

Below is the proposed itinerary 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

Meet in Bangor or Bar Harbor, short hike in Bar Harbor, introductions and welcome dinner

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

Hike Gorham Mountain Loop in Acadia National Park, optional swim at Sand Beach

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 on 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

Bike along Rockefeller's historic carriage roads, lunch at Jordan Pond House

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

Explore Bar Harbor from kayaks, paddle around Porcupine Islands

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

Free day to explore what interests you most

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

Half-day kayak on the quieter side of the island, optional hike

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 in West Side of Acadia. Depending on weather and energy we will hike one of the many west side trail, 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 will return home for a wonderful dinner. (B, L, D)

DAY 7

Explore more of the island on foot: Jordan Pond loop or Pemetic Mountain trail, traditional dinner at a lobster pound.

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

Depart from Bar Harbor and drive to Bangor airport

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)