



ADVENTURES
in good company



MAGICAL MAINE

Trip Summary

HIGHLIGHTS

- Biking on the carriage trails built by John D. Rockefeller in the early 20th century where no motorized vehicles are allowed
- Hiking on beautiful mountain trails in Acadia National Park, with exposed pink granite ridge tops and views of the ocean
- Sea kayaking along magnificent coastal shoreline
- Visiting Bar Harbor, with quaint shops, delicious food, and friendly people.
- Enjoying the freshest Maine Lobster possible

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TRIP AT A GLANCE

Location:	Bar Harbor, Maine
Activities:	Multisport
Arrive:	Arrive at the Bangor airport (BGR) by 2pm on the first day. If you are driving, plan to be at the house by 4:30 pm
Depart:	We will have you back to the airport in time to fly out after 12:30pm

Trip Overview

Few places are more beautiful in September than the Maine sea coast, and our trip in Acadia National Park is designed to give you an active introduction to this amazing area: bike on quiet carriage paths amidst picturesque scenery; sea kayak along the coast among the many peninsulas and islands; hike scenic trails that provide incredible coastal views; visit some of Acadia's quaint villages and towns; and savor fresh Maine lobster. All these elements combine for a vacation that is stimulating, relaxing, and definitely unforgettable.

Rating

This trip is for women who want to enjoy the many different facets of Acadia National Park, Bar Harbor and Mt Desert (pronounced "dessert") Island at a leisurely pace. While our days will be full of activity, we will not be attempting long mileage on any of our excursions. We will also make sure that you have ample downtime to relax, explore Bar Harbor, or do whatever you please. Since you always have the option to relax at the house, a 2 rating is appropriate. However, if you choose to do everything we offer, it will be more like a 3. Prior to beginning the trip, participants should be engaging in aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. **Rating:** 1 2 **3** 4 5. Â

What's Included

- 2 experienced AGC guides
- All activities on the itinerary, including the kayak tours, dinner at a lobster pound, and bicycle rental
- All meals from dinner on the first day through breakfast on the last with the exception of one lunch and one dinner
- Seven nights lodging in twin/single rooms
- Transportation during the trip including round trip transfer from the Bangor, ME airport

What's not included: Travel to and from Bangor ME, one lunch and dinner, optional activities on day 5, (i.e., whale watching, ferry to Cranberry Island), alcoholic beverages, guide gratuities and travel insurance.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

The trip officially begins at 4:30pm at our house in Bar Harbor. If you are flying in, we will meet at the Bangor airport at 2 pm and drive 1 1/2 hours to Acadia and our home for the week in Bar Harbor. After we get settled in we will stretch our legs with a short hike. Depending on the tide we will either walk out to Bar Island (tide must be low) or into town and along the Shore Path. That night we'll enjoy the first of many delicious and hearty meals. D

DAY 2

Today we explore the lovely coast with a hike of the Gorham Mountain loop. This trail takes us from Otter Cliffs along a gravel trail paralleling the Atlantic, and then heads up to Gorham Mountain. After taking in the views, we continue to a kettle pond called The Bowl - a scenic, inland, spring-fed lake. This is the perfect spot for a picnic lunch and there is even an option for swimming. After lunch we hike up to the Beehive, admiring views the entire way before beginning a gradual (though rocky) downhill to Sand Beach for another optional swim. We finish with a 2-mile hike along the coastal trail back to the parking lot. Back at our house we'll enjoy appetizers before another well-earned dinner. approximately 5.5 miles B, L, D

DAY 3

In the early 20th century, John D. Rockefeller Jr. set out to build a 57-mile-long series of roads on which all cars would be banned. The beautiful gravel carriage roads range from gently rolling terrain to more rugged mountain slopes. We ride through beautiful forests, past scenic ponds and over historic (and uniquely designed) stone bridges. We have designed today so you can choose the length of riding you wish from a half day to a full day of riding. What if you don't want to bicycle? No worries! The Island Shuttle can bring you to the Jordan Pond House where you can meet us for lunch and perhaps a walk around the pond. After we pick up our bikes in Bar Harbor, we will bike or take the complimentary bike shuttle from the village green into the park and ride from Eagle Lake. We will go from Eagle Lake to the north and ride the loop around Witch's Hole and Duck Pond trails before continuing past Eagle Lake to Jordan Pond. We will have lunch at the historic Jordan Pond House (known for their hot popovers). Want to keep biking? After lunch you can bike back along the shores of Eagle Lake (6.3 miles from JPH to bike shuttle), or ride around Day Mountain (8.3 miles and back to shuttle). Had enough biking? You can take the Island shuttle from JPH to Bar Harbor and then either return to the house for downtime or enjoy time in Bar Harbor. (B, L, D)

DAY 4

Trading pedals for paddles, we spend the day exploring the area by kayak. The actual route we take will depend on wind, tide, and weather. If all are favorable, we will leave right out of Bar Harbor. After instruction in how to kayak, we paddle around the Porcupine Islands and in Frenchman's Bay. We will stop for breaks throughout the day and have a break with a picnic lunch. Never kayaked before? No problem, you'll get the instruction you need to feel comfortable in your kayak. Tonight, you are free to enjoy one of the many superb restaurants in Bar Harbor. About 10 miles of kayaking. B, L

DAY 5

Acadia is home to more activities than we can fit into a week. So today you are free to pursue anything that interests you. If you want a definite plan, join your guide for a ferry ride and walking tour of the historic Cranberry Isles. Alternatively, take a whale watching tour which visits a large breeding ground of North Atlantic puffins and whales where humpback, finback and Minke whales are all commonly seen this time of year. Want something more active? How about renting a bike to explore some more of the carriage trails? Visit the spectacular Asticou and Thuya Gardens. Take the Island Shuttle around the Park and get on and off as you please. Or stay close to home to read, relax, or explore Bar Harbor. Whatever you choose to do today, we will meet back at our lodging for a group dinner. B, D

DAY 6

Did you know the island has a quiet side? It does, and we spend our day exploring it. We start the day with a half-day kayak on the West Side of Acadia. Depending on weather and energy we will hike one of the many west side trails, Flying Mtn., or Wonderland Trail and then drive on to Bass Harbor Lighthouse (the only lighthouse on the island). After a full day of fresh salt air we'll return home for a wonderful dinner. B, L, D

DAY 7

Donning our hiking boots once again, we further explore the island on one of the many trails. The exact trail(s) we pick will depend on our energy, desires, and weather. One option is to hike the Pemetic Mountain trail and with its long view to Frenchman's Bay or around Jordan Pond and hike up to the Bubbles and Balance Rock. Whichever hike we pick, we'll end our trip with a final dinner at a nearby Lobster Pound. B, L, D (Lobster- yum!!)

DAY 8

Our week is over way too soon! After packing up, we'll have you back to the Bangor airport by 10:30 am in time for flights out after 12:30pm. B

ADDITIONAL TRIP INFORMATION

Getting There

If you are flying into the Bangor International Airport (BGR) your guide and shuttle will meet you at baggage claims near the Bangor Information Kiosk at 2:00pm. If you are driving plan to meet us at our lodging in Bar Harbor by 4:30pm.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exitto Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exitto charges a one-time, non-refundable processing fees of \$35 per passenger.

Accommodations

On this trip we spend the entire week in a historic waterfront house within walking distance to the center of the village. The house has a mix of single and twin rooms, a professional kitchen, and a wrap-around porch to enjoy the view. There are plenty of bathrooms but not all are ensuite. Some of the bedrooms have king, queen, or twin beds with ensuite or shared baths.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit

www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #OD10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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