



ADVENTURES
in good company



WRITING AND RENEWAL IN MAINE'S NORTH WOODS

Trip Summary

HIGHLIGHTS

- Be inspired by the solitude and beauty of Maine's north woods as you hone your skills and find your voice as a writer
- Paddle pristine waters to a destination picnic on a sandy beach accessible only by boat
- Pick blueberries for your breakfast on the picturesque Blueberry Ledges Trail
- Raft the mighty Penobscot in the shadow of Katahdin
- Take a pontoon sunset wildlife cruise to look for moose and stargaze under the darkest skies east of the Mississippi

TRIP AT A GLANCE

Location: Millinocket, Maine

Activities: Writing

Arrive: Arrive at the Bangor airport (BGR) by 3:30PM on the first day. If you are driving, plan to be at the New England Outdoor Center by 5:30PM

Depart: We will have you back to the airport in time to fly out after 12:00PM

Trip Overview

Escape to a lakeside writing retreat in the iconic landscape of Maine's north woods; defined by their solitude, sparkling lakes, and incredible wildlife. Spark creativity as you engage your body in the outdoors. Discover the stories you want to tell as you learn new skills, expand your comfort zone, and cultivate an awareness of the natural world. Then, with the encouragement and instruction of AGC guide and professional outdoor writer, [Jenny O'Connell](#), craft your stories into pieces of writing you're proud of. Explore this beautiful corner of the country by foot, kayak, and raft, and return each night to comfortable green built lodges nestled amongst the pines on Millinocket Lake. All genres and writing levels are welcome! On our last night, we'll share our work out loud and celebrate together in the company of our supportive group. Maximum group size: 12

Rating

This trip is for women who want to write together in community, guided by a professional, while being inspired and engaged by the natural world. While our days will be full of activities including hiking, paddling, and rafting, we will not be attempting long mileage on any of our excursions. We will also make sure that you have ample downtime to relax, cultivate an awareness of the natural world, and write. Since you always have the option to relax at the house, a 1 rating is appropriate. However, if you choose to do everything we offer, it will be more like a 2. The hikes we've chosen are reasonably short but may have short steep sections with rocks and roots, so women should be in sufficient condition to hike uphill for up to an hour. The kayaking and rafting are appropriate for beginners. A rating of 2 is suitable for any woman who regularly walks at a brisk pace 3 to 4 days a week for 35 - 45 minutes. **Rating:** 1 [\[2\]](#) 3 4 5

What's Included

- 2 experienced AGC guides, one of whom is a professional writer
- All activities on the itinerary, including the kayaking, rafting, and dinners at local restaurants
- All meals from dinner on the first day through breakfast on the last
- Five nights lodging in shared or 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, 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

If you are flying in, we will meet at the Bangor airport at 4PM and drive 1 hour to Millinocket and our home for the week at the New England Outdoor Center (NEOC). If you are driving, you can meet us at our lodging at 5:30PM. After we get settled in, we will gather for our first group meal at a local restaurant. (D)

DAY 2

Today we launch into our week of writing together. Most writing sessions will include creative warm-ups, craft tips, writing time to deepen our creative flow, and an opportunity to share excerpts of your work with the group. August is the month for wild blueberry picking in Maine, and we will fittingly begin our trip with a hike to Blueberry Ledges in Baxter State Park. This four mile out-and-back hike ascends gradually through a lovely birch forest and leads to a beautiful writing spot where Katahdin Stream flows gently over smooth rock ledges. Before hiking back we'll hope to fill our pockets and packs with wild blueberries - a classic Maine experience! Upon returning to NEOC, we'll have some downtime (perhaps a dip in the lake?), before departing on a sunset wildlife tour. The north woods are known for their moose, and we'll try to spot one before our first full day is through.
Mileage: 4 miles (B, L, D)

DAY 3

If our previous day was "fruitful", we'll start our morning with a delicious trail-to-table blueberry pancake breakfast. After a leisurely morning, we will pack lunches and head to the lake for a kayak session. Millinocket Lake is a paddler's dream with its clear waters, undeveloped shoreline, and sweeping views of Katahdin. We'll learn paddling skills while exploring the lake's many islands and coves and aim for the sandy beaches of the far shore (only accessible by boat), for a picnic on the shore. Writing will be woven into each day's schedule, with exact timing contingent upon weather and group needs. Millinocket is located close to a certified dark sky sanctuary and is a wonderful setting in which to stargaze and at times see the Northern Lights. After dinner we will head out on an optional night walk to look at the stars and bask in the milky way. (B, L, D)

DAY 4

After a hearty breakfast we'll head out to get our hearts racing (in a good way!) with a half-day whitewater rafting trip on the lower Penobscot river with New England Outdoor Center guides. Though exciting, our trip is designed for first-time rafters. As we work together to navigate the rapids we'll catch stunning glimpses of Katahdin, and if we're lucky, spot local wildlife such as eagles and moose. We'll be treated to a delicious hot lunch on the river before returning to our home base for an afternoon of reflection and writing. After dinner the camaraderie will continue around a crackling campfire. (B, L, D)

DAY 5

Our final hike will take place in The Nature Conservancy's Debsconeag Lakes Wilderness Area. Debsconeag means "carrying place," and is named for the historic portage sites where native peoples carried their canoes around rapids and waterfalls. We will venture out on the Ice Caves Trail, a short but moderate hike through moss covered boulders and fern-filled forests. We'll appreciate a blast of cool air from the ice caves and continue on to a beautiful vista of Debsconeag lake. Upon returning to NEOC, we'll have time to polish our writing pieces before an early final dinner at a local restaurant. After dinner we will gather one last time for a celebratory reading of our work. Mileage: 2.5 miles. (B, L, D)

DAY 6

Our week of renewal and creativity in the great north woods has come to a close. If you are driving, you can plan to leave any time after breakfast. If you are flying, we will have you back to Bangor in time to fly out any time after 12PM. (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 4:00PM. If you are driving, plan to meet us at our lodging in Millinocket by 5:30PM.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito 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: Exito charges a one-time, non-refundable processing fee of \$35 per passenger.

Accommodations

We'll spend the entire trip at the [New England Outdoor Center](#) (NEOC) about 1 hour north of Bangor. We will stay in 3 neighboring green-built modern lodges on the shore of Millinocket Lake. Each lodge has a full kitchen, living room with gas fireplace, sunroom, and outdoor patio. Full price spots on the trip are for a shared room with a queen or twin bed with shared bathrooms, common areas and kitchens. There are 4 single supplements available (private queen room with shared bathroom) for \$300 each.

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 #0D10209. 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.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)