

This 1.5 mile trail loops around Chaffin Pond and through a wooded setting. In the summer the trail has story walk signs for children. Parking is free and leashed dogs are allowed.

DOUGLAS MOUNTAIN PRESERVE

Off Route 107, Sebago

This 169-acre preserve located in Sebago offers a network of short but challenging trails that lead up to a stone observation tower with expansive views of the region. The preserve has a rich history and was donated to the town of Sebago by the Maine Chapter of The Nature Conservancy.

MAYBERRY HILL PRESERVE

385 Mayberry Hill Road, Casco

This 1-mile trail starts at the kiosk on Mayberry Hill Road and runs through woodlands, meadows, and streams. Parking is free and leashed dogs are allowed.

To learn more about hiking in the region, visit our website.



THE APPALACHIAN TRAIL

A fascinating and challenging hiking trail stretching across the eastern US, The Appalachian Trail, commonly referred to as simply the AT, includes 281 miles throughout the state of Maine. Arguably, the most intense portion of the trail encompasses the western section of the state. While you are visiting Bethel, you can check out the "Toughest Mile" in the nearby Mahoosuc Range, or join the trail at one of many access points throughout the region.

For more information on hiking the AT in Maine, visit AMCMaine.org.

MAINE HUTS & TRAILS

A nonprofit organization that manages a system of four backcountry eco-lodges and nearly 80 miles of trails in western Maine, Maine Huts & Trails offers "off the grid," hut-to-hut adventures coupled with comfortable and friendly accommodations.

For more information visit MaineHuts.org.

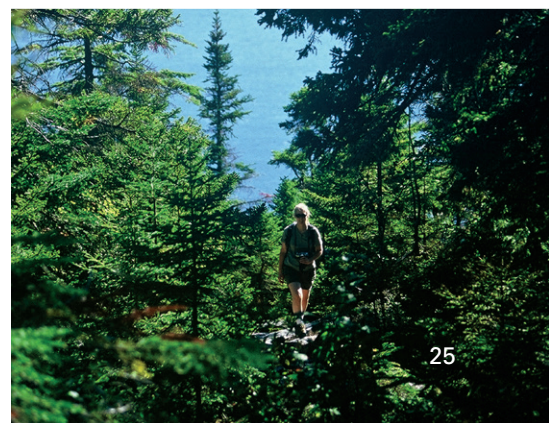
MAINE TRAIL FINDER

A free online resource for people-powered trails in the state. Search a growing database of four-season trails to find the right trail for your next adventure. Browse interactive trail maps, trail descriptions, pictures, and trip reports at MaineTrailFinder.com.

THE EAST COAST GREENWAY

A developing trail system, The East Coast Greenway consists of 3,000 miles of networked trails linking Calais, Maine, to Key West, Florida. Maine's Lakes & Mountains is home to both The Lewiston Riverside Greenway (4.8 miles) and the Lisbon Trail System (3.5 miles), which have been designated part of the East Coast Greenway system.

For more information visit Greenway.org.





WINTERTIME THRILLS *and* DELIGHTS

DOWNHILL SKIING, NORDIC SKIING, SNOWSHOEING, AND MORE.

The 15 to 20 feet of annual snowfall that happen here each winter puts the mountain in **Maine's Lakes & Mountains**. From skiing and snowboarding the classic small mountains (great for learners), to a world-class collection of ski resorts with endless slopes, terrain parks, and jaw-dropping verticals all winter long.

Nordic skiers and snowshoeing enthusiasts aren't left out in the cold here either, with numerous touring centers to get you going along the 250+ miles of groomed trails across the region. Maybe even try a weekend or full week of hut-to-hut skiing or snowshoeing.

This winter, allow the beauty of our snowy landscape, the pine-scented air, and a warm wintery sun on your back inspire you to achieve your own personal best in Maine's Lakes & Mountains.



BETHEL NORDIC SKI CENTER AT THE BETHEL INN RESORT

Bethel | 207-824-6276 | CaribouRecreation.com
A classic New England cross-country ski area, the center features a mix of trails in woodlands and fields. Approximately 35% of the trails are rated as easier, 25% are more difficult and 40% most difficult. Committed skiers can find challenges at the Pine Hill Competition trail system. This system offers 10 km of world-class competition trails winding through mature white pines.

BLACK MOUNTAIN SKI RESORT

Rumford | 207-364-8977 | SkiBlackMountain.org
Black Mountain has been the site for cross-country skiing in the Rumford area for over 30 years, with trails developed by Chummy Broomhall, local two-time Olympian. Black Mountain offers skiing for all abilities. The 15-foot-wide trails are groomed each day for both skating and classic techniques. The center offers 35 km of groomed trails, with snowmaking on 4 km.

CARTER'S XC SKI CENTER

Bethel & Oxford | 207-824-3880
CartersXCSki.com
Carter's two locations offers a combined total of 105 km of trails—80 km of groomed and track set trails and 25 km of skating available. Ability levels are: beginner 60 km, intermediate 65 km, and advanced 20 km. All are available for snowshoeing.

FIVE FIELDS FARM

Bridgton | 207-647-2425 | FiveFieldsSki.com
The trail system totals 27 km, looping around the orchards, it connects with the logging roads, and links with lands owned by abutters, including the Loon Echo Land Trust on Bald Pate Mountain. Trails are largely one way, with bi-directional skiing only where absolutely necessary. Guidance and terrain is available to start the inexperienced; and the trail system is designed such that new skiers will rapidly be able to access all portions. Rental equipment in all sizes including snowshoes is available.

LOST VALLEY

Auburn | 207-784-1561 | LostValleySki.com
Lost Valley offers a 240-ft. vertical and 100% snowmaking. Night skiing, ski school, rentals, hourly tickets and a snowboard park are available.

LOST VALLEY TOURING CENTER

Auburn | 207-784-1561 | AuburnNordic.org
The Auburn Nordic Ski Association—a community-based club committed to the creation and maintenance of a cross-country ski venue in Auburn—has upgraded and created approximately 10 km of cross-country ski trails at the Lost Valley Ski Area.

MAINE HUTS & TRAILS

Kingfield | 207-265-2400 | MaineHuts.org
The Maine Huts & Trails organization is dedicated to providing a unique network of huts and trails currently stretching across a 75+-mile corridor in western Maine. Wintertime use provides for superior cross-country skiing and snowshoeing outings.

MT. ABRAM SKI RESORT

Locke Mills & Greenwood | 207- 875-5000
SkiMtAbram.com

Mt. Abram offers a 1,150-ft. vertical and 85% snowmaking. Night skiing, ski school, ski shop, rentals, half-day tickets, a tubing park and lodging are available. Nordic skiers and snowshoers will find several beginner alpine trails with connecting traverses for easier climbing to the top of the old T-Bar. Many of the connecting trails follow old skidder roads through the mixed evergreen and deciduous forest, offering endless possibilities to create your own loop trips of varying length.

PINELAND FARMS XC

New Gloucester | 207-688-4539
PinelandFarms.org
Pineland has over 5,000 acres of beautiful woodlands and fields which are open to the public for various outdoor activities, including approximately 30 km of professionally designed, well-kept trails for Nordic skiing.

RANGELEY LAKES TRAILS CENTER

Rangeley | 207-864-4309 | XCSkiRangeley.com
The center, set on lower Saddleback Mountain, offers 55 km of immaculately groomed loop trails, a minimum of 14 ft. wide, providing skating lanes and classic tracks on all sections. A 30-ft.-round yurt serves as the ski lodge where ski rentals, wax, waxing benches, clothing, hot drinks, and tempting snacks are available.

SHAWNEE PEAK

Bridgton | 207-647-8444 | ShawneePeak.com
Shawnee Peak offers a 1,300-foot vertical, 99% snowmaking and New England's largest night-skiing facility. Ski school, ski shop, rentals, snowboarding, lounge/restaurant, outside deck and day care are also available.

SPRUCE MOUNTAIN

Jay | 207-879-4090 | SpruceMountain.org
This unique, community-owned mountain in central Maine features 11 trails with snowmaking covering 50% of them. Experience a blast from the past as you rise 300 vertical feet to the summit of the mountain via three different rope tow lifts. Enjoy a night of skiing under the lights, or take a jaunt around the cross-country ski trails.

SUGARLOAF/USA

& SUGARLOAF OUTDOOR CENTER

Carrabassett Valley | 800-THE-LOAF
Sugarloaf.com
Sugarloaf Mountain, a 4,265-foot elevation, a 2,820-ft. vertical and 94% snowmaking, features boundary-to-boundary skiing, ski school and shops, alpine park, half-pipe, health club with indoor pool, alpine village with shops and restaurants, on-mountain lodging, child care and above-treeline snowfields. The Outdoor Center offers cross-country skiing on 105 km of the best-groomed trails in the East, offering a warm, comfortable lodge with magnificent views, skating rink, snowshoeing, and more.

SUNDAY RIVER

Bethel | 207-824-3000 | SundayRiver.com
The Sunday River resort covers eight mountain peaks, with a vertical of 2,340 ft. and 92% snowmaking. Other features include boundary-to-boundary skiing, glade skiing, snowboard park, ski school, ski shops, rentals, three base lodges, one summit lodge, restaurants, day care and slopeside lodging.

THE OUTDOOR CENTER AT THE SUNDAY RIVER INN

Newry | 207-824-0348 | TheOutdoorCenter.net
The Outdoor Center offers 35 km of expertly groomed trails for skiers of all ages and abilities. A favorite with families is the gentle 5-km trip to the Artists' Covered Bridge over the Sunday River.

TITCOMB MOUNTAIN

West Farmington | 207-778-9031
TitcombMountain.com
This 750-foot slope features 16 alpine trails for all skill levels, from beginner to expert, including a terrain park for skiers and riders. Snowmaking covers 70% of our alpine trails. Over 16 km of beautifully groomed cross-country trails are suited to all levels from beginner to expert.

**To learn more about skiing in
the region, visit our website
or SkiMaine.com**

 Alpine Skiing  Nordic Skiing



© Daniel Marquis

— FIELDS OF SONGBIRDS & —
LOFTY BOREAL FORESTS MAKE THIS
Prime Birding Country



It's not an easy task for birders to explain the allure of seeking out and observing wild birds in their natural habitat. Our only advice is to give it a try. **Maine's Lakes & Mountains** is the ideal setting for experiencing the thrill of this popular hobby. Our forests, fields, and wetlands are worth the investment of your time and energy. We recommend **Sebago Lake State Park** and the **Brownfield Bog** or the highly prized boreal forests of **Grafton Notch State Park** and the mountains surrounding **Rangeley**.

BALD MOUNTAIN

Oquossoc: As the forest begins its transition to balsam fir and spruce, boreal species increase.

BIGELOW PRESERVE

Stratton: Above 3,000 feet, look and listen for Bicknell's Thrushes. Bigelow Mountain is a strenuous, all-day hike well worth the effort.

BOY SCOUT ROAD

Oquossoc: This dead-end dirt road provides excellent birding through a mixture of habitats. Boreal Chickadees and Gray Jays are resident, and other northern birds are likely.

BROWNFIELD BOG

Brownfield: One of the most reliable Maine locations to find Yellow-throated Vireos and Blue-gray Gnatcatchers.

GRAFTON NOTCH STATE PARK

Newry: Philadelphia Vireos dominate the dawn chorus. Peregrine Falcons nest on the cliffs. Spot Boreal Chickadees, Black-backed Woodpeckers, Gray Jays and Spruce Grouse.

THE GREATER LOVELL LAND TRUST

Lovell: Many common warblers, woodpeckers and flycatchers nest within the preserve. A viewing platform overlooks a bog.

THE HEALD POND PRESERVE

Lovell: Good for common warblers and thrushes.

HUNTER COVE

Rangeley: Found annually are Boreal Chickadees, Cape May Warblers and Blackburnian Warblers.

MT. BLUE STATE PARK

Weld: Features breeding Hermit Thrushes and Winter Wrens. Many common warblers are easily located, and Scarlet Tanagers are often audible.

RANGELEY LAKE STATE PARK

Rangeley: A trail winds along the edge that yields many of Maine's common songbirds.

SABATTUS POND

Sabattus: Surprising numbers of Semipalmated, Least, and White-rumped Sandpipers are joined by Pectoral Sandpipers and more.

SADDLEBACK MOUNTAIN

Rangeley: The most reliable place to find Bicknell's Thrush. Notorious for singing only at dawn and dusk, but its call notes may occur at any time.

THORNCRAG NATURE PRESERVE

Lewiston: This 372-acre preserve includes 3 miles of easy trails where a variety of common songbirds are present.

WHITE MOUNTAIN NATIONAL FOREST

West Bethel: Wetlands in this area are extraordinarily rich in birds and moose. Waterfowl are abundant in spring and fall.

For more information, we encourage you to visit maineaudubon.org or mainebirdingtrail.com

SIMPLY UNFORGETTABLE

— SPOTTING WILDLIFE IN MAINE'S LAKES & MOUNTAINS —



MOOSE: IDEAL VIEWING TIMES & LOCATIONS

Moose can be seen throughout our state, but their population is greatest in the areas known as “the Maine Woods,” which include a large part of **Maine's Lakes & Mountains**. The best times to spot them are at dusk and dawn from mid-May through July and again in the fall during their breeding season, called the rut. Fall is also when the impressive antlers of the bull moose are fully formed. They will shed their antlers in November or December, and new, larger antlers will begin to grow in the spring.

Many experts list Maine's Lakes & Mountains' Franklin County as a top place in the state to spot a moose. Here are some of the better known moose-watching spots:

Route 4: Between Phillips and Rangeley

Route 16: Between Rangeley and Stratton

Route 16/27: Between Stratton and Carrabassett Valley

Route 27: Between Eustis and Chain of Ponds

Because of their massive size, moose find it easier to move about in open areas. They can often be spotted along logging roads, diving for dinner in wet boggy areas, hanging out in gravel pits and clip-clopping down hiking or snowmobile trails.

GOING ON A SAFARI

To improve your chances of seeing a moose, contact an outfitter that specializes in moose-watching tours, also known as **moose safaris**. You'll have the opportunity to safely and comfortably view these magnificent creatures as you learn about moose habits and habitat from a knowledgeable guide. At the right time of year, tours in some regions have spotted as many as 20 moose in a single outing.

Visit our website to learn more about spotting a Maine moose.

A VISIT TO THE WILD SIDE

Our region offers a highly diverse habitat filled with all kinds of wildlife—from a pesky (but cute) squirrel that finds its way into the bird feeder to endangered hawks and turtles. Being this close to nature affords us many more opportunities to experience the beauty of nature than most people ever realize, including these:

- White-tailed Deer
- Moose and Black Bear
- Ruffed Grouse and Wild Turkey
- Canada Lynx and Bobcat
- Bald Eagle and Red-Tailed Hawk
- Coyote and Red Fox
- Beaver, River Otter, and Muskrat
- Fisher, Marten, and Mink
- Raccoon, Skunk, and Porcupine

For more information on Maine wildlife and conservation efforts for our threatened and endangered species visit: Maine.gov/ifw/wildlife/



Image courtesy of Maine Huts & Trails



Image courtesy of Maine Huts & Trails

MULTI-USE TRAILS: THE ONLY WAY TO GO

HOP IN THE SADDLE. CLIMB ABOARD. GRAB YOUR GEAR.
NOW GET OUT ON THE TRAIL AND GO.

Numerous trail systems are available for multiple-use here, there, and everywhere—from those on our reserved public lands and state parks to local trails or those designated for **ATVs** and **snowmobiles**. The only thing limiting the potential for fun on these trails is your imagination.

Multi-use trails are exactly that. They can be used for ATV riding, hiking, snowshoeing, horseback riding, Nordic skiing, off-road biking, and snowmobiling. However, not all the trails are for all uses. So know before you go and respect the rules for the safety and enjoyment of all.

For motorized recreation, snowmobilers have access to local clubs and the ITS system, plus the woodland roads and trails used by Maine game wardens are generally open to use by ATVs—but please tread lightly.

THE WHISTLE STOP TRAIL: A MULTI-USE TRAIL FOR US ALL

Offering 14 miles of converted rail line between **Jay** and **Farmington**, this multi-use trail for both motorized and non-motorized use includes wetland wilderness and beaver habitat. Travel past waterfalls and take in the scenic mountain views along the way.

MOOSE LOOP TRAIL: FRANKLIN COUNTY

A 170+-mile ATV loop trail circles the heart of **Franklin County**, connecting trail systems for seven clubs offering the widest variety of trails in the East. Test your technical skill on steep trails, rocky outcroppings, and mud holes or tour wooded trails enjoying the scenery.

MT. BLUE STATE PARK: WELD

ATV riders are welcome to experience 25 miles of challenging, multi-use trails in the largest state park in the region. During winter, the park's trail system is open for snowmobiling, snowshoeing, and cross-country skiing. In the summer months, the trails are open for hiking, mountain biking, and horseback riding.

ANDROSCOGGIN RIVERLANDS STATE PARK: TURNER

Enjoy the park year-round. The multi-use trail (9.5 miles one way) is popular among ATV riders, snowmobilers, bicyclists, horseback riders, Nordic skiers, snowshoers, and hikers, while the **Bradford Loop Trail** (12.2-mile loop) requires advanced ATV and snowmobile riding skills.

Motorized trail riding is an excellent way to enjoy the 3,000+ miles of well-maintained trails here. No gear? No problem. Trailside outfitters offer everything from helmets and equipment rentals to snacks and fuel. For more information on walking and hiking trails in the region refer to pages 24–25 in this guide.

For information on ATV-ing and snowmobiling visit MESnow.com or ATVMaine.org.

LOOKING FOR A PLACE TO RIDE?

Day trippers can try the trails in **Range Pond** (Poland) or **Mt. Blue State Park** (Weld) or the **Androscoggin Riverlands** (Turner).

Those interested in remote adventures can include trips to either the **Dead River** or **Richardson Public Reserved Lands**.

The State of Maine offers a search tool for information on trails on state lands at bit.ly/MultiuseTrails.

Here are the best picks from the list of State Parks and Public Reserved Lands:

- Bald Mountain, Rangeley
- Bigelow Preserve, Stratton
- Four Ponds, Rangeley
- Mahoosuc Reserve, Newry
- Pineland, Gray
- Range Pond State Park, Poland
- Richardson Reserve, Rangeley
- Sebago Lake State Park, Naples

Some top locally managed trails are:

- Bethel Recreational Trails, Bethel
- Foundry Road Path, Livermore Falls
- Papermill Trail, Lisbon

These options are great, but don't limit yourself. Do your own research. Try asking the manager of your campground or resort. Use the web or find a local club and pick up a map. The trail systems are growing so fast we can barely keep up.



© Dirk MacKnight

— CATCH A MESS OF FISH —

The terrain in **Maine's Lakes & Mountains** creates an endless supply of cold swift running streams and rivers and nearly every pond or lake offers up a thrilling challenge. Trout, bass, and salmon—so many of these beauties are waiting to be lured onto your hook. Summer or winter. From the shore, in waders, on a boat, or through a hole in the ice.

Without question, fishing here is one of the most exciting adventures you can have in the Maine's Lakes & Mountains region—a long-standing hot spot in the history of fly-fishing and a place with no shortage of superior bass fishing either.

Fly-fishing: This region's countless waterways offer, perhaps, the finest wild brook trout population in America. Places like **Mooslakemaguntic** and **Rangeley Lakes** and their flowing counterparts, the **Rapid** and **Kennebago Rivers**, are a good place to start—remote, pristine, and very much filled with hefty trout. The Rapid River is even considered by some to be the top Wild Brook trout in the US. Then again, the **Upper Dam Pool** is also famous for producing many trophy-size trout.

Look to **Bethel** and **Rangeley** for some of the best bets on lodging and hospitality for your trip and take the time (seriously) to visit the **Outdoor Sporting Heritage Museum** in **Oquossoc** to put context in the importance and history of this sport for the region. Many of the most successful flies ever tied came out of this part of the state.

Landlocked Salmon are another prized fish, and **The Richardsons** (Upper and Lower) can be reached from launches at **Mill Brook**. As a bonus, they also offer the only spot in the region where you can catch Togue. **Sebago Lake** is the place to be for early spring trout fishing here. It's southerly position makes it very popular, once the ice is out, with thousands of anglers throughout the country ringing in the new season with excellent fly-fishing.

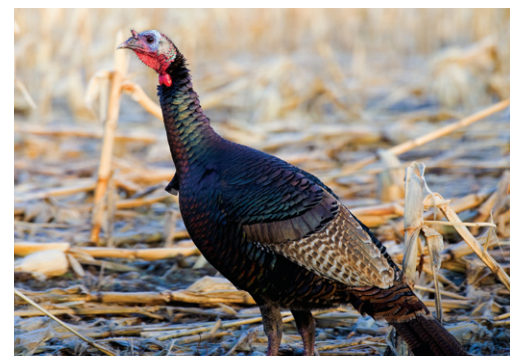
Bass Fishing: Fly-fishermen aren't the only ones having a great time on the water here. Smallmouth and largemouth bass as well as perch and sunfish also are fun to catch in this region. Even the folks at *Bassmaster Magazine* have identified the crystal-clear waters of **Kezar Lake** as a prime spot for big bass. But we know that many, many waterbodies top the list of the Maine bass angler, including **Androscoggin Lake** and **Androscoggin River**. In **Greenwood**, head to **Twitchell**, **Indian**, and **Round Ponds** as well as **Moose Pond** in **West Paris** for a great day of fishing.

Don't forget that when the weather turns cold the water under the ice is still filled with hungry fish. Folks drag shacks out onto their favorite pond and start setting up traps just as soon as the ice is thick enough to safely withstand it. Plus, the **Hardwater Culture** in Maine has grown in popularity with families joining derbies offering prizes—what an excellent way for kids to fall in love with this timeless sport.

Tip #1: Hire a guide; these talented men and women are worth every single penny.

Tip #2: Make sure to fish on the **Maine Free Fishing Days** in February and June.

For more detailed information on fishing in the region, visit our website, Maine.gov/ifw/ or MaineGuides.org/



← HUNTING & TRAPPING →

A TIME-HONORED EXPERIENCE IN WESTERN MAINE

WHITE-TAILED DEER

After years of decline due to habitat loss and other concerns, the Maine deer herd is once again strong and on the rise. Few states match the quality of the Maine deer hunting season. Hunters of all skill levels have an excellent chance at tagging a trophy and are certain to enjoy the legendary scenery of the Pine Tree State.

MAINE MOOSE

What deer offer in volume, the moose makes up for in popularity, from the annual moose permit lottery, which has now become quite an attraction of its own, to the excitement of the season's arrival. In Maine, we make a big deal out of the moose hunt, and with some tagged moose coming in each year tipping the scale at over 1,000 pounds, you can see why.

MAINE BLACK BEAR

The exciting 16-week-long Maine black bear hunting season runs from the last Monday in August to the final Saturday in November and offers the well-prepared hunter a comfortable timeframe in which to take up to two bears (one each by hunting and trapping).

WILD TURKEY

With a spring (May) and fall (October) season to take wild turkey, bow and gun hunters have two seasons each year to hunt this surprisingly challenging bird. Work on your calls and your camouflage to really display your prowess. Be certain to be a good neighbor and get landowner permission before hunting somewhere new.

REGISTERED MAINE GUIDES

Beginning with our own Cornilia Thurza "Fly Rod" Crosby, Maine Guide #1, the title Registered Maine Guide has been earned with hard work and is a badge worn with honor. More than simply a "test," the Registered Maine Guide is a distinction issued only to those who have demonstrated a thorough knowledge of Maine's outdoors. A Registered Maine Guide is as much a part of Maine's outdoor sporting heritage as sporting camps and Bean boots.

MAINE SPORTING CAMPS

If you are looking to be totally initiated into Maine sporting life, consider pairing a fully guided hunt with a stay at a traditional family-run Maine sporting camp or wilderness resort. From "dark thirty" breakfasts to sharing stories around the woodstove, every meal is memorable and each night you will climb exhausted into a snug bed piled high with warm blankets and quilts.

HUNT WITH A LICENSE

Anyone hunting in Maine must possess the proper license. Be informed: our laws, guidelines, and seasons often vary from year to year. A guide will have the information you need, but if you choose to hunt without the help of a guide plan ahead; make advance arrangements for where you're going to stay, and what you're going to hunt.

Please visit Maine.gov for up-to-date season information and to purchase your license before you arrive.

— ENDLESS GREENS —

GOLF IN MAINE'S LAKES & MOUNTAINS



© Brewsters Photos

BETHEL INN RESORT 18

Bethel | 800-654-0125 | 207-824-2175
BethelInn.com

This 6,663-yard championship course, designed by Geoffrey Cornish, set amidst a rolling forest terrain, takes maximum advantage of the mountain vistas.

BRIDGTON HIGHLANDS COUNTRY CLUB 18

Bridgton | 207-647-3491
BridgtonHighlands.com

One of Maine's finest 18-hole courses with a variety of challenges and skill tests. Hole #1 is one of the most demanding in the state, running 445 yards.

EVERGREEN GOLF CLUB 9

Rangeley | 207-864-9055
EverGreenGolfRangeley.net

This championship-quality 9-hole course features 5 sets of tees on each hole to match any golfer's ability, practice greens, a driving range surrounded by natural beauty.

FOX RIDGE GOLF CLUB 18

Auburn | 207-777-4653
FoxRidgeGolfClub.com

This championship golf course features a gentle blend of rolling hills. Taking advantage of the natural lay of the land, it will demand every shot in your bag.

LAKE KEZAR COUNTRY CLUB 18

Lovell | 207-925-2462
LakeKezarGolf.com

Nestled in the foothills of the White Mountains, this par 72 gem combines a 1924 Donald Ross design with a spectacular and breathtaking back nine.

MAPLE LANE GOLF COURSE 9

Livermore | 207-897-3770 | MapleLane.me
Maple Lane Golf Course is a par 35 regulation, 9-hole course. There are several sets of tees to "change up" your rounds of golf.

MARTINDALE COUNTRY CLUB 18

Auburn | 207-782-1107 | MartindaleCC.com
Tucked away in a secluded locale just off Maine Turnpike's Exit 75, this 18-hole championship course boasts the best greens in the area and features four sets of tees for all ability levels.

MINGO SPRINGS GOLF COURSE 18

Rangeley | 207-864-5021 | MingoSprings.com
Situating in the beautiful Rangeley Lakes area, this course offers 18 holes of scenic golf, challenging and enjoyable for beginner and scratch player alike.

NAPLES GOLF AND COUNTRY CLUB 18

Naples | 207-693-6424 | NaplesGolfCourse.com
Established in 1921, Maine's premier 18-hole golf course set in the heart of the Sebago Lake region features beautiful lake views.

NORWAY COUNTRY CLUB 9

Norway | 207-743-9840 | NorwayCountryClub.com
Maine's most scenic 9-hole golf course, this gem has something for golfers of all ages, from high on the 1st tee, where one can see the White Mountains to signature hole #5.

OAKDALE COUNTRY CLUB 9

Mexico | 207-364-3951 | OakdaleCC.net
A very challenging and beautiful 9-hole par 36 golf course that spans 3,183 yards. Oakdale is considered one of the finest 9-hole courses in the state.

PARIS HILL COUNTRY CLUB 9

Paris | 207-743-2371 | ParisHillCC.com
Established in 1899, this is one of the oldest golf courses in the state of Maine. This 9-hole course is short, tight, and challenging.

POINT SEBAGO GOLF RESORT 18

Casco | 1-800-533-1555 | 207-655-3821
PointSebago.com
This 18-hole championship golf course offers one of the best layouts in the state and is part of the 775-acre resort on Sebago Lake.

POLAND SPRING COUNTRY CLUB 18

Poland Spring | 207-998-6002
PolandSpringInns.com
Poland Spring was the first golf course built at a resort in America and includes views of the White Mountains, fast velvet bent greens, beautiful fairways, and tees for all levels.

PROSPECT HILL GOLF COURSE 18

Auburn | 207-782-9220
ProspectHillGolfCourse.com

This picturesque 18-hole course is just under 5,800 yards par 70 with a slope of 110. Shorter than some, the front is forgiving while the back nine will challenge any golfer.

SPRING MEADOWS GOLF CLUB 18

At Cole Farms | Gray | 207-657-2586
SpringMeadowsGolf.com
Featuring a versatile design that caters to both the avid golfer and the beginner, the aesthetic charm of this impeccable course is sure to leave a lasting impression.

SPRINGBROOK GOLF CLUB 18

Leeds | 207-946-5900
SpringBrookGolfClub.com
Challenging and extremely well-maintained, this 18-hole championship course is enhanced by a meandering brook, seasonal wildflowers, and indigenous bird life.

SUGARLOAF GOLF CLUB 18

Carrabassett Valley | 1-800-843-5623
Sugarloaf.com/summer
Named the #1 Golf Course in Maine by *Golf Digest*, Sugarloaf/USA Golf Club's guests will find the 18 holes demanding and the views awe-inspiring.

SUNDAY RIVER GOLF CLUB 18

Newry | 207-824-4653
SundayRiverGolfClub.com
Robert Trent Jones, Jr., calls this course, "One of the most outstanding we had the opportunity to develop." This is one of the longest and most playable courses in Maine.

TURNER HIGHLANDS GOLF COURSE 18

Turner | 207-224-7060
TurnerHighlands.com
Built atop rolling hills with scenic resort views, this club features a pub-style dining area and banquet facility at Fore Seasons Restaurant, which is always open to the public.

To learn more about golf courses in the region, visit our website or TheMaineGolfTrail.com.



Image courtesy of Celebration Barn

Cultural Pursuits

This region's rugged beauty and vast collection of outdoor pursuits are well-matched to an extensive treasury of arts and cultural activities. From eclectic museums and historic sites to exciting events and festivals that take place throughout the year, each elevates the history and heritage of the people who call Maine's Lakes & Mountains home.

ART MUSEUMS AND GALLERIES

ART @ 57 MAINE

57 Main St., Bethel | 419-360-0095
www.57Mainearts.com

A teaching studio, small gallery, and workspace, offering classes in jewelry along with other art mediums. Currently the gallery is showing the work of Lauren Head and Donna D'Aquino.

ATRIUM ART GALLERY

51 Westminster St., Lewiston | 207-753-6500
USM.Maine.edu/AtriumGallery

The Atrium Art Gallery presents a year-round schedule of exhibitions highlighting Maine artists with solo and group exhibitions of painting, drawing, photography, sculpture, and contemporary crafts.

BATES COLLEGE MUSEUM OF ART

Olin Arts Center, Lewiston | 207-786-6158
Bates.edu/museum

Exhibitions of temporary shows, student-curated projects and several rotating permanent collection shows per year from a collection comprising over 5,000 objects, including the Marsden Hartley Memorial Collection of 99 drawings and archival material and a wide range of artists associated with the state of Maine and beyond.

EDGE OF MAINE FRAME AND GALLERY

182 Main Street Brownfield
207-935-2817 | EdgeOfMaine.com

This gallery represents fine local artists and artisans featuring new work every other month, art books, children's books and other eclectic finds, such as candles from Lancaster-PA to art from China.

ELEMENTS ART GALLERY & STORE

162 Main St., Bethel | 207-824-0557
ElementsArtGalleryMaine.com

All things Maine-made—see what Bethel area

artists and craftsman have to offer! Paintings, jewelry, woodwork, fiber art, pottery, antler craft, bath and body, home goods, gifts, and more.

FROST FARM GALLERY

272 Pikes Hill, Norway | 207-743-8041
FrostFarmGallery.com

Rotating fine arts exhibits each First Friday gallery opening. Home to a diverse collection of original vintage and antique prints in an intimate gallery space, nestled in a historic 1797 farmstead.

GALLERY 109

109B Church St., Farmington | 207-778-1956
FineArtAmerica.com/profiles/gallery-109.html

A fine art photography gallery featuring a rotating individual or group of Maine photographers along with permanent photography by Alana Ranney of Farmington and Lisa Bryant of Jay.

GALLERY 302

112 Main St., Bridgton | 207-647-2787
Gallery302.com

This jewel of an art gallery and shop features paintings, pottery, jewelry, and stained glass made by 50 different artists in a variety of media.

HIGH PEAKS ARTISAN GUILD GALLERY

245 Main St., Kingfield | 207-446-4316
HighPeaksArtisanGuild.com

This co-op gallery features original paintings and prints, limited-edition photographs, handcrafted items, fine furniture, unique stained glass, jewelry, scarves, fiber art, yarn, greeting cards, and more.

L/A ARTS: ART WALK L/A

221 Lisbon St., Lewiston | 207-782-7228
LAarts.org/art-walk-la

Art Walk L/A takes place the last Friday each month, May through September, features over 20 visual arts galleries, creative exhibitions, and special arts performances in Lewiston and Auburn's downtowns.

THE PACE GALLERIES OF ART

18 Bradley Street, Fryeburg
207-935-9232 | FryeburgAcademy.org

The gallery hosts a variety of temporary exhibitions throughout the year featuring original paintings, photography, sculptures, and more. Open Tuesdays and Thursdays, 10 am–1 pm or call to schedule a visit.

PAINTED MERMAID GALLERY

6 Briggs Ave., South Paris | 207-743-7312
PaintedMermaid.com

This collective represents 40 Maine artists and artisans who portray the beauty of Maine, along with a bit of mermaid whimsy featuring artist/owner Brenda Ellis Sauro's original mermaid paintings and giclee prints and husband Michael's antique metal sculptures.

STADLER GALLERY

225 Main St., Kingfield | 207-265-5025
StadlerGallery.com

Located in a beautiful unfinished 19th-century barn, the gallery is renowned for exhibiting a wide range of artwork, from eclectic sculptures and woodcuts to landscapes and abstract illustrations.

SUGARWOOD GALLERY

248 Broadway, Farmington | 207-778-9105
SugarwoodGallery.com

SugarWood Gallery is home to the largest number of Maine artisans specializing in using nature's resources and their talents to create works of art and one-of-a-kind pieces suitable for home or office.

WESTERN MAINE ART GROUP

480 Main St., Norway | 207-739-6161
TheWMAG.org

Housed in the Lajos Matolcsy Arts Center's original primary schoolhouse building, the gallery shows award-winning artists of the Western Maine foothills and more. Media represented are oils, etchings, watercolors, pastels, and photography.

FESTIVALS

BATES DANCE FESTIVAL

305 College St., Lewiston | 207-786-6381
BatesDanceFestival.org

The Bates Dance Festival produces a six-week contemporary dance and music performance series each July/August at Bates College, featuring world-class dance companies from around the globe and audience enrichment activities.

EMERGE FILM FESTIVAL

Lewiston | EmergeFilmFestival.org

Bringing a diverse selection of Maine-made, national and international films to the L/A area in the categories of documentary, short, and feature-length films, Emerge helps promote the motion picture arts to local and regional audiences, and offers networking opportunities at its various events.

MUSIC WITHOUT BORDERS

Gould Academy, Church St., Bethel
207-824-7700 | MusicWOBorders.com

A four-week international piano festival in July. Public recitals every Tues, Wed, Fri & Sat at 7:30.

OSSIPEE VALLEY MUSIC FESTIVAL

91 South Hiram Rd., South Hiram
207-625-8656 | OssipeeValley.com

The festival is a four-day acoustic music event with live music from two stages. Bluegrass predominates, but Gypsy, Jazz, Old Time Country, Honky Tonk, Irish, and Cape Breton music can also be heard. The festival is host to the New England Flatpicking, Banjo, and Songwriting Contests.

SEBAGO-LONG LAKE MUSIC FESTIVAL

156 Deertrees Rd., Harrison | 207-583-6747
SLLMF.org

A five-week series of chamber music concerts featuring a wide variety of music for different, sometimes unusual, instrumental combinations, and from different periods ranging from the 17th century to the present. Held at Deertrees Theatre the last three weeks of July and first two weeks of August.

MUSEUMS AND HISTORIC SITES

BELL HILL MEETINGHOUSE

191 Bell Hill Rd., Otisfield | 207-539-8178

Built in 1797 as a Congregational parish, the meetinghouse was the primary town gathering spot. The last church meeting was held in 1887. After repairs in 1913, the annual Bell Hill Day services were held and continue today on the last Sunday of July. The meetinghouse and adjacent 1839 brick schoolhouse are listed on the National Register of Historic Places.

BETHEL'S NATIONAL HISTORIC DISTRICT

Broad & Church St., Bethel | 800-824-2910

Walking tour features 29 buildings and sites dating back to 1813, all within a half-mile tour of Bethel Village. Call the Bethel Historical Society for info.

FARMINGTON HISTORICAL SOCIETY'S TITCOMB HOUSE

118 Academy St., Farmington | 207-778-2835

The Titcomb House, an 1840s Gothic Revival building, houses furniture and décor from the period: the wedding dress of the wife of the famous earmuff

inventor, Chester Greenwood, and a collection of over 90 antique dolls made from 1820 to 1920.

FRYEBURG HISTORICAL SOCIETY MUSEUM

83 Portland St., Fryeburg | 207-256-3001
FryeburgHistorical.org

The Colonel Samuel Osgood House, located in an original 1832 Cape, was carefully restored to house a genealogical research library, paintings, and artifacts of Fryeburg and the area. Knowledgeable volunteer staff offer guided tours of the museum.

HAZEL & OWEN CURRIER DOLL MUSEUM

c/o Fryeburg Historical Society
103 Lovell Rd., Fryeburg | 207-256-5211

The more than 10,000-doll collection is displayed in a variety of historical themes with dolls in period garb. This rotating collection of porcelain, American Girl, Barbie and Cabbage Patch dolls is rounded out by dolls handmade of burlap, pine cones, and other natural materials. Admission is \$5

HOLMES-CRAFTS HOMESTEAD

Route 4, Jay | 207-897-4876

The homestead includes a Federal-style 1820 house with period furnishings. The Jay Historical Society oversees the property and conducts tours by appointment. The homestead's annual open house is held on the second Saturday of August.

JOHN TOWLE ANTIQUE TOOL MUSEUM

63 Main St., Dixfield | 207-562-7595

Operated by the Dixfield Historical Society, the museum displays over 1,100 rare antique tools and features a vast collection of Stanley wood planes.

LUFKIN MUSEUM

Route 2, Rumford Center | 207-364-8455

Operated by the Rumford Historical Museum, the Lufkin operated as a school from 1898 to 1949. Artifacts from the past 150 years on display are devoted to life in the late 1800s and early 1900s.

MAINE MINERAL & GEM MUSEUM PREVIEW STORE & GALLERY

Main St., Bethel | 207-824-3030
MaineMineralMuseum.org

Visit the Museum Preview Store & Gallery during the building of a one-of-a-kind, world-class museum that will display the largest collection of Maine minerals, gems, and historical mining material in the world. Learn about the history of mining, view extraordinary samples of mineral and gems, or tour area mines and view specimens that tell of Maine's unique place in the geological world.

MAINE'S PAPER & HERITAGE MUSEUM

22 Church St., Livermore Falls
207-897-3514 | PaperMuseumofMaine.org

The museum teaches the history of the paper industry along the Androscoggin River and surrounding communities, offering educational programs and events. Learn how paper is made; meet some of the country's top papermakers and hear their stories.

MCLAUGHLIN GARDEN AND HOMESTEAD

97 Main St., South Paris | 207-743-8820
MclaughlinGarden.org

The landmark 2-acre garden features collections of

hostas, daylilies, astilbes...and over 200 lilacs (the largest collection in New England) beneath a canopy of mature deciduous and coniferous trees. A diverse collection of Maine wildflowers and ferns borders an old lane that rises up behind the barn.

MUSEUM L-A

35 Canal St., Bates Mill Complex, Lewiston
207-333-3881 | MuseumLA.org

Discover the Twin Cities' rich heritage of labor, industrial commitment, community expansion, and cultural influences. Engaging exhibits and special programs encourage family fun and learning across generations. Unique gifts sold in Museum Shop.

MUSEUMS OF THE BETHEL HISTORICAL SOCIETY

10 Broad St., Bethel | 207-824-2908
www.bethelhistorical.org

The museum collects, preserves, displays, and interprets the history of western Maine and the White Mountain region through exhibits, lectures, events, and publications. Featuring six exhibit galleries and nine period rooms across two buildings. Throughout the year, the society provides a full schedule of high-quality events for people of all ages.

NARRAMISSIC FARM

Ingalls Rd., Bridgton | 207-647-9954
BridgtonHistory.org/Narramissic

"Narramissic," the Peabody-Fitch farm, offers a glimpse of New England on the eve of the Civil War. Tour the house, furnished largely with items original to the property. Visit the restored blacksmith shop. Or enjoy the view of Maine and New Hampshire mountain ranges while exploring the grounds.

NOWETAH'S AMERICAN INDIAN MUSEUM

2 Colegrove Rd. (Rt. 27), New Portland
207-246-2271

The only Indian-owned/operated museum in the region, the museum strives to preserve Indian culture through the teaching of ongoing educational programs, research, dancing, spiritual awareness, and respect for Mother Earth, with a special focus on Maine and over 600 antique Maine Indian baskets and bark containers on display.

OUTDOOR SPORTING HERITAGE MUSEUM

Corner of Rt. 4 and Rt. 16, Oquossoc
207-998-4142 | RangeleyOutdoorMuseum.org

The museum features items from Rangeley's rich sporting history: Carrie Stevens flies, Herb Welch mounts, trophy fish, local fly rods, train travel and 1890s sporting camp items, and early 1900s videos.

POLAND SPRING PRESERVATION PARK

37 Preservation Way, Poland Spring
207-998-4142 | PolandSpringPS.org

In 1845, Poland Spring Water had settlers and local dignitaries flocking to Poland Spring for its curative spring waters. In the early 1900s, a state-of-the-art bottling facility and Spanish-style spring house were built. Listed on the National Register of Historic Places.

RUFUS PORTER MUSEUM

67 North High St., Bridgton | 207-647-2828
Rufusportermuseum.org

The Rufus Porter Museum and Cultural Heritage Center is a tribute to the artist and inventor Rufus

Porter, who spent his childhood around Bridgton. Porter's paintings, vivid murals, and publications, and works of comparable period artists, are on display.

SABBATHDAY LAKE SHAKER VILLAGE

707 Shaker Rd. (Rt. 26), New Gloucester
207-926-4597 | Shaker.lib.me.us

Home to America's last active community of Shakers, the village includes the Shaker Museum and the Shaker Store—offering Shaker handmade oval boxes and other “fancy goods.” The museum offers village tours and special events including craft workshops and demonstrations.

SANDY RIVER & RANGELEY LAKES RAILROAD MUSEUM

128 Bridge St., Phillips | srri-rr.org

The SR&RL Railroad offers a short ride and guided tour on the original roadbed of what was the largest of Maine's two-foot-gauge railroads.

SKI MUSEUM OF MAINE

265 Main St., Kingfield | 207-246-2271

SkiMuseumofMaine.org

The museum's mission is to preserve and publicize the business of skiing in Maine while celebrating Maine's rich ski history and heritage.

SONGO LOCKS

Route 302/The Causeway, Naples

When the Cumberland and Oxford Canal was built, the Atlantic Ocean was connected with inland Maine through a series of 27 locks. Songo is the only remaining hand-operated lock from the old canal of the 1830s. Built primarily of stone with wooden gates, it connects Sebago with Long Lake.

STANLEY MUSEUM

40 School St., Kingfield | 207-265-2729

StanleyMuseum.org

Located in the beautiful Georgian-style Stanley School built in 1903, the museum preserves the heritage of the Stanley family's genius. The famous “Stanley Steamer” automobile was invented by Francis Edgar Stanley, manufactured by him and his twin brother. Examples of the Stanley Steamer cars are on exhibit.

UNIVERSITY OF SOUTHERN MAINE FRANCO-AMERICAN COLLECTION

51 Westminster St., Lewiston | 207-753-6545

USM.Maine.edu/franco

One of the largest repositories of Franco-American archival material in Maine, the collection's holdings cover local history, government, religion, language, education, industry, sports, and the arts.

WASHBURN NORLANDS LIVING HISTORY CENTER

290 Norlands Rd., Livermore | 207-897-4366
Norlands.org

For an immersion in historic life, visit the working farm and museum of the 19th-century Washburn family. Experience life in the 18th and 19th centuries. Explore a one-room schoolhouse, church, Victorian country mansion, and granite library. Open for tours by appointment.

WILHELM REICH MUSEUM

Dodge Pond Rd., Rangeley | 207-864-3443

WilhelmReichTrust.org

The museum represents and interprets the life and work of physician-scientist Wilhelm Reich (1897–1957) and the environment in which he investigated the energy functions that govern all living matter. Features include an observatory, bookstore, gift shop, nature trails, nature seminars, children's area, and conference center.

WILLOWBROOK VILLAGE

Elm St. (Rt. 11), Newfield | 207-793-2874

WillowbrookMuseum.org

New England's largest 19th-century museum/village, featuring a country store, carpentry shop, print shop, blacksmith, 56 restored carriages and sleighs, two historic homesteads, 1894 carousel, annual Civil War encampment, craft demonstrations, and adult and family workshops.

WILTON FARM AND HOME MUSEUM

10 Canal St., Wilton

TheWiltonFarmandHouseMuseum.org

Built in the 1860s, the landmark building served as a boarding home to the Bass Shoe Factory employees before housing hand-sewing stations, offices, and storage space in 1945. The four floors exhibit area artifacts, a restored parlor and meeting room, period bedrooms, and a working blacksmith shop.

MUSIC

THE DOLLARD AND PRISCILLA GENDRON FRANCO CENTER

46 Cedar St., Lewiston | 207-689-2000

FrancoCenter.org

Celebrating Franco-American heritage, the center presents the best in symphonic music, solo instrumentalists, chorales/choirs, and contemporary music.

INTERNATIONAL MUSICAL ARTS INSTITUTE

Fryeburg | IMAFestival.org

Founded by legendary violinist Eric Rosenblit, this summer chamber music festival has attracted over 200 classically trained musicians over the years, from some 30 nations on five continents.

LEURA HILL EASTMAN PERFORMING ART CENTER

18 Bradley Street, Fryeburg

207-935-9232 | FryeburgAcademy.org

Located at Fryeburg Academy, the center is home to a variety of professional and student performances throughout the year. From hosting renowned performers such as Peter Yarrow and Carbon Leaf to projecting live digital video streams of the Metropolitan Opera's “Live In HD” Series.

MAHOOSUC ARTS COUNCIL

45 Church St., Bethel | 207-824-3575

MahoosucArts.org

MAC hosts a variety of musicians and musical groups representing every type of genre at free concerts at the Bethel Summer Bandstand Series. MAC also sponsors and coordinates the Bethel Art Fair annually on the first Saturday of July.

MAINE MOUNTAIN CHAMBER MUSIC

33 Camp Rd., Wilton | 207-645-2157

MMChamberMusic.org

The Maine Mountain Chamber Music ensemble features high-quality guest performers in twice-yearly concerts.

MAINE MUSIC SOCIETY

221 Lisbon St., Lewiston | 207-782-7228

MaineMusicSociety.org

A professional music-performing organization resident in central Maine, MMS seeks to bring performances to the public through educational and youth-oriented activities, through imaginative programming, and through artistic excellence.

STONE MOUNTAIN ARTS CENTER

695 Dugway Road, Brownfield

866-227-6523 | StoneMountainArtsCenter.com

This beautiful timber frame music hall hosts national acts up close and personal in an equally beautiful setting. Performances represent many different genres from folk, Celtic, blues, Cajun, opera, and comedy to classical.

THEATER

CELEBRATION BARN THEATER

190 Stock Farm Rd., South Paris

207-743-8452 | CelebrationBarn.com

Theater for all ages in Maine's rich tradition of vaudeville-style entertainment, the Barn's summer show series and touring works offer audiences original performances by a diverse range of world-class touring artists.

DEERTREES THEATRE & CULTURAL CENTRE

156 Deertrees Rd., Harrison | 207-583-6747

Deertrees-Theatre.org

A 1936 Adirondack-style opera constructed of rose hemlock with hand-carved fixtures and stage dimensions identical to the Metropolitan Opera House, Deertrees presents over 40 exciting and unique productions during a season.

THE PUBLIC THEATRE

31 Maple St., Lewiston | 207-782-3200

ThePublicTheatre.org

At this professional Equity theatre you will find the best plays from Broadway and Off-Broadway, as well as exciting new scripts, featuring professional actors from New York and New England.



Historical Societies

Maine's Lakes & Mountains Region is deeply connected to this nation's historic past. Many of our towns maintain active historical societies and museums worth visiting—some open to visitors for limited times each month or by appointment only. For a list of historical societies in the region and how to contact them visit our website.



— 2017 CALENDAR OF EVENTS —

JANUARY

CARTER'S LAST STAND

Carter's XC Ski Center, Bethel
January 1 | [CartersXCSki.com](#)

KINGFIELD WINTER ART WALK

Kingfield, January 6 | 207-939-6518
[Facebook.com/KingfieldArtWalk](#)

NATIONAL WINTER TRAILS DAY

Carter's XC Ski Center, Bethel
January 7 | [CartersXCSki.com](#)

MT. DEW VERTICAL CHALLENGE

Mt. Abram, January 8
[MtAbram.com](#)

CHILDREN'S FESTIVAL WEEK

Sunday River, January 9–13
800-543-2754 | [SundayRiver.com](#)

CHILI/CHOWDER COOK-OFF

Rangeley, January 19
800-543-2754

SNODEO

Rangeley, January 19–21
207-864-5364
[RangeleySnowmobile.com/Snodeo.html](#)

GO50 WEEK

Sunday River, January 23–27
800-543-2754 | [SundayRiver.com](#)

VETERANS NO BOUNDARIES

Sunday River, January 26–30
[MaineAdaptive.org](#)

WOOD SKI DAY

Carter's XC Ski Center, Bethel
January 29 | [CartersXCSki.com](#)

FAT BIKE LOPPET

Rangeley, January 29
800-685-2537

SPECIAL OLYMPICS

MAINE WINTER GAMES

Sugarloaf, January 31–February 2
[Sugarloaf.com](#)

FEBRUARY

ANNUAL POLAR BLAST

Eustis/Stratton, February 2–4
207-235-6008
[MainesHighPeaks.com](#)

N.E. POND HOCKEY FESTIVAL

Rangeley, February 2–5
[NewEnglandPondHockey.com](#)

KINGFIELD WINTER ART WALK

Kingfield, February 3 | 207-939-6518
[Facebook.com/KingfieldArtWalk](#)

MAINE TELEMAR & WHITE GRASS FESTIVAL

Mt. Abram Ski Area, February 4
[MtAbram.com](#)

FAT TIRE FESTIVAL

Sugarloaf, February 11–12
207-237-2000 | [Sugarloaf.com](#)

RANGELEY WORLD RECORD SNOWMOBILE RIDE

Bald Mountain Camps
February 17–18 | 207-671-7275

2ND ANNUAL WINTERPALOOZAH

Haley Pond, February 18
207-864-2771

CABIN FEVER RELIEVER

LIVING HISTORY DAY
Livermore, February 25
207-897-4366 | [Norlands.org](#)

MAINE LAKES WINTER CARNIVAL

Bridgton, February 25 | 207-647-3472

ANNUAL WINTER FLY-IN

Bald Mountain Camps, February 25
207-864-3671

SEBAGO LAKE ICE FISHING DERBY

Casco, February 25–26
[IceFishingDerby.com](#)

ICE FISHING DERBY

Norway Lake, February 25–26
207-739-6070

MARCH

KINGFIELD ART WALK

Kingfield, March 3 | 207-939-6518
[Facebook.com/KingfieldArtWalk](#)

RANGELEY LAKES LOPPET

Rangeley Lakes Trail Center
March 4 | 207-864-4309

MT. DEW VERTICAL CHALLENGE

Mt. Abram Ski Area, March 4
[MtAbram.com](#)

WILD WEST FESTIVAL

Mt. Abram Ski Area, March 4
[MtAbram.com](#)

7TH ANNUAL BANKED SLALOM

Sugarloaf, March 11–12
207-237-2000 | [Sugarloaf.com](#)

MOOSE DASH SNOWSHOE RACE

Rangeley Lakes Trail Center
March 12 | 207-864-4309

WESTERN MAINE FLY FISHING EXPO

Bethel Inn, March 18 | [BethelInn.com](#)

OLD-TIME MAPLE SUGARING & PANCAKE BREAKFAST

Livermore, March 26
207-897-4366 | [Norlands.org](#)

MAINE MAPLE SUNDAY

Participating Sugar Shacks
March 26 | [GetRealMaine.com](#)

SPRING FESTIVAL

Sunday River, March 31–April 1
800-543-2754 | [SundayRiver.com](#)

APRIL

29TH ANNUAL REGGAE FESTIVAL

Sugarloaf, April 6–9
207-237-2000 | [Sugarloaf.com](#)

POND-A-PALOOZA & PASSHOLDER WEEKEND

Sunday River, April 7–9
800-543-2754 | [SundayRiver.com](#)

THE GREAT TAILGATE

Sunday River, April 15
800-543-2754 | [SundayRiver.com](#)

EAST COAST POND SKIMMING CHAMPIONSHIP

Sugarloaf, April 15
207-237-2000 | [Sugarloaf.com](#)

EMERGE FILM FESTIVAL

Lewiston-Auburn, April 27–30
[EmergeFilmFestival.org](#)

MAY

WILDFLOWER FESTIVAL MCLAUGHLIN GARDEN & HOMESTEAD

South Paris, May 5–7
207-743-8820 | [MclaughlinGarden.org](#)

SUGARLOAF MARATHON & 15K

Sugarloaf, May 21
207-237-2000 | [Sugarloaf.com](#)

ANNUAL LILAC FESTIVAL AT MCLAUGHLIN GARDEN & HOMESTEAD

South Paris, May 26–29
207-743-8820
[MclaughlinGarden.org](#)

JUNE

MAINE BLUES FEST

Naples, June 16–18
207-647-3472

RALLY FOR NORLANDS CIVIL WAR REENACTMENT WEEKEND

Livermore, June 17–18
207-897-4366 | [Norlands.org](#)

KINGFIELD POPS ART WALK

Kingfield, June 23 | 207-939-6518
[Facebook.com/KingfieldArtWalk](#)

BATES COLLEGE DANCE FESTIVAL

Lewiston, June 23–Aug 6
[BatesDanceFestival.org](#)

FAMILY FUN DAYS

Stratton, June 23–25
207-235-6008 | [EustisMaine.com](#)

WINDHAM SUMMERFEST

Windham, June 24
[WindhamSummerfest.com](#)

ANNUAL KINGFIELD POPS FESTIVAL OF THE ARTS & CONCERT

Kingfield, June 24 | [KingfieldPops.com](#)

GREAT FALLS BREWFEST

Lewiston, June 24
[GreatFallsBrewFest.com](#)

LUPINE FESTIVAL ART & ANTIQUE SHOW

Oquossoc, June 24 | 207-864-3373

JULY

BETHEL ART FAIR

Bethel, July 1 | [MahoosucArts.org](#)

MOXIE FESTIVAL

Lisbon, July 7–9 | [MoxieFestival.com](#)



SOURCE TO THE SEA

Umbagog to Brunswick
July 7–August 6 | 207-754-8158
AndroscogginWatershed.org

NORWAY ARTS FESTIVAL

Norway, July 8
NorwayArtsFestival.org

KINGFIELD FESTIVAL DAYS

Kingfield, July 14–16
Facebook.com/Kingfield-Festival-Days

WATERFORD WORLD'S FAIR

Waterford, July 14–16
WaterfordWorldsFair.org

FOUNDER'S DAY

Hamlin Memorial Library, Paris
July 15 | 207-743-2980

MOLLYCKETT DAYS FESTIVAL & ROAD RACES

Bethel, July 15 | MollyckettDay.com

GARDEN ILLUMINATED MCLAUGHLIN GARDEN & HOMESTEAD

South Paris, mid-July
207-743-8820
McLaughlinGarden.org

TUBING & TREASURE SCAVENGER HUNT

Bethel, July 16
BethelOutdoorAdventure.com

FARMINGTON SUMMER FEST

Farmington, July 21–22
Facebook.com/WeLoveSummerFest

TOUGH MOUNTAIN CHALLENGE

Sunday River, July 22
800-543-2754 | SundayRiver.com

NORTHEAST EUROPEAN MOTORCYCLE RALLY

Newry, July 27–30
NewEnglandForestRally.com

CASCO DAYS

Casco, July 28–30 | CascoDays.com

AUGUST

ANNUAL WILTON BLUEBERRY FESTIVAL

Wilton, August 4–5
207-778-4726 | WiltonBBF.com

CARRABASSETT SUMMER FESTIVAL

Carrabassett Valley, August 5
207-235-3000
KCsCreativityCenter.com

ANDOVER OLD HOME DAYS

Andover, August 5 | 207-392-3761

OUTDOOR SPORTING HERITAGE DAY

Oquossoc, August 8 | 207-864-5748

RANGELEY LAKES BLUEBERRY FESTIVAL

Rangeley, August 17 | 800-685-2537

FARMINGTON AGRICULTURAL FAIR

Farmington Fairgrounds
August 17–23 | 207-778-6083

MAINE COMEDY FESTIVAL

Bethel, August 18–19
BethelInn.com

ANNUAL TRAPPERS WEEKEND

Bethel, August 18–20
207-875-5765

GREAT FALLS BALLOON FESTIVAL

Lewiston, August 18–20
GreatFallsBalloonFestival.org

OQUOSSOC DAY FESTIVAL & ANTIQUE SHOW

Oquossoc, August 19
207-864-3373

THE OXFORD 250

Oxford Plains Speedway
August 25–27
207-539-8865 | OxfordPlains.com

SEPTEMBER

GREEK FESTIVAL

Lewiston, September 7–9
207-783-2249

OXFORD COUNTY FAIR

Oxford, September 13–16
207-739-9594 | OxfordCountyFair.com

BETHEL HARVESTFEST & CHOWDAH COOK-OFF

Bethel, September 16
BethelHarvestFest.com

ANNUAL APPLE PUMPKIN FESTIVAL

Livermore Falls, September 30
207-897-6755 | Jay-Livermore-LF.org

MAINE LAKES BREWSFEST

Casco, September 30
207-647-3472

THE AMAZING CHASE

Standish, Date TBA
AmazingChaseSebago.com

OCTOBER

FRYEBURG FAIR

Fryeburg, October 1–8
www.fryeburgfair.org

MAINE MOUNTAINS JEEP JAMBOREE

Bethel, October 5–7
JeepJamboreeUSA.com

DEMPSEY CHALLENGE

Lewiston, October 7–8
DempseyChallenge.org

PUMPKIN FEST

Rumford, 2nd Saturday
EnvisionRumford.org/pumpkin-fest.html

FALL FESTIVAL & NORTH AMERICAN WIFE CARRYING CHAMPIONSHIP

Sunday River, October 7–8
800-543-2754 | SundayRiver.com

SUGARLOAF HOMECOMING WEEKEND

Sugarloaf, October 7–8
207-237-2000 | Sugarloaf.com

OKTOBERFEST

Mt. Abram, October 17 | MtAbram.com

JACK-O-LANTERN SPECTACULAR MCLAUGHLIN GARDEN & HOMESTEAD

South Paris, October 20–21
207-743-8820
McLaughlinGarden.org

NOVEMBER

FESTIVAL OF TREES

Paris, November 24–26
207-743-2281 | OxfordHillsMaine.com

ANNUAL OXFORD HILLS CHAMBER CHRISTMAS PARADE

Norway, November 24–26
207-743-2281 | OxfordHillsMaine.com

DECEMBER

COUNTRY CHRISTMAS IN BETHEL

Bethel, Weekends,
Thanksgiving to Christmas
BethelMaine.com

KINGFIELD ART WALK

Kingfield, December 1
207-939-6518
Facebook.com/KingfieldArtWalk

CHRISTMAS IN THE VALLEY PARADE & JURIED CRAFT FAIR

Rumford, December 1
207-364-3241

CHESTER GREENWOOD DAY PARADE & CELEBRATION

Farmington, December 2
207-778-4215

CHRISTMAS AT MASON HOUSE

Bethel, December 2
BethelHistorical.org

FESTIVAL OF LIGHTS

Bridgton, December 3
207-647-3472

WINTERFEST

Sunday River, December 15–17
800-543-2754 | SundayRiver.com

19TH CENTURY CHRISTMAS AT NORLANDS

Livermore, December 19
207-897-4366 | Norlands.org

**For more information on
events in the region,
visit our website.**



SCENIC BYWAYS

© Mike Shaw of Dirigo Imagery

Driving through Bethel or the River Valley areas offers up Rumford Falls, Coos Canyon, and the towering Mahoosuc Mountains. While the Sebago and Rangeley Lakes regions contrast by offering unrivaled sights of waterways and breathtaking long-range vistas, Lewiston Auburn and Oxford Hills area roads share some of the region's prime architectural gems. Flagstaff reveals its unspoiled cathedral pine stands and the roads surrounding Jay and throughout Franklin County pass through prime wildlife viewing spots. Finally, the Bridgton driving tour offers a window into our own history with its many small museums and a working blacksmith shop.

RANGELEY LAKES SCENIC BYWAY

National Scenic Byway: Crystal-clear lakes and rolling mountains set the backdrop for fantastic vistas along **Routes 4 and 17**. This drive offers many opportunities for outdoor recreation such as golfing, boating, fishing, hiking, wildlife-watching, skiing, and snowmobiling.

GRAFTON NOTCH SCENIC BYWAY

State Scenic Byway: Once a route marked by swift-moving rivers flowing through the mountain valley, this drive begins in Newry, just north of the **Sunday River Ski Area**, and travels along **Route 26** to **Grafton Notch State Park** and **Lake Umbagog**, which crosses the New Hampshire border. This byway follows along the **Bear River** for much of the trip. Pack a picnic lunch for a stop in Grafton Notch State Park or hike to **Screw Auger Falls** or **Mother Walker Falls**.

MAINE HIGH PEAKS SCENIC BYWAY

State Scenic Byway: Well-traveled by winter sports enthusiasts who flock to the region for skiing and snowmobiling, the byway begins in Kingfield and winds along the **Carrabassett River**, revealing

views of **Mount Abram** and the **Bigelow Range**, including **Sugarloaf USA**, along the way. North of **Stratton**, the route passes **Flagstaff Lake** and goes through **Cathedral Pines**, the largest stand of old-growth forest in the state. Route 27 then continues northward through the **Chain of Ponds** and climbs up the **Boundary Mountains** to **Coburn Gore** and the Canadian border.

PEQUAWKET TRAIL SCENIC BYWAY

State Scenic Byway: Following **Route 113**, this byway derives its name from the Sokokis Indian tribe that once inhabited the **Saco River Valley**. Visitors can discover the local work of artisans and craftsmen, experience sustainable working farms and historic villages, and view abundant wildlife in unbelievable habitats. Along the journey, the **Saco River** and the **Mountain Division Rail** meander parallel to the byway, which runs between **Standish** and **Fryeburg**, offering swimming, fishing, and kayaking, or cross-country skiing, snowshoeing, and snowmobiling. The **White Mountain National Forest** offers scenic vistas and provides miles of world-class hiking and climbing for all levels of outdoor enthusiasts.

—— DRIVES THROUGHOUT THE REGION ——

BETHEL AREA

Departing **Bethel** on Rt. 2, stop and take a few photos at the popular **Artists' Covered Bridge** before traveling to **Newry**. Then, at one of the deepest bends in the **Androscoggin River** at **Rumford Point**, head north on Rt. 5 to the historic village of **Andover**. From there catch breathtaking views of **Umbagog Lake** as you journey to **Route 26** and through **Grafton Notch State Park**. Here, look for the **Spruce Meadow** trailhead to hike a piece of the storied **Appalachian Trail** or find trails taking you to several of our region's majestic waterfalls. Finally, head back into **Bethel** along **Route 26** to complete your journey.

GREATER BRIDGTON AREA

Head west from **Naples**, along the **Causeway** (Rt. 302) between **Brandy Pond** and **Long Lake** to **Bridgton**. Just beyond **Shawnee Peak** is the road to the **Hemlock Covered Bridge** (1857) spanning the **Saco River**. Return to Rt. 302 and follow it west into **Fryeburg**, taking Rt. 5/113 south toward **Baldwin** to pick up Rt. 107, then bearing right on Rt. 11/114 to **Sebago Lake State Park** in **Casco/Naples**. This wooded lakeside park features extensive sand beaches and excellent swimming, fishing, hiking, and boating. Make time when you are in the area to visit the historic hand-operated **Songo Locks**. Following Rt. 11/114 will take you back to your starting point in **Naples**.

LEWISTON AUBURN METRO AREA

Driving through **Lewiston** and **Auburn** gives visitors a glimpse of how two of our state's most industrious cities grew. Brick and stone downtowns fringed with streetcar suburbs built on the successes of long-departed industries. Downtown **Auburn** and the **Veterans Memorial Bridge** feature the iconic **Great Falls** of the **Androscoggin River** that powered the mills that still line the river. Across the river you spot the spires of **The Basilica of Saints Peter and Paul**, New England's second largest church, a few blocks from **Sabattus St.**, one of the city's primary arteries that will take you east to **Thorncrag Nature Sanctuary** (at the end of **Highland Spring Rd.**) and the highest point in the city. The attractive and historic campus of **Bates College** is another of **Lewiston's** prominent features; look for the **Olin Arts Center** off **Russell St.** Returning to **Auburn** and heading north on Rt. 4 takes you to **Lake Shore Dr.** and a pleasant ride around **Lake Auburn**; **North Auburn Rd.** and **West Auburn Rd.** will take you through more bucolic parts of town and near **Lost Valley Ski Area**. Those looking for a pleasant day out should seek **Range** (sounds like "sang") **Pond State Park**. It offers excellent opportunities for picnicking in a pine grove and swimming from a sandy beach.

OXFORD HILLS AREA

This area offers a delightful collection of stops for all to enjoy. Beginning in **South Paris**, enjoy a cool moment of peace in the shade provided by **McLaughlin Gardens**; from here you can head north on Rt. 26, looking for signs leading to the **Paris Hill National Historic District**. Along the way, you'll pass the pretty **Cornwall Nature Preserve**. Once in **Paris Hill**, you can explore its collection of 18th- and 19th-century residential homes. Further along Rt. 26 you will find **Snow Falls** on the **Little Androscoggin River** in **West Paris**; it makes a great place to stop for a picnic. As the most heavily mineralized region of **Maine**, the **Oxford Hills** are a mecca for rockhounds. Not far from here is the designated **Historic District of Main Street, Norway**, which has seen a community-based resurgence in the last few years; also look for **Pleasant Street**, home to the **Ordway Grove**, a collection of 200-plus-year-old white pine trees. From here take Rt. 118 to Rt. 35 to **Harrison**. Along the way watch for the spectacular views of the **Long Lake region** and the **Presidential Range** from **Mt. Tire'm**. Stop in friendly **Waterford**, set on the crystal-clear **Bear Pond**. Arriving in **Harrison**, you'll find it a beautiful gem set in the foothills of the **White Mountains** between **Long Lake** and **Crystal Lake**. For paddlers, there is a great put-in at **Scribner's Mill** on the **Crooked River** just a few miles from town. Then, tracking along Rt. 121 will take you through rural **Otisfield** and on to Rt. 26, which will bring you back to the start by way of **Oxford**, home to **Oxford Casino** and **Oxford Plains Speedway**.

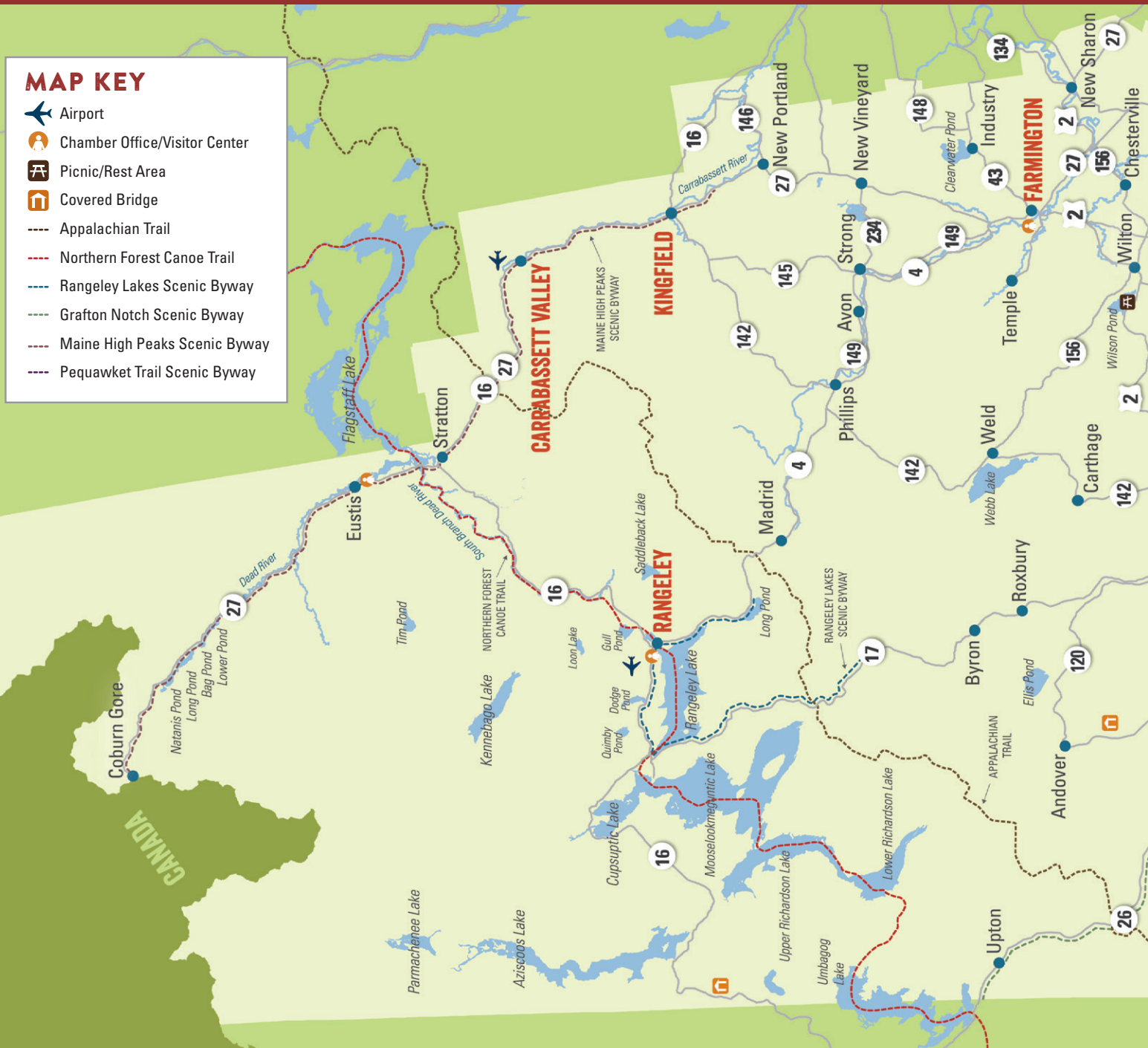
WESTERN MAINE MOUNTAINS AREA

Beginning in **Livermore**, follow Rt. 108 east and back in time to the **Washburn-Norlands Living History Center**, a "working" 19th-century farm and living-history center. After a visit, head north through **Livermore Falls** and **Jay** on Rt. 4 into **Farmington**—stopping at **Jay Hill Scenic Vista** en route. Once in downtown **Farmington**, take Rt. 43 and **Mosher Rd.** to see the **Mosher Hill Scenic Vista's** exceptional view of **Mt. Blue** and **Tumbledown Mountain**.


Return to Rt. 27/4 and head north, bearing right and following Rt. 27 to intersect with Rt. 234 in **New Vineyard**. Take Rt. 234 back toward Rt. 4, passing **Spruce Mountain Rest Area** in **Avon** on the **Sandy River**. From Rt. 234, turn left on Rt. 145, then right onto Rt. 4 until it merges with Rt. 142 south. Look for the **Sandy River Railroad Park** in downtown **Phillips** and **Mt. Blue State Park** in **Weld**—a lakeside park, surrounded by magnificent mountain scenery with hiking, swimming, fishing, and a place to picnic. Following Rt. 142 south to Rt. 2 will bring you back to Rt. 4 in **Farmington** and then south to the **Jay/Livermore Falls** area where you began your trip.


For specific information on driving tours throughout the region, visit our website.

MAP OF THE REGION




CHAMBER OFFICES & VISITOR CENTERS


Bethel Area Chamber of Commerce 
8 Station Place, Bethel | 1-800-442-5826
BethelMaine.com

Fryeburg Business Association 
P.O. Box 654, Fryeburg | 1-800-367-3364
VisitFryeburg.com


Greater Bridgton Lakes Region Chamber of Commerce 
101 Portland Road, Bridgton | 207-647-3472
MaineLakesChamber.com

Maine's High Peaks 
1216 Carrabassett Rd., Carrabassett Valley
207-235-6008 | MainesHighPeaks.com

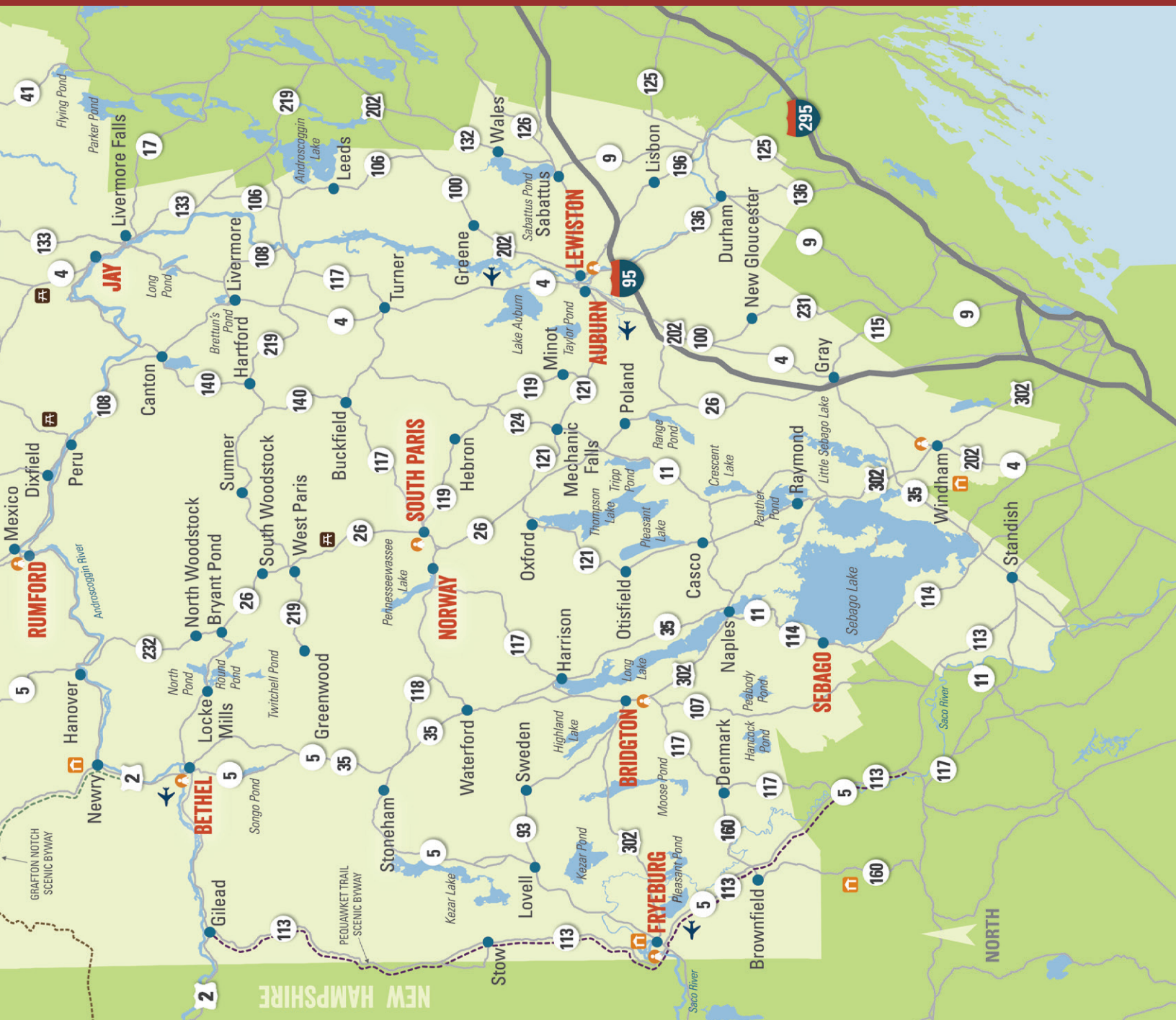
Franklin County Chamber of Commerce 
248 Wilton Road, Farmington
207-778-4215 | FranklinCountyMaine.org

Jay, Livermore, Livermore Falls Chamber of Commerce 
PO Box 458, Livermore Falls | 207-897-6755
Jay-Livermore-LF.org

Lewiston Auburn Metropolitan Chamber of Commerce 
415 Lisbon Street, Lewiston | 207-783-2249
LAMetroChamber.com

Oxford Hills Chamber of Commerce 
4 Western Avenue, South Paris | 207-743-2281
OxfordHillsMaine.com

Rangeley Lakes Region Chamber of Commerce 
6 Park Road, Rangeley | 1-800-MT-LAKES
RangeleyMaine.com



DRIVING TIMES*

Augusta, ME.....	52 mi, 1.5 hrs
Bangor, ME.....	108 mi, 2.5 hrs
Boston, MA.....	179 mi, 3.5 hrs
Halifax, NS.....	543 mi, 8.5 hrs
Hartford, CT.....	271 mi, 5 hrs
New York, NY.....	384 mi, 6.5 hrs
Philadelphia, PA.....	474 mi, 8 hrs
Portland, ME.....	76 mi, 1.5 hrs
Montreal, QC.....	195 mi, 4.5 hrs
Québec City, QC.....	227 mi, 4.75 hrs
Washington, DC.....	605 mi, 10 hrs

AIRPORTS

Auburn-Lewiston Airport (LEW)
207-786-0631 | FlytoME.com

Portland International Jetport (PWM)
207-874-8877 | PortlandJetport.org

Bangor International Airport (BGR)
207-947-0384 | FlyBangor.com

For more information on transportation options and travel within the region visit our website.

*Times are based on travel to Rumford, located centrally in the region, and may vary based on actual destination.

River Valley Chamber of Commerce 🏠
10 Bridge Street, Rumford | 207-364-3241
RiverValleyChamber.com

Sebago Lakes Region
Chamber of Commerce 🏠
747 Roosevelt Trail, Windham | 207-892-8265
SebagoLakesChamber.com

Official Maine Tourism Information Center 🏠
97 Main Street, US Rt. 302, Fryeburg
207-935-3639 | MaineTourism.com

Bethel

Maine's most beautiful mountain village.



Bethel is a **year-round recreational paradise**. Visit Maine's western mountains for endless **hiking, canoeing and kayaking, fishing, golf on two courses, and scenic drives** in every direction.

Enjoy culture and comforts with **lodging** for all budgets, **30+ restaurants**, a **National Historic District**, **museums**, and **festivals and events** in every season.

Bethel is **Maine's winter playground**, home to top-notch **alpine skiing**, and miles of trails for **XC skiing, snowshoeing, and snowmobiling**.



Call for a free Visitors' Guide and map 800-442-5826 | www.BethelMaine.com

*Come experience for yourself
what generations of vacationers already know.*



THE RANGELEY LAKES



RANGELEY LAKES
Maine
Chamber of Commerce

6 Park Rd, Rangeley ME 04970
207-864-5571 800-685-2537
info@rangeleymaine.com



www.RangeleyMaine.com

LEGENDARY



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ACTION



*Oxford Casino is southern Maine's
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Oxford Casino! Over
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slot machines, 28
heart-pounding table games and delicious
food, only minutes from Portland.



Southern Maine's Casino!

OxfordCasino.com

Persons under 21 years of age may not enter the restaurant or casino unless licensed
as employees. Gambling problem? In Maine, call 2-1-1 or (800) 522-4700 for help.

FIND US ON

