



# MAINE'S MIDCOAST & ISLANDS

The  
Middle of  
*Amazing*

## INSIDE:

- Lighthouse Map
- Highlights by Region
- Outdoor Adventure, Culture, Food, and More!





Friendship

There are countless versions of the perfect day in Maine's MidCoast & Islands region. With everything you love about Maine concentrated in the coastal area between Brunswick and Belfast, you can have as many perfect days here as your heart desires. Whether you're in search of adventure, or just some peace, quiet and solitude, you can find it all here, in any season.

*For instance...*

### **Up at dawn**

You planned to sleep in, but somewhere you read that Maine sunrises are amazing so you rise early...

### **Early morning stroll**

The day has barely begun, but lobster boats are fishing, farmers are working their fields, and towns are coming to life. A walk along the harbor in Belfast



or on the rocky shore anywhere nearby is just the ticket.

### **Breakfast with the locals**

How's your appetite? Try a pastry or bagel at one of our many cafés serving locally roasted coffee. Or maybe you're up for the full Maine breakfast of blueberry pancakes and a slice of pie at Moody's Diner...





Mt. Battie, Camden



Northport

## Morning out and about

Shopping in one of our classic downtowns? Take in the fine art at the Farnsworth Museum or learn about our ship building and fishing history at Maine Maritime Museum. Today, let's go for a hike: the Camden Hills, Morse Mountain, or one of the many nature preserves... take your pick.

## Lobster for lunch

What to eat is easy: a quintessential lobster roll. Where to find one? Red's Eats... Shaw's Wharf... Five Islands... the Dip Net... every shack has its fans. You can't go wrong here.

## Afternoon on the water

Time to get out on the water! Book a sea kayak expedition or Kennebec River fishing charter;

## Build Your Perfect Day Around...

A LIGHT-  
HOUSE  
TOUR  
PAGE 20



THE  
FOOD  
SCENE  
PAGE 22



FUN  
OUT-  
DOORS  
PAGE 24



or maybe a lighthouse cruise or canoeing on Lake St. George. Picture yourself on an afternoon Windjammer cruise out of Rockland or Boothbay Harbor.

## Late afternoon relaxing

A nap in the hammock with the sound of waves lapping the shore is appealing, but you choose to tour an oyster farm and then relax over an IPA at one of our many brewpubs.

## Farm-to-table dinner

The farm-to-table dining experience is thriving here. World class restaurants like Primo in Rockland, Long Grain in Camden, or 555 North in Brunswick make for tough choices. How about taking a water taxi out to North Haven for an idyllic evening meal at Nebo Lodge?



## Table of Contents

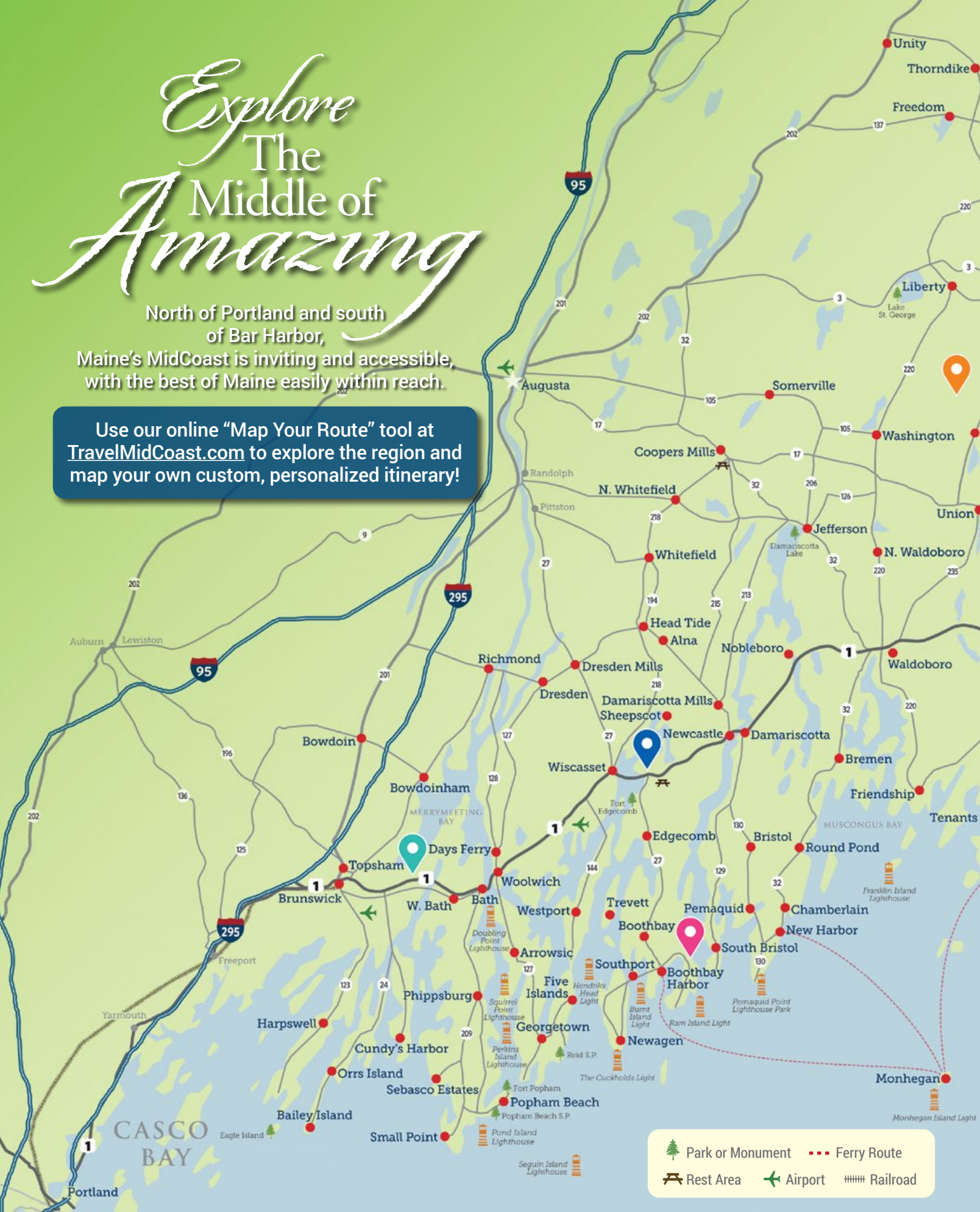
MidCoast Lighthouse Map	4	Islands	18
Bath-Brunswick-Topsham Area	6	Lighthouses	20
Wiscasset-Damariscotta Area	8	Food Scene	22
Boothbay Harbor Area	10	Get Outdoors	24
Camden-Rockland Area	12	Locally Grown	26
Belfast Area	14	Amazing Makers	28
Union-Hope-Appleton- Warren-Freedom Area	16	Events	30



# Explore The Middle of Amazing

North of Portland and south  
of Bar Harbor,  
Maine's MidCoast is inviting and accessible,  
with the best of Maine easily within reach.

Use our online "Map Your Route" tool at  
[TravelMidCoast.com](http://TravelMidCoast.com) to explore the region and  
map your own custom, personalized itinerary!







# Plan Your Trip to Maine's MidCoast & Islands

## By Car

**From Portland** | 26 miles to Brunswick

**From Boston** | 134 miles to Brunswick

**From Acadia National Park** | 53 miles to Belfast

**From Augusta** | 36 miles to Brunswick

**From Bangor** | 34 miles to Belfast

**From Eastport** | 142 miles to Belfast

## By Air

Commercial flights: Cape Air provides daily service into and out of Boston's Logan Airport from Knox County Regional Airport. For ticketing call 800.CAPE.AIR (800.227.3247).

## Airports

**Bangor International Airport** (BGR)

207.992.4600 | [FlyBangor.com](http://FlyBangor.com)

**Belfast Municipal Airport** (KBST)

207.338.3370 | [Airnav.com/airport/kbst](http://Airnav.com/airport/kbst)

**Brunswick Executive Airport** (BXM)

207.798.6512 | [BrunswickExecutiveAirport.com](http://BrunswickExecutiveAirport.com)

**Knox County Regional Airport** (RKD)

207.594.4131 | [KnoxCountyMaine.gov/airport](http://KnoxCountyMaine.gov/airport)

**Portland International Jetport** (PWM)

207.774.7301 | [PortlandJetport.org](http://PortlandJetport.org)

**Wiscasset Municipal Airport** (KIWI)

207.882.8200 | [Wiscasset.org/departments/airport/](http://Wiscasset.org/departments/airport/)

## By Bus

**Concord Coachlines**

1.800.639.3317 | [ConcordCoachlines.com](http://ConcordCoachlines.com)

## By Ferry

**Rockland Ferry Terminal**

207.596.5400 | [maine.gov/mdot/ferry/rockland/](http://maine.gov/mdot/ferry/rockland/)

**Lincolnville Ferry Terminal**

207.789.5611 | [maine.gov/mdot/ferry/lincolnville/](http://maine.gov/mdot/ferry/lincolnville/)

## By Train

**Amtrak Downeaster** (Boston to Brunswick)

1.800.USA.RAIL | [AmtrakDowneaster.com](http://AmtrakDowneaster.com)

## By Boat

One of the most exciting ways to travel around the MidCoast is to arrive by boat. All of our ports welcome boaters and there are excellent resources, even in some of the most out-of-the-way places.





# Gateway to the MidCoast

Giant's Stairs, Bailey's Island



Downtown Bath

Here is your gateway to the MidCoast, where Maine's iconic rocky coast begins. With a thriving economy, vibrant arts scene, museums, and plenty of activities for visitors of all ages, you could spend a few days, a few weeks, or a lifetime getting to know us.

## History & Museums

Bath, the City of Ships, was once the busiest shipbuilding center in the US and now hosts Bath Iron Works, one of the few remaining naval ship builders in the country. Visit the Maine Maritime Museum and Maine's First Ship to learn more. History buffs will also want to see the Joshua Chamberlain House and Skolfield Whittier House in Brunswick.



Maine Maritime Museum, Bath





Maine State Music Theatre, Brunswick



Sea Dog Brewing, Topsham

## Arts

World-class theater with Maine State Music Theatre and several independent theaters too: The Chocolate Church, The Theater Project, and the Studio Theatre of Bath. Art galleries can be found in downtown Brunswick and Bath, and the Bowdoin Museum of Art at the college has top notch collections and programs year round.

## Shopping

The architecture of Bath's quaint downtown hasn't changed much in over 100 years, thanks to zealous preservationists, and the small local shops and restaurants here will delight you. Brunswick's downtown is bustling and a bit larger, as befits a New England mill town turned college town, and both Cooks Corner and the Topsham Fair Mall, right off 295, have national retailers and restaurants chains, as well as some Maine-based franchises.

## Don't Miss...

*A few gems, hidden and otherwise, that you will want on your itinerary...*

- Popham Beach, Phippsburg
- Giant's Stairs, Bailey's Island
- Lighthouse Cruise from Maine Maritime Museum
- Bath and Brunswick Farmers Markets
- Reny's, in Bath and Topsham
- Family fishing charter on the Kennebec
- Morse Mountain/Sewall Beach



Maine Street, Brunswick



Popham Beach, Phippsburg



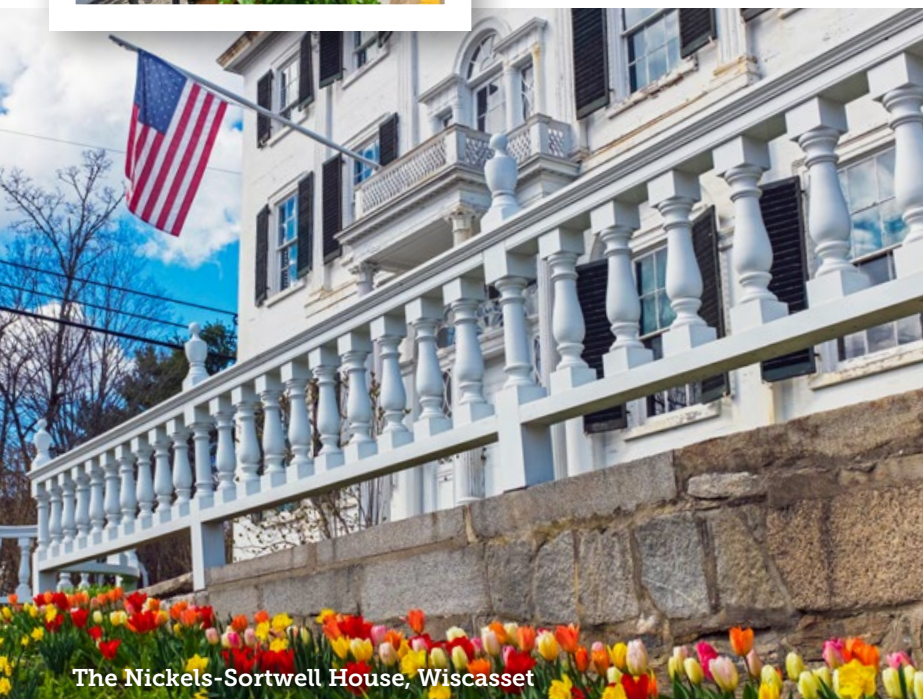


# A Real Feeling of *Village Life*



Life here slows to the ebb and flow of the tidal rivers that define these historic towns. Wiscasset and Damariscotta are two of the prettiest towns in Maine with beautiful old homes and a real feeling of village life.

Damariscotta



## Damariscotta

Damariscotta is home to many grand mansions and historic public buildings. Shops, bookstores, and restaurants are everywhere, but a visit to Damariscotta, will invariably have you thinking about oysters. Damariscotta River is famous for its clean, salt-fresh water mix that has allowed modern oyster farms to bring the wild American oyster to perfection. This is truly the best place in the world to taste exquisite varieties of oysters.





Wiscasset Art Walk



Davey Bridge, Wiscasset

## Wiscasset

Settled in the 1660's, this beautiful seaport village along the bank of the Sheepscot River was once a busy center for timber and shipbuilding. Many of the Maine's most famous architectural landmarks are a few blocks away from the harbor on Main Street. The Nickels-Sortwell House and Castle Tucker are outstanding 19th-century Federal-style mansions. A walk along any street here reveals hidden gardens and charming homes.

## Kayaking, Canoeing and Walking

The protected coves and the tidal rivers in Wiscasset and Damariscotta offer some of the more serene kayak and canoe paddling in Maine. If you want to see bald eagles, this is the place. The many fresh water lakes and ponds in the region are ideal for fishing, boating, and camping. Many nature preserves along the Sheepscot and Damariscotta rivers are easy-walking havens for seeing wild-life and migratory birds.



Red's Eats, Wiscasset

## Places to See

- Pemaquid Point Lighthouse south of Damariscotta
- Fort Edgecomb, historic wooden octagonal blockhouse in Wiscasset
- Whaleback, 1,000-year-old Native American site on the Damariscotta River
- Ocean kayak rentals and lessons
- Hiking trails and easy walks in both towns
- Damariscotta Lake State Park



Kayak tour on the Damariscotta River





# An Idyllic Coastal *Escape*

Boothbay Harbor

This is your destination for an idyllic coastal escape and a real connection to the sea. Take a cruise where you might spot whales, seals, lighthouses, and lobster boats. Or, rent a kayak and explore nearby islands and quiet coves by yourself.

## The Harbor

Boothbay Harbor's downtown is home to shops and restaurants that are as renowned as the town itself. Built in 1901, the longest, wooden footbridge in the country connects both sides of the harbor and is a perfect place for boat watching. Both hilly and historic, the village is filled with charming streets, shops, art galleries, restaurants and cozy inns.



Burnt Island Light







Coastal Maine Botanical Gardens

## Arts

The historic Opera House at Boothbay Harbor hosts over 100 events and performances year-round. Something is always happening with jazz, award-winning musicians, Broadway actors, and holiday celebrations. In addition to the many local galleries, the non-profit Boothbay Region Art Foundation is home to over 150 artists.

## Nearby

There are a variety of delightful places to visit within 10-minutes of downtown. The beautiful 323-acre Coastal Maine Botanical Gardens is the largest of its kind in New England. At the Boothbay Railway Village, a 100-year-old, steam locomotive will take you into the past as it travels through historic rural buildings. The Maine State Aquarium has new exhibits about aquatic animals, including a touch tank for visitors.



## Don't Miss...

*There are so many things to do in Boothbay Harbor:*

- Burnt Island Lighthouse, Maine's oldest original lighthouse
- Penny Lake Preserve, easy hiking in a 54-acre preserve
- Carousel Music Theater, seasonal dinner theater
- Kayak rentals and lessons
- Barrett Park, hidden gem by the water



Barters Island





# Historic Waterfront Towns



Rockland Harbor

Mountains to climb, galleries and museums to discover, lakes to swim, award-winning dining, shopping, and of course, an ocean to sail—they're all here. The historic waterfront towns of Camden and Rockland could keep you busy and delighted for weeks.

## Camden

Camden is known as the place "where the mountains meet the sea." Cruise the bay on a magnificent, tall schooner, or hike the nearly 780-foot Mount Battie for panoramic views of the town and Penobscot Bay. Camden's downtown area offers sophisticated shops, art galleries, a terrific dining scene, and elegant inns. One of the best harbor views is from the Camden Harbor Park and Amphitheatre in the center of town.



Camden Harbor





CMCA in Rockland



Birch Point State Park,  
Owls Head



Maiden Cliff, Camden

## Rockland

Rockland is a working fishing port and home to one of Maine's largest windjammer fleets. However, the town is also known for its nationally-recognized art museums, farm-to-table restaurants, and shopping. The Center for Maine Contemporary Art (CMCA) and the Farnsworth Art Museum draw thousands of visitors year-round. Incredibly fresh seafood is served in small diners and award-winning restaurants.

## Lakes & Lighthouses

Just minutes from downtown Camden, Barrett's Cove on Megunticook Lake offers a refreshing lakeside retreat. The large lake is ideal for swimming, canoeing and kayaking. Rockland's dramatic Breakwater Lighthouse can be reached at the end of a 7/8 mile long walk along huge granite blocks. When you reach the end of the jetty, you'll find the restored keeper's house and enjoy the panoramic harbor view.

### Places to See

- Curtis Island Lighthouse can be seen on any cruise out of Camden harbor
- Vinalhaven, Maine's largest offshore island, is a great ferry adventure from Rockland
- Owls Head Light has spectacular views of Penobscot Bay
- Round the Mountain Trail along 1,300-ft. Ragged Mountain
- Birch Point State Park has one of Maine's loveliest beaches
- Camden Opera House is a thriving 500-seat performance hall



Megunticook Lake, Camden





# One of Maine's *Liveliest Places*

Downtown Belfast

This town of grand sea-captain's houses and ornate, late-1700's brick buildings is where you'll find one of the liveliest places in Maine. A hip brewery, cool shops, galleries, and book stores are all within a few blocks of the waterfront.



Marshall Wharf Brewing

## Arts & Events

Once a gritty shipbuilding town, Belfast is a lively center of MidCoast arts, music and events. Many of the classic downtown buildings are now home to a large number of local galleries and artists. Every summer, the Belfast Art Walk and Arts in the Park brings out creatives to show off their wares.

## Local Flavor

If you love local food, Belfast really stands out. The Belfast Community Co-op, is one of the state's most popular markets. Nearby, Maine's largest indoor farmer's market, the United Farmers Market of Maine, is open every Saturday, year-round. Not surprisingly, with so much fresh food, the town's restaurants offer outstanding and unpretentious dining.





View from the Belfast Harbor Walk



View from Captain Nickels Inn, Searsport

## Waterside Walks

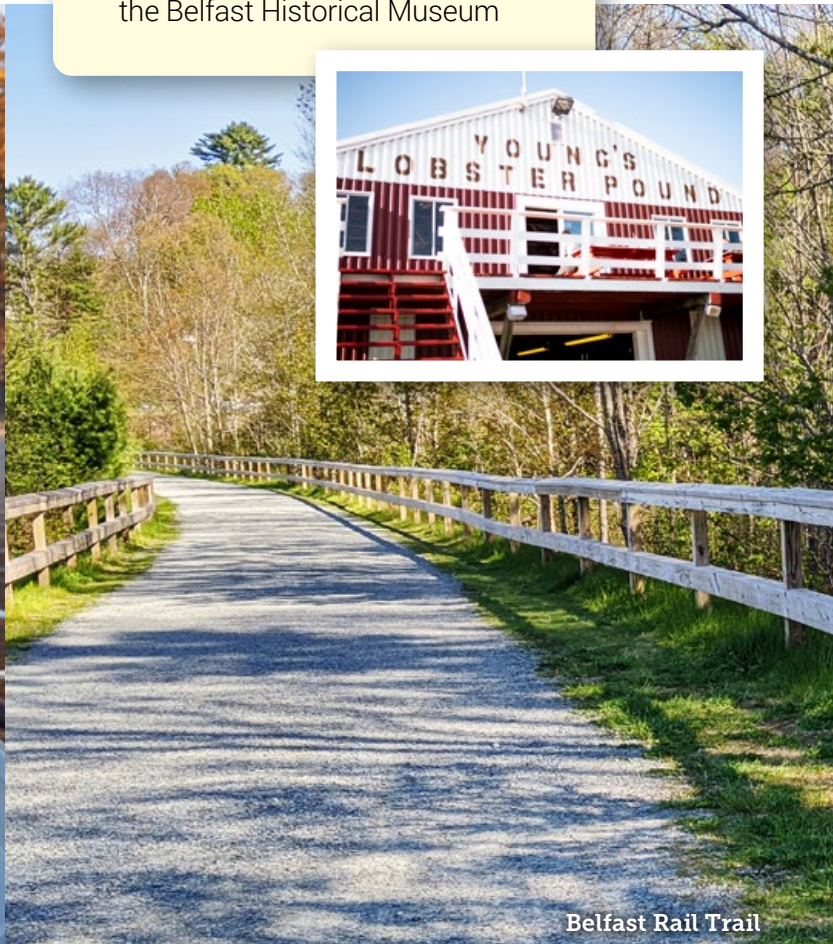
The legacy of Belfast's shipbuilding history continues at Front Street Shipyard, the largest yacht facility north of Boston. The shipyard is a good place to begin a stroll along the Belfast Harbor Walk, which extends nearly two miles. Another stunning two-mile walk is the Belfast Rail Trail which connects to the Harbor Walk. Both walks are wheelchair accessible.

## Look for...

- The pedestrian-friendly Belfast Armistice Bridge
- Belfast City Park for relaxing, harbor views
- Performances at Belfast Maskers Theater
- Vintage shipbuilding artifacts at the Belfast Historical Museum



DoryWoman Rowing



Belfast Rail Trail





Union-Hope-Appleton-  
Warren-Freedom Area

# *Pastoral* Lakes, Hills and Meadows

Glendarragh Lavender Farm, Appeton



The Union Fair

Not far from the coastline are inland towns that invite you to slow down and take in pastoral views of lakes, hills, and farm meadows. As low-key as these towns may seem, you'll also find talented craftspeople, artists, wine growers, and outstanding places to dine.

## **Tranquil Paddling and Fast Rips**

The St. George River flows 51 miles through farmlands, towns, and seven lakes until it reaches the ocean at Muscongus Bay. The river offers many sections for canoeing and kayaking, including quiet ponds and opportunities for some fast rips. Many ponds and lakes offer hours of exploration, including Lake St. George. Dotted with numerous undeveloped islands, the 1,107-acre lake is home to landlocked salmon and to magnificent Maine Loons.



Crawford Pond in Union

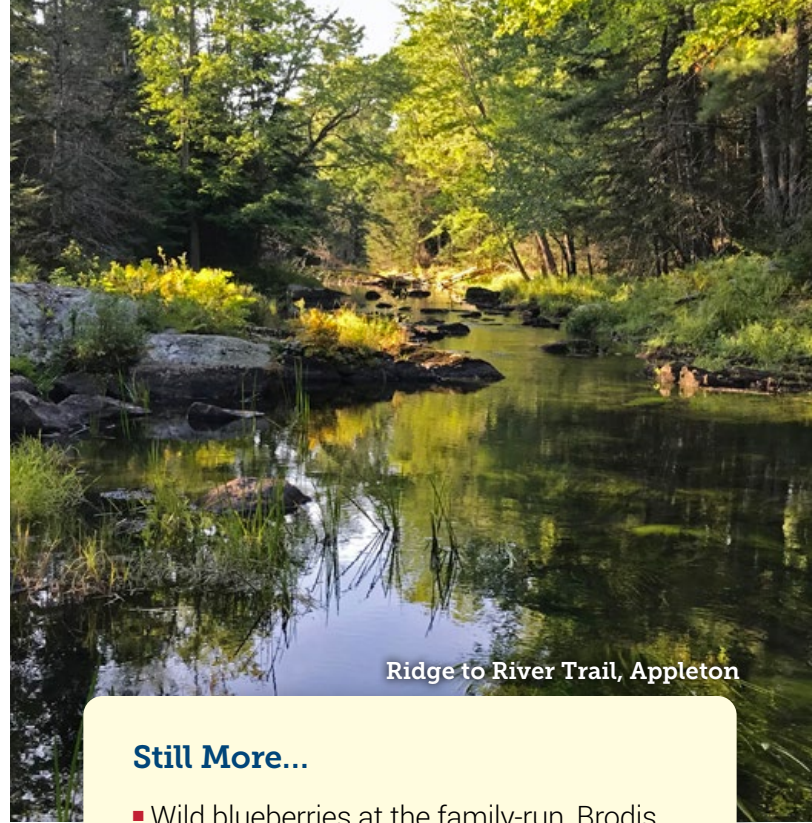


## Miles of Uncrowded Hiking

Quiet trails, rolling hills, and mountain views make the inland areas of the MidCoast a true hiking retreat. A network of trails in Appleton follows the St. George River for many miles and offers fantastic views from the top of Appleton Ridge. For a more challenging day, hike the Round the Mountain Trail, starting in the town of Hope. The trail passes by 1,263-foot Ragged Mountain and connects to an additional 25 miles of trails.

## Fresh Everything

Starting with strawberries in May until apple picking ends in November, MidCoast farm stands are the favorite stops for locals and visitors alike. To pick fresh berries and fruits yourself, look for the “U-Pick” signs at places like Raven’s Berry Farm in Freedom and Hardy Farm Orchards in Hope. See purple fields of fresh lavender at Glendarragh Farm in Appleton.



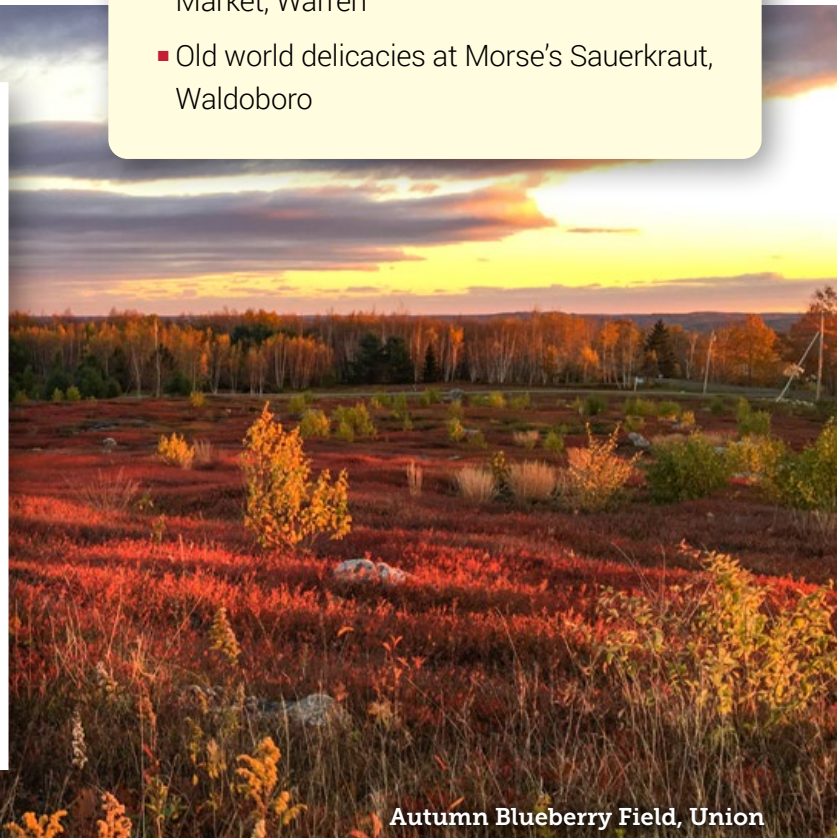
Ridge to River Trail, Appleton

### Still More...

- Wild blueberries at the family-run, Brodis Blueberries in Hope
- Remarkable beers at The Pour Farm in Union
- Notable and inventive restaurant, The Lost Kitchen, Freedom
- Picked-same-day produce at Beth’s Farm Market, Warren
- Old world delicacies at Morse’s Sauerkraut, Waldoboro



Beth's Farm Market, Warren



Autumn Blueberry Field, Union





# Seafaring Communities

Vinalhaven



The ferry from Rockland

Island exploration is one of the best things about a vacation in the MidCoast. Whether by ferry or charter boat, visiting any of the larger islands will give you a true sense of what it's like to live in a seafaring community. These are just a few of the islands you'll want to consider exploring.

## Vinalhaven

As Maine's largest offshore island, the windswept beauty of Vinalhaven has captivated visitors and artists and has been the home to hard-working fishermen for generations. A two-hour ferry ride from Rockland will bring you to Carver's Harbor as well as access to roads and trails to explore by bicycle; granite quarries for swimming; ocean kayaking; and casual places to eat.



Bracketts Channel, Isleboro



## Islesboro

A short, 3-mile ferry ride from Lincolnville Beach will transport you to simpler, quiet way of life on Islesboro. When you arrive on the island, you'll immediately notice a tranquility and low-key feeling that is hard to find in other places. Because much of the 13-mile-long island is untouched, there are many, fantastic places to hike. When you get hungry, a few shops and dining options are available, but back on the mainland, there are many great restaurants to enjoy.

## Monhegan

A visit to Monhegan Island means seriously getting off the beaten path. There are no car ferries to the island, but it is easily reached by daily passenger boats from Port Clyde, New Harbor, and Boothbay Harbor. You can explore the one-square-mile island in a day, but, with its dramatic cliffs and distant ocean views, you'll want to stay. Several small inns, dining spots, a coffee roaster, and even a craft brewery, make staying here unforgettable.

### Hop an Island Ferry!

Year-round ferry service is available to four islands.

#### Vinalhaven, North Haven, and Matinicus— Rockland Terminal

207-596-5400

<https://www.maine.gov/mdot/ferry/rockland/>

#### Islesboro—Lincolnville Terminal

207-789-5611

<https://www.maine.gov/mdot/ferry/lincolnville/>



Marston House, Vinalhaven

## Sears Island, Searsport

Sears Island is one of the largest, undeveloped islands on the eastern coast of the US. Accessible by a causeway with parking, the island has miles of quiet, wild shoreline to explore. The Shoreline Trail around the island is about five miles, but consider the tide if you want to make the entire hike—some places are impassible at high tide. No matter what the tide is, there are other trails to explore, as well as forests, beaches, and abundant wild-life and botanical features.



Islesboro locals



Island Inn, Monhegan Island



A photograph of the Owls Head Lighthouse, a white cylindrical tower with a black lantern room, perched on a rocky cliff overlooking the ocean at sunset. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The lighthouse is surrounded by a wooden walkway and a metal railing.

Visit an  
Iconic Maine

# Lighthouse

Owls Head Lighthouse

Maine's MidCoast lighthouses are fascinating places to explore in the daytime and to see in the distance at night. America's early lighthouses were much-needed beacons for storm-tossed sailors. Today, many are open to the public and several have adjacent museums.

## **Owls Head Lighthouse, Owls Head**

Perched on a steep rise above Penobscot Bay, Owls Head Lighthouse offers panoramic views of Penobscot Bay, nearby islands, and glimpses of Maine's renowned windjammer fleet. The lighthouse is still in use by the Coast Guard, and the 1857 keeper's house is the interpretive center for the American Lighthouse Foundation.

## **Pemaquid Point Lighthouse, Bristol**

Commissioned in 1827 by John Quincy Adams, the Pemaquid Point Lighthouse has inspired artists and photographers for decades. The small painting, "Pemaquid Light" by American artist, Edward Hopper, is recognized worldwide. The lighthouse tower is one of the few towers in the state that can be climbed. While visiting the lighthouse, be sure to visit the Fisherman's Museum and the Learning Center Art Gallery.



Pemaquid Point Lighthouse





Fort Point Lighthouse



Rockland Breakwater Lighthouse

### Marshall Point Lighthouse, Port Clyde

Though it's one of Maine's most famous lighthouses, Marshall Point is rarely crowded, thanks to the long, scenic drive that leads to it. In the hit movie, *Forest Gump*, the lighthouse was the turning point for actor Tom Hank's long, cross-country run. You can retrace his steps on the historic walkway, and, then, set off for more exploring in the quiet fishing port of Port Clyde.

### Rockland Breakwater Lighthouse, Rockland Harbor

Few places are as dramatic as this landmark at the end of a 7/8 mile long breakwater. The walk to the Rockland Breakwater Lighthouse will likely include sights of shorebirds, harbor seals, and the busy marine activity of Rockland. You can visit the beautifully restored keeper's house and also climb to the top of the lighthouse lantern for a dazzling view.

### Fort Point Lighthouse, Stockton Springs

The pyramidal bell tower of the Fort Point Lighthouse is one the few remaining towers like it in New England. The lighthouse is also one of the few that still use rare Fresnel glass lenses. The lighthouse is located in Fort Point State Park, along with the 1857 keeper's house, barn, oil house, and the remains of Fort Pownall.



Marshall Point Lighthouse

### Discover Even More Lighthouses

With 65 lighthouses up and down its 3,400-mile coast, Maine has the most oceanfront lighthouses in America, and you could discover over 24 of them in Maine's MidCoast alone.

- See the locations of all MidCoast lighthouses on [page 4](#)
- Build your own custom lighthouse tour with our online "Map Your Route" tool at [TravelMidCoast.com](http://TravelMidCoast.com)



# The MidCoast's Lively Food Scene

Explore the Maine Oyster Trail



Dot & Millies, Vinahaven

In recent years, the food scene in Maine has been gaining national attention and awards. Innovative chefs and new restaurants are elevating MidCoast food and drink to foodie bliss, from the smallest cafés to craft breweries, bakeries, coffee roasters, and, of course, roadside stands with hand-made ice cream.

## Farm-to-Table

While famed MidCoast restaurants like Primo and The Lost Kitchen are garnering national praise, many new chefs in the area are introducing wonderful farm-to-table fare you don't want to miss. A few to check out include Wolfpeach in Camden, Sammy's Deluxe in Rockland, Sterlingtown in Union, The Coast Café and Bakery in Searsport, The Hoot in Northport, and Enoteca Athena in Brunswick.



Long Grain, Camden





Young's Lobster Pound, Belfast



Ruckus Donuts, Rockland

### Boat-to-Basket

Lobsters are seemingly on the menu in every dock-side shack and restaurant, but there's also an abundance of other terrific seafood found in Maine's waters. Other ocean treasures of the MidCoast are mussels, native red crabs, and, of course, fresh oysters. The Damariscotta River is famous for its modern oyster farms that bring the wild American oyster to perfection. The MidCoast is truly the best place in the world to taste exquisite varieties of oysters.

### Craft Brewing

There are over 25 outstanding craft breweries to explore in the towns and backroads throughout the MidCoast. Nearly every brewery has their doors open to visit and to sample fresh beers. Many have family-friendly tap rooms and outdoor decks that offer classic pub menus with locally-sourced foods. Brewers are proud of their craft and are happy to share their brewing process and discuss the hops and grains they use.

### The Sweet Side

For many of us, the desserts and sweet treats of Maine are unrivaled for foodie bliss. Yes, we're all trying to live healthier, but a fresh-baked donut, a brrrr-inducing ice cream, or a still-warm blueberry pie makes life so much more enjoyable! Sweet fact: the donut was invented in Rockport, Maine in 1847 and continues to be perfected at Ruckus Donuts in Rockland, and Frosty's Donuts in Brunswick and Bath. Or for something cold on a hot summer day, stop by John's Ice Cream Factory in Liberty.



Odd Alewives Farm Brewery, Waldoboro



### Berry Bliss

Wild blueberry pie is the classic Maine dessert, but blueberry ketchup and blueberry beers have their own magic too. For exquisite blueberry pies, have a slice of heaven at Atlantic Baking Company in Rockland, or at The Slipway in Thomaston, where the "Blueruh" (pronounced blue-roo) pie is baked in crusts with a high butter measure.



# Get Outdoors

Northport



Capitol Island,  
Southport

MidCoast Maine has countless activities to offer every outdoor enthusiast. With miles of magnificent rocky shoreline, hundreds of islands, pristine lakes, rolling hills, and tall mountains, there are so many ways to get outdoors and play.

## **Boats, Paddles, and Surfboards Too**

Cruise beautiful Penobscot Bay on a magnificent wooden Windjammer schooner for a day or a week. For kayakers, the Mid-Coast is a paddler's dream for discovering sea life, shore birds, and for exploring hidden coves. You can even surf in an uncrowded and gentle break at Popham Beach State Park.

## **Biking Scenery and Excitement**

Plan a bike ride through the inland areas of the MidCoast for miles of quiet escapes. Rolling farm-country, light traffic, and meandering streams make the region a cyclist's paradise. Yes, there are great gravel trails, too, in the region and breath-taking mountain bike trails at the 1,070-ft. Camden Snow Bowl.



Sailing East Penobscot Bay

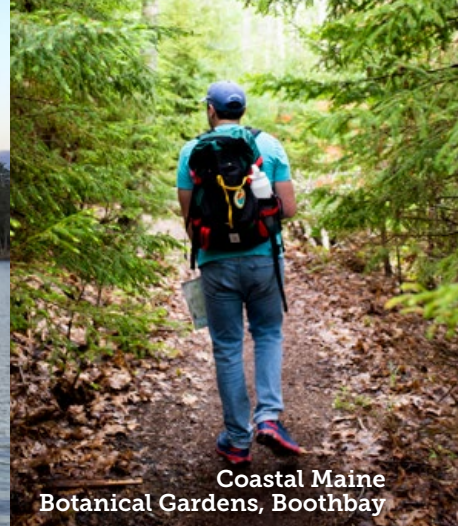




Camden Hills State Park



Seven Tree Pond, Union



Coastal Maine Botanical Gardens, Boothbay

## Camping and Glamping

The MidCoast is home to scenic campgrounds, remote island tent sites, yurts, and glamping sites—the mash-up of ‘glamour’ and ‘camping.’ If you want to set up a tent, car camp, or park an RV next to a lake or the ocean, your choice of campground is terrific. Three State Parks in the region offer overnight camping in beautiful locations.

## Canoeing, Fishing and Drifting

Just a few miles inland from the coast are sparkling-clear freshwater lakes and ponds to kayak, canoe, swim, and fish. It’s easy to get a fishing license in Maine, so whether you’re a beginner or have fished since you were a kid, memorable fishing days are waiting for you. After a day on the water, take a leisurely drive to enjoy the coastal restaurants and shops.

## Mountain Hikes and Easy Walks

Challenging trails and many easy walks in the MidCoast offer spectacular views of distant islands and hours of enjoyment. For a family-friendly walk with panoramic ocean views, Moose Point State Park in Searsport, is a delightful escape. Explore tidal pools and watch for marine life, including seals, porpoises, and birds such as loons, bald eagles, and ospreys.

## Four Season Playground

The MidCoast’s natural beauty is waiting for you all year round. MidCoast summers are amazing, but spring offers uncrowded trails; autumn’s colors inspire; and winter brings a wonderland of activities!

## Winter Adventures

For outdoor winter adventures, the MidCoast has you covered. Cross country ski on miles of trails in deep woods and along rocky shores. Take in dazzling ocean views while you ski and snowboard at Camden Snow Bowl. Try new sports like fat tire biking, or enjoy outdoor classics like snowshoeing in fresh snow. Bundle up, bring a friend, and plan extra time for hot cider or cocoa!



Reid State Park, Georgetown



Ragged Mountain, Hope



# Locally Grown

Dooryard Farm, Camden

The MidCoast is enjoying a farming renaissance. Many small family farms are being revitalized, and a boom is taking place in sustainable aquatic and organic farming methods. You'll find wonderful farm stands throughout the MidCoast, and, of course, you can enjoy fresh, local foods at restaurants everywhere.

## Organic Farming

Thanks to a boom in organic farming, Maine is now ranked by the USDA as the nation's leading producer of organic vegetables, followed closely by organic fruit. That success is due to an influx of many twenty- and thirty-something young farmers. In fact, Maine now has the fifth youngest farmer population in the country. You'll find seasonal organic farm stands throughout the MidCoast, including Dooryard Farm in Camden, Goranson Farm in Dresden, and Crystal Spring Farm in Brunswick, that is renowned for its organic Maine wild blueberries.





## Ocean Harvests

Similar to organic farming on land, the MidCoast is rapidly becoming a premier destination for shellfish and sea vegetable farming. The practice dates back thousands of years, but only recently has it starting getting national attention. Known as the “Napa Valley of Oysters”, eighty percent of Maine oysters are harvested from the Damariscotta River. The oyster farms along the tidal flows in the river produce some of the most sought-after oyster varieties in the world. To sample these exquisite gems, find your way to the Shuck Station raw bar in Newcastle, located just one block from the Damariscotta.

## The Wine Region of Maine

Today, there are more than 25 wineries in Maine with most of the established grape vineyards concentrated in the MidCoast area. The region’s coastal climate and rocky soils help produce terrific, grape varietals. The results are wines ranging from chardonnay to merlot that have attained ‘grand cru’ status and national attention. Lincolnville’s Cellardoor Winery recently won “Best Malbec” and a Double Gold medal at the 2021 San Francisco Wine Competition. Other notable MidCoast wineries include Sweetgrass Winery & Distillery and Oyster River Winegrowers.

## The Art of Craft Distilling

In 1851, Maine was the first state to outlaw alcohol which eventually led to nationwide prohibition in 1920. Mainers still drank, of course, making moonshine, hard cider, and other beverages in homes and on farms. Thankfully, the craft of distilling spirits has come a long way, and today, the MidCoast is home to exceptional distilleries. Visit the tasting rooms at Blue Barren Distillery in Camden, Split Rock Distillery in Newcastle, for organic spirits, Sweetgrass Farm in Union, and Luce Spirits in Rockland, where herbal spirits like Aquiline Vitae, a Swedish-

style aquavit, are perfect after a brisk ocean swim.



Cellardoor Winery,  
Lincolnville



Rock Bottom Farm, Richmond



North Haven Oyster Farm, North Haven





# Amazing Makers

Belfast Fiberarts, Belfast

A passion for crafting, inventing, and making exceptional things has made the MidCoast a showcase of “Maker Culture.” It takes skill and commitment to build timeless goods or to create exciting new products. You can see that passion throughout the MidCoast in studios, shops, galleries, and outdoor fairs.



Georgetown Pottery, Georgetown

## Glacial Clay Pottery

There's a reason why so many potters and artists have been digging, throwing, and turning clay for decades in the MidCoast. The region is known for its unique, glacial marine clay that is thousands of years old and is unusually pure. This “Wild Maine Clay” can be fired at extremely high temperatures to make beautiful pottery and ceramics. In Newcastle, the Watershed Center for the Ceramic attracts artists from around the world to lead ceramics workshops and residencies. A few shops you'll want to visit include AE Ceramics in Boothbay Harbor, Edgecomb Potters in Edgecomb, and Fireside Pottery in the town of Warren.





Windsor Chairmakers, Lincolnville



The Carpenter's Boat Shop, Pemaquid

## Jewelry Makers

The skills, artistry, and materials used by jewelry makers throughout the MidCoast are often inspired by the natural settings around them. With an abundance of talented and trained creative people, you'll see jewelry designed for every aesthetic, from ornate, gold rings to bold hammered and oxidized necklaces and bracelets. With so many jewelers in the region, a few one-of-a-kind artists who you can visit are Keith Field Goldsmith in Brunswick, Modern Metal Smith in Rockland, Quench Metalworks in Belfast, and Pamela Hitchcock, Goldsmith in Belfast.

## Knitting and Weaving

Sheep farms throughout the MidCoast are well-known for their unique breeds, such as Coopworth, Moorit, and Bluefaced Leicester. The different qualities of their wool include texture, luster, and crimp—the natural waviness of the fiber. Once the wool is spun into yarn and dyed, skilled artisans hand craft scarves, sweaters, blankets and fine clothing that are sold throughout the MidCoast. The Maine Blanket, from Seacolors Yarnery in Washington, is famous for using natural sea colors in every blanket. Find beautiful knitwear at Harbor Yarns in Damariscotta. And see the work of dozens of fiber-artists at Belfast Fiberarts in Belfast.

## Wood Furniture Makers

A legacy of high-quality furniture made with native hardwoods dates back to the 1600's in Maine. Today, innovative woodworkers are designing furniture that may borrow on early Dutch colonial or classic Shaker styles. Heide Martin in Rockport has gained wide attention for her Scandinavian and Shaker inspired furniture and housewares. Lincolnville is home to Windsor Chairmakers who make beautifully crafted furniture from native woods, including tiger maple and black walnut. Step inside the Element Furniture showroom in Thomaston to see incredibly handsome furniture for convertible work and living spaces.



The Maine Blanket from Seacolors Yarnery, Washington





Pirates at the Fort, Prospect

One great event at a time. That's the best way to enjoy a place with so many exciting annual happenings. Every town has a talent for bringing in the crowds. Everyone has a favorite. Many, including the Maine Lobster Festival, Damariscotta Pumpkinfest, the North Atlantic Blues Festival, and Windjammer Days, receive national attention.

### January

**Pies on Parade**  
Rockland & Camden

### February

**U.S. National Toboggan Championships**  
Camden

**Belfast Ice Festival**  
Belfast

### April

**Passagassawakeag River Race**  
Belfast

### May

**Alewives Festival**  
Damariscotta Mills

### June

**Arts in the Park**  
Belfast

**Boothbay Harbor Region Sculpture Trail**  
Boothbay Harbor

**Damariscotta Oyster Celebration**  
Damariscotta to Boothbay Harbor

### Pirate Rendezvous

Damariscotta/Newcastle

**Waldoboro Days**  
Waldoboro

**Windjammer Days**  
Boothbay Harbor

Destination, event hours, and regulations are subject to change.  
We recommend you call ahead or check websites for up-to-date information.





Gardens Aglow, Boothbay



Rockland Lobster Festival

## July

**Alive on the Common  
Concert Series**  
Wiscasset

**Bath Heritage Days**  
Bath

**Bowdoin International  
Music Festival**  
Brunswick

**Maine Celtic Celebration**  
Belfast

**Maine State Music  
Theatre**  
Brunswick

**North Atlantic Blues  
Festival**  
Rockland

**Summerfest**  
Wiscasset

**Union Fair/Maine Wild  
Blueberry Festival**  
Union

## August

**Belfast Harbor Fest**  
Belfast

**Brunswick Outdoor  
Art Festival**  
Brunswick

**DamBluesFest**  
Damariscotta

**Great State of Maine  
Air Show**  
Brunswick

**Lincoln County  
Bicentennial Plus One  
Pilgrimage**  
Lincoln County

**Maine Antiques Festival**  
Union

**Maine Highland Games**  
Topsham

**Maine Lobster Festival**  
Rockland

**New England Auto  
Auction**  
Owls Head

**Old Bristol Days**  
Bristol

**Salt Bay Chamberfest**  
Damariscotta

**SchoonerFest**  
Wiscasset

**The Maine Boat &  
Home Show**  
Rockland

## September

**Boothbay Harbor Fest**  
Boothbay Harbor

**Camden International  
Film Festival**  
Camden

**Camden Windjammer  
Festival**  
Camden

**Common Ground  
Country Fair**  
Unity

**Maine Open Lighthouse  
Day**  
Statewide

**Maine Wienerfest**  
Belfast

**Pemaquid Oyster Festival**  
Damariscotta

## October

**Damariscotta  
Pumpkinfest**  
Damariscotta

**Fall Foliage Festival**  
Boothbay

**Scarecrow Fest**  
Wiscasset

## November

**Boothbay Lights**  
Boothbay Harbor

**Festival of Lights  
Celebration**  
Rockland

**Gardens Aglow**  
Boothbay Harbor

**Villages of Light**  
Damariscotta

**Midcoast Tree Festival**  
Brunswick

## December

**Boothbay Lights**  
Boothbay Harbor

**Christmas by the Sea**  
Camden

**Gardens Aglow**  
Boothbay Harbor

**Wiscasset Holiday  
Marketfest**  
Wiscasset



Union Fair

There are countless outdoor music events  
throughout the region all summer.

Contact a local chamber, listed on the  
back cover, for more information.





Maiden Cliff, Camden

## Visitor Info & Regional Resources

We're here to help. Stop in at any of these convenient spots along the coast where a local can recommend a special day trip or local event, answer your questions, and help you chart your course.



Bath Regional Information Center	15 Commercial St., Bath   <a href="https://www.visitbath.com/bric">VisitBath.com/bric</a>
Belfast Area Chamber & Information Center	14 Main St., Belfast   207. 338.5900   <a href="https://www.BelfastMaine.org">BelfastMaine.org</a>
Boothbay Harbor Region Chamber of Commerce	192 Townsend Ave., Boothbay Harbor   207.633.2353   <a href="https://www.BoothbayHarbor.com">BoothbayHarbor.com</a>
Brunswick Visitor Center	16 Station Ave., Brunswick   207.721.0999
Damariscotta Region Chamber	67A Main St., Newcastle   207.563.8340   <a href="https://www.DamariscottaRegion.com">DamariscottaRegion.com</a>
Penobscot Bay Regional Chamber Offices & Information Centers	2 Public Landing, Camden   207.236.4404 25 Park St., Rockland   207.596.0376 <a href="https://www.CamdenRockland.com">CamdenRockland.com</a>
Bath-Brunswick Regional Chamber	8 Venture Ave., Brunswick   207.725.8797 <a href="https://www.MidCoastMaine.com">MidCoastMaine.com</a>
Union Area Chamber of Commerce	<a href="https://www.UnionAreaChamber.org">UnionAreaChamber.org</a>
Wiscasset Area Chamber	207.882.9600   <a href="https://www.WiscassetChamber.com">WiscassetChamber.com</a>
Wiscasset Information Center	Creamery Pier, Wiscasset

For Maine CDC Travel Advisories, visit: [www.maine.gov/dhhs/mecdc/](https://www.maine.gov/dhhs/mecdc/)

### STAY CONNECTED

