

# MAINE'S MIDCOAST

TRAVEL



EXPLORE

## & ISLANDS



— Lighthouse Map —

# INSIDE

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Maine Coast

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Rockland



Bristol



Camden Harbor



Bath



Camden



Thomaston

## You'll Need a Camera

Sunsets over the sea, charming villages, freshly caught seafood, stunning foliage, snowy adventures and more await you in Maine's MidCoast & Islands. Trust us when we say you'll need a camera to capture the beauty you discover and the memories you make while you're here.

**What will your captured memories look like?** Spend an afternoon at a Maine lighthouse, such as **Squirrel Point Light** in **Arrowsic** or the iconic **Pemaquid Point Lighthouse**; sink your toes in the sand at **Popham Beach** or grab a good book and a beach chair for a relaxing afternoon at **Reid State Park**; enjoy an incredible lobster roll at **Red's Eats** in **Wiscasset** or grab a basket of fried clams to munch on as you drive to your next coastal destination; take a ferry to one of Maine's remote islands and enjoy a few days away from the rest of the world; or visit one of Maine's MidCoast & Islands' historic theaters for a show; plan your trip during the fall when the bright colors make Maine's landscapes even more beautiful or visit during the snowy season and check out **Gardens Aglow** at the **Coastal Maine Botanical Gardens**.

Visit **Camden** or **Boothbay Harbor** for a picture of a classic coastal Maine town, discover **Rockland's** thriving art community, explore the unique shops lining the streets of **Belfast** or **Bath**, take home a piece of history from one of **Searsport's** numerous antiques shops, or road trip through quaint coastal towns dotting Maine's Coast.

These adventures and more await you in the pages ahead. Let this book be your guide as you capture your trip. Maine's MidCoast & Islands is yours to discover.

Cover Photo: Doubling Point Light, Arrowsic



# Discover

## Maine's MidCoast & Islands

### Visit a Beach Away from it All

**What's your favorite memory of the beach?** Head north of Portland for Maine's most pristine and beautiful beaches. The Maine's MidCoast & Islands region begins 30 minutes from Portland and 2.5 hours from Boston, so come enjoy the waves with us!

**Lincolnton Beach** • If you're passing between **Camden** and **Belfast**, make sure you visit **Lincolnton Beach**. The sandy beach is within twenty minutes of both great downtowns full of local shops, so you can make a day of your trip and enjoy shopping and a bite to eat between sunbathing and swimming.

**Damariscotta Lake State Park** • Pack up a picnic basket and head to **Damariscotta Lake** in Jefferson, a freshwater lake with sand to dig your toes into. **Damariscotta Lake State Park** has plenty of picnic tables and grills so you can enjoy a full day outside in the sand and sun. There are opportunities for canoeing, fishing, swimming, and wildlife watching as well!

**Pemaquid Beach** • Visit Bristol's **Pemaquid Beach** for beautiful, clear waters and a stretch of white sandy beach. Don't worry if you forget your beach umbrella or a shovel for your child to play in the sand – the Beach Shop is fully stocked for summer fun. Relax, sunbathe, and take a dip, then check out The Beachcombers' Rest Nature Center where your family can learn more about the ecology of the beach.

**Lucia Beach** • This sandy beach within **Birch Point State Park** is well-known by locals and offers a quieter option for visitors. You can enjoy the sound of the sea and beautiful views, or comb the beach for treasures. Families will enjoy this beach because of its tidal pools filled with learning opportunities.

**Reid State Park** • Thousands of visitors descend on **Reid State Park's** wide sandy beaches each year. Grab your beach chair, a good book, and a snack and enjoy listening to the crashing waves and watching endangered least terns and piping plovers, along with other shorebirds that nest in the beach areas. Reid State Park is also a great place to surf and offers glimpses of several Maine islands and lighthouses. Want to check out another beach nearby? Popham Beach is less than an hour away and offers a long stretch of sandy beach that's perfect for sandcastles and siestas.



Reid State Park

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# Spend an Afternoon at a Maine Lighthouse

Lighthouses are iconic to the rocky coastline of Maine. Used to identify a ship's location, warn sailors of danger, and guide ships safely to shore, the beautiful structures are scattered from **Stockton Springs** to **Bailey Island**. You can find them perched on ledges, standing guard at entrances to harbors, and acting as historical landmarks on islands and in towns throughout Maine. Maine's MidCoast & Islands is home to over two dozen lighthouses, each with its own history. We've picked out five so you can plan an afternoon at one or embark on a lighthouse discovery tour along Maine's coast.



Monhegan Island Lighthouse



## SQUIRREL POINT LIGHTHOUSE

**Accessibility Rating: Off the Beaten Path, Drivable**

Start your adventure in **Arrowsic** at the **Squirrel Point Lighthouse** site, which is owned by the US Coast Guard. Citizens for Squirrel Point has been doing external restoration of the facility since mid-2015. Squirrel Point Lighthouse has no open buildings, but you can enjoy the beautiful grounds and snap some photos of the lighthouse with the picturesque Kennebec River in the background.

## BURNT ISLAND LIGHTHOUSE

**Accessibility Rating: Charter a Boat from Boothbay Harbor**

In **Boothbay Harbor** you'll find **Burnt Island Lighthouse**. Burnt Island is accessible only by boat, and Keepers of Burnt Island Light, a nonprofit that supports the restoration, preservation, and maintenance of the island and its buildings, offers living history tours that will take you back in time.





## PEMAQUID POINT LIGHTHOUSE PARK

### Accessibility Rating: Easy, Lots of Parking

Perhaps one of Maine's MidCoast & Islands' most iconic lighthouses, the **Pemaquid Point Lighthouse** in **Bristol** has The Fishermen's Museum to enjoy on the first floor in the Keepers House. The light tower is owned by the US Coast Guard. With a small admission fee you can enjoy the museum and views from the tower, which looks out over **Muscongus Bay** and **Johns Bay**.

## GOOSE ROCKS LIGHTHOUSE

### Accessibility Rating: Must Take Ferry or Boat

Between **North Haven** and **Vinalhaven** stands a 51-foot offshore lighthouse in the waters of the Fox Island Thoroughfare. **Goose Rocks Lighthouse** is unique because it is managed by Beacon Preservation, Inc., which allows you to become a keeper of the lighthouse and enjoy it overnight (or for multiple nights). The lighthouse is furnished comfortably and is the perfect place for a Maine adventure, plus you'll have to take a ferry to get there, which only adds to the experience.



## OWLS HEAD LIGHTHOUSE

### Accessibility Rating: Easy, Lots of Parking

**Owls Head Lighthouse** is home to the American Lighthouse Foundation Interpretive Center, which will teach you everything you need to know about lighthouses. Constructed in 1825 and rebuilt in 1952, Owls Head Lighthouse is located in **Owls Head State Park**. Don't forget to get something from the gift shop to remember your trip!

## MARSHALL POINT LIGHTHOUSE

### Accessibility Rating: Easy, Lots of Parking

**Marshall Point Lighthouse** is connected to the lighthouse property by a long wooden walkway that's perfect for enjoying a beautiful sunrise or sunset. The Keeper's House has a wonderful museum where you can learn more about the history of the lighthouse, and the nearby fishing village of **Port Clyde** offers ample opportunity to get out and explore even more.





# Explore

## Maine's MidCoast & Islands

## Venture off the Beaten Path

The drive from **Portland** to **Acadia National Park** is a little over three hours if you drive straight through on the highway—but you'll cruise right past some of Maine's best art, culture, and awe-inspiring natural beauty. Instead, veer off the beaten path and head right up Maine's MidCoast & Islands; take U.S. Route 1 between Portland and **Bar Harbor**.



Giant's Stairs, Harpswell



Popham Beach, Phippsburg

### GIANT'S STAIRS, HARPSWELL

Only 25 minutes north of Portland, **Giant's Stairs Trail** should be at the top of your Maine's MidCoast & Islands list. Following along the rocky coastline, complete with crashing waves and views of Casco Bay, this easy nature walk is the best way to kick-off a road trip up the Maine MidCoast & Islands. One look at the rocks and you'll soon see why it's named "**Giant's Stairs.**"

### WISCASSET'S WATERFRONT MAIN STREET

The tiny town of **Wiscasset** is a must-see on any coastal Maine road trip. Once among the busiest seaports in New England, you can take in all its history with the self-guided, **Museum in the Streets** tour. There are enough shops and eateries to keep you busy all day, and if you plan your trip in the summer, check out the **Alive on the River Concert Series** on Thursdays or the **Wiscasset Art Walk**, held on the last Thursday of the month.

### POPHAM BEACH STATE PARK

Stretching between the mouths of the Kennebec and Morse Rivers, **Popham Beach** is a unique place in New England—it's one of Maine's few long, sandy beaches. Today, the best adventure here is a walk out to **Fox Island**, which is only accessible at low tide. Use a tide calendar to plan your trip so you don't end up marooned.

### MUSCONGUS BAY

Thanks to its protection by surrounding peninsulas and uninhabited islands, **Muscongus Bay** sees little in terms of ocean wind and big waves—or traffic. Rent a kayak from Midcoast Kayak to experience this beautiful bay with or without a guide. The **Maine Island Trail** is a water route that links up more than 200 islands and coastal sites and passes through Muscongus.



Boothbay Harbor



Rockland Harbor

### BOOTHBAY HARBOR'S OFFSHORE EXCURSIONS

There's no better introduction to life on the seashore than **Boothbay Harbor**. The area is known for its excellent sea kayaking, but you can also charter a boat with one of several local outfitters if you don't want to power your own vessel out on the water. Plan to spend the better part of a day here to cruise around **Boothbay** looking for wildlife.

### ROCKLAND'S DOCKS

**Rockland** got its start as a fishing and shipbuilding village and boasts the highest concentration of Windjammers—cargo ships used by merchants in the late 19th century to move goods between continents. These days, Windjammers are living history, and visitors can spend a few hours or a week exploring the coastline and nearby islands aboard one of these beautiful ships. Sailboats like *A Morning in Maine*, above, offer sunset cruises and day trips.



Mt. Megunticook, Camden



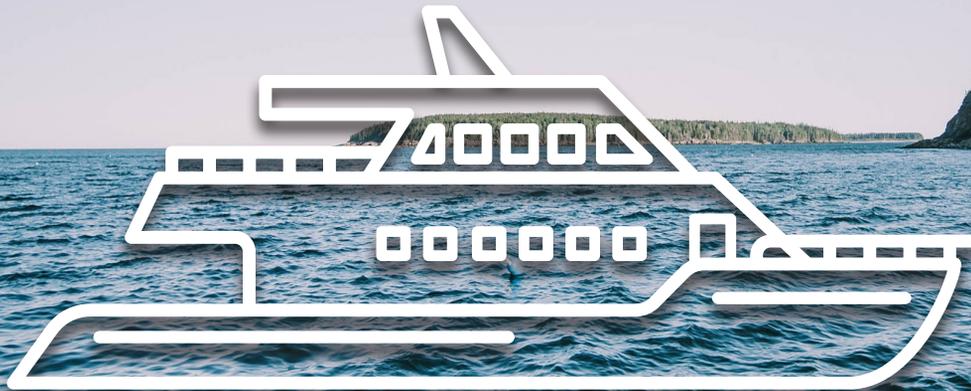
Searsport

### THE VIEW FROM ATOP A PEAK IN CAMDEN HILLS STATE PARK

**Camden** holds plenty of appeal for travelers year-round. Get out of the car and stretch your legs on the summit of **Mount Battie**, which you can drive to the top of, famous for its gorgeous wildflowers and incredible view of **Camden Harbor**. Or hop in a boat and head out past **Curtis Island**, whose postcard-worthy lighthouse boasts a beam that can be seen up to six nautical miles away.

### SEARSPORT'S NATURE PRESERVES

With almost 10 miles of coastline on rugged **Penobscot Bay**, **Searsport** is not to be missed as you make your way up the coast. Head to **Moose Point State Park**, where you can stroll along the rocky coast, beachcomb in the many tide pools, and enjoy a picnic at the park's day-use area. The town is also connected to the 900-acre **Sears Island** via causeway, where you'll find miles of hiking, including a loop around the island's shoreline.



## Travel to Maine's Islands

Did you know that you can access more of Maine's islands from Maine's MidCoast & Islands than any other region in the state? Maine's islands may be remote, but there are plenty of ways to visit them, from the ferry service to taking your own boat. The hard part is figuring out which method to use.

**By Ferry** • With a variety of restaurants and shopping, a mountain to climb, nature preserves, a lighthouse, and plenty of kayaking opportunities, **Vinalhaven** is a perfect getaway. The best way to visit Vinalhaven is to take the **Vinalhaven Ferry** from the **Rockland Ferry Terminal**. The tiny island community of **North Haven** is home to a small population of year-round residents, a few restaurants, several beaches, a golf course, and more. You can access this island from the **North Haven Ferry**, which also departs from the Rockland Ferry Terminal, plus the Rockland Ferry Terminal offers trips to **Matinicus Island** on the **Matinicus Ferry**. Matinicus Island is home to sandy and rocky beaches, a variety of walking trails, and an abundance of wildlife watching opportunities. You can also visit **Islesboro** from the Lincolnville Ferry Terminal. With only 600 year-round residents, the island is quiet but filled with beautiful views and plenty of opportunity for adventure.

**Ferry routes shown on pages 17-18**

**By Car** • Want to travel on your own schedule? There are plenty of Maine islands you can drive to! Check out **Bailey Island's** beaches, walking trails, and art exhibits; or visit **Southport Island**, which is connected to **Boothbay Harbor** by bridge. You can also visit **Sears Island**, which offers wildlife watching and plenty of outdoor activities, from picnicking in the midst of summer to snowshoeing in the depths of winter.

**By Boat** • The windjammers of Maine's MidCoast & Islands are legendary, with captains who welcome you and serene sailing experiences. Windjammer cruises are offered by a variety of ships and will take you on a trip by sea that you'll never forget, plus some cruises offer the chance to explore Maine's islands. For an enjoyable engine-powered cruise, try out Hardy Boat Cruises, which will take you from **Damariscotta** to **Monhegan Island**.

Owls Head Lighthouse from Vinalhaven Ferry

Cribstone Bridge, Bailey Island



Penobscot Bay



# Experience

the Culture of the Coast



## Draw Inspiration from Maine Culture

Our beautiful state contains a rich history that's yours to discover. One of the best ways to learn more about Maine is to visit the variety of museums, theaters, and historic sites that span Maine's MidCoast & Islands. We've picked a few to help you get started.



Colonial Theatre, Belfast

### MUSEUMS

With eight buildings on the register of historic places, visiting the **Penobscot Marine Museum** is like taking a step back in time. As the oldest marine museum in Maine, you'll find photographs, ship models, boats, a sea captain's house, and marine art, including a newly acquired piece by **Fitz Henry Lane**.

For the person who can't get enough of historical machinery, the **Sail, Power & Steam Museum** in **Rockland** is a must see. The museum has 20 different rooms of memorabilia and focuses on sailing vessels of **Rockland** in the 19th century. The steam house offers 12 running antique steam engines, while the antique sexton case, selection of models and more will help you learn more about sailing.

Over 20,000 feet of gallery space and more than 15,000 works make the **Farnsworth Art Museum** in **Rockland** an art lover's dream. At this museum you can enjoy paintings, prints, photography, and sculpture that focuses on American art from the 18th century (with an emphasis on Maine artists).

### THEATERS

The **Camden Opera House** was built in 1894 and has been host to a variety of events since its inception, from grand balls, music, town meetings, movies, traveling shows, and more. The Opera House holds the history of **Camden** and continues to entertain today with a variety of performances, concerts, and more.

If you're in search of the perfect place to cozy up with some popcorn and a movie, look no further than the **Colonial Theatre** in **Belfast**. The Colonial shows the newest releases on their three screens and has been offering entertainment since 1912.

For a calendar of events that offers as much in variety as it does in entertainment, the **Boothbay Opera House** is a great choice. As a true community arts center, the opera house offers everything from musical performances to an annual display of gingerbread houses during the holidays.

### HISTORIC PLACES

From restaurants, cafes, boutiques, and galleries, **Maine Street** in **Brunswick** has an incredible selection of shopping and restaurant options. If you're around during spring, summer, or fall, you can shop at the local farmers' market. If you've come to Brunswick in the winter for a holiday getaway, visit the famous year-round indoor flea market in **Fort Andros** before ice skating in town square on the mall's ice skating rink.

For a hike you're sure to remember, visit the **Whaleback Shell Midden State Historic Site** in **Damariscotta**. There you'll find oyster shell heaps, or middens. Keep an eye out for the **Glidden Midden**, it's one of the largest on the east coast!

**Castle Tucker** in **Wiscasset** overlooks the **Sheepscot River** and holds the history of Captain Tucker, son of a local shipping family. The Tucker family moved into the house in 1858 and the house has barely changed since 1900, making it a beautiful example of the Gilded Age.

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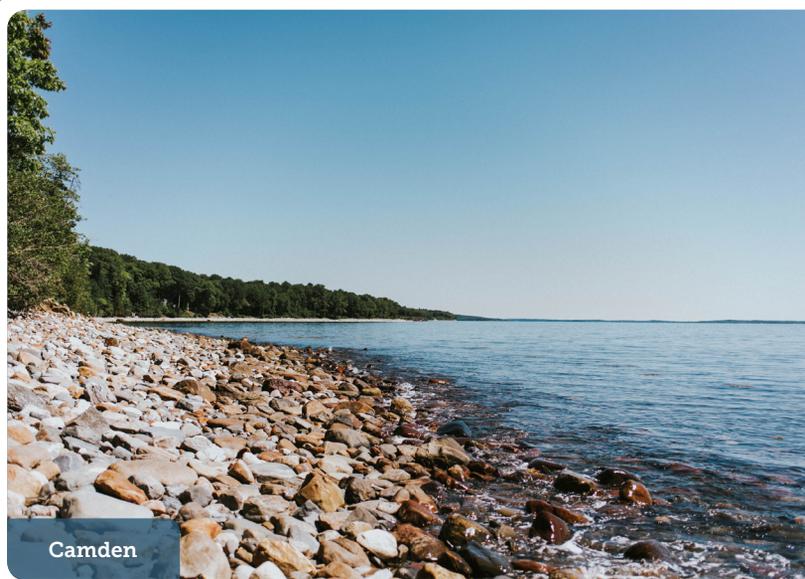
# Discover Four Seasons of Adventure

*With an incredible variety of activities to enjoy year-round, you'll find that summer in Maine is only a small part of what makes it so special.*



Searsport Shores Ocean Campground, Searsport

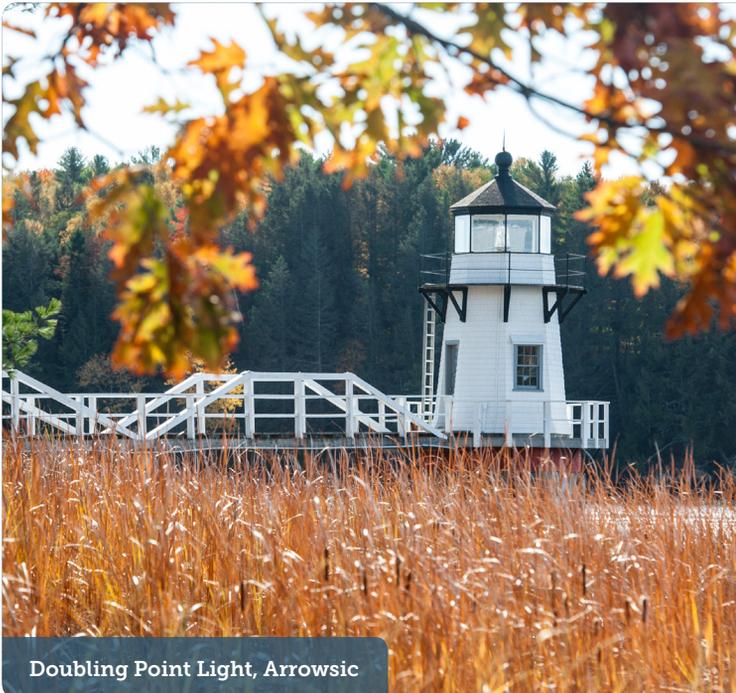
**Spring** • As Maine begins to thaw from a long winter and slowly blooms again, the festival season begins. One of the first festivals to kick off several months of fun is the **All Roads Music Festival**, a celebration of local and indie music in **Belfast** that takes place in May. Between shows, stop by Marshall Wharf Brewing Company or a restaurant along the **Harbor Walk** or up Main Street. Make sure you check out a section of the **Hills to Sea Trail**, a 47-mile footpath that links Unity Village with City Point in Belfast. In Belfast you can also cycle on old railroad tracks through the quiet countryside on a **RailCycle**.



Camden

## Camden Harbor

**Summer** • From hiking and nature watching to discovering new restaurants, art galleries and charming boutiques, you'll never run out of things to do during the summer in Maine. Lobster is a quintessential part of coastal culture and the dinner of choice for many visitors, but have you ever wondered how that lobster goes from the sea to your table? Take your family on a trip with **Camden Harbor Cruises** to discover the coastline surrounding **Camden Harbor** and **Penobscot Bay**. While aboard the *Lively Lady*, you'll get to see beautiful lighthouses, mansions by the sea, visiting yachts, and wildlife. Your children will also get the chance to haul up a lobster trap and see what's inside. With adventures like these, it's hard to forget a trip to Maine.



Doubling Point Light, Arrowsic

**Autumn** • The crunch of leaves underfoot, the smell of wood smoke and soft apples, and vibrant hues of red, orange, and yellow make autumn Maine's most beautiful, yet fleeting, season. One of the best ways to experience fall in Maine is by car. Winding through small coastal villages, visiting quaint general stores, and riding down country back roads will make you feel as if you've stepped into a storybook. One of the most breathtaking trips you can take winds between **Appleton** and **Union**. As you meander along Routes 235 and 131, you'll be tempted to stop and enjoy these breathtaking views that offer a perfect opportunity to capture a memory.

*Don't just take our word for it, visit*

➔ [mainesmidcoast.com/autumn](https://mainesmidcoast.com/autumn)

*to see the colors of **autumn in Maine**.*

**Winter** • Those who spend their lives here and those who visit when the temperatures drop know that winter is a special time in Maine. One of Maine's treasured winter activities comes during the holiday season when our coastal villages are blanketed in white and look like scenes from a snow globe. The **Coastal Maine Botanical Gardens** in Boothbay, a favorite spot for many visitors in the summer, transforms during the winter for **Gardens Aglow**. The grass is replaced with snow and the leaves on trees are replaced with hundreds of thousands of lights that illuminate the darkness as you enter the magical display that is Gardens Aglow. Don't forget to venture into Boothbay Harbor for even more winter fun at the **Boothbay Harbor Festival of Lights**.

*Take a step inside a snow globe. Visit*

➔ [mainesmidcoast.com/winter](https://mainesmidcoast.com/winter)

*to enjoy **winter in Maine**.*



Gardens Aglow, Boothbay



# Adopt the Pace of Nature



## Take a Walk Among the Trees

Hiking in Maine is just as rewarding during the journey as it is at the summit. With miles of trails spanning the coast, all you have to do is step outside and you're bound to find the perfect place for a hike. We've included some of our choices below so you can take a walk among the trees.

**Camden Hills State Park** is where land meets sea in a stunning display of color and beauty. The park offers a variety of trails with incredible views of Camden Harbor and Penobscot Bay. Take a trail to one of the summits before you spend a night under the stars with your family and friends or head into Camden for a comfortable bed.

For a true walk amongst the evergreens, **Fernald's Neck Preserve in Lincolnville** offers lovely hikes and wildlife watching. Keep an eye out for the Blue Trail and Orange Trail; these two jaunts run along the Great Bog. You'll also have a beautiful view of Megunticook Lake and maybe even catch a glimpse of some of the animals that call it home.

**The Ridge to River Trail in Searsmont** is part of the **Georges River Land Trust**. You can find a variety of trails throughout the land trust, but the five-mile footpath that is the **Ridge to River Trail** offers a stunning view you shouldn't miss. As you make the ascent to the top of **Appleton Ridge**, take your time and a water bottle (it's a bit strenuous). Once you arrive, you'll be rewarded with a beautiful view of the river valley. The Georges River Land Trust isn't the only place where you can find excellent hiking opportunities. Make sure you check out the other land trusts of the MidCoast region, including the **Boothbay Region Land Trust**, the **Harpwell Heritage Land Trust**, the **Damariscotta River Association**, and more.



For a growing list of trails and nature preserves open to the public, go to

➔ [travelmidcoast.com/getoutside](https://travelmidcoast.com/getoutside)

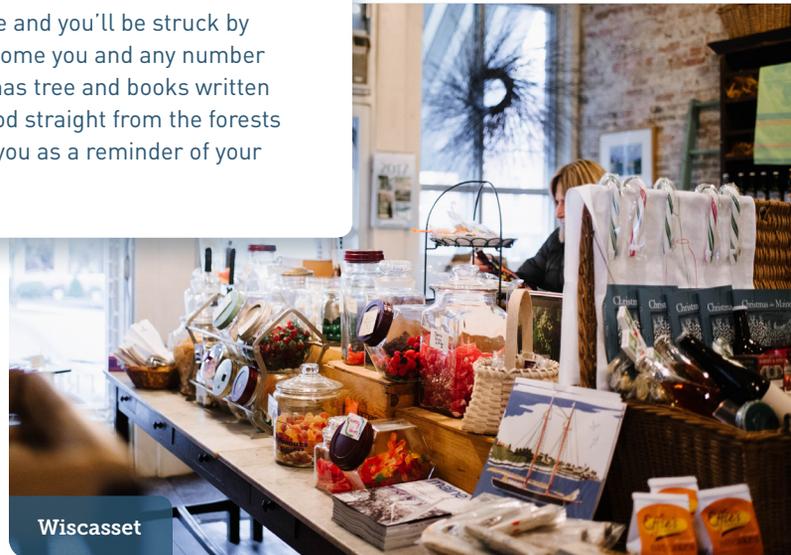


## Discover Downtown Destinations

Wander down the storied sidewalks of any village in MidCoast Maine and you'll be struck by the charm of our many storefronts. You'll find a smiling face to welcome you and any number of eclectic items to take home. From shiny baubles for your Christmas tree and books written by Maine authors, to handmade cookware or bowls carved from wood straight from the forests of our beautiful state, you'll get to take a piece of Maine home with you as a reminder of your journey.

**Bath • Front Street in The City of Ships** has maintained the architecture and history of a time gone by and is home to an eclectic variety of shops. Buildings built from brick, beautiful church spires, and incredible architectural details make Front Street a historically intriguing and charming place to visit. Stop by The **Mustard Seed Bookstore** for a cup of tea and a good read, or explore **Now You're Cooking**, which is filled with fine cookware, gadgets, and wine. Don't forget to stop at the **Bath Sweet Shoppe** for a treat to enjoy afterward.

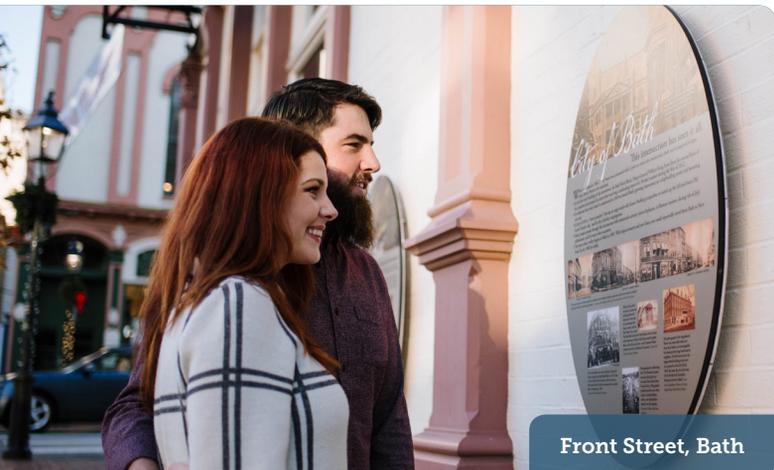
**Brunswick • Check out 2nd Friday Brunswick** from June through September, a series of events that includes an art walk and showcases local shops and restaurants. If you're visiting during the holiday season, enjoy some ice skating at the Mall and make sure you stick around until after dark to watch the town light up. Venture over the **Swinging Bridge**, which was originally built in 1892 and is part of the National Register of Historic Places, or grab a snack at the local farmers market.



Wiscasset

**Damariscotta • The downtown area of Damariscotta** has a variety of brilliant offerings, such as unique shops, restaurants serving up delicious fare, artists' galleries, and more. The Lincoln Theater offers a variety of entertainment, from new movie releases to the classics. Visit **King Eider's Pub** or the **Damariscotta River Grill** for a bite to eat, stop by **Sheepscot River Pottery** for a beautiful Maine-made gift and enjoy views of the **Damariscotta River**.

**Wiscasset • Wiscasset** is a quaint and inviting village with many reminders of years past. Visit **Castle Tucker**, or shop for an item from long ago at **Lilac Cottage Antiques**. Stop by the **Wiscasset General Store** for a taste of home cooking, or visit any one of the waterfront dining destinations. Take a stroll through the streets and stop to enjoy the views of a number of historical sites.



Front Street, Bath



Treats, Wiscasset



# Taste the MidCoast



## Pair your Hike with a Beer Brewed in Maine

Maine's booming craft beer scene has an entirely new group of visitors coming to the Pine Tree State. With so many breweries—90 and counting—and so little time, it can be tough to choose which brewpubs to visit and which to save for next time. We've put together a list of some of the best in the region, and great hiking trails to pair them with.



### HIDDEN VALLEY NATURE CENTER OXBOW BREWERY IN NEWCASTLE

Explore 1,000 acres of pristine Maine wilderness at the **Hidden Valley Nature Center**, where 18 miles of interconnected, forested trails pass wetlands and ponds before leading to cliff-top views, then trust your GPS as it guides you five miles down a rural road and into the woods to **Oxbow Brewery**.



### OVEN'S MOUTH PRESERVE BOOTHBAY CRAFT BREWERY IN BOOTHBAY

Bring your four-legged friend along on this must-do hike, the 1.75-mile **Oven's Mouth Preserve's Western Shoreline Loop**. The short but challenging trail passes salt marshes, tidal rivers, forested shoreline, and more. Get your hike in early and return in time for **Boothbay Craft Brewery's** 3 p.m. daily tour and tasting.



Frontier Cafe, Brunswick

## LOBSTER COVE TRAIL

MONHEGAN BREWING COMPANY ON MONHEGAN ISLAND

Ten miles off Maine's coast you'll find **Monhegan Island**, a paradise for solitude seekers. If you only have one day, check out the **Lobster Cove Trail** to see a lighthouse, the shipwreck of a tugboat, and spectacular ocean views. Return to town for a pint of the aptly named Lobster Cove American Pale Ale on the deck of **Monhegan Brewing Company**.



## BALD ROCK MOUNTAIN

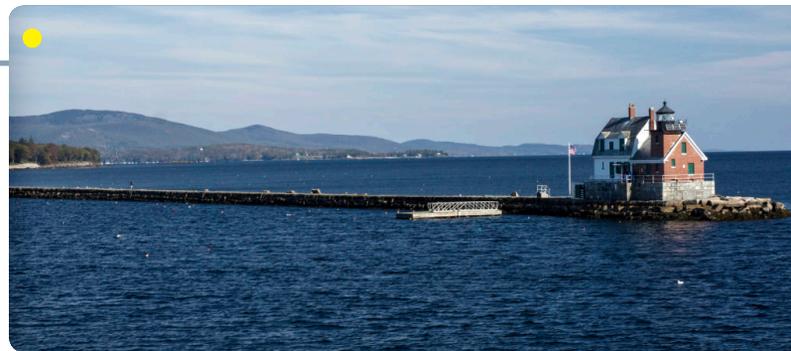
THE DROUTHY BEAR IN CAMDEN

Panoramic views of **Penobscot Bay** and Maine's islands await on this quiet hike to the top of **Camden Hills State Park's** second tallest peak. Don't let the elevation scare you — the gradually ascending trail is doable for groups, families, and dogs (just be sure to keep them on a leash). Once your legs are spent, drive to **Camden** to visit **The Drouthy Bear**. They carry more than 70 single malts from around the world, including some from Maine's craft distilleries.

## ROCKLAND BREAKWATER TRAIL

ROCK HARBOR BREWING COMPANY IN ROCKLAND

It took the last two decades of the 1800s to complete the mile-long granite walkway that extends into the bay and leads out to the **Breakwater Lighthouse**, which is still in use today. After walking on water, grab a pint and an appetizer at the city's only brewery, **Rock Harbor Pub and Brewing Company**.



## MOOSE POINT STATE PARK

THREE TIDES AND MARSHALL WHARF BREWING COMPANY IN BELFAST

Maine's rocky, forested coastline is on full display at **Moose Point State Park**. Take **Big Spruce Trail** to **Moose Trail** for a 1.2-mile loop past tidal pools, bay views, and towering pines. After exploring the park, drive five miles to the coastal town of **Belfast** where you'll find a unique local bar and small plates eatery, **Three Tides**. The adjacent **Marshall Wharf Brewing Company** offers craft beers on draft, including unique seasonal favorites.

## SALT BAY HERITAGE TRAIL

KING EIDER'S PUB IN DAMARISCOTTA

See evidence of ancient coastal Maine settlements on this trail along **Great Salt Bay**. Visit at low tide to ensure the boardwalks and bridges are above water, and take the approximately three-mile loop to a fascinating archaeological site—the **Glidden Midden**. Visit the charming coastal village of **Damariscotta** afterward and stop at **King Eider's Pub** for a brew and some **Damariscotta River** oysters.





## We Bring the Sea to Your Table

*The culture of seafood and hospitality will delight you.*

There are enough restaurants along the MidCoast to keep you occupied for a lifetime; however, there are some that bring the sea to your table in more than one way. Here are some spots with seafood and views of the waters your food was pulled from.

**Lobsters** • These sea critters are Maine's crowning glory. You can stop at almost any restaurant along Maine's coast and find a fresh lobster dish to sate your seafood appetite. Check out **Young's Lobster Pound** in Belfast where you can pick out your own lobster and enjoy it on the fishing pier, which looks out on to **Passagassawakeag River**. For a great lobster roll, try out **Red's Eats** in **Wiscasset**. The tiny red shack has been serving up one of Maine's best lobster rolls for decades. Each roll has the meat of two claws and a whole split lobster tail, ensuring that you walk away feeling satisfied. You'll even get great views of the **Sheepscot River** nearby! Lobster is never in short supply. Grab one to-go at **Gaffam Brother's Seafood Market** or downtown **Damariscotta's Fisherman's Catch**. You can also stop by **McLoon's Lobster Shack** in South Thomaston or **Greet's Eats** on Vinalhaven.

**Oysters** • These succulent morsels are served up in a variety of ways at restaurants throughout the MidCoast. Try out **Three Tides** in **Belfast** for Pemaquid Oysters straight from the **Damariscotta River** and pair the dish with **Marshall Wharf Brewing's Pemaquid Oyster Stout**, a rich beer brewed with Pemaquid Oysters. To top it off, Three Tides has an outdoor seating area where you can see the sun shine off the **Passagassawakeag River**.

**Clams** • For some incredible fried clams, another of Maine's specialty seafood dishes, try out **Five Islands Lobster Co.** in **Georgetown**. Their fried clam basket comes with fries or onion rings, and you can enjoy views of the Sheepscot River in our backyard.

**Scallops** • For a view that can't be beat and a taste of some delicious scallops, stop by **Erica's Seafood** in **Harpswell** for lunch or dinner. You can enjoy this Maine seafood delight as you look out on **Casco Bay**. The scallops from Erica's Seafood are harvested in nearby waters and the takeout stand offers a variety of fresh seafood, including lobster that comes straight from their own wharf.

**Mussels** • For a pile of fresh, local mussels tossed in white wine, garlic and herbs, look no further than **Cook's Lobster & Ale House** on **Bailey Island**. You'll have a view of **Casco Bay** from any seat in the place and can follow up your mussels starter with another seafood entrée, whether that be haddock, scallops, or lobster. This starter is seasonal, so check in beforehand to make sure it's available!





# Fairs & Festivals

Gardens Aglow, Boothbay

**One great event at a time.** That is 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. For more events or details on those listed here, visit [facebook.com/MainesMidCoast/events](https://facebook.com/MainesMidCoast/events) or [MainesMidCoast.com/events](https://MainesMidCoast.com/events).

## January

**Pies on Parade**  
Rockland & Camden

## February

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

**Belfast Winter Carnival**  
Belfast

## April

**Passagassawakeag River Race**  
Belfast

## May

**Alewives Festival**  
Damariscotta Mills

## June

**Pirate Rendezvous**  
Damariscotta/Newcastle

**Windjammer Days**  
Boothbay Harbor

**Boothbay Harbor Region Sculpture Trail**  
Boothbay Harbor

**Waldoboro Days**  
Waldoboro

## July

**Bowdoin International Music Festival**  
Brunswick

**Bath Heritage Days**  
Bath

**North Atlantic Blues Festival**  
Rockland

**Maine State Music Theatre**  
Brunswick

## Maine Celtic Celebration

Belfast

**Arts in the Park**  
Belfast

## August

**Maine Lobster Festival**  
Rockland

**Camden Windjammer Festival**  
Camden

**Belfast Harbor Fest**  
Belfast

**Maine Antiques Festival**  
Union

**New England Auto Auction**  
Owls Head

**Brunswick Outdoor Art Festival**  
Brunswick

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

**Old Bristol Days**  
Bristol

**Salt Bay Chamberfest**  
Damariscotta

**DamBluesFest**  
Damariscotta

**Maine Highland Games**  
Topsham

## September

**Boothbay Harbor Fest**  
Boothbay Harbor

**Weiner Fest**  
Belfast

**Maine Open Lighthouse Day**  
Statewide

**Camden International Film Festival**  
Camden

## Camden Windjammer Festival

Camden

**Common Ground Country Fair**  
Unity

**Pemaquid Oyster Festival**  
Damariscotta

**Great State of Maine Air Show**  
Brunswick

## October

**Damariscotta Pumpkinfest**  
Damariscotta

**Fall Foliage Festival**  
Boothbay

**Waldo County Pie & Story Festival**  
Belfast

## November

**Festival of Lights Celebration**  
Rockland

**Boothbay Festival of Lights**  
Boothbay Harbor

**Villages of Light**  
Damariscotta

## December

**Boothbay Festival of Lights**  
Boothbay Harbor

**Christmas by the Sea**  
Camden

**New Year's Eve by the Bay**  
Belfast

**Wiscasset Holiday Marketfest**  
Wiscasset

**Festival of Lights**  
Rockland



# MidCoast Map





# Trip Tips for Maine's MidCoast & Islands

## 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 (227.3247).

## Airports

**Bangor International Airport (BGR)**  
207.992.4600 | FlyBangor.com

**Belfast Municipal Airport (KBST)**  
207.338.3370 | Airnav.com/airport/kbst

**Brunswick Executive Airport (BXM)**  
207.798.6512 | BrunswickExecutiveAirport.com

**Knox County Regional Airport (RKD)**  
207.594.4131 | KnoxCountyMaine.gov/airport

**Portland International Jetport (PWM)**  
207.774.7301 | PortlandJetport.org

**Wiscasset Municipal Airport (KIWI)**  
207.882.8200 | Wiscasset.org/departments/airport/

## By Bus

**Concord Coachlines**  
1.800.639.3317 | ConcordCoachlines.com

## By Ferry

**Rockland Ferry Terminal**  
207.596.5400 | maine.gov/mdot/ferry/rockland/

**Lincolnville Ferry Terminal**  
207.789.5611 | maine.gov/mdot/ferry/lincolnville/

## By Train

**Amtrak Downeaster** (Boston to Brunswick)  
1.800.USA.RAIL | AmtrakDowneaster.com

## 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 Boat

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

# GULF OF MAINE

-  Lighthouse
-  Rest Area
-  Park or Monument
-  Airport
-  Ferry Route
-  Railroad



Dave's Old Fashioned Soda Fountain, Belfast

## VISITOR INFO & REGIONAL RESOURCES

We're here to help. Stop in at any of these helpful 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.



<b>Bath Regional Information Center</b>	15 Commercial St., Bath
<b>Belfast Area Chamber &amp; Information Center</b>	14 Main St., Belfast   207. 338.5900   BelfastMaine.org
<b>Boothbay Harbor Region Chamber</b>	192 Townsend Ave., Boothbay Harbor   207.633.2353 BoothbayHarbor.com
<b>Brunswick Visitor Center</b>	16 Station Ave., Brunswick   207.721.0999
<b>Damariscotta Region Chamber</b>	67A Main St., Newcastle   207.563.8340   DamariscottaRegion.com
<b>Penobscot Bay Regional Chamber Offices &amp; Information Centers</b>	2 Public Landing, Camden   207.236.4404 1 Park Dr., Rockland   207.596.0376 MaineDreamVacation.com
<b>Southern MidCoast Maine Chamber</b>	8 Venture Ave., Brunswick   877.725.8797 MidCoastMaine.com
<b>Union Area Chamber of Commerce</b>	UnionAreaChamber.org
<b>Wiscasset Area Chamber</b>	PO Box 306, Wiscasset   207.882.9600   WiscassetChamber.com
<b>Wiscasset Information Center</b>	Creamery Pier, Wiscasset

### STAY CONNECTED