

## MAINE COAST 4-DAY HIKING HIGHLIGHTS:-

### SOME OF THE HIKES

Beech Mountain:-

One of our favorite hikes leads up Beech cliffs and Beech mountain on the quieter, western side of the island for some spectacular views of Echo lake, Long Pond and the Atlantic Ocean. The trail also leads through a rocky glen with glacial boulders and rare rock ferns!

Distance: 4 1/2 miles.

Lunch on Beech Mountain. In the afternoon there is a choice of an easy but fascinating walk around Ship Harbor (1 1/2 miles) or a more challenging route over Flying Mt. to secluded Valley Cove (1 1/2 miles)

Tea and Popover Day!

The long hike this day leads over 2 of Acadia's highest and most spectacular peaks to Jordan Pond House and tea and popovers on the lawn! Some of the route follows John D. Rockefeller's carriage paths, but most is on trail as we climbed Sargent and Penobscot mountains before dropping down to the shore of Jordan Pond and the trails that leads around the lake. (I've often seen (and heard!) loons) on Jordan Pond. After tea the route back follows the carriage roads through the amphitheater (the most remote part of the park). Length of hike: 7 miles to Jordan Pond House, 11 miles back to car (you can end at Jordan Pond House). For those wanting an easier day there is the option of following carriage roads all the way to Jordan Pond (4 1/2 miles) and then taking the 3 mile circuit around the pond after lunch (and before tea!)

Champlain Mtn. to Sand Beach:-

This hike starts just a few miles from downtown Bar Harbor and has panoramic views of Frenchmans Bay and much of the island. Almost all the hike up to Champlain mountain is in the open over smooth slabs of granite. From Champlain we drop down to 'The Bowl' a glacial lake and then over Gorham Mtn. and down to the cliffs of Otter Point. From the point the trail follows the most famous part of Acadia Nat'l Park's coastline past 'Thunder Hole' to Sand Beach. The hike ends with a loop around the seldom hiked Great Head for a total of about 7 1/2 miles. (There is also a shorter 5 1/2 mile option which includes Great Head, Sand Beach, Gorham Mtn. but bypasses the more difficult terrain on Champlain Mt.)

Another day we offer the choice of a lovely carriage road circuit around Witch Hole Ponds with some spectacular views down to Bar Harbor and Frenchman's Bay (4 1/2 miles) or a trip up one of the park's most famous natural phenomenons, 'The Bubbles'. The Bubbles trail also includes a couple of miles of carriage road walking for a total of about 4 1/2 miles).

P.S. At some point in the week we will try to include a walk across 'the bar' to Bar Isle. This short 1 1/2 mile walk is only possible for a few hours either side of low tide, but offers a very unique view back to Bar Harbor and Mount Desert Island.

N.B. We may make changes to the schedule depending on weather, needs of the group etc.

## THE INNS:-

DAY 1 & 2

ASTICOU INN

15 Peabody Dr

Northeast Harbor, ME 04662

Tel: (207) 276 3344 guests (800) 258 3373 reservations

Fax: (207) 276 3373

e mail: [asticou@asticou.com](mailto:asticou@asticou.com)

[www.asticou.com](http://www.asticou.com)

DAY 3 & 4

HOLBROOK HOUSE INN

74 Mount Desert St.

Bar Harbor, ME 04609

Tel: (207) 288 4970

Fax (207) 288 4994

email: [info@holbrookhouse.com](mailto:info@holbrookhouse.com)

[www.holbrookhouse.com](http://www.holbrookhouse.com)

If you are interested in additional information about the inn and hotels we will be staying with, we invite you to visit their web site, or call and request a brochure.

## MAINE COAST TRAVEL:-

If you are driving to the starting point, you will find the driving directions on the Asticou website : [www.asticouinn.com](http://www.asticouinn.com)

If you are arriving by public transportation we offer the following pick up schedule:-

FROM AIRPORTS:-

MAINE COAST

Bangor Airport - 4:30 p.m. (Delta, Eastern, United, NY Air etc.)

If you find you need to stay over before the trip, we recommend The Charles Inn at 20 Broad Street, Bangor, ME 04401 (207) 992 2820. Our pickup time from the hotel is 4:45 p.m. on the first day of the trip.

We can return hikers to the airport for flights from 4 p.m. on, on the last day of the trip (earlier times can sometimes be arranged).

FOR TRIPS THAT BEGIN SUNDAY YOU SHOULD BE AWARE THAT FLIGHTS ARE OFTEN CHEAPER IF YOU ARRIVE ON SATURDAY.

YOU CAN THEN EITHER FIND YOUR OWN WAY TO THE STARTING INN OR STAY IN THE AIRPORT TOWN UNTIL OUR PICK UP ON SUNDAY.

Private Shuttles:-

Private shuttles to Bangor or Bar Harbor from the airport are very limited. If your travel plans do not coincide with our shuttles, you have a few alternatives: 1) Bar Harbor Shuttle (207) 479 5911 [www.barharborshuttle.com](http://www.barharborshuttle.com) approx. \$30 per/person one way. 2) Rental car. Hertz rental company has a branch at the Bangor, ME Airport.

FROM BUSES:-

MAINE COAST

Greyhound offers service to Bangor, Me. where we can meet you at 5 p.m. Greyhound also offers service much of the year from downtown Bangor to Bar Harbor daily at 4:30 p.m.

IT IS VITAL THAT YOU LET US KNOW YOUR TRAVEL PLANS (EG. FLIGHT TIMES AND NUMBERS OR BUS ARRIVAL TIMES) IN ORDER FOR US TO MEET YOU.

FOR ASSISTANCE PLEASE CONTACT OUR TRAVEL SERVICE: BETTER TRAVEL @ 1-800-331-6996