



Maine's
LAKES AND MOUNTAINS

YEAR-ROUND ADVENTURE AWAITS

Come experience for yourself
what generations of vacationers already know.



THE RANGELEY LAKES



RANGELEY LAKES
Maine
Chamber of Commerce

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LEGENDARY

Welcome to MAINE'S LAKES AND MOUNTAINS

Maine's Lakes and Mountains region is an honest-to-goodness year-round vacation destination. Scores of trail-creased mountain peaks, fish-filled rivers and ponds, and swim-able lakes are here to be enjoyed by all. Since there is so much to cover, use this vacation planner, map on pp. 48-49, and MaineLakesAndMountains.com to learn more about what the region has to offer.



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Cover image: ©Adam W. Casey

This publication was paid for in part by a grant from the Maine Office of Tourism.

Maine
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Crater Lake, Tumbledown Mountain

A feast for the **SENSES**

Scenic drives reveal crystal-clear lakes (p. 20) and rolling mountains that hide verdant forests with tumbling waterfalls (p. 39). Endless miles of hiking through the hushed grandeur of fir, pine, and spruce (p. 36). Paddling at dawn (p. 18) in sight of a moose grazing on the opposite shore and hearing the distinctive call of a loon (p. 42). Granite peaks, reaching 4,000 feet to the sky (p. 8) offering unparalleled views. Hills and dales blooming in a riot of russet and gold come autumn.

Even traveling through our cities and towns offers a chance to see architectural treasures (p. 13) and to take in places that evoke our history (p. 12) and offer glimpses of a thriving cultural scene (p. 24). These are just some of the splendors that await your visit to our region.

Western Maine's clean air, sparkling water, and untrammeled landscape will bring you back to a slower, quieter time (p. 10), opening your eyes to ancient rivers and lakes cut by ice-age glaciers, sun-drenched cliff faces, and beautiful mountain villages. Some of Maine's tallest mountains (p. 8) challenge you to a hike. Maine's public lands (p. 40) are a welcome departure from our overbuilt world: You'll view hillsides that roll to a distant horizon or across places drawn straight from postcards. Wildlife abounds: Stop a while to listen for warblers and chickadees (p. 42) or maybe even spot a rafter of wild turkeys.

Take one of our numerous scenic drives, where you'll be rewarded with the sight of cathedral pine stands, winding rivers, majestic waterfalls (p. 39), working farms, and even a collection of quaint covered bridges (p. 20). Our region is just as beautiful in the winter (p. 32), when our snowy landscape, pine-scented air, and warm sun on your back all create a true feast for the senses.

Fun with the **KIDS**

Let our woods, mountains, and water become the most incredible and fun, natural playground for your kids. So let them loose, and allow yourself to have fun too. They'll love clambering up hiking trails (pp. 16 and 36)—spotting wildlife, listening for woodpeckers (p. 43), and sampling tasty berries growing wild along the way. With so many parks and public lands to explore, a picnic is must, too (p. 40). Or climb to the top of one of our waterfalls (p. 39) among our many mountains (p. 8). Once at the top, call out to an echo friend on a neighboring peak.

Don't forget your water sports gear! We include "lakes" in our name for a good reason (p. 6). From countless beaches and hidden spots, to swimming holes and waterfalls, this place was meant for swimming and splashing about (p. 29). Or you can rent kayaks and canoes (p. 18) for paddling up the Songo River, passing through the hand-operated Songo Locks. Tubing on the Saco is fun, too. Fishing is another great way for families to connect (p. 44), whether it's a lazy summer day or while on the hunt for a derby prize in the winter.

Camp-outs and rustic resorts are family favorites (p. 31). There's nothing like sharing stories around a cozy campfire. Add in toasted marshmallows and a game of cards by flashlight to make for great digital downtime.

Here are a few other great family activities: Check out the olde-time Bridgton Drive-in or Celebration Barn in South Paris, play paintball at the Maine Wildlife Park in Gray, go rock-hounding and caving in Oxford and try snowboarding or dog-sledding (p. 32) when winter turns cold and snowy.





Find yourself **OUTSIDE**

Hiking, biking, rock-climbing, kayaking, and backwoods camping in this part of Maine is everything you want (p. 16), in any way you want it, all adding up to unmatched outdoor experiences and one fantastic getaway.

The forests, mountains, and lowlands are laced with a network of watersheds, lakes, rivers, and streams begging to be paddled (p. 18), and forested woodland rich in wildlife (p. 42) and history. Our spectacular mountains (p. 8), which include several 4,000-footers, welcome both seasoned and novice hikers (p. 36), and provide plenty of opportunities for rock-climbers. Then jump into one of our crystalline lakes for a swim (p. 29). Bring or rent a canoe, kayak, small sailboat, SUP, or pontoon-boat to explore our many waterways (p. 18). You'll also find challenging fly-fishing in rapid streams and historic pools that helped to define the sport (p. 44).

Our trails, walkways, and roads are perfect for walks, runs, and bike rides and even motorized action (p. 38). In the winter, try cross-country skiing, snowshoeing, and dog-sledding (p. 32) or seek out downhill and snowboarding thrills at our world-class mountain resorts and community ski mountains (p. 34). Along the way you'll find majestic nature at every turn, scenic drives (p. 20) connecting our culture-rich downtowns (p. 24) to secluded spots, crossroad communities (p. 10), and mountain villages (p. 10). Rustic camps and lakeside retreats (p. 31) welcome all lovers of the outdoors, including a "season" in nearly every season for those who love the thrill of the hunt (p. 44).

The region is perfect for a multi-day getaway with wilderness tenting spots and sporting resorts easy to find. Camp and paddle trips along a choice of numerous waterways can easily turn a few days into a lasting memory.

Go for the **SNOW**

This place is the perfect getaway for winter fun. We've got annual snowfall between 6 and 7 feet and 10 peaks on the 4,000-footer list, giving you a great "base" to start your wintertime fun. Whether you are into a secluded mountainside retreat or winter camping (p. 31)—paired with a few days of off-the-grid dog sledding (p. 32), Alpine skiing, carving your own backwoods trail, riding the rails in a terrain park (p. 34) and hitting the trails on a snowmobile for a little motorized fun (p. 38)—it is clear from first flake to last how much snowy fun you can have.

Sure, there's skiing and snowmobiling (and both are unparalleled); then there is the whoosh-whoosh of a day of Nordic skiing (p. 34) or perhaps a hut-to-hut skiing adventure at Maine Huts and Trails that is without par. No doubt, there are also virtually endless miles of snowshoeing, countless ice-fishing derbies, tubing hills on town mountains, skijoring (combine skiing and dog-sledding), ice-climbing and caving, and fat-biking, as well as some spectacular mountaineering (p. 32) on many peaks.

And for anglers who cannot wait until the ice is out, places like Sebago are hot spots for prizes like brook trout, lake trout, and splake (p. 44). Spending time out on the ice offers a perfect chance to connect with locals and have fun.

Back at the lodge, supper and homemade hot chocolate are always steaming and craft brews await (p. 23). One last tip: Make sure to bring a good camera or even your phone. The winter landscape features the gentle curves of freshly fallen snow and sparkling light in ways which Instagrammers just love (#melakesmnts). See you in the snow!



Courtesy Maine Huts & Trails

A place overflowing with YEAR-ROUND ADVENTURE

DAY TRIPPING

Maine is Vacationland, and it comes with iconic experiences that should not be overlooked. Take a little time during your visit to see another part of the state, with these suggested day trips.

Shopping in Freeport, with a stop at LL Bean • 20–25 minutes from the Lewiston Auburn area

A day at the shore and a few games along the pier in Old Orchard Beach • 1 hour from Sebago or Naples

A trip to Portland Head Light and dinner out in Portland's vibrant food scene • Just over an hour from your cottage in Fryeburg

Visit the Coastal Maine Botanical Gardens in Boothbay • 90 minutes from a lakeside retreat in Poland

These next two are a little further afield, but these experiences are an unforgettable addition.

A day of whitewater rafting on the Kennebec River followed by a stop at Moxie Falls • About 2.5 hours from Norway

Bar Harbor and Acadia National Park (make sure to summit Cadillac Mountain and see Thunder Hole) • Absolutely worth the 3-hour drive from Farmington

The Maine Lakes and Mountains Region is a four-season destination that runs like a spine up the state's western border with New Hampshire to the west and the Canadian province of Québec to the north. It takes its name from the ruffled quilt of incredible mountain ranges—some reaching more than 4,000 feet—embellished by hundreds of spectacular glacial lakes—including several of Maine's largest, like the 46-square-mile Sebago, Rangeley, and the man-made Flagstaff—and a vast network of rivers and streams.

This geography, distinctive to the Appalachians (of which our mountain ranges are part), made way for the development of the many quaint and quintessential New England towns and villages here. And industry drawn from the power of rivers like the Androscoggin gave rise to cities like Lewiston and Auburn, Jay, and Rumford.

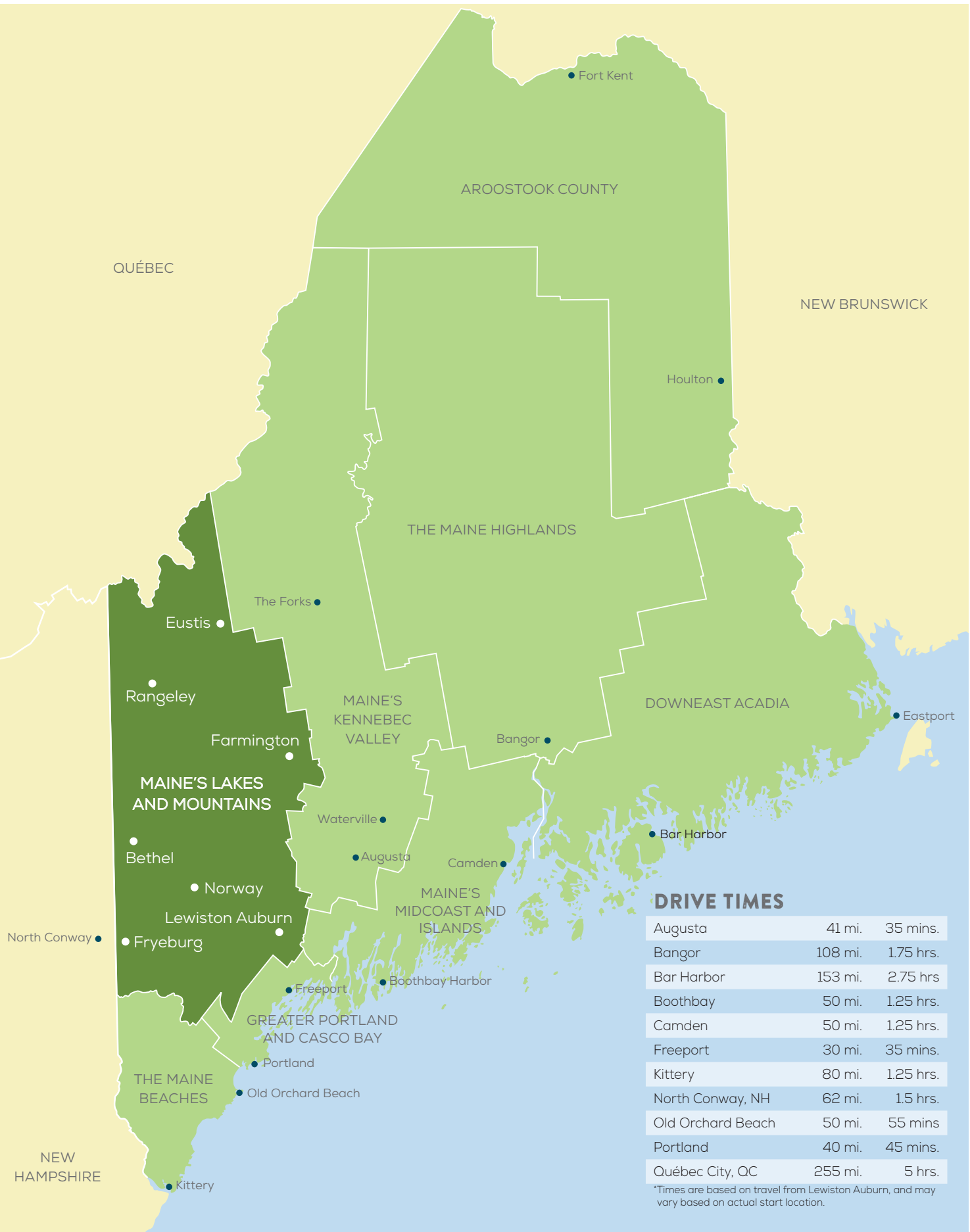
An ideal vacation destination, the region is both easy to get to and easy to get around—as well as being family-friendly and affordable. We take great pride in our pristine environment, where those seeking adventure and lazy days alike can get away from the pressures of everyday life and enjoy unspoiled landscapes, friendly locals, small communities, and a breath of fresh air.

Other popular places in our mountainous enclave include Bethel, Kingfield, and the Carrabassett Valley. Within and around those areas are some of Maine's top ski resorts. In addition to skiing, wintertime brings opportunities for dog-sledding, skijoring, snow-tubing and other enjoyable and diverse winter activities.

Summertime attracts visitors to Fryeburg, Bridgton, and Sebago's refreshing lakeside retreats featuring swimming, boating, water skiing, and fishing of all kinds.

Traveling the numerous scenic byways that crisscross the region, you'll encounter prime wildlife viewing spots, unrivaled sights of waterways and long-range vistas, rolling mountains, swift-moving rivers, working farms, historic districts, the local work of artisans and craftsmen, and welcoming locals who manage to make every conversation both friendly and memorable.

For those looking to explore the entire depth and breadth of the region, we offer many unique points of interest, ranging from the majestic Pennacook Falls, the highest in New England, and wonders like Height of Land in Rangeley and the Cathedral Pines in Eustis. Marvels of construction include six covered bridges and the state's only Catholic basilica in Lewiston; and New Gloucester's truly unique Sabbathday Lake Shaker Village—the last Shaker community in the world.



DRIVE TIMES

Augusta	41 mi.	35 mins.
Bangor	108 mi.	1.75 hrs.
Bar Harbor	153 mi.	2.75 hrs
Boothbay	50 mi.	1.25 hrs.
Camden	50 mi.	1.25 hrs.
Freeport	30 mi.	35 mins.
Kittery	80 mi.	1.25 hrs.
North Conway, NH	62 mi.	1.5 hrs.
Old Orchard Beach	50 mi.	55 mins
Portland	40 mi.	45 mins.
Québec City, QC	255 mi.	5 hrs.

*Times are based on travel from Lewiston Auburn, and may vary based on actual start location.



Naples Causeway, ©Darylan Leonard Photography

Memories are made on **MAINE'S LAKES**

Our lakeside towns are alive with visitors eager to soak up our Maine charm. Begin with making a reservation at a quaint cabin or B&B for your stay. Grab your crew and head to the water. Everything else can wait. Warm, sunny days are perfect for a stroll around town—stopping to explore local sights, museums, or charming craft and gift shops. When night falls, enjoy dining, live music, the nostalgia of the drive-in, summer stock, or time with friends under the stars.

The Indian name Sebago (*se-bay-go*) means “great stretch of water.” Carved by glaciers, **Sebago Lake** fills an ancient granite basin. Thanks to those glaciers, visitors nowadays can enjoy multiple water sports on Maine’s deepest lake. Power boaters, sailors, kayakers, canoeists, anglers, and beachgoers will all find something to enjoy here. Even a simple walk across the causeway becomes special.

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. Relax in the wooded areas that offer a respite from the sun. Whether hiking on marked trails or biking, visitors find many ways to enjoy the park. 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 surround towns with names like **Sweden**, **Lovell**, and **Denmark** and 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 leaf-peeping in autumn, this pristine lakes region will capture your heart and never let it go.

Imagine a pontoon boat ride on **Flagstaff Lake**, Maine’s largest man-made lake, with the dramatic 4,000+-ft. **Bigelow Range** looming above, or fly-fishing at **Stratton Brook Pond** at an almost 1,400-ft. elevation.

Kayaking on myriad rivers and ponds or preparing the day’s catch over a campfire on the shores of the **Chain of Ponds** after a day of fishing. Swimming or just relaxing on a dock are adventures for visitors all ages.

The **Northern Forest Canoe Trail** can be accessed at the **Stratton** boat launch, where motorboats are also welcome. Find serenity with a knockout view at **Cathedral Pines Campground**, on the western shore 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 infamous march to **Québec** in 1775.

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 Region Lake 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 a waterfall. 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**. You’ll circle around **Rangeley Lake** while the captain shares an intimate glimpse of the lake’s history from a unique perspective.

VISITOR RESOURCES

Greater Bridgton Lakes Region Chamber of Commerce
MaineLakesChamber.com

Sebago Lakes Region Chamber of Commerce
SebagoLakesChamber.com

Classic outdoor experiences in **MAINE'S MOUNTAINS**

Iconic and windswept, our mountains weave a spellbinding tale whether you come to play on their sun-drenched faces or to traverse their quiet paths linking beautiful mountain villages. Discover why rustic sporting types choose this place to enjoy world-class hunting and fishing in rough-hewn places. Then, when the winter flakes take flight, return again as their steep slopes welcome you back for another set of thrills. Because here, each season is bound to delight, surprise, and refresh.

Visitors of all kinds will be delighted by **Fryeburg**, one of the region's oldest 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 take a ride through the town's welcoming streets or visit its picturesque parks. Of note at Fryeburg Academy, you'll find 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.

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. Visit the **Bethel Historical Society's Regional History Center**, which hosts exhibits in two of the town's earliest homes. Take a self-guided walking tour through this serene hamlet, with its distinctive boutiques and charming eateries.

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. A little to the north, the **Grafton Notch Scenic Byway** takes you along Route 26 to **Grafton Notch State Park** where you can hike, climb rock and ice, or picnic along the Bear River.

From **Kingfield** to the Canadian border, this area offers an abundance of exciting outdoor adventures with a backdrop that stimulates the senses. Shops and galleries full of treasures dot the **Maine High Peaks Scenic Byway**. In Kingfield, you can explore the history of Maine's ski industry at the Ski Museum; see an original Stanley Steamer; or start a journey along Maine's Huts & Trails' 75-mile network of beautifully maintained trails, all while experiencing 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 sports enthusiasts can be found in every season. Further north, in **Eustis** and **Wyman**, you can hike a section of the **Appalachian Trail** or connect to a broad network of snowmobile and ATV trails, either for a day trip or for longer adventures.

Rangeley is built for outdoor recreation, from snowboarding, skiing, 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 their pace while heading to **Height of Land** along Route 17. There, you'll view breathtaking sunsets behind **Toothaker Island**—a flawless jewel in the delightfully named **Mooselookmeguntic Lake**—and endless (and endlessly changing) Maine skies..

At **Rangeley Lake State Park**, explore nearly 900 acres including a swimming area on the lake's southern edge, a picnic area, and a ball field. There's a ramp to launch your motorboat, too. You can also hike and camp here. Choose from 50 sites for tenting, camper trailers, and RVs.

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**, then take in a concert or show at **Rangeley Friends of the Arts Theatre**.

VISITOR RESOURCES

[Bethel Area Chamber of Commerce](#) | [BethelMaine.com](#)

[Fryeburg Business Association](#) | [FindItInFryeburg.com](#)

[Maine's High Peaks](#) | [MainesHighPeaks.com](#)

[Rangeley Lakes Region Chamber of Commerce](#)
[RangeleyMaine.com](#)

DID YOU KNOW?

Maine's Lakes and Mountains region is home to 10 of Maine's 4,000+-foot mountains, including the Avery Peak, Sugarloaf, Abraham, and Saddleback.



View of Sugarloaf from Kingfield. ©John Orcutt Nature Photography



DID YOU KNOW?

With a total of six, the Maine's Lakes and Mountains region is home to more covered bridges than any other part of the state.

See page 21.

Timeless charms in our **VALLEYS & CROSSROADS**

Spend time in this part of Maine's Lakes and Mountains and the world seems to slow down. Life here seems to be so easygoing. That's the nature of things, when you sit at the crossroads, whether it's history, industry, or outdoor recreation. Here's the secret: This whole area is a crossroads, right in the center of it all, close to just about everything—but a place that offers the sense of space you seek. So, don't rush your visit. Take your time and discover a charming experience.

The former mill towns of Jay, Livermore, and 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.

In warm weather, head to the nearby Androscoggin River, for great canoeing, kayaking, or bass fishing. You can also take the Source to Sea Canoe Trek to explore the river. 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.

Ride the 14-mile Whistlestop Trail, which starts off Route 4/17 in Jay across from French Falls and ends in West Farmington. This shared-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's agricultural heritage runs deep, buy produce from local farmers at the Farmington Farmers Market or the Sandy River Farmers Market. The town is home to the University of Maine at Farmington, where you can attend performances and lectures. In December, the town celebrates Chester Greenwood Day, honoring the inventor of earmuffs with a parade and the Festival of Trees.

Take a walk through Farmington history by following the signs that take you by the Farmington Library, 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 is home to Black Mountain Ski Area, where you can ski or snowboard by day or under the lights at night. You'll also find cross-country trails, developed by local two-time Olympian Chummy Broomhall, which have hosted many national cross-country ski championships.

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.

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 towns offers its own take on quaint New England historic buildings, tree-lined streets, village greens, white-steeple churches, and country stores.

Over in Byron during 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 also boasts spectacular views from Mount Zicron. For those looking for manmade beauty, head to the Lovejoy Covered Bridge in Andover, one of six within the region.

VISITOR RESOURCES

[Franklin County Chamber of Commerce
FranklinCountyMaine.org](http://FranklinCountyMaine.org)

[Jay, Livermore, Livermore Falls Chamber of Commerce
Jay-Livermore-LF.org](http://Jay-Livermore-LF.org)

[River Valley Chamber of Commerce
RiverValleyChamber.com](http://RiverValleyChamber.com)

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- Lodging Assistance
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SIMPLICITY AND TRADITION



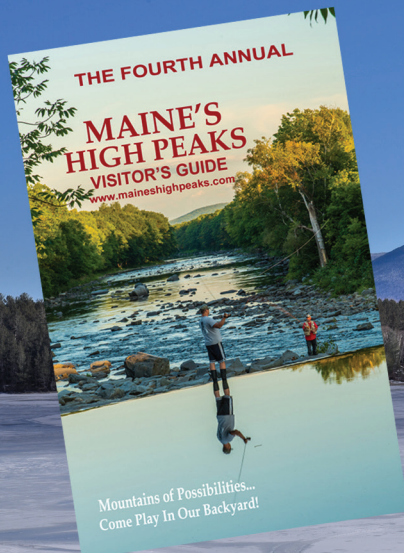
Sabbathday Lake Shaker Village

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707 Shaker Rd., New Gloucester, ME

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North Pond, Woodstock. ©John Bald

Winding along **ROUTE 26**

It is not 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. 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.

To be guaranteed a sighting of the state's beloved moose, you need not go any further than **The Maine Wildlife Park** in Gray. Park guides offer scheduled tours and talks, and the park hosts a number of events throughout the year. Next, visit the cluster of tidy buildings that make up the **Sabbathday Lake Shaker Village**, for a look at life as it has been since the community was established in 1783. There are tours and a museum. Nearby, **Pineland Farms** is a pastoral 5,000-acre site home to an organic farm and welcoming recreational and event venue.

Poland Spring Preservation Park is home to the **Poland Spring Water Museum**. Visit 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, **Poland Spring Resort**.

North of Poland is the community of **Oxford**, home to **Oxford Casino** which has become popular with local and visiting fun-seekers looking to take a chance at going home a winner. Race fans will love the **Oxford Plains Speedway**, home of the Oxford 250 held every August. September welcomes the **Oxford County Fair** with its demolition derby, rides, and harness racing.

Norway offers the nicest kinds of diversions. Do a little shopping at locally owned stores housed in buildings that date from the early 1900s. Or visit the **Norway Arts Festival** in July, featuring over 120 artists celebrating both the visual and performing arts. North of town you'll find **Lake Pennessewassee** (Norway Lake), an idyllic spot to paddle or sail the day away or simply fish for brown trout, pickerel, and landlocked salmon.

The **McLaughlin Garden & Homestead** sits at the center of **South Paris**, with its respected horticultural pedigree including Maine's largest collection of lilacs. The town is also home to the **Paris Hill Historic District**, a well-preserved 19th-century community worth seeking out.

A 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 the home of the last "crank" call ever made—well, the last call with a crank phone ever made.

VISITOR RESOURCES

Oxford Hills Chamber of Commerce | OxfordHillsMaine.com



RELAX. RECHARGE. MAKE MEMORIES.

**HAMPTON BY HILTON
LEWISTON AUBURN**

Located in the heart of downtown Lewiston, Hampton is near restaurants, the Riverwalk, local businesses, Bates College and two regional hospitals, offering guests:

- Complimentary hot breakfast
 - Heated indoor pool
- Complimentary parking and WiFi
- 24 Hour Pavilion Pantry Market
 - Fitness Room

We'll take good care of you. We Go Together™.



15 Lincoln Street, Lewiston, ME
P: 207-344-1000 | F: 207-344-1050
LewistonAuburn.HamptonInn.com

**HILTON GARDEN INN
AUBURN RIVERWATCH**

Situated on the banks of the Androscoggin River with views of the Great Falls, Hilton Garden Inn sets the gold standard for accommodation and service in the LA area, offering guests:

- Restaurant and lounge onsite
- Over 4,500 sq. ft. of flexible meeting space for up to 300 guests
- Complimentary guest parking
- Hilton Hhonor™ Loyalty Program

Everything we do, we do for you.



14 Great Falls Plaza, Auburn, ME
P: 207-784-4433 | F: 207-777-7328
AuburnRiverwatch.HGI.com





Great Falls, ©Dan Marquis Photography

Enjoy culture along the **GREAT FALLS**

The “twin cities” of Lewiston and Auburn are the cultural and economic center of Androscoggin County. The cities are bisected by the flow of the Androscoggin River over the Great Falls, which once powered the area’s rise to prominence during the last century as the heart of Maine’s shoe and textile industry.

Today, visitors can see the falls up close by strolling the Androscoggin River Walk, a mile-long paved trail leading from the falls south, to a pedestrian bridge that crosses the river, to Lewiston’s Simard-Payne Memorial Park. The park is home to celebrations like the Great Falls Brew Fest in June, the Dempsey Challenge in the autumn and The Great Falls Balloon Festival, which fills the August sky with dozens of spectacular hot air balloons.

With its deep Franco roots, Lewiston has a large Catholic population, with many calling the majestic Basilica of Saints Peter and Paul their spiritual home. Since 1936, it has helped to define the Lewiston skyline and is home to a wonderful pipe organ and striking rose window modeled after Chartres Cathedral. Those looking for another kind of sanctuary might try Thorncrag: This lovely spot offers a quiet retreat for wildlife in the city, especially birds. More than 70 species have been documented here.

VISITOR RESOURCES

Lewiston Auburn Metropolitan Chamber of Commerce
LAMetroChamber.com

Auburn is Lewiston’s more bucolic twin, with winding country roads dotted by farmhouses, orchards, and farm stands. Here you will also find easy access to the area’s landlocked salmon and bass fishing in the protected 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.

Those looking for culture can discover these local gems: the Public Theatre, the state’s highest-rated equity theater; the Gendron Franco Center presenting over 60 performances annually, from chorale music to the Emerge Film Festival; the Bates College Museum of Art; and the world-renowned Bates Dance Festival held each summer on the college’s campus and various locations in Lewiston. Visit Museum L-A, located in one of the former Bates Mill buildings, to learn more of the area’s history.

Further exploration of the LA Metro area will reveal a collection of towns, each with something special, whether it be a favorite ice cream shop, antique store, maple barn, or the annual Moxie Festival in Lisbon Falls.



DID YOU KNOW?

Maine boasts the Appalachian Trail's most challenging, rugged, and remote sections, with the Lakes and Mountains region being home to its "hardest mile," Mahoosuc Notch.

Strike out for unlimited **OUTDOOR ADVENTURE**

Maine's Lakes and Mountains has it all. Start with the incredible terrain that makes up our region; craggy mountains and cliffs, places where water runs from smooth to hard-charging, a tumult of foothills and valleys, sky-high woods filled with the sound of birdsong all summer, ablaze with color come autumn, and brilliant with snow all winter.

Spend a day at premier rock-climbing spots like **Shagg Crag**, on the side of **Bald Mountain** near **Woodstock**. Vertical granite cliffs offer one of the highest concentrations of hard sport climbing routes in New England. Limber up first at the 25-foot climbing wall at **Sunday River**. Before the climb, peer through binoculars to spy falcons nesting in the cliffs. Afterward, enjoy a feast of blueberries growing wild in the area. Over in **Fryeburg**, climbers can relish an excellent selection of routes to the top of the historic granite dome of **Jockey Cap**.

You'll get a whole new perspective on the world from a zip-line. This thrilling activity will have you flying over trees and ravines at up to 25 miles per hour. Zip-lines can be found at places like **Sunday River** and **Sugarloaf** ski resorts, both offering a full slate of year-round activities. Sync your **Sunday River** visit with the summertime **Tough Mountain Challenge**, an adventure obstacle race that tackles alpine terrain and throws in natural and manmade challenges that push you to your limits. **Sugarloaf** offerings include a moose safari, Segway tours, scenic plane and chairlift rides, and disc golf.

Tackle a challenging and beautiful section of the iconic **Appalachian Trail**: Here, the AT traverses magnificent mountain terrain in the **Grafton Notch/Mahoosuc** area. Take the 38.6-mile **Grafton Loop Trail** for a multi-day hike, or climb 2.2 miles to **Step Falls** and its gorgeous cascades and endless views.

The high-peaks region, home to 10 of Maine's 4,000-plus-foot mountains, offers an abundance of additional hiking opportunities, all tuned to gorgeous backdrops and the excitement of spotting elusive wildlife like moose and ruffed grouse. For another kind of thrill, try those trails for some single track mountain biking: Bring your

own or rent from a local outfitter. Other stellar single track rides can be found at **Titcomb Mountain**, **Androscoggin Riverland's State Park** in **Turner**, and around **Poland** at **Range Pond State Park**.

After a day on land, try excitement on the water. Carved by ancient glaciers, our lakes are perfect for water skiing or power boating. Go tubing or kayaking on our pristine rivers, then enjoy a splash under one of our many waterfalls. Our cold, swift-running waters offer spectacular fishing for brook trout.

Go caving. Maine caves can be found in limestone, granite, and sandstone. Some have freezing temperatures, with ice chunks lasting through the summer. The **Mahoosuc Unit**, a section of the **Appalachian Trail**, features an ice cave winter and summer. Winter brings the adrenaline rush of tubing, snowboarding, and downhill skiing, with our world-class resorts offering exciting verticals and superior snowmaking.

For treasures you can take home, the region is home to old quarries and mines that are known for sparkling beauties like tourmaline, the Maine state gemstone. Various rock hounding outfits will take you on tours to the local gem mines like those found at, **Mt. Mica** in **Paris**, and the **Harvard Mine** in **Greenwood**. Or, on your own, explore **Mt. Appetite** in **Auburn**.

VISITOR RESOURCES

[Appalachian Mountain Club—Maine Chapter](#)
[AMCMaine.org](#)

[Maine Trail Finder](#) | [MaineTrailFinder.com](#)

[N.E. Mountain Bike Association](#) | [NEMBA.org/trails/maine](#)

Be renewed by time spent **ON THE WATER**

Imagine the sun beaming down on a pristine lake, the scent of pine woods in the air, ducks and loons gliding on the distance surface. The crystalline water, set like a jewel amid lush green woods, beckons for a cool dip, or perhaps a splash in the shallows with the kids.

Here in Maine's Lakes and Mountains Region, spending a day on the water can mean so much more than swimming. With 6,000 lakes and ponds strung like gleaming gems across the region, there is no end to watery bliss.

Hop into a canoe or kayak, or try a stand-up paddleboard, and explore the lake shore's hidden spots. Enjoy a freshening morning breeze in a lake sailboat. Have fun zipping around in a powerboat—or enjoy the thrill of being zipped around behind a powerboat on waterskiis or a tube. Or gear up for a day of fishing from a boat or dock.

Explore our vast river network by raft, kayak, or canoe, hitting some of the best paddling spots in the state. Our watershed includes hundreds of glacial lakes, including a number of Maine's largest and interconnecting rivers and streams. You can paddle up the Songo River and step back in time passing through one of the last-known hand-operated locks at the famous Songo Locks.

On Sebago Lake, you'll experience the Indian word's true meaning, "great stretch of water", and the pleasures of its granite-filled basins. If you're looking to experience "life as it should be"—the hushed quickening of dawn, the clarity of a bubbling stream, the painted wonder of the setting sun—you'll feel at home in the Greater Bridgton Lakes region.

In the Jay, Livermore, and Livermore Falls area—sitting on the cusp of Maine's western mountains—you can follow the Source to Sea Canoe Trek to explore the river. In the middle of Anasagunticook Lake in Canton, you can find the "Stone House," built in the early 1900s.

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 Region Lake Cruises, like the Oquossoc Lady, a 1947 vintage wooden launch on Rangeley Lake, where the captain shares an intimate glimpse of the lake and its history from a unique perspective.

Whether you canoe, kayak, or SUP, paddling is an exceptional way to explore our waterways. Regardless of your skill level, there are various ways to grow your passion for paddling, from flat-water kayaking to multi-day canoe trips to highly technical paddling in pulse-quickening rapids. And you can camp along the way when you paddle waterways like the Saco River, the Northern Forest Canoe Trail, or the Androscoggin River, easily transforming a few days away into lasting memories.

More than anything, paddling allows you to become part of the landscape. The quiet splash and glide along secluded waterways, amidst vast miles of pristine wilderness, transforms the trip from mere looking to experiencing. As an added benefit, paddle outfitters, rentals, shuttle services, instruction, and guided trips are all available.

VISITOR RESOURCES

Maine Huts & Trails | MaineHuts.org

Northern Forest Canoe Trail | NorthernForestCanoeTrail.org

Source to Sea Canoe Trail | Bit.ly/MLMSourcetoSea





Grafton Notch, ©Mike Shaw of Dirigo Imagery

Let the road unfold as you **TAKE IN THE SCENERY**

A drive through Maine's Lakes and Mountains offers up unrivaled sights of the towering Mahoosuc Mountains, waterways, and breathtaking long-range vistas. Flagstaff reveals its unspoiled cathedral pine stands and the more remote roads pass through prime wildlife viewing spots. The covered bridges of the region stand as rustic and rough-hewn reminders of the craftsmanship, engineering, ingenuity, and thrift that are the defining characteristics of a "New England Yankee."

NATIONAL SCENIC BYWAY

RANGELEY LAKES SCENIC BYWAY

Start: Route 117, Rumford End: Route 4, Madrid
Length: 52 miles Travel Time: 2.5 hours (without stops)

Crystal-clear lakes and rolling mountains set the backdrop for fantastic vistas, including the Height of Land with stunning views of Mooselookmeguntic Lake. This drive offers many opportunities for outdoor recreation such as golfing, boating, fishing, hiking, wildlife-watching, skiing, and snowmobiling.

STATE SCENIC BYWAYS

GRAFTON NOTCH SCENIC BYWAY

Start: Route 26, Newry End: Route 26, Upton
Length: 21 miles Travel Time: 3 hours

Once a route marked by swift-moving rivers flowing through the mountain valley, this drive travels along Route 26 to Grafton Notch State Park and Lake Umbagog, following 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

Start: Route 27, Kingfield End: Route 27, Coburn Gore/Canadian Border
Length: 47 miles Travel Time: 1.5 hours

Well-traveled by winter sports enthusiasts who flock to the region for skiing and snowmobiling, the byway winds along the Carrabassett River, revealing views of Mount Abraham 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, and continues northward through the Chain of Ponds and climbs up the Boundary Mountains to Coburn Gore and the Canadian border.

PEQUAWKET TRAIL SCENIC BYWAY

Start: Route 113/5, Standish End: Route 113, Gilead
Length: 60 miles Travel Time: 2 hours (without stops)

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. The Saco River and the Mountain Division Rail meander parallel to the byway 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.

VISITOR RESOURCES

Explore Maine Scenic Byways | [ExploreMaine.org/byways](https://www.exploremaine.org/byways)

See the map on pages 48-49 for more routes and locations.

COVERED BRIDGES

THE ARTISTS' BRIDGE

Newry | Built 1872

GPS: 44°29'31"N 70°50'36"W

Also referred to as the Sunday River Bridge, it is named The Artists' Bridge because of its reputation as being the most photographed and painted covered bridge in Maine.

BABB'S BRIDGE

South Windham/Gorham | Built 1843

GPS: 43°45'58"N 70°26'53"W

The bridge is a one-span queen post truss construction with a total length of 79 feet. Destroyed by fire in 1973, an exact replica of the original was completed in 1976.

BENNETT BRIDGE

Lincoln Plantation | Built 1901

GPS: 43°45'58"N 70°26'53"W

The Paddleford truss bridge, with a total length of 93 feet, spans the Magalloway River near Wilson's Mill.

HEMLOCK BRIDGE

Fryeburg Center | Built 1857

GPS: 44°4'46"N 70°54'13"W

Reinforced to carry local traffic in 1988, the 109-foot Paddleford truss bridge is strengthened with laminated wooden arches.

LOVEJOY BRIDGE

South Andover | Built 1868

GPS: 44°35'37"N 70°44'2"W

The 70-foot bridge spans the Ellis River. Constructed of Paddleford trusses, it is Maine's shortest covered bridge.

PARSONSFIELD-PORTER BRIDGE

Porter | Built 1859

GPS: 43°47'30"N 70°56'18"W

The bridge, built by the towns of Porter and Parsonsfield over the Ossipee River, is a 152-foot structure of Paddleford truss construction with laminated wooden arches.



Courtesy of McLaughlin Gardens and Homestead



Courtesy of Rails

Immerse yourself. **EAT AND SHOP LOCAL**

Eating out when you are on vacation can sometimes seem like an impossible task, especially when you are in unfamiliar territory. So on the next page we've made some picks of locally run places from throughout the region that regularly get good reviews and are popular with locals. But don't simply trust the reviewers: Go with your gut and you just might discover your new favorite place.

With roots dipping way back into the history of our great nation, there are some really nice antiques to be found here in Maine's Lakes and Mountains. A quick trip up Route 302 on your way to Bridgton will bring you past many, many 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 this you might just find the best items "along the way." So keep your eyes peeled for those OPEN flags.

If you go out on a weekend 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 the 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 jars of sour and snappy dilly beans. Apple pies, blueberry pies, chicken pies, or even "secret recipe" whoopie pies. Time to fill that basket.

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.

There's a bit of distance between the towns of Maine's Lakes and 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 unique to Maine places like Renys (originated in Bridgton), Paris Farmers Union, and Marden's.

These are real Maine general stores with a little bit of everything. Whether it be birdseed or a pair of boots, a snow sled or a couple of jars of jam, you are likely to find it in any 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.

VISITOR RESOURCE

To learn more about local restaurants and shopping visit the Chamber of Commerce websites listed on page 46.

A SAMPLING OF RESTAURANTS

BETHEL AREA

22 BROAD STREET AT GIDEON HASTINGS HOUSE

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

CHO SUN

141 Main St., Bethel
207-824-7370 | Korean and Sushi

THE JOLLY DRAYMAN AT THE BRIAR LEA INN

150 Mayville Rd., Bethel
207-824-4717 | English Pub and Indian Cuisine

ROOSTER'S ROADHOUSE

159 Mayville Rd., Bethel
207-824-0309 | Casual American and Seafood

FRANKLIN COUNTY

CALZOLAIO

284 Main St., 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

GARY'S OLDE TOWNE TAVERN

678 Roosevelt Trail, Naples
207-693-6806 | Casual Pub

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

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

MAC'S GRILL

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

RAILS

103 Lincoln St., Lewiston
207-330-3070 | Franco Comfort Food

MAINE'S HIGH PEAKS

THE COPLIN DINNER HOUSE

8252 Carrabassett Rd., Stratton
207-246-0016 | Fine Family Dining

HUGS ITALIAN RESTAURANT

3001 Town Line Rd., Carrabassett Valley
207-237-2392 | Italian Cuisine

LONGFELLOW'S RESTAURANT

247 Main St., Kingfield
207-265-4394 | Fine Family Dining

TEA POND LODGE & RESTAURANT

468 Tea Pond Rd., Eustis
207-670-3009 | Maine Food, Pub, Sunday Brunch

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

FORKS IN THE AIR

2485 Main St., Rangeley
207-864-2883 | Bistro

GINGERBREAD HOUSE RESTAURANT

55 Carry Rd., Oquossoc
207-864-3602 | Casual Neighborhood Cafe and Fine Dining

LOON LODGE INN & RESTAURANT

16 Pickford Rd., Rangeley
207-864-5666 | Casual, New American

THE RANGELEY INN & TAVERN

2443 Main St., Rangeley
207-864-3341 | Casual, Sophisticated, Rustic Cuisine

RIVER VALLEY

HOTEL RUMFORD SPORTS PUB AND BAR

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

GATCH'S FOOD & SPIRITS

137 Rumford Ave., Rumford
207-364-2050 | Casual Pub

THE LURE

971 Prospect Ave., Rumford
207-507-4655 | Thai and American

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

Make time for **CULTURAL PURSUITS**

This region's rugged beauty and vast collection of outdoor pursuits are perfectly counterbalanced by a treasury of arts and cultural activities. From eclectic museums and historic sites to exciting 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

ATRIUM ART GALLERY

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

BATES COLLEGE MUSEUM OF ART

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

EDGE OF MAINE FRAME AND GALLERY

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

ELEMENTS ART GALLEY & STORE

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

FROST FARM GALLERY

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

GALLERY 302

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

HIGH PEAKS ARTISAN GUILD GALLERY

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

SUGARWOOD GALLERY

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

WESTERN MAINE ART GROUP

480 Main Street, Norway
207-739-6161 | WesternMaineArtGroup.org

FESTIVALS

BATES DANCE FESTIVAL

305 College Street, Lewiston (June–August)
207-786-6381 | BatesDanceFestival.org

EMERGE FILM FESTIVAL

Lewiston (April) | EmergeFilmFestival.org

MUSIC WITHOUT BORDERS

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

OSSIPEE VALLEY MUSIC FESTIVAL

91 South Hiram Road, South Hiram (July)
207-625-8656 | OssipeeValley.com

SEBAGO-LONG LAKE MUSIC FESTIVAL

156 Deertrees Road, Harrison (July–August)
207-583-6747 | SLLMF.org

MUSEUMS AND HISTORIC SITES

BETHEL'S NATIONAL HISTORIC DISTRICT

Broad & Church Street, Bethel
800-824-2910

MAINE FORESTRY MUSEUM

221 Stratton Road (Rt. 16), Rangeley
207-864-3939 | MaineForestryMuseum.org

MAINE MINERAL & GEM MUSEUM

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

MCLAUGHLIN GARDEN & HOMESTEAD

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

MUSEUM L-A

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

MUSEUMS OF THE BETHEL HISTORICAL SOCIETY

10 Broad Street, Bethel
207-824-2908 | BethelHistorical.org

NOWETAH'S AMERICAN INDIAN MUSEUM

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

OUTDOOR SPORTING HERITAGE MUSEUM

Corner of Rt. 4 and Rt. 16, Oquossoc
207-864-3091 | RangeleyOutdoorMuseum.org

POLAND SPRING PRESERVATION PARK

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

RUFUS PORTER MUSEUM

67 North High Street, Bridgton
207-647-2828 | RufusPorterMuseum.org

SABBATHDAY LAKE SHAKER VILLAGE

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

SANDY RIVER & RANGELEY LAKES RAILROAD MUSEUM

128 Bridge Street, Phillips
Operates Seasonally | SRRL-RR.org

SKI MUSEUM OF MAINE

265 Main Street, Kingfield
207-246-2271 | SkiMuseumofMaine.org

SONGO LOCKS

Route 302/The Causeway, Naples

STANLEY MUSEUM

40 School Street, Kingfield
207-265-2729 | StanleyMuseum.org

WASHBURN NORLANDS LIVING HISTORY CENTER

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

MUSIC AND PERFORMANCE VENUES

49 FRANKLIN-MYSTIC THEATER

49 Franklin Street, Rumford
207-369-0129 | 49Franklin.com

BRICK CHURCH FOR THE PERFORMING ARTS

502 Christian Hill Road, Lovell
207-925-1500 | LovellBrickChurch.org

CELEBRATION BARN THEATER

190 Stock Farm Road, South Paris
207-743-8452 | CelebrationBarn.com

DEERTREES THEATRE & CULTURAL CENTRE

156 Deertrees Road, Harrison
207-583-6747 | Deertrees-Theatre.org

DENMARK ARTS CENTER

50 West Main Street, Denmark
207-452-2412 | DenmarkArts.org

GENDRON FRANCO CENTER

46 Cedar Street, Lewiston
207-689-2000 | FrancoCenter.org

LEURA HILL EASTMAN PERFORMING ARTS CENTER

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

MAINE MUSIC SOCIETY

221 Lisbon Street, Lewiston
207-333-3386 | MaineMusicSociety.org

RANGELEY FRIENDS OF THE ARTS

2493 Main Street, Rangeley
207-864-5000 | RangeleyArts.org

STONE MOUNTAIN ARTS CENTER

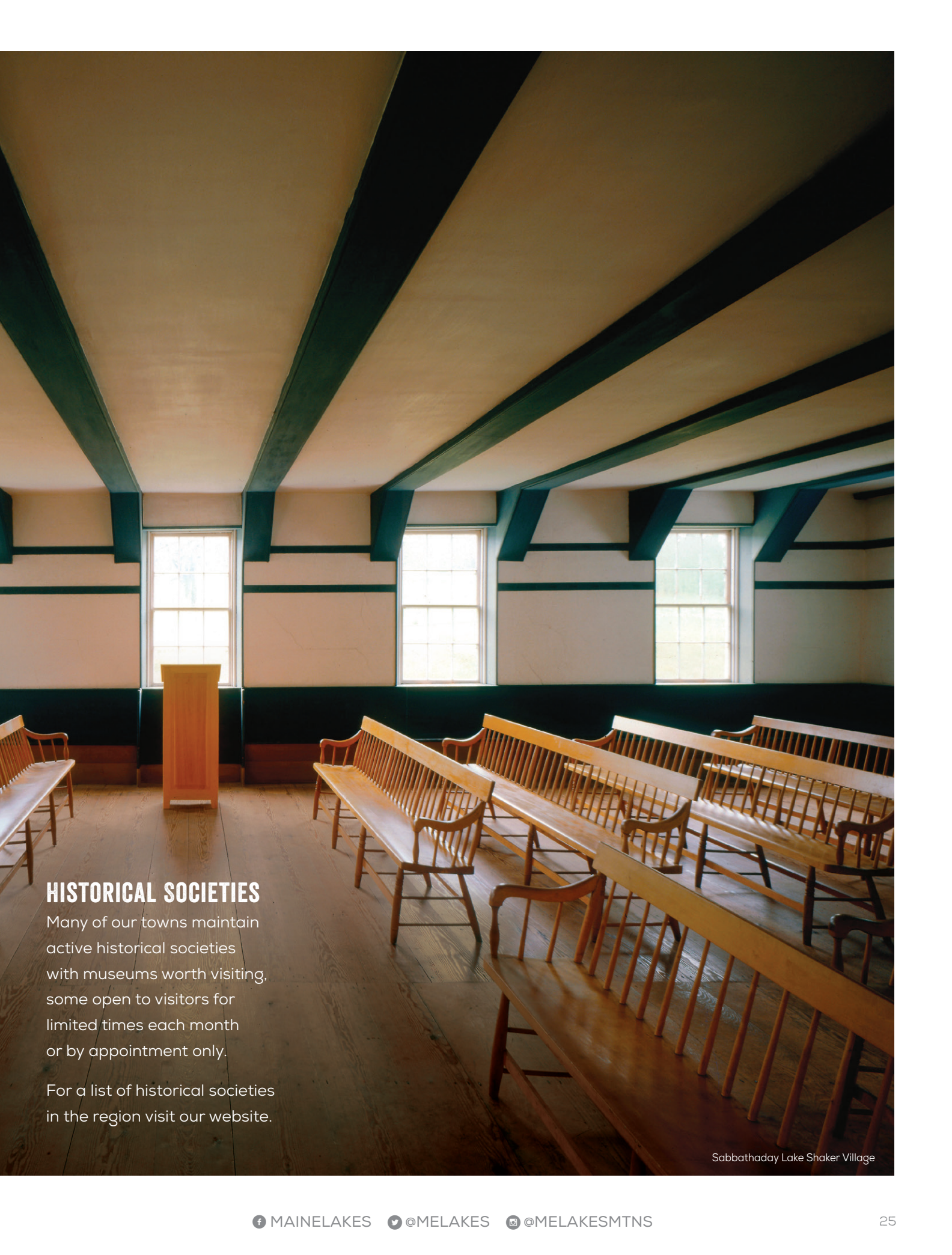
695 Dugway Road, Brownfield
866-227-6523 | StoneMountainArtsCenter.com

THE PUBLIC THEATRE

31 Maple Street, Lewiston
207-782-3200 | ThePublicTheatre.org

VISITOR RESOURCE

Maine Historical Society
MaineHistory.org



HISTORICAL SOCIETIES

Many of our towns maintain active historical societies with 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 visit our website.

Sabbathday Lake Shaker Village



KEEP IN MIND

Dates and times of events may change, often due to weather. We recommend you check before you go.

Balloons over Lewiston Canal,
©Dan Marquis Photography

JANUARY

- 5 KINGFIELD WINTER ARTWALK
Kingfield | 207-939-6518 | [f](#)
- 6 NATIONAL WINTER TRAILS DAY
Carter's XC Ski Center, Bethel
[CartersXCSki.com](#)
- 7 MOUNTAIN DEW VERTICAL CHALLENGE
Mt. Abram | [MtAbram.com](#)
- 8-12 CHILDREN'S FESTIVAL WEEK
Sunday River | [SundayRiver.com](#)
- 18 CHILI/CHOWDER COOK-OFF
Rangeley | 207-864-5571
- 20 RANGELEY SNOWMOBILE SNODEO
Rangeley | 207-864-5571
- 22-26 GO50 WEEK
Sunday River | [SundayRiver.com](#)
- 25-29 VETERANS NO BOUNDARIES
Sunday River | [MaineAdaptive.org](#)
- 28 WOOD SKI DAY
Carter's XC Ski Center, Bethel
[CartersXCSki.com](#)
- 28 FAT BIKE LOPPET
Rangeley | 800-864-5571
- 28-30 SPECIAL OLYMPICS
MAINE WINTER GAMES
Sugarloaf | [Sugarloaf.com](#)

FEBRUARY

- 2-4 N.E. POND HOCKEY FESTIVAL
Rangeley | [NewEnglandPondHockey.com](#)
- 2 KINGFIELD WINTER ART WALK
Kingfield | 207-939-6518 | [f](#)
- 3 NEW ENGLAND TELEMAR
Mt. Abram Ski Area | [MtAbram.com](#)
- 8-10 ANNUAL POLAR BLAST
Eustis/Stratton | [MaineHighPeaks.com](#)
- 10-11 FAT TIRE FESTIVAL
Sugarloaf | [Sugarloaf.com](#)
- 16-17 RANGELEY WORLD RECORD
SNOWMOBILE RIDE
Bald Mountain Camps | 207-671-7275
- 17 MAINE LAKES WINTER CARNIVAL
Bridgton | 207-647-3472
- 17-23 SUNDAY RIVER RESORT
ME/MASS FAMILY ACTIVITIES
Newry | [SundayRiver.com](#)
- 18 ANNUAL WINTERPALOOZAH
Haley Pond | 207-864-2771
- 24 3D SAM ADAMS AIR
& APRÈS SHOW
Sunday River Resort (Barker Lodge)
[SundayRiver.com](#)
- 24 CABIN FEVER RELIEVER LIVING
HISTORY DAY
Livermore | [Norlands.org](#)
- 24 ANNUAL WINTER FLY-IN
Bald Mountain Camps | 207-864-3671

- 24-25 ICE FISHING DERBY
Norway Lake | 207-739-6070
- 24-25 SEBAGO LAKE ICE FISHING DERBY
Casco | [IceFishingDerby.com](#)

MARCH

- 2 KINGFIELD WINTER ART WALK
Kingfield | 207-939-6518 | [f](#)
- 3 RANGELEY LAKES LOPPET
Rangeley Lakes Trail Center | 207-864-4309
- 10-11 ANNUAL BANKED SLALOM
Sugarloaf | [Sugarloaf.com](#)
- 11 MOOSE DASH SNOWSHOE RACE
Rangeley Lakes Trail Center | 207-864-4309
- 17 SPRING APRÈS CONCERT KICK-OFF
WITH ST. PATTY'S DAY CELEBRATION
Sunday River Resort | [SundayRiver.com](#)
- 17 WESTERN MAINE FLY FISHING EXPO
Bethel Inn | [BethelInn.com](#)
- 24 MAINE ADAPTIVE SKI-A-THON
Sunday River Resort | [MaineAdaptive.org](#)
- 24 WORLDS SNOWBLADE CHAMPIONSHIPS
AND SPRING APRÈS CONCERT #2
Sunday River Resort | [SundayRiver.com](#)
- 25 CHILI COOK-OFF AND MASTER OF
THE HOSE RACE
Sunday River Resort | [SundayRiver.com](#)
- 25 OLD-TIME MAPLE SUGARING AND
PANCAKE BREAKFAST
Livermore | [Norlands.org](#)
- 25 MAINE MAPLE SUNDAY
Participating Sugar Shacks | [GetRealMaine.com](#)

APRIL

- 5-8 30TH ANNUAL REGGAE FESTIVAL
Sugarloaf | [Sugarloaf.com](#)
- 6-7 SPRING FEST-2ND SESSION
MAINE BREW FEST
Sunday River Resort | [SundayRiver.com](#)
- 14 POND SKIMMING, SPRING APRÈS
CONCERT #3 AND BLOODY MARY BRAWL
Sunday River Resort | [SundayRiver.com](#)
- 14 EAST COAST POND SKIMMING
CHAMPIONSHIP
Sugarloaf | [Sugarloaf.com](#)
- 21 THE GREAT TAILGATE
Sunday River (White Cap Parking Lots)
[SundayRiver.com](#)
- 26-28 EMERGE FILM FESTIVAL
Lewiston Auburn | [EmergeFilmFestival.org](#)
- 28 FAT TIRE RACE AND FESTIVAL
Sunday River Resort | [SundayRiver.com](#)


MAY

- 11-13 WILDFLOWER FESTIVAL-
MCLAUGHLIN GARDEN & HOMESTEAD
South Paris | [McLaughlinGarden.org](#)
- 20 SUGARLOAF MARATHON AND 15K
Sugarloaf | [Sugarloaf.com](#)



2018 CALENDAR OF EVENTS

25-28 ANNUAL LILAC FESTIVAL—
MCLAUGHLIN GARDEN & HOMESTEAD
South Paris | MclaughlinGarden.org

JUNE

- 15-17** MAINE BLUES FEST
Naples | 207-647-3472
- 22** KINGFIELD POPS ARTWALK
Kingfield | 207-939-6518 | 
- 22**-August **5** BATES COLLEGE
DANCE FESTIVAL
Lewiston | BatesDanceFestival.org
- 23** WINDHAM SUMMERFEST
Windham | WindhamSummerFest.com
- 23** GREAT FALLS BREWFEST
Lewiston | GreatFallsBrewFest.com
- 23** LUPINE FESTIVAL ART AND
ANTIQUÉ SHOW
Oquossoc | 207-864-3373
- 23** STRAWBERRY FESTIVAL
AT NORLANDS
Livermore | Norlands.org
- 29**-July **1** FAMILY FUN DAYS
Stratton | EustisMaine.com
- 30** KINGFIELD POPS FESTIVAL OF
THE ARTS AND CONCERT
Kingfield | KingfieldPops.com

JULY

- 6**-August **5** SOURCE TO THE SEA
Umbagog to Brunswick
AndroscogginWatershed.org
- 7** BETHEL ART FAIR
Bethel | BethelArtFair.com
- 7** NORWAY ARTS FESTIVAL
Norway | NorwayArtsFestival.org
- 12** OQUOSSOC STRAWBERRY FESTIVAL
Oquossoc Park | 207-864-2651
- 12-15** KINGFIELD FESTIVAL DAYS
Kingfield | 
- 13-15** MOXIE FESTIVAL
Lisbon | MoxieFestival.com
- 14** GARDEN ILLUMINATED—
MCLAUGHLIN GARDEN & HOMESTEAD
South Paris | MclaughlinGarden.org
- 20-22** WATERFORD WORLD'S FAIR
Waterford | WaterfordWorldsFair.org
- 20-21** FARMINGTON SUMMER FEST
Farmington | 
- 21** FOUNDER'S DAY
Hamlin Memorial Library, Paris
207-743-2980
- 21** MOLLYCKETT DAYS FESTIVAL
AND ROAD RACES
Bethel | MollyckettDay.com
- 22** TUBING AND TREASURE
SCAVENGER HUNT
Bethel | BethelOutdoorAdventure.com

- 26-28** CASCO DAYS
Casco | CascoDays.com
- 27-28** MAINE FOREST MUSEUM
LOGGING FESTIVAL
Bradley | MaineForestandLoggingMuseum.org
- 27-30** NORTHEAST EUROPEAN
MOTORCYCLE RALLY
Newry | NewEnglandForestRally.com
- 28** TOUGH MOUNTAIN CHALLENGE
Sunday River | SundayRiver.com

AUGUST

- 3-4** ANNUAL WILTON
BLUEBERRY FESTIVAL
Wilton | WiltonBBF.com
- 4** CARRABASSETT SUMMER FESTIVAL
Carrabassett Valley | KCsKreativityCenter.com
- 4-5** ANDOVER OLDE HOME DAYS
Andover | 207-392-3761
- 5** MAINE STATE TRIATHLON, DUATHLON
AND AQUABIKE
Bethel | MaineStateTriathlon.com
- 14** OUTDOOR SPORTING HERITAGE DAY
Oquossoc | 207-864-5748
- 16** RANGELEY LAKES BLUEBERRY FESTIVAL
Rangeley | 800-685-2537
- 17-19** ANNUAL TRAPPERS' WEEKEND
Bethel | 207-875-5765
- 17-19** GREAT FALLS BALLOON FESTIVAL
Lewiston | GreatFallsBalloonFestival.org
- 18** 43RD ANNUAL ARTS AND ARTISANS
FAIR (JURIED)
New Suncook School, Lovell | HobbsLibrary.org
- 18** OQUOSSOC DAY FESTIVAL ART AND
ANTIQUÉ SHOW
Oquossoc | 207-864-3373
- 19** DIXFIELD OUTDOOR MARKET
Dixfield
- 24-26** THE OXFORD 250
Oxford Plains Speedway | OxfordPlains.com

SEPTEMBER

- 21-22** MAINE COMEDY FESTIVAL
Bethel | BethelInn.com
- 7-8** GREEK FESTIVAL
Lewiston | 207-783-2249
- 12-15** OXFORD COUNTY FAIR
Oxford | OxfordCountyFair.com
- 15** BETHEL HARVESTFEST AND
CHOWDAH COOK-OFF
Bethel | BethelHarvestFest.com
- 16-22** FARMINGTON AGRICULTURAL FAIR
Farmington Fairgrounds | 207-778-6083
- 22** THE AMAZING CHASE
Standish | AmazingChaseSebago.com
- 29** ANNUAL APPLE PUMPKIN FESTIVAL
Livermore Falls | Jay-Livermore-LF.org

- 29** MAINE LAKES BREWFEST
Casco | 207-647-3472
- 29-30** DEMPSEY CHALLENGE
Lewiston | DempseyChallenge.org
- 30** BLACK & WHITE 2 PEAK CHALLENGE
Black Mountain, Rumford | SkiBlackMountain.org
- 30**-October **7** FRYEBURG FAIR
Fryeburg | FryeburgFair.org


OCTOBER

- 4-6** MAINE MOUNTAINS
JEEP JAMBOREE
Bethel | JeepJamboreeUSA.com
- 6** OKTOBERFEST
Mt. Abram | MtAbram.com
- 6-7** FALL FESTIVAL AND NORTH
AMERICAN WIFE CARRYING CHAMPIONSHIP
Sunday River | SundayRiver.com
- 6-7** SUGARLOAF HOMECOMING
WEEKEND
Sugarloaf | Sugarloaf.com
- 13** PUMPKIN FEST
Rumford | EnvisionRumford.org
- 19-20** JACK-O-LANTERN SPECTACULAR—
MCLAUGHLIN GARDEN & HOMESTEAD
South Paris | MclaughlinGarden.org

NOVEMBER

- 23-25** FESTIVAL OF TREES
Paris | OxfordHillsMaine.com
- 24** ANNUAL OXFORD HILLS CHAMBER
CHRISTMAS PARADE
Norway | OxfordHillsMaine.com
- 24**-December **23** COUNTRY CHRISTMAS
IN BETHEL
Weekends, Bethel | BethelMaine.com

DECEMBER

- 1** CHRISTMAS IN THE VALLEY PARADE
AND JURIED CRAFT FAIR
Rumford | 207-364-3241
- 1** CHESTER GREENWOOD DAY PARADE
AND CELEBRATION
Farmington | 207-778-4215
- 1** CHRISTMAS AT MASON HOUSE
Bethel | BethelHistorical.org
- 2** FESTIVAL OF LIGHTS
Bridgton | 207-647-3116
- 7** KINGFIELD WINTER ARTWALK
Kingfield | 207-939-6518 | 
- 8** FESTIVAL OF TREES
Rumford | 207-364-4576
- 8** 19TH CENTURY CHRISTMAS
AT NORLANDS
Livermore | Norlands.org
- 14-16** WINTERFEST
Sunday River | SundayRiver.com

DID YOU KNOW?

Sebago Lake State Park is one of Maine's original state parks. Sebago Lake itself is Maine's deepest and second largest body of water.



Jump in for FAMILY FUN

To have fun like (and with) a kid you sometimes need to get on their wavelength—change your mindset. What makes you laugh? How to embrace digital downtime? Tough questions, but we also know that once a family bonds with a place like Maine's Lakes and Mountains, the connection is nearly impossible to break.

In the summer, rent some canoes and paddle up the Songo River, keeping an eye out for loons and blue herons. 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.

Maine's Lakes and Mountains overflows with 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. (See list below.)

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.


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 or Celebration Barn in South Paris for some side-splitting fun.

Sometimes timing is everything, so pay attention. One of the ways Maine's Lakes and Mountains shines is with its annual events. These are just a few family-friendly choices: ice fishing derbies (February), Maine Maple Sunday (March), Stratton Family Fun Days (June), Moxie Festival in Lisbon Falls (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 get going.

STATE PARK BEACHES


MT. BLUE STATE PARK

299 Center Hill Rd., Weld
207-585-2347 (In-season)
Maine.gov/MountBlue



RANGE POND STATE PARK

26 State Park Rd., Poland
207-998-4104 (In-season)
Maine.gov/RangePonds


RANGELEY LAKE STATE PARK

South Shore Rd., Rangeley
207-864-3858 (In-season)
Maine.gov/RangeleyLake


SEBAGO LAKE STATE PARK

11 Park Access Rd., Casco
207-693-6613 (In-season)
Maine.gov/SebagoLake


VISITOR RESOURCE


Maine State Park Information
Bit.ly/MEParks

LOCAL BEACHES


ANASAGUNTICOOK LAKE

1 Mile off Route 108, Canton


CATHEDRAL PINES CAMPGROUND

945 Arnold Trail, Eustis
207-246-3491 | GoPinesCamping.com



DUNDEE PARK

79 Presumpscot Rd, Windham
207-893-2415 | Bit.ly/DundeePark



KINEOWATHA PARK

Off Route 2, Wilson Lake, Wilton
207-645-4961 | Bit.ly/Kineowatha



KIWANIS BEACH, WATCHIC LAKE

Route 25, Standish
207-642-3071 | Bit.ly/KiwanisBeach



LAKESIDE PARK

Main Street (Route 4), Rangeley
207-864-3326 | Bit.ly/LakesidePark



LIMINGTON RAPIDS REST AREA

11 Ossipee Trail W., Limington
207-637-2171



NORWAY TOWN BEACH








Route 118, Norway
207-743-6651 | Bit.ly/NorwayTownBeach


PEQUAWKET BEACH

Moy-Mo-Dâ-Yo Recreation Area
Route 25 W, Limington | Bit.ly/MoyMoDaYo


TASSEL TOP BEACH

Just off Route 302, Raymond
207-655-4675 | Bit.ly/TasselTop


-  SWIMMING
-  BOAT LAUNCH
-  TRAILS
-  HANDICAP ACCESSIBLE
-  CAMPING
-  PICNIC AREA
-  FEE



Awe-inspiring CHAMPIONSHIP GOLF

Our region is filled with courses dotting a landscape boasts sweeping mountain vistas and peaceful lakeside settings. You might find yourself spending as much time taking it all in as you do concentrating on your game.

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 advantage of the mountain vistas.

BRIDGTON HIGHLANDS COUNTRY CLUB ¹⁸

Bridgton | 207-647-3491 | BridgtonHighlands.com
One of Maine's finest 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 course features 5 sets of tees on each hole to match any golfer's ability, practice greens, and a driving range.

FOX RIDGE GOLF CLUB ¹⁸

Auburn | 207-777-4653 | FoxRidgeGolfClub.com
This championship course features gentle rolling hills that advantage of the natural lay of the land, and will demand every shot in your bag.

LAKE KEZAR COUNTRY CLUB ¹⁸

Lovell | 207-925-2462 | LakeKezarGolf.com
Set 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
Set in a secluded spot just off I95 Exit 75, this championship course boasts the area's best greens and four sets of tees for all ability levels.

MINGO SPRINGS GOLF COURSE ¹⁸

Rangeley | 207-864-5021 | MingoSprings.com
Situated in the beautiful Rangeley Lakes area, this course offers 18 holes of scenic golf, an enjoyable challenge for novice and scratch players 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 course has something for every golfer, from the 1st tee with a view of the White Mountains to signature hole #5.

VISITOR RESOURCE

Maine Golf Trail | GolfME.com

OAKDALE COUNTRY CLUB ⁹

Mexico | 207-364-3951 | OakdaleCC.net
A very challenging and beautiful par 36 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 | 1-800-655-1232 | 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
The first golf course built at a resort in America, it includes views of the White Mountains, fast velvet bent greens, beautiful fairways, and tees for all levels.

PROSPECT HILL GOLF COURSE ¹⁸

Auburn | 207-241-7205 | ProspectHillGolf.com
This picturesque course is just under 5,800 yards par 71 with a slope rating of 110. Although shorter than some, it has plenty of challenges.

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
This challenging and very well-maintained championship course boasts a meandering brook, seasonal wildflowers, and indigenous bird life.

SUGARLOAF GOLF CLUB ¹⁸

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

SUNDAY RIVER COUNTRY CLUB ¹⁸

Newry | 207-824-4653 | SundayRiverCountryClub.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
Set atop rolling hills with scenic views, the club's pub-style dining and banquet facility, Fore Seasons Restaurant, is always open to the public.

¹⁸ EIGHTEEN HOLE COURSE ⁹ NINE HOLE COURSE



Settle in to the perfect **PLACE TO STAY**

Looking for options? From backwoods sporting camps, classic campgrounds, and wilderness lodges to historic inns, housekeeping cottages, modest motels, in-town hotels, mountain resorts, or even the DIY solution of renting a residence for a couple days or even a couple of weeks. Having these kinds of choices is simply “the best.”

COTTAGE RENTAL

Housekeeping cottages are a perfect solution for families and groups. This situation offers fully equipped kitchens, living areas, bathrooms and bedrooms for all. Sited for easy access to your outdoor getaway, they're great when you want to cook for yourself and gather with family and friends. Some are “modern cabin” style, with fireplaces, open porches, and Adirondack chairs. Others provide a daily meal-plan so you don't have to worry about feeding the troops while you are on vacation.

VACATION RENTALS

With some similarities to cottages, this is a home-away-from-home experience. You'll have the run of the house, condo, or cabin, in any setting you'd like, from in-town to wilderness. Many local Realtors or online services handle the reservation and fees, while you handle the fun.

MOTELS AND HOTELS

We have in-town accommodations like motels and hotels to fit every budget, ranging from chain to family-owned. Some hark back more than a hundred years, featuring original furnishings, but modern amenities. While motels are convenient as single-room stops, hotels offer a range of options that might include a bar and restaurant, fitness center, spa services, and indoor swimming pools.

INNS AND B&Bs

Those looking for a charming, New England experience in their accommodation will find that and more here. Many tend to be grand former private homes, many historic. For breakfast, enjoy anything from a grab-and-go bagel and coffee to a gourmet meal. Owners help guests to make the most of their visit. You'll likely arrive back at night to a crackling fireplace and a plate of cookies!

CAMPING

Whether you pitch your tent or arrive in an RV, camping offers outdoor experiences for every age. You'll find campgrounds on lakes, at wilderness sites, or in well-kept state parks; some even offer winter camping. Most are family-owned, offering service with a smile. Some even offer cabin tents and on-site cottages, with lanterns, cooking equipment, and furnishings: just bring your sleeping bag and food! Many waterside campgrounds can help you get your boat in the water or rent one for the day.

OUTDOOR ADVENTURE RESORTS

These well-informed organizations are like an adventure concierge, helping you plan your days—connecting you with outfitters and guides, setting up trips, guiding you to trails, even teaching you how to do things like fly fish or paddle a kayak—while keeping you comfortable at night.

SPORTING CAMPS

Like adventure resorts, our top-notch sporting camps come from a long tradition here in Maine, offering scaled-down do-it-yourself facilities to full-service experiences. Built to help guests get the most out of their experience here, they know the surrounding woods and waterways intimately, with many staffers being registered Maine guides.

SKI RESORTS

Unique to this region of Maine, you'll find world-class resorts at ski areas, where amenities include access to winter sports, entertainment, fine dining, and additional non-winter recreation like tennis and golf.

VISITOR RESOURCES

Maine Innkeepers Association | [Bit.ly/MEInnsMLM](https://bit.ly/MEInnsMLM)
CampMaine | CampMaine.com

DID YOU KNOW?

Sometimes the most fun you can have only requires some fresh fallen snow, a cozy pair of gloves, and a bunch of friends or family.



Get outside for some **WINTERTIME FUN**

With a spectacular snowfall surpassing 6 to 7 feet each year, nothing beats Maine's Lakes and Mountains for winter wonder. Think about how delightful it is to pull on your warm woollies and head out into drifts of pure white snow.

Our namesake mountains make it pretty clear that we've got unparalleled skiing, and an amazing trail system that stretches out in every direction making this a fantastic destination for snowmobiling. But when the snow comes, and it comes, there's so much more fun to be had. Grab a pair of skates and practice your twirls or find a pickup game of pond hockey. Get a sled and find a hill, build a snowman, or indulge in a good old snowball fight. Bring along a thermos of cocoa—and you'll be all set for winter!

Dotted with smaller community mountains and classic ski hills—perfect for learners—we suggest taking a day off from the sticks and snowboards and catching up with some locals while trying some fat-biking or even a couple hours of snow-tubing. Then you can head over to one of our world-class ski resorts to hit a terrain park or take on some jaw-dropping verticals. Make sure you look up once in a while too: The view from the top of these mountains is really something special.

Snowshoeing enthusiasts have options, too. With 250-plus miles of groomed trails across the region (that's over a month of shoeing at 6 to 7 miles per day), we offer a perfect opportunity to let this place sink in and take hold of you. Maybe a week of hut-to-hut snowshoeing is on tap—pine-scented air, the dappled wintery sun on your back and a hot tasty meal with new friends at the end of each day. Look no further than the 45 miles of groomed trails at **Maine Huts & Trails**.

Winter camping? Yep, it's a thing. We have year-round campgrounds that cater to die-hard winter enthusiasts, and even offer transportation to trails and ski resorts.

Then there is dog-sledding. Yes. You don't need to be a winter-hardened trail-junkie to partake in this classic adventure sport. Like other outdoor activities, running sled dogs spans the spectrum from enjoyable to invigorating. It's a popular winter activity here with providers offering

full vacations or just a couple hours of fun. You'll love the beautiful dogs that make up the teams.

Or perhaps you'd like to try a hybrid of dog-sledding and cross-country skiing, called "skijoring." This interactive sport fuses the best of both worlds, plus it's great for exploring winter's trails with man's best friend.

For the truly adventurous, ice-climbing is a thrilling activity on stunningly beautiful features of the winter landscape, thanks to the rugged nature of the region's mountains. **Grafton Notch State Park** is a popular destination, providing a backcountry climbing atmosphere steeped in impressive geologic features (including some great caves to explore in the summertime), not far from **Sunday River**. Bag some climbs, then hit the slopes afterward.

Push yourself one step further and give ice-caving a try. **Mahoosuc Ice Cave** and the **Greenwood Ice Cave** on **Uncle Tom Mountain**, or have yourself a frosty sit-down in the **Devil's Den** in **Andover**.

If you miss summer biking, there's always winter fat biking. These are well-suited for snowy trails and increasingly popular in our region. Similar to mountain bikes, their huge tires make them easy to ride, fun, and perfect for when the trails are too slushy for skiing. Look for the **Fat Tire Festival** at **Sugarloaf**.

Hanker for time on the lake? Try ice-fishing: Even though the temperature is cold the fish are still there. Make a family affair of it at any of the several cash prize fishing derbies held every winter.

VISITOR RESOURCES

Carrabasset Mountain Biking Association
CarrabassetNEMBA.org

Maine Trail Finder | MaineTrailFinder.com

The perfect place to **FIND YOUR WINTER BLISS**

With smaller mountains to inspire and some of the best ski resorts in the east, Maine's Lakes and Mountains is wicked fun once the snow flies. Our endless slopes, terrain parks, and awesome verticals will keep you on the trails all winter. Or simply spend an afternoon with the family snow-tubing. Nordic skiers and snowshoeing enthusiasts aren't left out in the cold here either, with numerous touring centers, hut-to-hut skiing and 250+ miles of groomed trails across the region.

BETHEL VILLAGE TRAILS AT THE BETHEL INN RESORT **N S F T**

Bethel | 207-824-6276 | MahoosucPathways.org/Bethel-Village
Bethel Village Trails provides visitors and members with cross-country ski, fat bike, and snowshoe trails, as well as rentals and lessons. Events include free ski programs for local schools, adult ski clinics, Bill Koch League for kids, NENSA programs, and annual events.

BLACK MOUNTAIN SKI RESORT **A N S B T**

Rumford | 207-364-8977 | SkiBlackMountain.org
With skiing and snowboarding terrain on Maine's third tallest operating mountain at 1380', Black Mountain offers top to bottom night skiing with 70% snowmaking coverage. Two chair lifts and a T-bar connect skiers to over 45 trails and glades. The mountain also features 17 kilometers of world-class Nordic trails and the Edge Tubing Park.

CARTER'S XC SKI CENTER **N S F T**

Bethel & Oxford | 207-824-3880 | CartersXCSki.com
Carter's two locations offer a combined total of 80 kilometers of trails, including skating, classic, back-country, fat biking, and snowshoeing. Rentals available at both locations.

FIVE FIELDS FARM **N S**

Bridgton | 207-647-2425 | FiveFieldsSki.com
The trail system totals 27 kilometers. 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 **A B T**

Auburn | 207-784-1561 | LostValleySki.com
Lost Valley in Auburn is Maine's Multi-Generational Mountain of Fun. Located 30 minutes from Portland, Augusta, or Brunswick, Lost Valley features day and night skiing/riding, lessons, rentals, snow-tubing in their Maine Family Snow Tube Park, and the Lost Valley Brewing Co. Brew Pub.

LOST VALLEY TOURING CENTER **N S**

Auburn | 207-784-1561 | AuburnNordic.org
The Auburn Nordic Ski Association, a community-based club, is committed to the creation and maintenance of approximately 10 kilometers of cross-country ski trails at Lost Valley.





MAINE HUTS & TRAILS N S F

Kingfield | 207-265-2400 | MaineHuts.org
 With more than 45 miles of groomed cross-country ski trails, they offer one of the most unforgettable Nordic and backcountry skiing experiences in the Northeast. In fact, the original founder's vision was based on skiing hut to hut. The huts are the perfect destination for a day trip, or for an ambitious multi-hut expedition. While the trails are groomed regularly, you should be prepared for true backcountry conditions.

MT. ABRAM SKI RESORT A N S B

Locke Mills & Greenwood | 207- 875-5000 | MtAbram.com
 Mt. Abram offers a 1,150-ft. vertical and 85% snowmaking. Ski school, ski shop, rentals, half-day tickets, 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 N S

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

RANGELEY LAKES TRAILS CENTER N S

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

SHAWNEE PEAK A B

Bridgton | 207-647-8444 | ShawneePeak.com
 Shawnee Peak offers a 1,300-foot vertical, 40 trails, 7 glades, 3 terrain parks, 98% 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 A N

Jay | 207-879-4090 | SpruceMountain.org
 This unique, community-owned mountain in central Maine features eleven 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 A N S B

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 90 km of the best-groomed trails in the East, offering a warm, comfortable lodge with magnificent views, skating rink, snowshoeing, and more.

SUNDAY RIVER A S B T

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, snow-tubing, ski school, ski shops, rentals, three base lodges, one summit lodge, restaurants, day care, and slopeside lodging.

TITCOMB MOUNTAIN A N S B

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.

- A ALPINE B SNOWBOARD
- N NORDIC F FAT BIKE
- S SNOWSHOE T SNOW-TUBING

VISITOR RESOURCES

[Ski Maine](http://SkiMaine.com) | SkiMaine.com
[Maine Adaptive Sports](http://MaineAdaptiveSports.org) | MaineAdaptive.org



View from Saddleback Mountain

BONUS TIP:

Daggett Rock, an uphill trail on an old woods road, leads to one of the largest glacial erratics (really big boulder) in New England.

Spectacular ways to HIT THE TRAIL

Be it back-country hiking, hoofing it up Streaked Mountain or just a walk in the woods, we've got a trail for you. Seasoned hikers will easily find tougher trails to their liking, Novice hikers can find a good selection, too.

REGIONAL

THE APPALACHIAN TRAIL (AT)

AMCMaine.org

Commonly referred to simply as the AT, the trail includes 281 miles throughout the state of Maine. Arguably, the most intense section of the trail encompasses the western portion of the state with the "Toughest Mile" in the nearby Mahoosuc Range.

Surface: Dirt/Forest Floor, Gravel/Crushed Stone, Rock/Ledge

Difficulty: ● | ● | ● Hike Time: Varies

Shared-Use: No Dogs: Yes Year-round: No

MAINE HUTS & TRAILS

MaineHuts.org

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

Length: nearly 80 miles

Difficulty: ● | ● Hike Time: Varies

Shared-Use: Yes Dogs: Yes Year-round: Yes

THE EAST COAST GREENWAY

Greenway.org.

A developing trail system, the greenway consists of 3,000 miles of networked trails linking Calais, Maine, to Key West, Florida. Maine's Lakes and Mountains is home to two designated portions of the East Coast Greenway system:

The Lewiston Riverside Greenway

Length: 4.8 miles

Lisbon Trail System

Length: 3.5 miles

BETHEL AREA

BUCK'S AND LAPHAM LEDGES

Route 26, Woodstock

Length: 2.1 miles, Network

Surface: Dirt/Forest Floor, Gravel/Crushed Stone, Rock/Ledge

Difficulty: ● Hike Time: 1.25 hours

Shared-Use: No Dogs: Yes Year-round: Yes

MAGGIE'S NATURE PARK

Greenwood Rd., Greenwood

Length: 3.2 miles, Network

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: ● | ● Hike Time: 90 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

MOOSE CAVE GORGE

Grafton Notch State Park, Grafton Twp

Length: 0.4 mile Loop Surface: Dirt/Forest Floor, Gravel/Crushed Stone, Rock/Ledge

Difficulty: ● Hike Time: 15 minutes

Shared-Use: No Dogs: Yes Year-round: No

MOTHER WALKER FALLS GORGE

Grafton Notch State Park, Grafton Twp

Length: 0.2 miles, Round Trip

Surface: Dirt/Forest Floor, Gravel/Crushed Stone, Rock/Ledge

Difficulty: ● Hike Time: 15 minutes

Shared-Use: No Dogs: Yes Year-round: No

ROUND MOUNTAIN

Hunt's Corner Rd., Albany Township

Length: 1.9 miles, Round-trip

Surface: Dirt/Forest Floor,

Rock/Ledge, Grass

Difficulty: ● Hike Time: 60 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

FRANKLIN COUNTY

DAGGETT ROCK

Wheeler Hill Rd., Phillips

Length: 0.6 miles, Round Trip

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: ● Hike Time: 20 minutes

Shared-Use: No Dogs: Yes Year-round: No

FLINT WOODS AND VILLAGE WOODS

Anson St./Titcomb Hill Rd., Farmington

Length: 4.5 miles, Network

Surface: Dirt/Forest Floor, Gravel/Crushed Stone, Rock/Ledge, Wood chips

Difficulty: ● | ● Hike Time: 90 minutes

Shared-Use: Yes Dogs: Yes Year-round: Yes

KINEOWATHA PARK

High St., Wilton

Length: 1.8 miles, Network

Surface: Dirt/Forest Floor, Gravel/Crushed Stone, Grass, Sand

Difficulty: ● Hike Time: 45 minutes

Shared-Use: Yes Dogs: Yes Year-round: Yes

GREATER BRIDGTON

HOLT POND

Route 302, Bridgton/Naples

Length: 5.3 miles, Network

Surface: Dirt/Forest Floor

Difficulty: ● | ● Hike Time: 2 hours

Shared-Use: No Dogs: No Year-round: Yes

JOCKEY CAP

Off Route 302, Fryeburg

Length: 0.8 miles, Round Trip Surface:

Dirt/Forest Floor, Rock/Ledge, Grass

Difficulty: ● Hike Time: 20 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

PONDICHERY PARK

Off Route 302, Bridgton

Length: 2.3 miles, Network

Surface: Dirt/Forest Floor, Wood chips

Difficulty: 🟡 Hike Time: 1 hour

Shared-Use: No Dogs: No Year-round: Yes

JAY/LIVERMORE/LIVERMORE FALLS FOUNDRY TRAIL

Foundry Rd., Livermore Falls

Length: 0.7 miles, One Way Surface: Pavement

Difficulty: 🟡 Hike Time: 15 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

FRENCH FALLS RIVER WALK

French Falls Dr., Jay

Length: 1.2 miles, Network Surface: Dirt/

Forest Floor, Rock/Ledge, Wood chips, Grass

Difficulty: 🟡 Hike Time: 45 minutes

Shared-Use: Yes Dogs: Yes Year-round: Yes

THE WHISTLE STOP RAIL TRAIL

Farmington, Jay, Wilton

Length: 14.0 miles, One Way

Surface: Gravel/Crushed Stone, Sand

Difficulty: 🟡 Hike Time: Varies

Shared-Use: Yes Dogs: Yes Year-round: Yes

LEWISTON AUBURN METRO AREA MOUNT APATITE PARK

Stevens Mills Rd., Auburn

Length: 7.6 miles, Network

Surface: Dirt/Forest Floor

Difficulty: 🟡 | 🟠 Hike Time: 2 hours

Shared-Use: Yes Dogs: Yes Year-round: Yes

THORNCRAG NATURE SANCTUARY

Highland Spring Rd., Lewiston

Length: 4.4 miles, Network

Surface: Dirt/Forest Floor

Difficulty: 🟡 Hike Time: 90 minutes

Shared-Use: No Dogs: No Year-round: Yes

MAINE'S HIGH PEAKS

BIGELOW PRESERVE

Firewarden's and Horn Pond Trails Loop

Dead River and Wyman Townships

Length: 12.4 miles, Loop

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟠 Hike Time: Varies

Shared-Use: No Dogs: Yes Year-round: No

CATHEDRAL PINES PATHWAYS

Off Route 27, Eustis

Length: 2.0 miles, Network

Surface: Dirt/Forest Floor, Groomed Snow

Difficulty: 🟡 Hike Time: 45 minutes

Shared-Use: Yes Dogs: Yes Year-round: Yes

CROCKER CIRQUE - AT

Route 27, Carrabassett Valley

Length: 16 miles, Round Trip

Surface: Dirt/Forest Floor, Gravel/Crushed
Stone, Rock/Ledge

Difficulty: 🟠+ Hike Time: Varies

Shared-Use: No Dogs: Yes Year-round: No

NARROW GAUGE PATHWAY

Off Route 27, Carrabassett Valley

Length: 6.6 miles, One Way

Surface: Crushed Stone, Groomed Snow

Difficulty: 🟡 Hike Time: 2 hours

Shared-Use: Yes Dogs: Yes Year-round: Yes

SUGARLOAF MOUNTAIN - AT

Caribou Valley Rd., Carrabassett Valley

Length: 5.3 miles, Round Trip

Surface: Dirt/Forest Floor, Gravel/Crushed

Stone, Rock/Ledge

Difficulty: 🟠 Hike Time: Varies

Shared-Use: No Dogs: Yes Year-round: No

OXFORD HILLS

MOUNT TIRE'M

Off Route 37, Waterford

Length: 1.2 miles, Round Trip

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟡 | 🟠 Hike Time: 90 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

ROBERTS FARM PRESERVE

Roberts Rd., Norway

Length: 7.5 miles, Network

Surface: Gravel/Crushed Stone, Groomed

Snow, Dirt/Forest Floor, Grass

Difficulty: 🟡 | 🟠 | 🟠 Hike Time: Varies

Shared-Use: Yes Dogs: Yes Year-round: Yes

STREAKED MOUNTAIN

Buckfield, Hebron, Paris

Length: 1.2 miles, Round Trip

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟡 | 🟠 Hike Time: 90 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

PACKARD TRAIL

Sodom Rd., Buckfield

Length: 2.2 miles, Network

Surface: Dirt/Forest Floor, Grass

Difficulty: 🟡 Hike Time: 45 minutes

Shared-Use: Yes Dogs: Yes Year-round: Yes

RANGELEY LAKES

BALD MOUNTAIN TRAIL

Bald Mountain Rd., Oquossoc

Length: 2.3 miles, Network

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟡 Hike Time: 45 minutes

Shared-Use: No Dogs: Yes Year-round: No

CASCADE STREAM GORGE TRAIL

Off Route 4, Sandy River Plt., Rangeley

Length: 1.0 miles, Loop

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟡 | 🟠 Hike Time: 30 minutes

Shared-Use: No Dogs: Yes Year-round: No

PIAZZA ROCK - AT

Off Route 4, Sandy River Plt., Rangeley

Length: 4.1 miles, Round Trip

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟡 | 🟠 Hike Time: 90 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

RANGELEY LAKES TRAILS CENTER

524 Saddleback Mountain Rd., Rangeley

Length: 25 miles, Network

Surface: Dirt/Forest Floor, Gravel/

Crushed Stone, Groomed Snow

Difficulty: 🟡 | 🟠 | 🟠 Hike Time: Varies

Shared-Use: Yes Dogs: Yes Year-round: Yes

SADDLEBACK MOUNTAIN - AT

Off Route 4, Sandy River Plt., Rangeley

Length: 11.4 miles, Round Trip

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟠+ Hike Time: Varies

Shared-Use: No Dogs: Yes Year-round: Yes

RIVER VALLEY

RUMFORD WHITECAP MOUNTAIN PRESERVE

East Andover Rd., Rumford

Length: 4.6 miles, Network

Surface: Dirt/Forest Floor, Rock/Ledge

Difficulty: 🟡 Hike Time: 90 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

SWIFT RIVER WALKING TRAIL

Intersection of Route 2/Route 120, Rumford

Length: 0.5 miles, One Way

Surface: Pavement Difficulty: 🟡

Hike Time: 30 minutes Shared-Use: No

Dogs: Yes Year-round: Yes

SEBAGO LAKES REGION

BALD PATE MOUNTAIN TRAIL

Off Route 107, Bridgton/Sebago

Length: 6.7 miles, Network

Surface: Dirt/Forest Floor, Gravel/Crushed

Stone, Rock/Ledge, Grass, Groomed Snow

Difficulty: 🟡 | 🟠 Hike Time: Varies

Shared-Use: No Dogs: Yes Year-round: Yes

DONNABETH LIPMAN PARK

Chaffin Pond Preserve Rd., Windham

Length: 1.5 miles, Loop

Surface: Dirt/Forest Floor, Groomed Snow

Difficulty: 🟡 | 🟠 Hike Time: 30 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

DOUGLAS MOUNTAIN

Off Route 107, Sebago

Length: 2.8 miles, Network

Surface: Dirt/Forest Floor,

Difficulty: 🟡 | 🟠 Hike Time: 60 minutes

Shared-Use: No Dogs: No Year-round: Yes

MAYBERRY HILL PRESERVE

385 Mayberry Hill Rd., Casco

Length: 1 mile, Loop

Surface: Dirt/Forest Floor

Difficulty: 🟡 Hike Time: 20 minutes

Shared-Use: No Dogs: Yes Year-round: Yes

🟡 EASY 🟠 MODERATE 🟠 DIFFICULT

VISITOR RESOURCES

Maine Trail Finder | MaineTrailFinder.com

Seek out and explore the **PLACES IN BETWEEN**

Maine's Lakes and Mountain's state parks and public reserved land areas offer visitors endless miles of off-the-grid hiking, snowmobile trails, and 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

A year-round 2,675-acre expanse that offers 23 miles of recreational and historic Shared-Use trails, space for wildlife observation and hunting, and river access for boating and fishing.

GRAFTON NOTCH STATE PARK

1941 Bear River Road, Newry

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

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

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

The vast 869 acres of the park offer over 50 camp 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

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.

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: Grafton Notch State Park, Rt. 26. Vehicle access: Sunday River Road, Bethel or East B Hill Road 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

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.

VISITOR RESOURCES

Maine's State Parks | Maine.gov/doc/parks

Official Guide to maine State Parks & Lands App

PocketRanger.com/apps/maine

THE NORTHERN FOREST CANOE TRAIL

As part of the 740-mile inland paddling trail across New York, Vermont, Québec, New Hampshire, and Maine, the Northern Forest Canoe Trail is the state's premier paddling resource and the nation's foremost water trail—offering unequalled canoe and kayak access to Flagstaff Lake.

Visit NorthernForestCanoeTrail.org to learn more.





Play all day on our **SHARED-USE TRAILS**

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

KEEP IN MIND

Day trippers can try the trails in Range Pond, Mt. Blue State Park, or the Androscoggin Riverlands. Those interested in remote adventures can include trips to either the Dead River or Richardson Public Reserved Lands.

Here are some 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

Do your own research to pick a trail. Try asking the manager of your campground or resort. Use the web to find a local club or pick up a map. Maine's trail systems are growing so fast it's hard to keep up.

Shared-use trails are exactly that. They can be used for hiking, snowshoeing, horseback riding, ATV 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 trail riders, our many trailside outfitters offer everything from helmets and equipment rentals to snacks and fuel.

SHARED-USE TRAIL NETWORKS

THE WHISTLE STOP TRAIL

Trailheads: West Farmington and French Falls Park Length: 14 miles
Offering a converted rail line between Jay and Farmington, this shared-use trail (both motorized and non-motorized) includes wetland wilderness and beaver habitat. Travel past waterfalls and take in the scenic mountain views along the way.

MOOSE LOOP TRAIL

Connects Stratton-Eustis, Rangeley, Kingfield, Avon, Salem, Strong, Phillips, and Madrid.
Length: 138 miles
This 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

Trailheads: Park Headquarters, Weld Length: 25 miles, Connect to ITS
ATV riders are welcome to experience 25 miles of challenging, shared-use trails in the largest state park in the region. During winter, the park's trails are 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

Trailheads: Center Bridge Rd., Turner Length: 12 miles
Enjoy the park year-round. The shared-use trail is popular among ATV riders, snowmobilers, bicyclists, horseback riders, Nordic skiers, snowshoers, and hikers, while the Bradford Loop Trail requires advanced ATV and snowmobile riding skills.

THE RANGELEY LAKES REGION ATV TRAILS

Trailheads: Depot St., Main St., and Bemis Rd., Rangeley
This network of trails connects to towns such as Stratton, Eustis, Carrabassett, Kingfield, Andover, Madrid, and Phillips. The trails offer scenic views of the area including Quill Hill Overlook Trail, Onion Valley lookout, and Canyon Loop Mountain view.

VISITOR RESOURCES

Maine Trail Finder | MaineTrailFinder.com

ATV-ing | ATVMaine.org Snowmobiling | MESnow.com

Visit our land of WATERFALLS

Maine's western mountains are home to 15 waterfalls. Rumford Falls tumbles nearly 180 feet over solid granite. Also called Pennacook Falls, it 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'
Altitude Gain: -50', +150'
Trail: 0.8 mile to falls 🟡 | 🟡
Hike Time: 30 minutes

BICKFORD SLIDES

Bickford Brook, Stow

Type: Cascades, Slides Height: Varies
Altitude Gain: Lower slide, +300';
upper slide, +500'
Trail: 0.7 mile to lower slide;
1.1 mile to upper slide, 🟡
Hike Time: 35 minutes to the upper slide

THE CATARACTS

Frye Brook, Andover

Type: Horsetails, Cascades
Height: 60' Altitude Gain: +150'
Trail: 0.5 mile 🟡
Hike Time: 20 minutes

DUNN FALLS

West Branch Ellis River, Andover

Type: Horsetails, Fans
Height: Lower falls, 80'; upper falls, 50'
Altitude Gain: +250', down 250'
Trail: 2-mile loop 🟡
Hike Time: 90 minutes

ELLIS FALLS

Ellis Meadow Brook, Andover

Type: Horsetails Height: 22'
Trail: Roadside 🟡

KEZAR FALLS

Kezar River, Lovell

Type: Cascades Height: 20'
Altitude Gain: down 25'
Trail: less than 0.1 mile 🟡

MAD RIVER FALLS

Mad River, Batchelders Grant

Type: Horsetails Height: 100'
Altitude Gain: +300'
Trail: 1.6 miles to falls 🟡
Hike Time: 45 minutes

POPLAR STREAM FALLS

Poplar Stream, Carrabassett Valley

Type: Horsetails Height: Upper falls 24';
lower falls 51' Altitude Gain: +250'
Trail: 2 miles, Upper falls 🟡 | 🟡
lower falls 🟡 | 🟡 Hike Time: 60 minutes

RUMFORD FALLS

Androscoggin River, Rumford

Type: Cascades Height: 176'
Altitude Gain: None Trail: Roadside 🟡
Alt. Names: Pennacook Falls,
New Pennacook Falls

SCREW AUGER FALLS

Bear River, Grafton Township

Type: Plunges, Cascades Height: Plunge, 20'
Altitude Gain: None
Trail: Less than 0.1 mile 🟡

SMALLS FALLS

Sandy River in Township E

Type: Horsetails, Cascades Height: 54'
Altitude Gain: +50' Trail: 0.1 mile to top 🟡
Hike Time: 5 minutes

SNOW FALLS

Little Androscoggin River, West Paris

Type: Small Plunge, Cascades Height: 25'
Trail: Roadside 🟡

STEEP FALLS

Saco River, Limington, and Baldwin

Type: Block Height: 6'
Trail: 0.2 mile 🟡 Hike Time: 5 minutes

STEP FALLS

Wight Brook, Newry

Type: Horsetails, Cascades, Pools
Height: Approx. 250' Altitude Gain: +300'
Trail: 0.6 mile 🟡 Hike Time: 20 minutes

SWIFT RIVER FALLS

Swift River, Roxbury

Type: Cascades Height: 6'
Trail: Roadside 🟡

🟡 EASY 🟡 MODERATE 🟡 DIFFICULT



©Dan Marquis Photography



TOP 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

Take an adventure on the **WILD SIDE**

Maine's Lakes and Mountains offers a highly diverse habitat filled with all kinds of wildlife. Whether it is the determined (but cute) squirrel that finds its way into the bird feeder, endangered hawks and turtles, or the majestic moose, being this close to nature affords visitors nearly endless opportunities to experience its beauty than most people ever realize.

MOOSE AND WILDLIFE

Moose can be seen throughout the state of Maine, but their population is greatest in more secluded areas, including many parts of Maine's Lakes and 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. 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.

To improve your chances of seeing a moose, contact a guide who 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 source. While rare, at the right time of year, tours in some areas have spotted as many as twenty moose in a single outing.

Just a few of the local residents you might spot during your visit include: White-tailed Deer, Moose, Black Bear, Ruffed Grouse, Wild Turkey, Canada Lynx, Bobcat, Bald Eagle, Red-Tailed Hawk, Coyote, Red Fox, Beaver, River Otter, Muskrat, Fisher, Marten, Mink, Raccoon, Skunk, and Porcupine, to name a few.

BIRDING

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 and 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.

BIRDING TRAILS

Bald Mountain *Oquossoc*

Numerous boreal species

Bigelow Preserve *Stratton*

Bicknell's Thrushes (above 3,000 feet)

Boy Scout Road *Oquossoc*

Boreal Chickadees, Gray Jays, and other northern birds

Brownfield Bog *Brownfield*

Yellow-throated Vireos, Blue-gray Gnatcatchers, Least Bitterns, Wilson's Snipes, and Virginia Rails.

Grafton Notch State Park *Newry*

Philadelphia Vireos, Peregrine Falcons, Boreal Chickadees, Black-backed Woodpeckers, and Spruce Grouse.

The Greater Lovell Land Trust *Lovell*

Common Warblers, Woodpeckers and Flycatchers

The Heald Pond Preserve *Lovell*

Common Warblers and Thrushes

Hunter Cove *Rangeley*

Boreal Chickadees, Cape May and Blackburnian Warblers

Mt. Blue State Park *Weld*

Hermit Thrushes, Winter Wrens, and Scarlet Tanagers

Rangeley Lake State Park *Rangeley*

A variety of Maine's common songbirds

Sabattus Pond *Sabattus*

Semipalmated, Least, White-rumped Sandpipers, Ruddy Ducks, Killdeer, and more

Saddleback Mountain *Rangeley*

Bicknell's Thrushes

Thornrag Nature Preserve *Lewiston*

A variety of Maine's common songbirds

White Mountain National Forest *West Bethel*

Moose, birds, and waterfowl

 HIKING TRAILS  PICNIC AREA

VISITOR RESOURCES

Maine Wildlife Information | Maine.gov/ifw/wildlife

Maine Birding Trail | MaineBirdingTrail.com

Maine Audubon Society | MaineAudubon.org



A lasting tradition of **FISHING AND HUNTING**

The tradition of hunting and fishing go back centuries and, with some of the finest lakes and streams in Maine, as well as some unmatched hunting grounds, the pieces are all here. Add in a stay at a traditional sporting camp and the services of a guide, and you might have discovered your newest passion.

FISHING

The terrain in Western Maine 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—a long-standing hot spot in the history of fly-fishing and a place with no shortage of superior bass fishing either.

This region's countless waterways offer, perhaps, the finest fly-fishing in America. Places like Mooselookmeguntic 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 fishery in the U.S. The Upper Dam Pool is also famous for producing many trophy-size trout.

VISITOR RESOURCES

Official Maine Fishing Information | [Bit.ly/MEFish](https://bit.ly/MEFish)

Official Maine Hunting Information | [Bit.ly/MEHunting](https://bit.ly/MEHunting)

Maine Professional Guide Association | MaineGuides.org

Take the time (seriously) to visit the Outdoor Sporting Heritage Museum in Oquossoc to put into context 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 (lake trout). Sebago Lake is the place to be for early spring trout fishing. Its 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.

Fly-fishermen aren't the only ones having a great time on the water. Smallmouth and largemouth bass, as well as perch and sunfish, are also 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 that offer prizes. What an excellent way for kids to fall in love with this timeless sport.

HUNTING

After years of decline due to habitat loss and other concerns, the Maine deer herd is once again strong and plentiful. 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 our legendary scenery.

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 tipping the scale at over 1,000 pounds each year, you can see why.

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).

With a spring (May) and fall (October) season to take wild turkey, bow and gun hunters have two chances each year to hunt this challenging prey. 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.

MAINE GUIDES AND SPORTING CAMPS

Beginning with our own Cornilia Thurza “Fly Rod” Crosby, Maine Guide No. 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.

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.



KEEP IN MIND

Anyone fishing or hunting in Maine must possess the proper license. Our laws, guidelines, and seasons often vary from year to year.

Hire a Registered Maine Guide; these talented individuals are worth the investment and will help ensure a safe and successful adventure.

©Dirk MacKnight

VISITOR RESOURCES

Bethel Area Chamber of Commerce

8 Station Place, Bethel
800-442-5826 | BethelMaine.com

Fryeburg Business Association

P.O. Box 654, Fryeburg
207-440-8179 | FindItInFryeburg.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

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

Maine State Police

800-452-4664 (in Maine)
911 cellular, for emergencies only

US-Canada Border Crossing

204-983-3500 | 506-636-5064
CBSA-ASFC.gc.ca

Road Conditions/Traffic Information

866-282-7578 | 511 from any phone
511Maine.gov

NOTE

Maine law requires that drivers and all passengers wear a seatbelt. Texting while driving is prohibited in Maine. The fine is \$100.

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

Car Rentals

Alamo: 888-826-6893 | Alamo.com
(PWM & BGR)

Avis: 800-633-3469 | Avis.com
(PWM & BGR)

Budget: 800-218-7992 | Budget.com
(PWM & BGR)

Dollar: 866-434-2226 | Dollar.com (PWM)

Enterprise: 800-261-7331 | Enterprise.com
(PWM & BGR)

Hertz: 800-654-3131 | Hertz.com
(PWM & BGR)

National: 877-222-9058 | NationalCar.com
(PWM & BGR)

Bus

Concord Coach Lines: Stops in Auburn & Lewiston | 800-639-3317
ConcordCoachLines.com

Greyhound Lines: Two stops in Lewiston
800-231-2222 Greyhound.com

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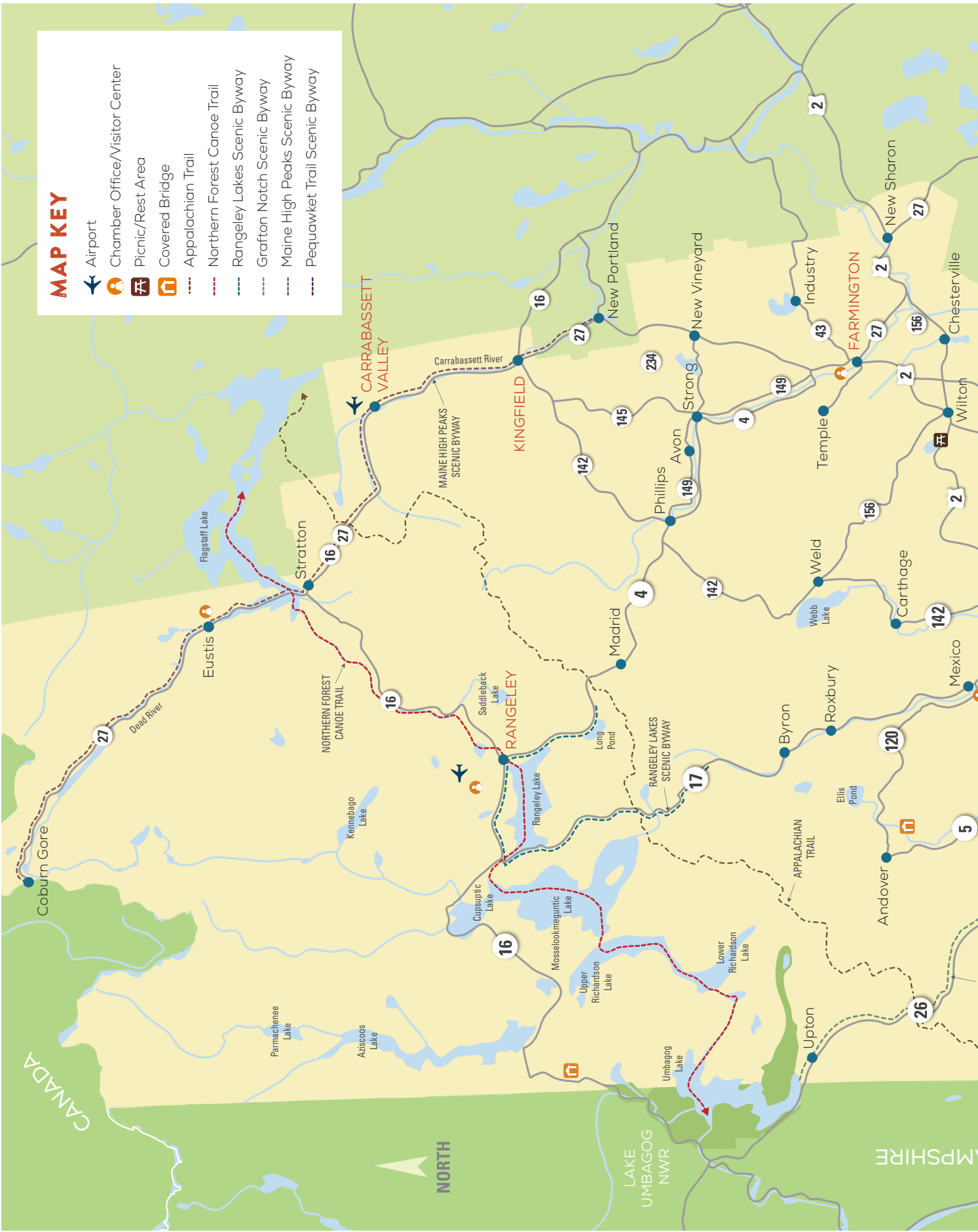
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-  Appalachian Trail
-  Northern Forest Canoe Trail
-  Rangeley Lakes Scenic Byway
-  Grafton Notch Scenic Byway
-  Maine High Peaks Scenic Byway
-  Pequawket Trail Scenic Byway



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Persons under 21 years of age may not enter the casino unless licensed as employees. Gambling problem? Call 2-1-1 or for help.