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YOUR COMPLETE GUIDE TO THE PARKS

# ACADIA NATIONAL PARK

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# WELCOME

Welcome to Acadia National Park, located on the rock-bound Maine island of Mount Desert. Here you will find soaring granite cliffs butting up against sand and cobblestone beaches. Glacier-carved mountains rear up from the sea, cupping deep lakes, while meadowlands, marshes and dense forests permeate the landscape. Everywhere, the ocean makes its presence felt, whether by sight, sound or smell.

Acadia National Park was first established as Sieur de Monts National Monument on July 8, 1916, by President Woodrow Wilson. But it was countless

stewardship-minded individuals at the turn of the 19th century that created the first national park east of the Mississippi, recognizing its singular beauty and ecological value and the need to protect it in perpetuity.

The National Park Service (NPS) protects this unique resource and its visitors. This *American Park Network* guide to Acadia National Park is provided to help plan your visit to the park. It is made possible by the sponsors whose messages appear inside. For more park information, call **(207) 288-3338**.

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## FUN FACTS

**Established:** Since it opened in 1916, Acadia National Park has boasted a number of firsts. It was the first eastern national park, and perhaps more significantly, it was the first national park whose land was donated entirely by private citizens.

**Land Area:** Acadia encompasses more than 49,000 acres, the vast majority of it on Mount Desert Island (pronounced like “dessert”).

**Highest Elevation:** The summit of Cadillac Mountain at 1,530 feet.

**Plants and Animals:** About 165 species of native plants, about 60 species of land and marine mammals, and more than 150 breeding species of birds call the park home.

**Popular Activities:** Visitors can enjoy naturalist-guided walks and talks, biking, fishing, carriage rides, boat cruises, hiking, kayaking, cross-country skiing and ice fishing.

**Bicycling:** Most of Acadia National Park’s paved roads and 45 miles of its picturesque carriage roads are open to bicycles.

**Hiking:** More than 125 miles of hiking trails and 45 miles of carriage roads weave through the park.

**Camping:** There are more than 500 campsites in the park.

**Lodging:** You can find a variety of accommodations and a total of 4,500 rooms surrounding the park on Mount Desert Island.



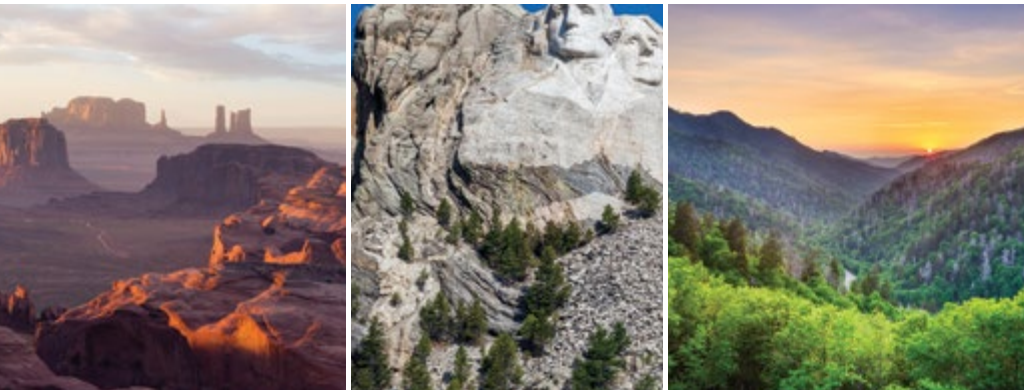
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**Zion National Park is the result of erosion, sedimentary uplift, and Stephanie Shinmachi.**

Members of the National Park Foundation community, like Stephanie, volunteer in parks across America, supporting everything the National Park Service does, from conservation to education. Find your park and join today.



Join the community at [nationalparks.org](http://nationalparks.org)



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# CONTENTS



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**Publisher & Editor-in-Chief**  
MARK J. SAFERSTEIN

**Associate Publisher & Executive Editor**  
Joel S. Saferstein

**Group Sales & Partnerships Director**  
Alex Frenkel

**EDITORIAL / PRODUCTION**

Managing Editor: Kate Morgan  
Editors: Nell Alk, Monette A. Bailey,  
Scott Deckman, Cinnamon Janzer, Julie McCool,  
Renee Sklarew, Andy M. Smith  
Proofreader: Shannon Kronstadt  
Graphic Designers: Mario Arce, Dennisse Cruz,  
Mike Dion, Yamileth Racinos, Tatiana Hurtado

**DIGITAL**

Technology Managers: Scott Falconer, Josh Eckstein

**ADVERTISING SALES & MARKETING**

(212) 581-3380

**adsales@americanparknetwork.com**  
Business Development: Sharon Burson,  
Randy Burton, Mary Pat Kaleth, Pat Keane,  
Craig King, Kristi Rummel  
Operations Manager: Matthew Price

American Park Network  
41 East 11th Street, 11th Floor, NY, NY 10003



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**FOR MORE INFORMATION**

**Distribution requests**  
distribution@americanparknetwork.com

**Oh, Ranger! Wi-Fi™ installation/sponsorship**  
wifi@americanparknetwork.com

	Welcome	2
	What's New!	6
	Plan Your Visit	8
	Important Numbers	10
	Park Regulations & Safety	17
	Who's Who at the Park	20
	History & Culture	21
	Sights To See	25
	Centerfold Map	
	Preservation	30
	Mount Desert Island	34
	Things To Do	36
	Walking & Hiking	44
	Camping	46
	Just for Kids	47
	Nature & Wildlife	48
	Photography	52
	If You Only Have a Day	56

(Cover: The Bass Harbor Head Lighthouse sits cliffside in Acadia National Park. SunnyXplorer/iStock)

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For answers to all your questions,  
go to **OhRanger.com**



# WHAT'S NEW! WHY PARKS MATTER

“There is nothing so American as  
our national parks.”

– Franklin Delano Roosevelt

Access to parks is one of the things that's truly great about life in America. Not just national parks, like FDR stated, but *all* parks. Parks afford everyone, regardless of race, income, social status or age, the opportunity to escape the concrete jungle and step into the wild. It doesn't matter whether it's a small step into a local park or a giant leap into the backcountry. The effect is the same. Time in nature feels good. Other values that parks bring may be less obvious. Since we take care of the things we value, I'd like to highlight a few other benefits we all receive from public lands:

**Economic Impact** America's federal, state and local parks and public lands generate \$200 billion in annual economic activity and support more than one million jobs! You might help a dozen businesses during a weekend hiking trip. Imagine the impact of a week-long national park adventure. Parks raise property values, too!

**Conservation** Trees produce the oxygen we need to survive, but did you know that they also help save money? It's estimated that trees in cities save \$400 billion in costs to retain stormwater. A single tree can store 100 gallons or more, which helps keep streets from flooding and reduces the need for artificial storage facilities. A tree can also absorb as much as three tons of carbon gas during its lifetime.



Mark, Joel & Alex – Support parks, stay healthy!

Take a deep breath in a park and you'll immediately know the value of greenspace.

**Health & Wellness** Studies show a high correlation between time spent in parks and improved health (and, in my view, happiness). You move more when you're outside, which decreases stress, makes you more fit and reduces the risk of many health issues, such as diabetes, high blood pressure and heart disease. Exercise (which parks inspire) also positively impacts your cholesterol levels. A few years ago, I started bicycling to work every day. A year later, my overall cholesterol went down while my HDL—the “good” cholesterol—went up. The results of a small change in your exercise routine can be amazing! Parks invite this change.

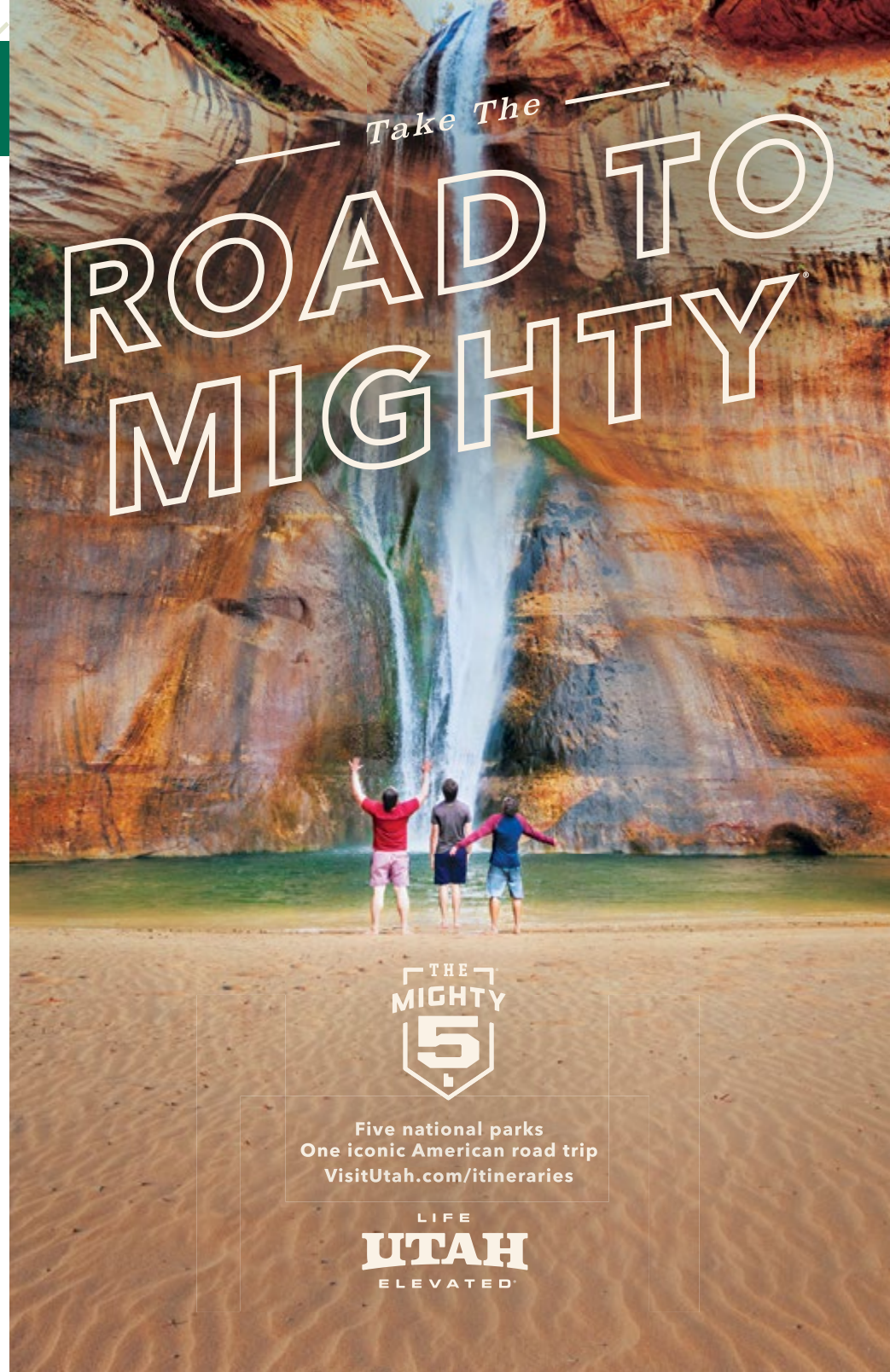
The value of parks is undeniable, so follow FDR's lead and support our public lands. It's the all-American thing to do. (Congress, take note!) You'll save the country money while improving our nation's health—and your own, too. Not a bad combination!

mark@americanparknetwork.com



## GET CONNECTED AT YOUR FAVORITE PARKS!

Parks are about enjoying nature, but what if you want to share a great picture or are awaiting an important email? If you're looking to add connectivity to your park, or if you already have Wi-Fi and would like help adding content or generating sponsor revenues, please let us know at [wifi@americanparknetwork.com](mailto:wifi@americanparknetwork.com).



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# PLAN YOUR VISIT



## GETTING TO ACADIA

Acadia is located two-thirds of the way up the Maine coast, approximately 164 miles from Portland, 270 miles from Boston and 475 miles from New York City.

**By Car:** From Bangor (47 miles from the park), take U.S. 1A south from Bangor to Ellsworth, then take Route 3 east to the Hulls Cove park entrance. From Portland (164 miles from the park), take Route 1 north along the coast to Ellsworth, then take Route 3 east to the Hulls Cove park entrance.

There are four entrances to the popular **Park Loop Road** section of Acadia on Mount Desert Island: the **Hulls Cove Entrance**, located on Route 3; the **Cadillac Mountain Entrance**, located on the outskirts of Bar Harbor on Route 233; the **Sieur de Monts Entrance**, located on Route 3 south of Bar Harbor; and the **Stanley Brook Entrance**, also located on

Route 3 in the town of Seal Harbor. Other sections of the park are reachable from various public byways on Mount Desert Island. The **Schoodic Peninsula** section of the park is located off Route 186, near the town of Winter Harbor. **Isle au Haut** is easy to get to by mail boat from the village of Stonington.

**By Air:** The *Hancock County-Bar Harbor Airport* (BHB), located on Route 3 in Trenton, is served by Cape Air, with direct connections to Boston.

You must rent a car and drive to Acadia from the closest major airports, *Bangor International Airport* (45 miles away) or *Portland International Jetport* (164 miles away). Portland offers service from most U.S. metropolitan areas on American, Delta, Elite, JetBlue, Southwest and United. Bangor offers service on Allegiant, Delta, American Airlines and United.



## FEDERAL RECREATION LANDS PASSES

A federal recreation pass is helpful if you plan to visit many national parks, forests or other federal lands. For information, call (888) 275-8747 or visit [store.usgs.gov/pass](http://store.usgs.gov/pass).

Type	Cost	Availability	Details
Annual Pass	\$80	General Public	This one-year pass is available on site, by phone or online (see above).
Senior Pass	\$10	U.S. residents age 62+	This lifetime pass is available on site or via mail order. ID required.
Military Pass	Free	U.S. military members and their dependents	This one-year pass is available on site. ID (CAC Card or DoD Form 1173) required.
Access Pass	Free	U.S. residents with permanent disabilities	This lifetime pass is available on site or via mail order. ID and documentation required.
Volunteer Pass	Free	250 cumulative volunteer service hours	Inquire locally to obtain information about this one-year pass.

Pre-Collision<sup>1</sup> with Pedestrian Detection<sup>2</sup> standard.

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Pedestrians can come out of nowhere. So Pre-Collision with Pedestrian Detection can help spot them and brake for you. It's just one of the standard Toyota Safety Sense™ P (TSS-P)<sup>3</sup> features that give you more peace of mind.

Options shown. Dramatization. 1. The TSS Pre-Collision System is designed to help avoid or reduce the crash speed and damage in certain frontal collisions only. It is not a substitute for safe and attentive driving. System effectiveness is dependent on road, weather and vehicle conditions. See Owner's Manual for additional limitations and details. 2. The Pedestrian Detection system is designed to detect a pedestrian ahead of the vehicle, determine if impact is imminent and help reduce impact speed. It is not a substitute for safe and attentive driving. System effectiveness depends on many factors, such as speed, size and position of pedestrians, and weather, light and road conditions. See Owner's Manual for additional limitations and details. 3. Drivers are responsible for their own safe driving. Always pay attention to your surroundings and drive safely. Depending on the conditions of roads, weather and the vehicle, the system(s) may not work as intended. See Owner's Manual for additional limitations and details. ©2017 Toyota Motor Sales, U.S.A., Inc.

**By Train:** There is no passenger rail service to Acadia National Park.

**By Bus:** Greyhound and Concord Coach Lines offer bus service between Boston and Bangor year-round. For more information, call Greyhound at (800) 894-3355 or visit [greyhound.com](http://greyhound.com); or call Concord at (800) 639-3317 or visit [concordcoachlines.com](http://concordcoachlines.com).

**By Local Transportation:** Downeast Transportation runs year-round on Mount Desert Island and between Bar Harbor and Ellsworth; please call (207) 667-5796 or visit [downeasttrans.org](http://downeasttrans.org) for more information.

**By Ferry:** *Isle au Haut* may be reached via mail boat from Stonington on Deer Isle. Reservations are not taken and the number of day visitors allowed on the island is limited; please call (207) 367-5193 or visit [isleauhaut.com](http://isleauhaut.com) for more information. The state-owned *Swans Island Ferry* provides year-round service from Bass Harbor to Swans Island; for more information, please call (207) 244-3254 or visit [swansisland.org](http://swansisland.org).

## GETTING AROUND ACADIA

Travel through the park by automobile, bicycle or foot. **Taxis** are available in Bar Harbor, and **rental cars** are available at the aforementioned airports.

The **Island Explorer** shuttle runs June 23 through the Columbus Day holiday, but routes may be subject to change after Labor Day. See the centerfold map for more information.

## HOURS OF OPERATION

The park is open year-round, 24 hours daily; however, most park roads are closed December 1 through April 14. Before driving through the park in the winter, call (207) 288-3338 and press zero for more information about road closures.

## ENTRANCE FEES

A fee is required to visit any part of the park. The \$25-per-vehicle fee is good for a seven-day pass. An annual **Acadia Park Pass** costs \$50 and is good for a year.

Fees for visitors on a motorcycle are \$20, \$12 for those on foot or bicycle, and \$12 per person for vehicles with 16 or more passengers. Acadia is one of a select few national parks chosen to participate in a pilot program selling seven-day or annual entrance passes online. To buy your pass online, go to [www.yourpassnow.com](http://www.yourpassnow.com).

## EVERY KID IN A PARK

To help engage and create our next generation of park visitors, supporters and advocates, the Obama Administration, in partnership with the Federal Land Management agencies, launched the Every Kid in a Park initiative. The immediate goal is to provide an opportunity for each and every 4th grade student across the country to experience their federal public lands and waters in person.

All kids in the fourth grade have access to their own Every Kid in a Park pass at **Everykidinapark.gov**. This pass admits the pass owner and any accompanying passengers in a private noncommercial vehicle to the park. You can obtain the pass by visiting [everykidinapark.gov](http://everykidinapark.gov) and you must print it and present it at the park. The Every Kid in a Park pass is valid until August 31, 2017.

## WEATHER

Acadia's coastal location makes for ever-changing weather patterns, including days of brilliant sunshine and occasional mornings when the island is wrapped in a soft blanket of fog. Acadia's proximity to water also takes the edge off the summer heat and the winter chill. During July and August, high temperatures usually range between 70 and 80°F, often accompanied by a sea breeze. In spring and fall, expect highs in the 50s and 60s. In November, the winter season sets in

and persists through March, when daytime temperatures hover in the 30s and may dip to zero at night. Always be prepared for changes in weather and dress in layers.

## PARK HEADQUARTERS AND VISITOR CENTERS

### Acadia National Park Headquarters

is located on Route 233, not far from the northern end of Eagle Lake. During the off-season, it serves as the park's visitor center.

During the summer season, there are two visitor centers at Acadia. The NPS runs **Hulls Cove Visitor Center**, located just off Route 3 at the start of the Park Loop Road. It is open daily from April 15–June 17, from 8:30 a.m. to 4:30 p.m.; June 18–September 23, from 8 a.m. to 6 p.m.; and September 23–October 31, from 8:30 a.m. to 4:30 p.m. This two-story, granite-and-shingle building houses an auditorium, bookshop, information booths and restrooms. Visitor passes are also sold here. ♣

At Hulls Cove, you can watch a 15-minute orientation program about the natural and cultural history of Acadia, which is shown every 30 minutes. Shop for books, maps and posters, and then sign up for programs like birdwatching or tidepool walks. A full schedule of ranger-led activities, including children's programs, is available to help you plan your stay.

The **Thompson Island Information Center**, located at the entrance to Mount Desert Island on Route 3, is jointly run by the NPS and local chambers of commerce. The center provides lodging and dining details for all the island communities as well as park information. Visitor passes are sold here. It is open daily from May 10 through Columbus Day; hours vary.



## IMPORTANT NUMBERS

<b>General Park Information</b> <a href="http://nps.gov/acad">nps.gov/acad</a>	<b>(207) 288-3338</b>
<b>Emergencies</b>	911
<b>Lost and Found</b>	(207) 288-8791
<b>Weather Information</b>	(207) 667-8910
<b>Camping</b>	(207) 288-3338
<b>Bar Harbor Area Chamber of Commerce</b> <a href="http://barharborinfo.com">barharborinfo.com</a> or <a href="http://acadiainfo.com">acadiainfo.com</a>	(207) 288-5103 (800) 345-4617
<b>Mount Desert Chamber of Commerce</b> <a href="http://mountdesertchamber.org">mountdesertchamber.org</a>	(207) 276-5040
<b>Southwest Harbor / Tremont Chamber of Commerce</b> <a href="http://acadiachamber.com">acadiachamber.com</a>	(207) 244-9264

## BAR HARBOR CHAMBER OF COMMERCE

The Bar Harbor Chamber of Commerce operates two visitor centers near Acadia National Park. Stop by the **Acadia Welcome Center**, located at 1201 Bar Harbor Rd. in Trenton, or the **Downtown Welcome Center**, located at 2 Cottage St. in Downtown Bar Harbor. The welcome centers offer park and regional information, as well as free *Oh, Ranger! Wi-Fi™*. For information, call (207) 288-5103 or visit [barharborinfo.com](http://barharborinfo.com).

## SPECIAL SERVICES

Park facilities and activities that are wheelchair-accessible are marked by the wheelchair symbol (♿). Please see the “Federal Recreational Lands Passes” chart in this chapter for more information about the free Access Pass, which waives entrance fees for U.S. citizens or permanent residents with permanent disabilities.

**Camping:** Blackwoods Campground has 12 wheelchair-accessible sites, each with compacted gravel walkways leading to the fire grill, picnic table, restrooms and the central amphitheater. Seawall Campground has 14 accessible camping sites, including drive-in, RV and group.

**Carriage Roads:** The carriage roads that wind through the park are closed to traffic and are ideal for wheelchair users.

**Picnics:** A wheelchair-accessible picnic site is available at the Fabbri, Thompson Island, Bear Brook, Frazer Point, Pretty Marsh and Seawall picnic areas, where restrooms are also wheelchair-accessible. Limited access is available at other picnic areas.

**Publications:** The NPS publishes a wheelchair access guide to the park. It is available at the Halls Cove Visitor Center.

**Service Animals:** Visitors may use service animals while visiting park sites and programs. Please refer to the

## ISLAND EXPLORER SHUTTLE BUS



The Island Explorer offers free shuttle bus service for Bar Harbor and Acadia National Park. Its nine bus routes link hotels, inns and campgrounds with destinations in the park and neighboring village centers. For more information and timetables, visit [exploreacadia.com](http://exploreacadia.com).

## JORDAN POND HOUSE

The only dining facility in the park, Jordan Pond House Restaurant serves lunch, afternoon tea and dinner in the dining room with massive granite fireplaces or on the glassed-in porch.

Lawn seating is available with a spectacular view of Jordan Pond and the Bubble Mountains.

The tradition of dining at the southern end of Jordan Pond dates back to the late 1800s, when teahouses catered to Acadia’s sophisticated summer visitors.

Today, Jordan Pond House continues these dining traditions with its famous baked popovers and homemade ice cream, as well as locally sourced Maine seafood, poultry, meats and vegetables.

The restaurant is open from late May through late October. It is operated by Dawnland, LLC, a Maine-owned company working with the National Park Service to provide food service and



*Don't miss lunch on the beautiful lawn of the Jordan Pond House*

gift shops in Acadia National Park.

For more information and reservations, please call (207) 276-3316 or visit [acadiajordanpondhouse.com](http://acadiajordanpondhouse.com).

nancykennedy/iStock





kschulze/Stock

Boat tours take visitors past Mount Desert Island's Star Point.

"Park Regulations & Safety" chapter for more information.

**Swimming:** Echo Lake Beach offers wheelchair access via a boardwalk. A long set of steps bars entrance to Sand Beach.

**Tours:** Boat tours are accessible to wheelchair users but only with assistance. Carriages at Wildwood Stables can accommodate wheelchairs. A script for the visitor center's orientation film is available for the hearing-impaired. There is also a descriptive narrative available for visually impaired visitors.

## LODGING & DINING

Accommodations are not available within the park boundaries, but inns, motels, bed and breakfasts, and campgrounds are plentiful around Mount Desert Island.

The only restaurant in the park is **Jordan Pond House**, famous for its pop-

overs and afternoon tea. See the related article in this chapter for more details.

Neighboring communities also offer great dining opportunities, where menus feature regional specialties made from fresh Maine blueberries and, of course, Maine lobster!

For more information about lodging and dining, contact the chambers of commerce listed in the chart in this chapter.

## LODGING

When it comes to putting a roof over your head, Mount Desert Island has something for everyone. Altogether, the island has 4,500 rooms. Choose from a romantic bed and breakfast to a state-of-the-art hotel with conference facilities. There are seaside lodges and roadside motels, pint-size inns, full-scale resorts, guesthouses and cottages.

Budget travelers may consider renting an apartment or staying at the local YWCA in Bar Harbor. Private campgrounds are another economical alternative.

## DINING

Acadia is not only a feast for the eyes. No visitor can claim to have truly experienced Maine without sampling such specialties as boiled lobster, steamed clams, clam chowder, baked beans, blueberry pancakes and pie. You will find these dishes—and much more—at restaurants around the island. Mount Desert Island has an assortment of dining establishments—from casual lobster pounds to elegant rooms serving four-star cuisine. There are also cafés, chowder houses, delis, grills and sub shops. Your best bet will likely be seafood, since the island's fishing boats bring a harvest back from the sea every day.

## VISITOR SERVICES

While Acadia is open year-round, most park facilities close between late October and mid-May. In season or out, many supplemental services are available in the local communities.

## BANKS

Banks and ATMs are available in all communities.

## CAMPING SUPPLIES

Sleeping bags, air mattresses, lanterns, portable stoves, cookware, backpacks, propane fuel and firewood are available for purchase in Bar Harbor and other major surrounding towns. For more information, contact the chambers of commerce listed in the chart in this chapter.

## EMERGENCIES AND MEDICAL SERVICE

In the park, call 911 for emergency medical or police assistance, or to report any accident. While there are no doctors stationed in the

park, first aid is available island-wide—dial 911. Bar Harbor is home to the Mount Desert Island Hospital, a modern, 25-bed facility located on Wayman Lane one block off Main Street. It provides 24-hour emergency and cardiac care as well as cardiac intensive care, pediatric and laboratory services and respiratory therapy. Medical facilities are also available in Northeast Harbor, Southwest Harbor and Ellsworth. The region's largest hospital, Eastern Maine Medical Center, is located 45 miles away in Bangor.

## GIFT SHOPS

Area gift shops sell Maine-made crafts such as pottery, porcupine-quill jewelry, American Indian baskets and miniature lighthouses. Also look for local delicacies like maple syrup, strawberry and blueberry jam and even bottles of blueberry wine produced at a nearby winery. The shops also carry books, videos, T-shirts, postcards and other Acadia souvenirs.

## PETS AND KENNELS

Pets are allowed in Acadia but must be kept on leashes no longer than six feet and they must be under control at all times. There are no kennel facilities within the park. Veterinary care is available in Bar Harbor.



Tashka/Stock

Gift shops in Bar Harbor offer a wide array of locally-made crafts.



## MAINE LOBSTERS



mchebby/iStock

*Don't leave Maine without sampling their most famous export; the lobster.*

Of all the creatures that inhabit Maine's cold ocean waters, none is better known or more highly prized than the lobster. This hardy crustacean once adorned the state's license plate and pops up on restaurant menus along the coast.

The lobster's fame is well deserved. Its meat—found in the powerful front claws, the large tail and the spindly legs—is sweet and succulent—a true delicacy. Its taste makes all the effort it takes to catch, cook and eat a lobster seem well worthwhile.

Two hundred years ago, the lobster did not enjoy its present luxury status. Early Maine settlers used lobsters as fertilizer, and legend has it that prison inmates complained about having to dine on lobster three times a week. Perhaps familiarity bred distaste, as lobsters were once so plentiful that they could be gathered at low tide along Maine's rocky shore.

Today, lobster fishing requires considerably more work. Lobsters live on the ocean floor where they feed on snails, clams, mussels and other marine life. Lobstermen catch their prey using box-shaped wire traps, which they drop overboard and mark with brightly painted buoys (their distinctive color combinations are registered with the state). During the seven years it takes a lobster to reach its legal catch size, it regularly molts its shell. Most lobsters average around 1.5 pounds in weight, but lobsters as large as 40 pounds have been reported!

Maine is one of the best places to learn about and enjoy lobsters. While you're in town, take advantage!

services, consult the local weekly papers, the *Mount Desert Islander* and the *Ellsworth American*. Ecumenical services are held weekly in the summer atop Cadillac Mountain and at Blackwoods and Seawall Campgrounds.

### SERVICE STATIONS

Several service stations are located in all towns. Auto repair shops and tire dealerships are also available in Bar Harbor and Ellsworth, located 20 miles north on Route 3.

### TIDE TABLES

Nearly all local newspapers and guidebooks include seasonal tables of daily tides, sunrise and sunset.

### POSTAL SERVICES

For complete postal services, visit the Bar Harbor Post Office located at 55 Cottage Street. The post office is open Monday through Friday, from 8 a.m. to 4:30 p.m., and Saturday from 9 a.m. to noon. Call **(207) 288-3122** for more information.

Bar Harbor is also serviced by Federal Express. In other towns, certain stores are designated for drop-off locations. For more information, call **(207) 288-5885**.

### RELIGIOUS SERVICES

Numerous churches serve the communities of Mount Desert Island and the nearest synagogue is located 20 miles away in Ellsworth. For information about



# PARK REGULATIONS & SAFETY

You can make the most of your visit to Acadia by planning ahead and becoming acquainted with some simple safety precautions and park rules.

## SAFETY TIPS

Please review and observe the following tips, which are designed to enhance your safety and enjoyment.

### SHORELINE EXPLORING

Exercise caution along Acadia's rocky shoreline. Loose gravel on rocks creates dangerous footing. Wet rocks are slippery and a sudden wave can sweep the unsuspecting sightseer into the sea.

### FROSTBITE

Winter poses additional safety problems. Pay attention to weather forecasts and know and respect your own limits. Prolonged exposure to extreme cold can lead to tissue damage. To protect against frostbite while cross-country skiing or winter camping, dress warmly and bring along extra layers. Protect your extremities: fingers, toes, ears and nose. Avoid tight clothing and boots that constrict blood flow. If you notice a small white patch forming on your skin, seek shelter immediately and slowly re-warm the affected area by immersing it in warm water (104 -108°F).

### HIKING

- **Stay on the trail** so you won't get lost.
- **Be prepared.** Carry a trail map, wrist-watch, knife, matches, flashlight, water, food, insect repellent, rain gear and a first-aid kit.

- If you become lost, exhausted or injured, **stay calm and stay on the trail.** Ask passing hikers for assistance. Do not bushwhack or travel in darkness. Should evening fall, you are better off staying where you are and waiting for help to arrive.

- **Hike with a partner** and leave an itinerary with a responsible person, or on the dashboard of your vehicle.
- While some trails can be comfortably hiked in sneakers, **sturdy hiking shoes are recommended**, especially for steep ascents such as Champlain Mountain's Precipice Trail.
- **To prevent blisters**—the most common ailment on the trail—wear comfortable shoes and quality outdoor socks to cushion and protect your feet.

### HYPOTHERMIA

Because of Maine's fickle weather, dress in layers and bring rain gear. This is not only for



## PACKING ESSENTIALS

### Don't hit the trail without:

- Topographic Map and Compass + GPS
- Whistle
- Flashlight or Headlamp
- Sunglasses, Sunscreen and Hat
- High-energy Food
- Plenty of Water
- Appropriate Clothing and Extra Layers
- Waterproof Matches
- Insect Repellent
- Pocket Knife
- First-Aid Kit
- Sturdy Footwear



miromiro/Stock

*Stay safe on the curvy park roads. The speed limit is 35 MPH unless otherwise marked.*

comfort but also to prevent hypothermia. This potentially fatal condition occurs when the body loses heat faster than it can generate it. Skiers and winter campers are not the only ones who are at risk. Being wet on a breezy summer day can also bring on the condition. If you find yourself or a member of your party shivering uncontrollably and acting disoriented, seek shelter, remove all wet clothing, wrap them in a blanket and drink warm, nonalcoholic liquids. Serious cases of hypothermia require prompt medical treatment.

## PARK REGULATIONS

For your safety, and to protect Acadia's treasures, please read and follow all National Park Service regulations. Complete regulations are available at any park visitor center.

### ACCIDENTS

Accidents must be reported to park rangers if they involve personal injury or property damage.

### BICYCLES

Bicycles are permitted on all paved park roads (including Park Loop Road) and Acadia's network of carriage roads, except those private carriage roads marked with signs

posted by the Green Rock Company. Bicycles are not allowed on hiking trails. Use caution on the narrow, winding Park Loop Road.

### CAMPING

Only **camp** in designated campsites at Blackwoods, Seawall, Isle au Haut and Schoodic Woods campgrounds.

### FIRES AND FIREWOOD

Gathering dead and downed wood within the campgrounds is prohibited. Take wood from park-provided woodpiles only. Only build fires in designated fire rings or fireplaces in campgrounds and picnic areas. "Burn it where you buy it!" It is against Maine state law to bring firewood into Maine from out of state.

### WEAPONS AND FIREWORKS

Firearms regulations vary by park. Check with the National Park Service or the park you plan to visit before your trip for most up-to-date information.

The possession or use of firecrackers or fireworks is prohibited.

### HUNTING AND FISHING

Hunting and trapping are prohibited. Fishing is permitted in accordance with Maine state law. A state license is required for freshwater fishing for those 16 and older. The fee for a one-day license for residents or nonresidents is \$11. Licenses cannot be purchased in the park, but are available at some town offices and hardware stores or online at [mefish-wildlife.com](http://mefish-wildlife.com). Call (207) 288-3338 for more information.

### PETS

Pets must always be on leashes no longer than six feet. They are allowed in all park locations except Duck Harbor Campground on

Isle au Haut, Wild Gardens of Acadia at Sieur de Monts, hiking trails that require iron rungs or ladders, park buildings and on ranger-led programs. Pets are prohibited on Echo Lake Beach between May 14–September 15, and Sand Beach between June 15–September 8. Always clean up after your pet.

### DRIVING

Drive safely and wear your seat belt. The speed limit is 35 mph in the park unless otherwise noted. All-terrain vehicles are prohibited. All motorized vehicles are prohibited on park trails and carriage roads.

### KEEP WILDLIFE WILD

Don't feed, chase or harass wildlife. Please do not approach animals, and be sure to throw your trash in proper receptacles. If animals begin to associate people with food, they may lose their fear of



PictureLake/Stock

*A state license is required to fish in Acadia's waterways, such as Frenchman Bay.*

humans and consequently lose their ability to find food on their own.

### TAKE ONLY PICTURES

The possession, destruction, removal or disturbance of park property or natural and cultural resources is prohibited.

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# WHO'S WHO AT THE PARK

## NATIONAL PARK SERVICE

Since its founding in 1916, the NPS has endeavored to preserve America's parklands for generations to come. The NPS, federal custodian of Acadia National Park, is responsible for preserving and protecting the environmental and cultural values of our national parks, protecting the fish and wildlife therein and providing for public use and enjoyment of the parks. For more information, contact: Acadia National Park, P.O. Box 177, Bar Harbor, ME 04609; (207) 288-3338, or visit [nps.gov/acad](http://nps.gov/acad).

## DAWNLAND, LLC

Dawnland, LLC operates under contract with the NPS to provide food service and shopping in the park. Dawnland operates the Jordan Pond House, where visitors can enjoy tea and popovers overlooking Jordan Pond and The Bubbles mountains. It also operates the park's three gift shops at Jordan Pond, Cadillac Mountain and Thunder Hole. For more information, contact: Dawnland, LLC, P.O. Box 40, Seal Harbor, ME 04675; (207) 276-3316, or visit [acadiajordanpondhouse.com](http://acadiajordanpondhouse.com).



Ranger programs take place May to October.

NPS

## EASTERN NATIONAL

Chartered by the U.S. Congress in 1948, Eastern National is a nonprofit cooperating association that promotes the historical, scientific and educational activities of the NPS. It also supports park research, interpretation and conservation programs. For more information, contact: Eastern National, Acadia National Park, P.O. Box 177, Bar Harbor, ME 04609; (207) 288-4988, or visit [easternnational.org](http://easternnational.org).

## FRIENDS OF ACADIA

Friends of Acadia is an independent, nonprofit organization that works to preserve and protect the park and its surrounding communities through conservation grants and programs, volunteerism and advocacy. For more information, contact: Friends of Acadia, P.O. Box 45, Bar Harbor, ME 04609; (800) 625-0321 or (207) 288-3340, or visit [friendsofacadia.org](http://friendsofacadia.org).

## MOUNT DESERT ISLAND AREA CHAMBERS OF COMMERCE

Helpful information is available at the following chambers of commerce: **Bar Harbor Chamber of Commerce**, P.O. Box 158, Bar Harbor, ME 04609, (207) 288-5103, [barharborinfo.com](http://barharborinfo.com); **Mount Desert Chamber of Commerce** (representing Hall Quarry, Northeast Harbor, Otter Creek, Pretty Marsh, Seal Harbor and Somesville), P.O. Box 675, Northeast Harbor, ME 04662, (207) 276-5040, [mountdesertchamber.org](http://mountdesertchamber.org); and **Southwest Harbor/Tremont Chamber of Commerce**, P.O. Box 1143, Southwest Harbor, ME 04679; (207) 244-9264, [acadiachamber.com](http://acadiachamber.com).



# HISTORY & CULTURE

## GEOLOGY

Some 500 million years ago, what we now know as Mount Desert Island began taking shape on the ocean floor. Erosion swept sediments—sand, silt and mud, and later volcanic ash and seaweed—from the North American continental plate out to sea. There, they slowly amassed and hardened into what would become some of the island bedrock.

**Magma**, or molten rock, transformed some of this sedimentary rock as it rose through the Earth's crust. The overlying bedrock was shattered, and in some places consumed, by the magma as it made contact. In other areas, the mass of magma slowly cooled to form granite that is exposed today because the overlying layers have eroded.

## LAND OF ICE

The brute force of the **continental glaciers** that blanketed New England 2 to 3 million years ago carved out many of the park's loveliest features, including Jordan and Long ponds, Echo and Eagle lakes and stunning Somes Sound, a deep, narrow inlet surrounded by steep cliffs.

The imprint of the last glacier to pass through Acadia is the one that remains most visible today. It advanced out of Canada around 100,000 years ago, crept slowly across New England, and eventually spread 150 miles out to sea. It dug out deep valleys and lake basins and engulfed and reshaped mountain peaks, rounding and polishing the northern slopes and fracturing the southern faces into a series of sheer granite steps (including the Precipice Trail section of

NPS



George B. Dorr (far right), worked with local environmentalists to develop Acadia's trail system.

Champlain Mountain). As the ice sheet traveled, it gathered up large rocks—**er-ratics**—and carried them considerable distances. Examples of these boulders can be seen at the summit of Cadillac and South Bubble mountains.

Climatic changes eventually halted the glaciers' progress around 18,000 years ago. As the ice sheet receded, the ocean advanced, flooding the valleys and cutting the island off from the mainland. It is now the third-largest island off the east coast of the continental United States.

Today, the sea remains the key agent of change at Acadia. It buffets the steep face of Otter Cliffs each day while polishing the pink and blue-gray cobblestones at Little Hunters Beach and depositing fine shell particles at Newport Cove, the only sand beach on Acadia's coastline.

### MAN ON MOUNT DESERT

Ancient native peoples made their home on Mount Desert Island long before European explorers ventured across the Atlantic. Few records of their presence remain: stone tools, pottery, fishing implements and **middens** (large refuse piles of shells, which archeologists es-



Camping on Mount Desert Island has been popular since the early 1900s.

Bar Harbor Historical Society

timate are between 3,000 and 5,000 years old).

The people who are now known as the **Wabanaki** inhabited the island at the time the first Europeans made contact in the 1500s. Originally, it was believed the Wabanakis traveled to **Pemetic** or "range of mountains," as they called the island, by birch-bark canoe from their winter homes near the Penobscot River's headwaters. During the summer months, they would hunt, fish and gather berries near Somes Sound. More recently, archeologists have concluded that the Wabanakis may have had settlements both inland and on the coast.

The history of these early island residents is told at the **Abbe Museum**, located just off the Park Loop Road near Sieur de Monts Spring, and the expanded Abbe Museum, located on Mount Desert Street in Bar Harbor.

### EUROPEAN EXPLORERS

In 1524, the Florentine explorer **Giovanni da Verrazano** arrived in the region that is now Maine and the Canadian Maritimes. He is credited with christening the area with the name *L'Acadie*, or Acadia. Some historians believe it to be a Wabanaki word; others say it is a corruption of *Arcadia*, an equally scenic and inspiring region of ancient Greece. Eighty years later, in 1604, the French explorer **Samuel de Champlain** gave Pemetic the name: *l'Isles des Monts-déserts*, which is now known as Mount Desert Island. Champlain, who crossed the Atlantic 29 times and later founded Quebec, is believed to have run aground at Otter Point, where he met members of the Wabanaki tribe.

A party of French Jesuits, who may have settled at the mouth of Somes Sound in 1613, were also warmly greeted by the

Wabanaki. The priests intended to establish a mission there but were soon pushed out by English explorers who were determined to expand northward from their settlements in Virginia. For the next century, the French and British would struggle for control of Acadia. In 1759, the British finally prevailed when they defeated the French in Quebec, but not before a young French nobleman laid claim to a large section of the Maine coast. **Sieur de Antoine de la Mothe Cadillac** stopped long enough on Mount Desert to lend his name to the island's highest mountain before moving on to found the Midwest city of Detroit.

### THE FIRST SETTLERS

Many of Mount Desert Island's towns bear the names of the first settlers, including Abraham Somes, a sailor from Massachusetts, who, with his family, settled on the island in 1762. Because of its proximity to sailing routes, the western side of the island was settled first. Later arrivals gravitated to the island's eastern half, where the soil proved better for farming. Then known as Eden, **Bar Harbor** was incorporated as a town in 1796.

By 1820, most island inhabitants were engaged in fishing, shipbuilding, lumbering or farming. This time period is well documented at the **Islesford Historical Museum**, located on Little Cranberry Island and accessible by cruise and mail boats.

### SUMMERCATORS

By mid-century, a new industry emerged: tourism. First artists, such as the landscape painters **Thomas Cole** and **Frederic Church**, traveled to Mount Desert. Then came journalists and sportsmen, drawn by the promise of the vast, unspoiled wilderness Cole and Church had depicted. Early visitors, known as "rusticators" or "summercators," bunked

NPS



Artists, journalists and sportsmen known as "summercators" enjoy swimming in Echo Lake in 1934.

with local families. By 1880, Bar Harbor boasted 30 hotels and a national reputation as a summer resort.

That reputation was sealed soon after, when America's most socially prominent families—the **Rockefellers, Morgans, Fords, Astors, Vanderbilts** and **Pulitzers**—began summering in Bar Harbor and nearby Northeast and Seal harbors. They built magnificent summer "cottages" of palatial dimensions, entertained lavishly and forever altered the rustic character of the island. Ironically, these same summer colonists also helped preserve the natural beauty of Mount Desert Island. Acadia, the first eastern national park, was created from land donated entirely by private citizens.

### NATIONAL PARK STATUS

A Maine politician once remarked, "the portable sawmill created Acadia National Park." Concerned that this tool of prog-

ress would cut a swath through their island paradise, a group of summer residents, led by the president of Harvard University, **Charles W. Eliot**, formed a public land trust in 1901 to protect the island from uncontrolled development. The group had the foresight to appoint **George Bucknam Dorr** as its director. A member of a highly regarded Boston family that had made its fortune in textiles, Dorr would spend the next 43 years (and much of his own wealth) tirelessly working to protect and preserve Acadia for public use.

The land trust's first notable acquisition was the chiseled headland known as "The Beehive," in 1908, followed soon by the summit of 1,530-foot Cadillac Mountain. By 1916, Dorr secured national monument status for the trust, and, in 1919, it became the first eastern national park. As a result of the amicable terms between the United States and France at that time, it was named Lafayette National Park. Dorr was appointed the first superintendent, a position he held until his death in 1946.

Over the next 10 years, the park doubled in size, thanks in part to the acquisition of the breathtaking Schoodic Peninsula, which faces Mount Desert Island across Frenchman Bay. The family who donated the 2,000-acre peninsula had but one small stipulation: Being residents of England, they objected to the park's Francophile name. Dorr arranged to change the name to Acadia National Park, a move that required an act of Congress. The park's last major acquisition came in 1943, with the donation of 3,000 acres on unspoiled Isle au Haut, an island that is about 15 miles southwest of Mount Desert Island, in Penobscot Bay.

Next to George Dorr, Acadia has had no better friend than industrialist and phi-

lanthropist **John D. Rockefeller, Jr.** He not only donated more than 10,000 acres of parkland (including the stretch of coast between Thunder Hole and Otter Cliffs), but he was also responsible for one of Acadia's most picturesque features, the 45 miles of broken-stone carriage roads that wind through its sylvan interior. In 1913, alarmed by the prospect of a park overrun by automobiles, Rockefeller began building 16-foot-wide roads connected by a series of 17 bridges crafted from local granite and cobblestones. Today, the roads are enjoyed by equestrians, hikers, bicyclists and, during winter, cross-country skiers. Carriage rides are available through Wildwood Stables. Refer to the "Things to Do" chapter for more information.

### FIRE!

In 1947, a great fire broke out on Mount Desert Island, consuming some 17,000 acres and burning for 10 days before it was brought under control. No one knows how the fire was started, but some of the driest conditions on record for the area contributed to the quickness and ferocity with which it spread. More than 10,000 of the acres that burned were in Acadia National Park.

The blaze also swept down Bar Harbor's "Millionaire's Row," destroying more than 60 grand summer cottages and bringing the uppercrust resort era to a close. Some of the surviving cottages have been converted into inns and bed-and-breakfasts. Others remain private residences for a new generation of summercats.

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## SIGHTS TO SEE

Acadia boasts varied and dramatic scenery, including a coastline of chiseled granite, the ocean dotted with islands, 17 mountain peaks (that together constitute the highest headlands along the eastern seaboard), close to a dozen glacial lakes and ponds, and Somes Sound, the only fiord (a smaller version of a fjord, a glacially carved, u-shaped valley bordered by steep cliffs) in the contiguous 48 states.

In shape, Mount Desert Island resembles a lobster claw. Many of Acadia's best-known attractions are on the eastern side of the "claw," which is separated from the western side by Somes Sound. The park's western half features five mountains, numerous salt marshes and nature trails, and some of the best birdwatching in New England. The remainder of Aca-

dia National Park consists of the dazzling Schoodic Peninsula and several offshore islands, including Baker Island and remote Isle au Haut.

### PARK LOOP ROAD

Many natural attractions are found along Park Loop Road, a 27-mile, two-lane thoroughfare that winds through the eastern half of Mount Desert Island. It is accessible from Hulls Cove, Cadillac Mountain, Sieur de Monts and Stanley Brook entrances. While you can drive the loop in under an hour, most visitors find that it takes at least half a day to take in all that this scenic route has to offer. *Please remember: while the park is open year-round, Park Loop Road is mostly closed between December 1 and April 14.*

rickberk/Stock



Jordan Pond is one of Acadia's most-photographed places.

The shoreline section of Park Loop Road is the most heavily traveled in Acadia, and for good reason. The road offers marvelous views of **Frenchman Bay**, as well as front-row seats to the pitched battle between land and sea. Most of the road's scenic highlights can be seen by car. To experience them, however, get out and walk the rolling footpath that winds alongside Park Loop Road.

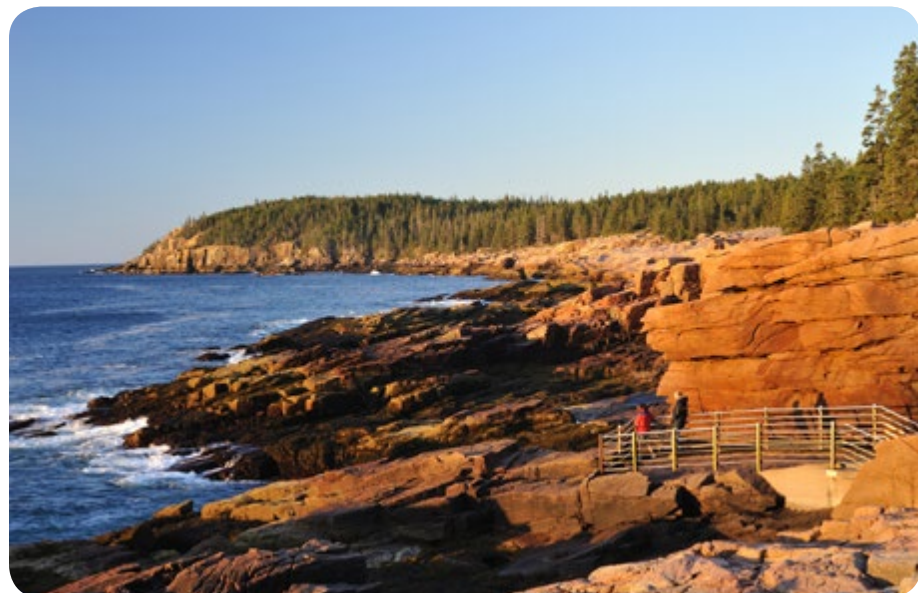
In this otherwise rock-bound park, **Sand Beach** is a graceful anomaly. Located at Newport Cove, 10 miles from the visitor center, this is the park's only sand beach on the ocean. Swimming at Sand Beach is not for the faint of heart. Ocean temperatures seldom climb above 55°F. Warmer waters for swimming can be found on the western side of the island at Echo Lake, Acadia's other beach site.

A short hike inland from Sand Beach is **the Beehive**, a 520-foot-high mountain with a honeycombed eastern face sculpted

by glaciers. The Beehive can be glimpsed from Park Loop Road.

Another feature you can see along Park Loop Road is **Thunder Hole**, located midway between Great Head and Otter Cliffs. Timing is everything here. As wind-driven tides sweep into this narrow granite channel, air becomes trapped, escaping with a thunderous report. At low tide on a calm day, Thunder Hole is stubbornly silent. Just south of Thunder Hole are **Otter Cliffs**, 100-foot pink granite buttresses rising straight out of the water.

Marked only by a simple set of wooden stairs leading down to the water, **Little Hunters Beach** is often overlooked by motorists in search of grander vistas. But this is one of Acadia's most peaceful and sheltered spots, a steeply pitched cove lined entirely with cobblestones. These small, egg-shaped rocks were polished by the pounding surf (collecting is prohibited).



Water rushing into Thunder Hole makes a striking sound that can be heard from a nearby observation deck.

June



Many spots in the park offer great views of The Beehive, one of the park's most recognizable features.

### JORDAN POND AND THE BUBBLES

In a park dotted with glacier-carved ponds and lakes, **Jordan Pond** is perhaps the loveliest. Located on the western side of Park Loop Road, its waters are clear and cool. Its shores are flanked by Penobscot Mountain to the west and Pemetic Mountain to the east, both accessible by hiking trails. The view that sets Jordan Pond apart lies to the north, and rising from the shore are a pair of rounded mountains, aptly named, **the Bubbles**.

### CADILLAC MOUNTAIN

Whether driving from Park Loop Road to the top of its 1,530-foot summit or hiking up one of the trails, most visitors consider **Cadillac Mountain** the high point—both literally and figuratively—of their trip to Acadia. Not only is Cadillac the park's highest peak, but it is also the tallest mountain on the Atlantic coast north of Brazil. On a clear day (visibility is best during fall and winter), the panoramic

views Cadillac commands are unparalleled. Spread out below are island-dappled Frenchman and Blue Hill bays, the whole of the park, and beyond that, much of Maine itself. Some visitors arrive at Cadillac at dawn to see the sun rise in one of the first places in the United States. Others prefer the mountain's equally dazzling sunsets. Whenever they come, most visitors spend hours clambering over the bald granite dome.

### SOMES SOUND

Neatly bisecting the eastern and western halves of Mount Desert Island, **Somes** (rhymes with "homes") Sound is home to the the only fiard, a smaller version of a fjord, in the contiguous 48 states. A more poetic meeting of land and sea is hard to imagine. Steep mountains line both sides of the sound, a narrow, 168-foot-deep gorge carved by glaciers. The best views of **Somes Sound**, other than from



zrfphoto/Stock

The remote Isle au Haut lets visitors have beautiful views all to themselves.

a sailboat or Acadia Mountain, are from the southbound side of Sargeant Drive (off Route 198), which closely hugs the sound's eastern shore.

### SEAWALL

The western side of Mount Desert Island includes the more tranquil part of the park. Less visited and congested, it also affords visitors wonderful views of Somes Sound and the mountainous eastern portion of the park. Located on a narrow stretch of Route 102A, between a small pond and a broad expanse of bay, **Seawall** faces the Duck Islands and the Atlantic Ocean. This is an ideal spot for watching many seabirds.

This side of the island is also home to Echo Lake, a favorite spot for those who want to fish, canoe, kayak, picnic and even swim.

Visitors who camp overnight here are treated to a spectacular sunrise over Great Cranberry Island.

### BASS HARBOR LIGHTHOUSE

**Bass Harbor Head Light**, which rises from the rocky, southernmost tip of Mount Desert Island, is one of the most photographed lighthouses on the East Coast. The light, which was built in 1858, marks the entrance to Bass Harbor, and beyond it, Blue Hill Bay. Now fully automated and managed by the U.S. Coast Guard, it is the only park lighthouse accessible by car. The lighthouse is located on the western side of the island, on Route 102A. *Note: RVs and buses are not allowed on the road to the lighthouse.*

### ISLE AU HAUT

Fifteen miles southwest of Mount Desert at the mouth of Penobscot Bay lies **Isle au Haut**, the most remote section of the park. Accessible by a 45-minute mail boat ride from the village of Stonington (no car ferries are available), Isle au Haut rewards those who make the trip with hiking trails,

spruce forests, cobblestone beaches and unobstructed views of the Atlantic.

### SCHOODIC PENINSULA

By comparison, Schoodic Peninsula is a model of accessibility, located just one hour by car from Bar Harbor, off Route 186. Still, this 2,000-acre peninsula (Acadia's only wedge of the mainland) does not attract as many visitors as Mount Desert Island.

Thus, visitors to Schoodic can freely explore the six-mile park road, a 440-foot headland, various hiking trails and the area's cobblestone beaches. If a crowd collects anywhere, it is usually at high tide at the rock ledge called **Schoodic Point**. The point, which confronts the sea head-on,

unprotected by any offshore islands, fully merits the word spectacular. Full of sound and fury, wave after relentless wave hurls itself at the shore, sending plumes of ocean spray into the air—surely one of Acadia's most spellbinding sights.

In 2002, the U.S. Naval Base on Schoodic closed and those 100 acres were returned to the National Park Service, the original owner. The **Schoodic Education and Research Center** has been established there, the purpose of which is to promote and facilitate education and research that is consistent with the mission of the NPS. One of the programs taking place there is the Schoodic Education Adventure, a three-day residential program for 5th through 8th graders.



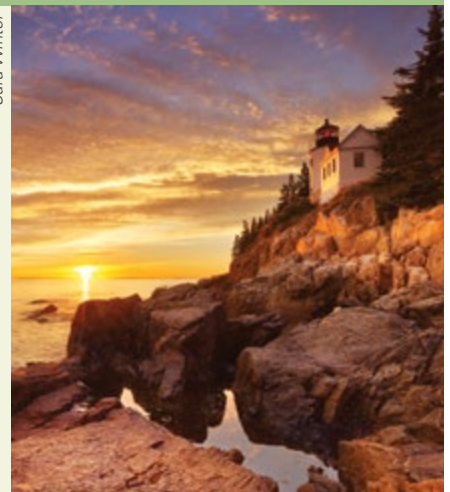
### SENTINELS OF THE SEA

There is no symbol of the Maine coast more stirring than the lighthouse. Whether rising tall on the mainland or on a tiny scrap of rock many miles out to sea, these beacons have guided mariners through Maine's many rocky ledges and pea-soup fogs for more than 200 years. Maine is second only to Michigan in its number of lighthouses. More than 60 are found from the Cape Neddick Light at the state's southern tip to the West Quoddy Head Light in Maine's mostly undeveloped Down East region.

Maine lighthouses were originally manned by a lighthouse keeper and often by his family, as well. Romantic in the telling, the life of a lighthouse keeper (especially an offshore keeper) was, in practice, lonely and fraught with responsibility and risk. Today, all Maine lighthouses are automated and monitored by the U.S. Coast Guard. Some decommissioned lighthouses are being put to use as bed-and-breakfasts.

Acadia boasts four lighthouses spread among the surrounding bays: Bass Harbor Head, Bear Island, Egg Rock and Great Duck

Sara Wirtner



Four lighthouses dot the coastline at Acadia.

Island. Built between 1828 and 1875, all the lighthouses except Great Duck are visible from various points in the park. Only Bass Harbor Head is accessible by car.





# PRESERVATION

*“In wildness is the preservation of the earth.”*

—Henry David Thoreau

So wrote America’s great naturalist-philosopher more than a century ago. A frequent visitor to Maine’s north woods, Thoreau well understood the healing powers of this vast, virgin landscape. By preserving such wildness, he wrote, we are also ensuring our own survival—not just physically, but spiritually.

Every year, millions of visitors travel to Acadia in search of the wildness Thoreau described, making it one of the top 10 most visited national parks in the country. Such popularity has led to a pressing—and complex—dilemma faced by park officials; the more people who seek out

Acadia’s special beauty, the more endangered that beauty becomes. To preserve Acadia for future generations, park officials must balance visitor use with the protection of the park’s precious natural resources.

## AREAS AT RISK

Not surprisingly, some of Acadia’s most sought-out attractions are also its most vulnerable. The summit of Cadillac Mountain would seem impervious to man or nature. Yet this granite dome is also home to a fragile environment of sub-alpine vegetation, low-lying heathers, shrubs, berries and wildflowers, which are extremely sensitive to the feet of visitors who clamber over them.

The island’s sea caves are a unique oceanside habitat that once supported a variety of marine life. Today, those species are greatly depleted. Some creatures may have been collected as souvenirs, but park naturalists speculate that human footsteps alone may have been enough to disturb this fragile environment.

Air quality is also a concern at Acadia. The propane-powered Island Explorer shuttle buses reduce the amount of pollutants and greenhouse gases released into the air by offering an alternative to private vehicle transportation. The Island Explorer shuttle bus system carries more than half a million passengers to and from the park each year from mid-June to Columbus Day.

## RESTORING ACADIA

The challenges Acadia faces are many. Fortunately, the notion of preservation is as old as the park itself. George Dorr, John D. Rockefeller, Jr., and the

park’s other founders were all crusading conservationists working to protect Mount Desert Island from the ravages of the sawmill and automobile. In all, more than 35,000 acres were donated so that they might be preserved in their natural state for public use. Similar foresight and public-spiritedness have animated Acadia ever since.

Progress has been made to restore Acadia’s hiking trails and carriage roads. Acadia Trails Forever and the Carriage Road Endowment, both established in partnership with Friends of Acadia, supports new construction, reconstruction and maintenance on the park’s historic trail and carriage road systems. Each year, park trail and road crews, the Acadia Youth Conservation Corps and hundreds of volunteers rehabilitate stone steps and walls, clear vegetation from drainage systems, build bog walks in wetlands and much more.

Park officials have prepared a long-term general management plan for Acadia, weighing how best to serve both the park and its visitors. Studies are being conducted to document the exact impact of visitor use on animal and plant life.

## REDUCING HUMAN IMPACT

Some of the challenges Acadia faces don’t come from within the park. Because parklands and private property are interspersed, the park inevitably feels the impact of growth and development in neighboring communities.

Friends of Acadia is helping to protect the park from the impacts of high visitation and local development. Its innovative programs and partnerships include the fare-free, low-emissions Island Explorer bus system, advocacy for additional Congressional funds to sustain park programs, a revolving fund



CarrieDobies/Stock

Acadia’s trails, like this one at Penobscot Mountain, require maintenance to combat erosion.



## HOW LONG DOES LITTER LAST?

Glass bottles	1,000,000 YEARS
Aluminum cans	UP TO 100 YEARS
Rubber boot soles	UP TO 80 YEARS
Leather	UP TO 50 YEARS
Nylon fabric	UP TO 40 YEARS
Plastic film containers	UP TO 30 YEARS
Plastic bags	UP TO 20 YEARS
Plastic-coated papers	5 YEARS
Wool socks	UP TO 5 YEARS
Cigarette butts	UP TO 5 YEARS
Orange/banana peels	UP TO 5 WEEKS

to protect privately held lands within park boundaries, and an off-island visitor center and transportation hub to reduce automobile congestion from day traffic and commuters.

Visitors are encouraged to attend park programs, visit museums and take guided tours to learn about Acadia and Mount Desert Island. See the "Leave No Trace" article in this chapter for other ways to help protect the park.

### LASTING TRAILS

Rock slides, natural erosion and millions of visitors place a heavy toll on the trails of Acadia National Park. To combat Acadia's trail degradation, Friends of Acadia and Acadia National Park launched "**Acadia Trails Forever**," a \$13 million partnership to reverse the effects of these inevitable events. Friends of Acadia is contributing \$9 million of the funding, while the balance comes from park admission fees. Beginning in 2000 and over a more than 10-year period, the program allocated \$6.5 million to trail reconstruction and \$6.5 million for Friends of Acadia endow-

ments to maintain Acadia's 125-mile foot trail system each year.

For more information, please contact Friends of Acadia, P.O. Box 45, Bar Harbor, ME 04609; **(207) 288-3340**, or visit **friendsofacadia.org**.

### RECYCLING

Along with many national parks, Acadia has undertaken a solid waste recycling program that includes the recycling of items used by visitors. Bins for recycling glass, plastic and aluminum are placed throughout the park (regular garbage containers are available for other waste). From 2001 to 2005, the park's program, which includes materials from both staff and visitors, recycled an average of more than 18 tons of newsprint, cardboard, plastic and glass per year.

Pollution doesn't come only from trash either— it comes from light.

Several Acadia towns have passed ordinances to combat light pollution and preserve the island's stunning views of the night sky.

## Oh, Ranger! FUN FACTS

### Q. DO I NEED A CAR TO VISIT ACADIA?

A. No, you don't. The Island Explorer buses provide free service among park destinations, local communities and the Bar Harbor Airport from June 23 to Columbus Day. Visit [exploreacadia.com](http://exploreacadia.com) for more information.



For answers to all your questions, go to **OhRanger.com**

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*"The #1 site to see east of Bar Harbor"  
—Maine: An Explorer's Guide*



**Roosevelt Campobello International Park**  
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**877-851-6663** **fdr.net**



# MOUNT DESERT ISLAND

Acadia National Park covers much of Mount Desert Island. Most of the park is preserved in its natural state, with commercial activity taking place outside the park in surrounding communities. Busy little resort towns offer modern services, lodging, dining spots, gift shops and antique stores.

The **eastern half** of Mount Desert is the more populated side. It is home to the town of Bar Harbor, which is near the Cadillac Mountain Entrance to Acadia National Park. The **western half**, locally known as the “quiet side,” is more rural. The land is punctuated with marshes, coves, inlets and an occasional village.

## BAR HARBOR

Bar Harbor (population 5,325) is a vibrant gateway community to Acadia. Where the millionaires’ summer cottages once stood,

contemporary visitors will find inns, hotels, guesthouses, sidewalk cafés, formal restaurants and block after block of boutiques, specialty shops and galleries.

Bar Harbor is also home to such prestigious institutions as **Jackson Laboratory**, a leading genetics research center, Mount Desert Island Biological Lab and the **College of the Atlantic**, a small liberal arts college. During the summer, all offer educational programs for the public.

Learn more about the town’s history at the **Bar Harbor Historical Museum** located at 33 Ledgeawn Avenue. The museum is open from 1 to 4 p.m. Monday through Saturday from June to October and by appointment in the winter season. Free admission. For more information call (207) 288-0000 or visit [barharborhistorical.org](http://barharborhistorical.org).



Mount Desert Island is home to the charming town of Bar Harbor.

Doug Lemke



Local lobstermen supply Mount Desert Island’s eateries with fresh catches daily.

## NORTHEAST HARBOR

Eleven miles from Bar Harbor lies Northeast Harbor (population 488). This low-key town, punctuated by stately summer homes and boats bobbing at the waterfront, sits on a protected deep-water port—one of the best in the state.

Walk along **Municipal Pier** or poke your head into the town’s antique store and old bookshop. On Route 3, **Thuya Garden** mixes formal English flower beds with simple Japanese influences. Each June, **Asticou Azalea Garden**, on Route 198, presents more than 20 varieties of azaleas. Seasonal activities include golf and tennis.

The **Great Harbor Maritime Museum** on Main Street is a good place to see some of the island’s historical artifacts.

## SOUTHWEST HARBOR

Found on the island’s western “quiet side,” Southwest Harbor is a large fishing village with a population of 1,764 that looks

out over Somes Sound. The second largest town on Mount Desert, it is ranked one of the top 12 commercial fishing harbors in Maine. Boat-building is the main industry and some of the world’s finest crafts come from here.

The **Wendell Gilley Museum** exhibits more than 200 bird carvings and offers carving demonstrations. Stop by the **Clark Point Gallery** to view 19th- and 20th-century paintings of the island and other parts of Maine.

On land, you can golf, hike, rent a bike or have a beachside picnic. Take to the water and hop the ferry to the **Cranberry Isles**, or go deep-sea fishing for halibut or tuna.

On the outskirts of Southwest Harbor is the village of **Manset**, home of several boat yards. The nearby town of **Tremont**, home to 1,563 islanders, takes its name from the French *trois* and *mont*, describing the three mountains seen from the town. Lobstering is the primary industry. **West Tremont**, **Bernard** and **Bass Harbor** are smaller villages associated with Tremont.

Sanjay M



## THINGS TO DO

Although Acadia is dazzling in summer, the park's beauty flourishes throughout the year. By land and by sea there is no such thing as an off-season at Acadia.

### SPRING, SUMMER AND FALL

#### AMPHITHEATER PROGRAMS

In the evening, Acadia's two campgrounds present free programs in their centrally located amphitheatres. Programs span a range of natural and cultural history topics (ideal for families). You do not have to stay at a campground to attend!

#### AUDIO TOUR

Eastern National has prepared an audio tour of Acadia National Park. The 56-mile driving tour (which can take between four and six hours to complete) covers the entire Park Loop Road, as well as Sargeant Drive along lovely Somes Sound. Scenic points of interest are highlighted and the park's natural and cultural history is explained. The CD or cassette may be purchased at the Hulls Cove Visitor Center. Please call (207) 288-4988 for more information.

#### BICYCLING

The only tough part about being a cyclist at Acadia National Park is trying to decide which of the many roads to explore. Although **Park Loop Road** is open to cyclists, most opt to ride on the **carriage roads** that are closed to auto traffic and offer a whole new perspective of Acadia. The roads, which wind through the eastern half of the island, are lined with broken stone

and some sections are more suitable for mountain bikes than racing ones. Bikes are not allowed on hiking trails or off of designated roads.

For more information, please pick up a copy of a park map. Bicycle guides are available for a fee at Hulls Cove Visitor Center. Bicycles can be rented in Bar Harbor, Northeast Harbor and Southwest Harbor. Please contact the chambers of commerce listed in the "Plan Your Visit" chapter for more information.

#### BIRDWATCHING

Sieur de Monts Spring, Ship Harbor and Wonderland trails are all favorite birdwatching spots, as are the summits of Cadillac and Beech mountains during the fall hawk migration. Ask at a park visitor center about ranger-led hawk-watching. Birding is at its peak from late May through September, but there is never a shortage of birds at Acadia. See the "Nature & Wildlife" chapter for more information about birds that can be seen in and around the park.

#### CRUISES AND WHALE WATCHING

Some of the best views of Acadia are to be had from the ocean. Out on the open waters of Frenchman Bay, gazing back at Acadia's granite headlands, you'll understand why French explorer Samuel Champlain named the island *l'Isles des Monts-déserts*, a reference to the fact that the mountains looked deserted or bare. A cruise is also an opportunity to learn about Acadia's marine life, from lobsters to harbor seals to pelagic birds. Dress warmly and bring along a pair of binoculars. See the "Nature & Wildlife" chapter for more information about watchable wildlife.



# 9th Annual Acadia Night Sky Festival

Celebrating the starlit skies of Downeast Maine

September 21-24, 2017



AcadiaNightSkyFestival.org

Image by Anthony Polunbo

Available cruises include three park ranger-led nature cruises, two of which include stops on nearby islands. Contact the cruise lines listed or check at a visitor center for details and options. Many other cruises—**whale watches, deep-sea fishing and lobster fishing**—are also available through local charter boat companies. Contact the chambers of commerce listed in the “Plan Your Visit” chapter for more information.

**Baker Island Cruise:** Explore a 130-acre uninhabited island on this 4.5-hour cruise. While onshore, visit the oldest lighthouse in the area, see the 200-year-old Gilley farmstead, and relax on an amazing rock formation known as “the dance floor,” while gazing out at the open ocean. Ticket prices are \$46 for adults, \$27 for children 6 to 14 and \$9 for children 5 and under. For more information and to make reservations, call **(207) 288-2386**.

**Islesford Historical Cruise:** This 2.75-hour cruise includes some of Somes Sound and a stop at Little Cranberry Island’s Islesford Historical Museum, whose collection documents Mount Desert Is-

land’s fishing and seafaring heritage. Ticket prices are \$29 for adults, \$27 for seniors 65 and older, \$18 for children ages 5 to 11 and \$7 for children 5 and under (infants free). For more information, call (207) 276-5352 or visit [cruiseacadia.com](http://cruiseacadia.com).

**Frenchman Bay Cruise:** Take to the sea on a 151-foot, four-masted schooner and view wildlife and learn about history. The cruise is approximately two hours long. Ticket prices: \$39.50 for adults, \$29.50 for children under 12 and \$5 for those ages two to five. Children under two sail free, but you need to make reservations for them. For more information, call **(207) 288-4585**.

### CARRIAGE TOURS

**Wildwood Stables**, located on the Park Loop Road, offers multiple scheduled rides daily in open carriages drawn by draft horses. The rides are fully narrated with a history of the park and the carriage roads. For many, the highlight will be the two-hour early evening sunset ride to the summit of Day Mountain. The stables are open from late May to mid-October. Reservations are strongly recommended.

For visitors with disabilities, there are carriages that can accommodate wheelchairs. For more information, call **1-877-276-3622** or **(207) 276-5721** or visit [acadiahorses.com](http://acadiahorses.com). ♿

### FALL FOLIAGE

Fall is foliage season at Acadia National Park and a great time to tour the park. The weather, of course, has the final say when it comes to timing and intensity—warm days and cold nights promise a quicker color change with more brilliant reds, oranges and yellows.

Generally, the leaves reach their peak coloration during the first two weeks of October.

## CARRIAGE ROADS

compassandcamera/Stock



Take a stroll along Acadia’s historic carriage roads

In 1901, a group of wealthy Mount Desert Island summer residents banded together to set aside the land that would later become Acadia National Park. One of the park’s early benefactors was **John D. Rockefeller, Jr.**, the millionaire industrialist and philanthropist who later planned and built New York City’s Rockefeller Center. Rockefeller hoped the land would one day become “a real gem of the first order among national parks,” but, in 1913, that hope was threatened by an unforeseen menace: the arrival of the automobile on Mount Desert Island.

Rockefeller, however, did not take this threat lying down. He wanted to preserve the horse-and-carriage experience for those who preferred a quieter ride to the new-fangled automobile. Over the next 27 years, he built a system of carriage roads crisscrossing his property, most of which he later donated to


the park. Gently graded and lined with broken stone, the “Rockefeller Roads” (as they were known) offered a refuge from the “horseless carriage” for hikers, horseback riders and the open, horse-drawn carriages, which were the summercators’ preferred mode of travel. Linking the 45 miles of carriage roads were a series of handsome bridges that were built with local granite and cobblestone. The Rockefeller Roads were not without controversy, however. Some summer residents considered them a scar on the wilderness.

Today, now that the automobile has all but conquered the island, visitors to Acadia can be thankful for Rockefeller’s generosity and foresight. Winding through the eastern half of the island, past lakes and mountains, these roads are now enjoyed by hikers, joggers, cyclists, cross-country skiers, carriage riders and horseback riders.

**Oh, Ranger!**  
**FUN FACTS**

**Q. CAN I USE MY GPS UNIT IN THE PARK?**

A. Yes! Acadia’s **EarthCache Program** is a great way to explore the park while learning about its geological story. Using your own GPS unit and a set of clues, you can guide yourself to a series of park sites. For more information, visit [nps.gov/acad](http://nps.gov/acad).



For answers to all your questions, go to **OhRanger.com**

The Maine Department of Conservation issues weekly foliage reports between mid-September and mid-October, describing the amount of color and leaf fall in seven separate regions of the state. Acadia is part of Zone 2. Please visit [mainefoliage.com](http://mainefoliage.com) or call **(800) 533-9595** for more information.

### FISHING

Fishing is allowed on all of Acadia's ponds and lakes. Landlocked salmon and brook trout can be caught in the larger lakes. A state fishing license is required for freshwater fishing, but not for ocean fishing. Lakes and ponds are under Maine State jurisdiction. Please see the "Park Regulations & Safety" chapter for more information.

### FLIGHTSEEING

Flightseeing tours of Acadia, Bar Harbor and other Downeast communities will be a highlight of your trip and give you a different perspective of coastal Maine. Check out coastal lighthouses, Cadillac Mountain, Somes Sound and other scenic areas. Flights depart from Hancock County-Bar Harbor Airport.

### HORSEBACK RIDING

For park visitors traveling with their own horses, Acadia's carriage roads

make ideal riding trails. Stalls and campsites are available. For more information about bringing your horse to the park, call **Wildwood Stables** at 1-877-276-3622 or visit [carriagesofacadia.com](http://carriagesofacadia.com).

### KAYAKING

Whether you are a novice or a skilled paddler, you can enjoy sea kayaking in the waters around Mount Desert Island. Guided tours of varying lengths are available, including overnight camping trips to remote island sites. Call the chambers of commerce listed in the "Plan Your Visit" chapter for more information.

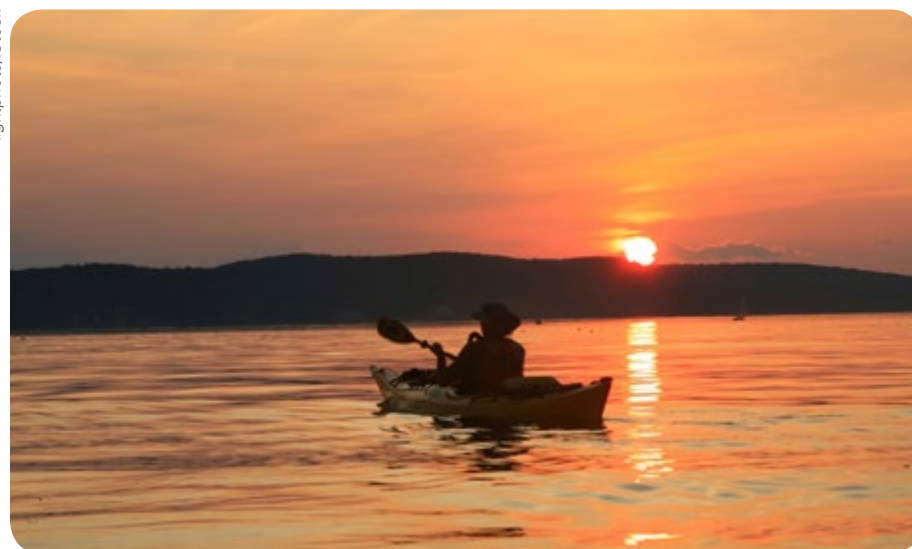
### MUSEUMS

**Abbe Museum** is located just off Park Loop Road near Sieur de Monts Spring and houses a handsome collection of American Indian artifacts. This location is open 10 a.m. to 5 p.m., May through October. Tickets are \$3 per adult, \$1 per child ages 11 to 17, and those 10 and under are admitted free. The expanded Abbe Museum on Mt. Desert Street in Bar Harbor is open daily, 10 a.m. to 5 p.m., May 1 through October 31. Fees are \$8 per adult and \$4 per child ages 11 to 17; under 10 admitted free. Please call **(207) 288-3519** for more information.

The **Nature Center** is located near Abbe Museum. The Nature Center is featuring new exhibits this year with an emphasis on climate change. The center is open on weekends (May 6–June 18), then daily (June 19–October 9) from 9 a.m.–5 p.m.

You need to take a mail or a tour boat to Little Cranberry Island to visit **Islesford Historical Museum**. It has fascinating exhibits about New England's maritime history. It is open June 19–September 4, 11 a.m.–4 p.m., daily; September 5–30, Monday–Saturday, 9 a.m.–3 p.m., and Sunday,

lightphoto/Stock



Get the best views of Acadia's rocky shorelines from a kayak

11 a.m.–4 p.m. Free. Call **(207) 288-3338** for more information.

Lifelike exhibits of animals native to Mount Desert Island (and the surrounding waters) are mounted at the **George B. Dorr Museum of Natural History at College of the Atlantic**, located on Route 3 in Bar Harbor. Children will enjoy the hands-on discovery room and summer field studies programs. For more information, visit [www.coa.edu/dorr-museum](http://www.coa.edu/dorr-museum) or call **(207) 288-5395**.

Birds of a different feather can be found at the **Wendell Gilley Museum**, located on Route 102 in the town of Southwest Harbor (on the west side of Mount Desert Island). This small gem of a gallery features exhibitions and demonstrations on the Down East art of bird woodcarving. Gilley, a Southwest Harbor native, gained a national reputation for his exquisite woodcarvings. It is open year-round. Please visit [wendellgillemuseum.org](http://wendellgillemuseum.org) or call **(207) 244-7555** for more information

The **Mount Desert Oceanarium**, located on Route 3 in Bar Harbor, features a lobster hatchery and exhibits about Maine marine life. The oceanarium's Thomas Bay Marsh Walk takes you over the salt marsh to a two-deck viewing tower with a telescope for observing a rich variety of birds and aquatic animals. Open mid-May to late October, 9 a.m. to 5 p.m. Monday through Saturday. Cost, including marsh walk, is \$20 per adult, \$15 for children 4 to 12. Excluding marsh walk, ticket prices are \$16 for adults and \$12 for children. For more information, please call **(207) 288-5005** or visit [theoceanarium.com](http://theoceanarium.com).

### PARK PROGRAMS

Perhaps the best way to appreciate the park is in the company of a park ranger while enjoying one of the many guided group tours offered during summer and fall. Park rangers can help you better "read" the landscape, from its natural history to the imprint man has left upon the



Gary Brownell

The Abbe Museum features American Indian artifacts

land. Join a park ranger for a nature walk, a bridges tour, an evening star watch or a lecture about the park's geology. There are nature walks for children as well as ranger-led hikes up several mountains. Some programs require reservations (no earlier than three days in advance). For a current schedule, ask at Hulls Cove Visitor Center or visit the park website.

### PICNICKING

There are picnic areas at Bear Brook, Fabbri (♿), Seawall and Pretty Marsh on Mount Desert Island and at Frazer Point on the Schoodic Peninsula and Thompson Island. Each has picnic tables, fire grills, water fountains and restrooms. Picnicking is permitted elsewhere in the park, provided visitors observe Acadia's carry-in, carry-out policy.

### ROCK CLIMBING

This adventurous sport is increasing in popularity at Acadia. Mount Desert offers lofty challenges for individuals or groups. You can climb Otter Cliffs, 60-foot rocky sea cliffs overlooking the ocean, or the South Wall of Champlain Mountain, a 200-foot scaling up a granite mountain face. There are no outfitters in the park, but you can hire a guide. For more information, please call the Bar Harbor Chamber of Commerce at **(800) 345-4617**.

### SWIMMING

Swimming is permitted at Sand Beach (saltwater) and Echo Lake (freshwater). Ocean temperatures average an invigorating 55–60°F so be prepared to be chilly. Both beaches have lifeguards on duty during the summer.



written/Stock

Beginners and experienced rock climbers will love the challenge of scaling Otter Cliffs.

## WINTER

Winter at Acadia is as beautiful as summer, and for the resourceful and adventurous visitor, every bit as stimulating. Hulls Cove Visitor Center closes in October and reopens in April. Park Loop Road is closed between December 1 and April 14. During winter, Acadia Park Headquarters, located on Route 233, serves as the park's visitor center. Park rangers will be glad to help you plan your winter outing to ensure maximum enjoyment and safety.

### WINTER CAMPING

The Blackwoods Campground is available for winter camping in November and April at half the regular \$30 rate per night. Call **(207) 288-3338** for more information. From December through March, only primitive tent camping is available and

hikers must walk in from the campground entrance. A permit from park headquarters is required. Winter visitors should be prepared for quick changes in weather. Dress in layers and bring extra clothing, a first-aid kit, water, food, a blanket and maps.

### WINTER SPORTS

Covered with a mantle of snow, the park's carriage roads make ideal **cross-country ski trails**. Snow also blankets Acadia's lakes, making **ice skating** difficult. Ice fishermen fare well, however, and their fishing shacks are a familiar sight on the park's lakes and ponds between January and early March. Be cautious and ensure that ice thickness is sufficient to support your weight. **Snowmobilers** can use the 27-mile Park Loop Road, but are not allowed on most carriage roads.

 An advertisement for Backroads featuring a scenic background of a river flowing through a forested valley with mountains in the distance. The text includes:
 

- BACKROADS** THE WORLD'S #1 ACTIVE TRAVEL COMPANY.
- WE ♥ NATIONAL PARKS**
- GO ACTIVE** (with 'GO' and 'ACTIVE' underlined)
- BIKING | WALKING & HIKING | MULTISPORT | FAMILY | PRIVATE & CUSTOM**
- Call **800-GO-ACTIVE** or visit **backroads.com** for a free catalog and your active vacation of a lifetime.



# WALKING & HIKING

Whether you're a casual stroller or card-carrying thrill-seeker, Acadia has a path for you. **The Mount Desert Island** section of the park alone boasts 17 mountains. **Isle au Haut** and **Schoodic Peninsula** have several additional peaks. Because the mountains are all less than 1,600 feet tall, each can be hiked in less than a day and several can be scaled in an hour. During late summer, many trails are fringed with **wild blueberries**. Regular visitors to Acadia know to head to the hills when the popular Park Loop Road is congested. Even at the height of summer, some of the hiking trails offer peace and privacy.

Not all of Acadia's trails lead uphill. Some of the gentlest paths—such as **Ocean Path**, which runs parallel to the Ocean Drive section of Park Loop Road—offer some of the best scenery. If you arrive at the town of Bar Harbor during low tide, wander out across the gravel bar that

leads to **Bar Island**—but don't linger—after 90 minutes, the path will disappear beneath the incoming tide.

Park trailheads and junctions are clearly marked with small, wooden directional signs, and the paths with blue-paint blazes. *Note: some trail names are being changed back to their original names. Maps may not be updated yet, but trail signs are accurate.*

Pick up a copy of the NPS map of Acadia, available at the **Hulls Cove Visitor Center**. It indicates hiking trails, elevations and scenic carriage roads. Detailed hiking maps can be purchased at the visitor center. For more information, refer to the Carriage Roads article in the "Things to Do" chapter and the hiking safety tips in the "Park Regulations & Safety" chapter. For additional reading, pick up a copy of *Carriage Roads of Acadia: A Pocket Guide* by Diana F. Abrell (2011).



KatieDobies/Stock

The Champlain Mountain Precipice Trail offers a serious challenge and worthwhile views.



## WALKING & HIKING TRAILS

Trail <i>Trailhead</i>	Description	Round-Trip Distance <i>Time</i>	Difficulty <i>Elevation Gain</i>
<b>Bar Harbor Shore Path</b> <i>Bar Harbor town pier</i>	A gravel trail with views of the four Porcupine Islands, and on the shore side, views of Bar Harbor.	1.0 mile 30 minutes	very easy <i>level</i>
<b>Great Meadow Loop</b> <i>Village Green</i>	A pleasant loop connecting Bar Harbor to Acadia with historic sites along the way. Access to other trails available.	2.0 miles 30 minutes	very easy <i>level</i>
<b>Ocean Path</b> <i>Sand Beach parking area</i>	A gently rolling footpath following Park Loop Road to Otter Cliffs with views of the rock-bound coast.	3.6 miles 2 hours	easy <i>fairly level</i>
<b>Schoodic Head Trail</b> <i>Schoodic Peninsula Loop Road opposite West Pond</i>	A gentle trail offering views of Schoodic Peninsula and Mount Desert Island.	1.0 mile 30 minutes	easy to moderate <i>440 feet</i>
<b>Ship Harbor Trail</b> <i>Ship Harbor parking area off Route 102A</i>	A walk through spruce forests and along the salt marsh shore of Ship Harbor. Great birdwatching.	1.3 miles 40 minutes	easy <i>mostly level (rocky patches)</i>
<b>Beech Mountain Trail</b> <i>Beech Mountain parking area off Route 102</i>	Steep in some sections, this trail on the western side of Mount Desert Island offers views of both Long Pond and Echo Lake. A fire tower crowns the summit (not open to the public).	1.2 miles 1 hour	moderate <i>839 feet</i>
<b>Great Head Trail</b> <i>Eastern end of Sand Beach off Park Loop Road</i>	This cliff walk loop provides views of Frenchman Bay, Sand Beach and Gorham Mountain.	1.4 miles 45 minutes	moderate <i>145 feet</i>
<b>Gorham Mountain Trail</b> <i>Gorham Mountain parking area off Park Loop Road</i>	A short but spectacular climb up an oceanside mountain offering continuous views.	2.0 miles 1 hour	moderate <i>525 feet</i>
<b>Jordan Pond Path</b> <i>Jordan Pond parking area off Park Loop Road</i>	This relatively level, but rocky, trail around Jordan Pond boasts views of five mountains.	3.3 miles 1.75 hours	moderate <i>level</i>
<b>Cadillac Mountain</b> <i>North Ridge Cadillac parking area off Park Loop Road</i>	This is the least demanding of four trails up Acadia's highest peak with views of Frenchman Bay, offshore islands and Schoodic Peninsula.	4.2 miles 2.5 hours	moderate <i>1,530 feet</i>
<b>The Beehive</b> <i>Just north of Sand Beach area off Park Loop Road</i>	A very steep trail along cliff ledges leads to the top of this mountain. Bowl Trail offers a longer, gentler climb.	1.8 miles 45 minutes	strenuous <i>520 feet</i>
<b>Acadia Mountain Trail</b> <i>Acadia Mountain parking area off Route 102</i>	The park's best views of Somes Sound can be had from this trail.	2.0 miles 1.25 hours	strenuous <i>681 feet</i>
<b>Emery Path</b> <i>Sieur de Monts Spring area</i>	A steady and sometimes steep climb to the top of Dorr Mountain, the first section is terraced with granite steps.	2.4 miles 2.25 hours	strenuous <i>1,270 feet</i>
<b>Cadillac Mountain South Ridge</b> <i>100 ft. SW of Blackwoods Campground entrance off Route 3</i>	A long, sometimes strenuous, hike up Acadia's tallest peak offers excellent panoramic views of the ocean and mountains.	7.4 miles 4.75 hours	strenuous <i>1,530 feet</i>





# CAMPING

Acadia National Park has four campgrounds, all within a five-minute walk of the ocean. Two are on Mount Desert Island, and one is on Isle au Haut and another is on the Schoodic Peninsula. Additional camping facilities are located outside the park.

**Blackwoods Campground** is located off of Route 3, five miles south of Bar Harbor on the eastern half of Mount Desert Island. More than 300 campsites are open from May to October. Reservations are suggested and sites cost \$30 a night. Major credit cards are accepted. Winter camping is by permit only and facilities are limited.

**Seawall Campground**, located on the western half of the island on Route 102A, four miles south of Southwest Harbor, is



kickstand/iStock

Mount Desert Island's campgrounds offer sites on the edge, overlooking the park's beautiful waterways.

open from May 25 through September 5. Camping is \$30 a night for drive-up sites or \$22 a night for the many walk-in sites.

These two campgrounds provide restrooms with cold running water (but no shower facilities), picnic tables, fire rings, dump stations and centrally located amphitheaters for evening ranger programs. Designated campsites can accommodate RVs up to 35 feet long, but neither campground has utility hookups. Public showers and camping supply stores are located within half a mile of campgrounds.

Located three miles south of Winter Harbor about 50 miles from Mount Desert Island, **Schoodic Woods Campground** is open May 25 until October 10. The site will feature hiking and biking trails as well as electric and water hookups for RVs.

Reservations can be made for all three campgrounds six months in advance. For more information or to make reservations, please call **(877) 444-6777** or visit [recreation.gov](http://recreation.gov).

The park maintains five lean-to shelters (which can accommodate up to six people) at **Duck Harbor Campground, open May 15 to October 15**, on pristine Isle au Haut. Facilities include a picnic table, a fire ring, a portable toilet and a hand pump for drinking water. Reservations are required and must be submitted in person at park headquarters or be postmarked April 1 or later. There is a \$25 special-use permit fee. No dogs are allowed in the campground.

Mail applications to: Acadia National Park, Isle au Haut Reservations, P.O. Box 177, Bar Harbor, ME 04609; **(207) 288-3338**. Applications are available for download at [nps.gov/acad](http://nps.gov/acad).



# JUST FOR KIDS

A visit to Acadia gives kids a chance to get back to nature and learn about plant and animal life, living history and the wonders of the ecosystem. At the same time, they're able to gain a better appreciation of the role rangers play in keeping America's parks preserved for generations to come. Here's a helpful rundown of some fun ways kids can get involved.

## CHECK OUT A VISITOR CENTER

Stop at the Hulls Cove Visitor Center to sign up for a children's program with a park ranger: explore a pond, listen to a story, try field research or unearth some of Acadia's best-kept geological secrets.

## BECOME A JUNIOR RANGER

Kids of all ages can become Junior Rangers by completing the activities in the Junior Ranger booklet, which is available at the visitor center. Then, they join one or two ranger-led programs or walks to receive a Junior Ranger patch.

## VISIT THE NATURE CENTER

Check out displays and learn about climate change through interactive exhibits.

## EXPLORE THE CARRIAGE ROADS

Take kids on a horse-drawn carriage ride on Acadia's carriage roads.

## GO TO THE WATER

Look for eagles, ospreys, harbor seals, porpoises and other marine life and birds.

## DRIVE UP CADILLAC MOUNTAIN

From the top, be the first in America to see the sun rise each day.

## VISIT THE ABBE MUSEUM

A short walk from the Nature Center and down a woodland path, the museum houses American Indian artifacts like early pottery and bone and stone tools. Fees are \$3 for adults and \$1 for children (ages 11 to 17). Also visit the Abbe in downtown Bar Harbor. Fees are \$8 for adults and \$4 for children, and include admission at the Sieur de Monts museum.

## STOP BY JORDAN POND HOUSE

Kids will love the homemade popovers and locally made strawberry jam at Jordan Pond House. You can get blueberry lemonade or soda, hot chocolate or root beer to go with them. Kids can sit with parents at outdoor tables, or scamper through the grass while the adults enjoy the views.

## HIT THE BEACH

Children will enjoy the crashing waves and the combination of sand and shell fragments at **Sand Beach**. If you're not ready to brave the cold ocean waters here, try heading over to the swimming area at **Echo Lake**. Both areas have lifeguards who are on duty from June through August.

## HIKE UP GORHAM MOUNTAIN

This short hike ascends only 525 feet and offers ocean views. During July and August, you can **pick blueberries** on some of Acadia's mountains.

## VISIT SCHOODIC PENINSULA

Marvel at the surf's sound and fury when it's almost high tide. Tide information is posted at the visitor center and in the ranger-led program schedule.



Despite a number of ecological demands, including harsh winters and overlapping land environments, Acadia's flora and fauna have flourished. Most of the park's animals are adept at avoiding detection, but look carefully (and quietly) at dawn or dusk and you may see them feeding.

## THE FOREST

For centuries, evergreens dominated much of northern Maine. When the last glacier receded, **spruce** and **balsam firs** outnumbered deciduous trees such as birch and aspen. These coniferous trees inhibited the growth of other vegetation with their long shadows and needles, which, as they decayed, produced acidic soil.

These resinous trees are also especially quick to burn and slow to regenerate. Following the 1947 fire, a new forest of sun-worshipping **birch**, **maple** and **aspen** sprang up amid the surviving evergreens. Thus, the fire increased the diversity of Acadia's woodlands and the intensity of its fall foliage. As they grow, the deciduous trees produce the shade required by evergreens, and eventually spruce and fir will stand tall once more in Acadia.

Ramrod straight with reddish-brown bark and sharp, stiff needles, **red spruce** can grow as tall as 110 feet—although on Acadia's rocky mountaintops, dwarf spruce one-tenth that size are common. Outside the park, red spruce is heavily logged for pulp. **White spruce**, which has silvery-brown bark and bluish-green needles, is also found here.

It is no accident that Maine is known as the "Pine Tree State." Several species

thrive in Acadia, including red, pitch and jack pines. But the best known is the **white pine**, which unlike spruce and fir, prefers sunlight to shadow. White pine grows quickly, usually to heights of more than 100 feet. Because of its great size, it was once highly valued for sailing ship masts.

To Acadia's earliest inhabitants, no tree was more important than the **paper birch**. They used the birch's tough, white bark to craft baskets, canoes and wigwams. Prized by native tribes and settlers alike was the **sugar maple**, whose sweet sap produces that New England delicacy, maple syrup.

## THE WATER'S EDGE

Acadia's intertidal zone teems with marine life that has adapted to Acadia's twice-daily tides, which range between 10 and 12 feet.

Just below the low-water mark is **kelp**, a dense, brown seaweed that can withstand 600 pounds of water force per square inch before breaking. Sheltered by the kelp are crabs, sea urchins, sea anemones, sea stars and jellyfish. Next closest to shore is

KatieDobies/Stack



In the "Pine Tree State," as Maine is known, stately trees stand watch over visitors.



## WATCHABLE WILDLIFE



**1 ATLANTIC PUFFIN** (*Fratercula arctica*)  
Often called "sea parrots" or "clowns of the sea," these pigeon-sized birds have large, bright orange beaks and feet. They live in colonies on rocky islands off the coast and aren't visible from Mount Desert Island but can be seen during some boat cruises. • **Weight** 1 lb • **Size** 1 ft tall • **Active** spring and summer. Photo: Tobias Begemann

**2 BALD EAGLE** (*Haliaeetus leucocephalus*)  
The national bird of the United States, the bald eagle lives in coastal woodlands and along waterways, and eats fish it grabs from the water with its talons. Bald eagles mate for life and can live up to 30 years in the wild. Look for bald eagles near Frenchman Bay. Their seven-foot wingspan makes them hard to miss when they're out and about. • **Weight** 10-20 lbs • **Size** 2-4 ft tall • **Active** year-round. Photo: David A. Mitchell

**3 BEAVER** (*Castor canadensis*)  
These large, broad-tailed rodents build dams year-round. In September, they start reinforcing their lodges and building food caches to prepare for winter. Look for them at dawn and dusk, when they are most active. • **Weight** 30-60 lbs • **Size** 35-50 in long, including tail • **Active** in Maine year-round. Photo: Bill Damon

**4 BLACK BEAR** (*Ursus americanus*)  
It is unlikely that you'll encounter a black bear. They are active from spring through fall, moving through the woods and mountains eating berries, fish or whatever food they can find. By fall, black bears claim a den beneath a rock or fallen tree to sleep for the winter. • **Weight** 200-600 lbs • **Size** 5-6 ft long • **Active** spring, summer and fall. Photo: Jitze Couperus

**5 COMMON LOON** (*Gavia immer*)  
Listen for the melodious call of the loon echoing in the woods. Recognizable by their zebra-striped necklace, glossy checkerboard feathers, and sleek graceful form, these majestic birds can dive as deep as 300 feet to catch their prey. They eat fish, frogs, insects and vegetation. • **Weight** 6-14 lbs • **Size** 28-36 in long • **Active** year-round. Photo: Dave Christiansen

**6 EASTERN COYOTE** (*Canis latrans*)  
This buff- or gray-colored canine resembles a wolf but has a smaller build, narrower muzzle and larger ears. While the coyote is not common on Mount Desert Island, locals report hearing its distinctive "singing" at night. • **Weight** 20-50 lbs • **Size** 30-40 in (head and body) • **Active** in Maine year-round. Photo: Eric Kilby



## WATCHABLE WILDLIFE



### 7 HARBOR SEAL (*Phoca vitulina*)

These playful animals bask in the sun on ledges and islands at low tide, especially in spring and summer. At high tide, they take to the water, displaying admirable grace as they hunt for herring, mackerel and other fish. Harbor seals are often grey with either dark or light spots or rings. • **Weight** 110-350 lbs • **Size** 18-36 in long • **Active** year-round. Photo: Tony Hisgett

### 8 HUMPBACK WHALE (*Megaptera novaeangliae*)

These migratory baleen whales can be seen during boat cruises off the coast of Maine. The Gulf of Maine is one of several major feeding areas in the North Atlantic Ocean. No two whale tails are alike—each humpback’s flukes have a distinct black and white pattern. • **Weight** 30-40 tons • **Size** 49-53 ft long • **Active** summer and fall. Photo: Gregory Smith

### 9 THE BLACK GUILLEMOT (*Cepphus grylle*)

Is quite a striking sight with its bright-red feet and black feathers. The guillemot is only truly black in summer, however; its feathers turn mostly white in winter. This bird eats mostly fish, and can stay underwater for up to 2 minutes and 20 seconds. • **Weight** 11 to 17 oz • **Size** 12 to 12.5 in • **Active** year-round. Photo: Brian Gratwicke

### 10 RED FOX (*Vulpes vulpes*)

You may see red fox hunting hare and small rodents in open fields and salt marshes, or darting across the park’s roads and carriage roads by night. Foxes rear their pups in dens. During fall and winter, their red-brown coats become thick and richly colored. • **Weight** 6-24 lbs • **Size** 15-30 in long • **Active** April through August. Photo: Rylee Isitt

### 11 SNOWSHOE HARE (*Lepus americanus*)

In winter these hares molt their gray-brown coats and grow white fur, which provides camouflage against the snow and helps them hide from predators like coyotes and foxes. The stiff hairs on their feet form a “snowshoe,” supporting their weight on the surface of the snow. • **Weight** 2-4 lbs • **Size** 16-20 in long • **Active** year-round. Photo: Bill Thompson

### 12 WHITE-TAILED DEER (*Odocoileus virginianus*)

These tall and graceful deer are plentiful in Acadia and are most often seen in areas with open fields. They have a tan coat and a tail with a white underside, which is visible when they run or sense danger. They feed on grasses, tree buds, nuts and acorns. • **Weight** 110-300 lbs • **Size** 6-8 ft tall • **Active** year-round. Photo: Colby Stopa

**Irish moss**, a bushy, purplish-brown seaweed. When processed, it becomes carrageenan, a thickening agent used in ice cream, cheese, salad dressing and chocolate milk.

At the high-water mark, you’ll find a white layer of **acorn barnacles**. These minute crustaceans float to shore and attach to rocks, ship bottoms and pilings, then they form a tough, conical shell. **Periwinkles**, tiny snails half an inch long, feed on wet algae with a rough tongue called a radula.

A lichen, pale gray in color and known as **old man’s beard**, festoons the spruce trees that grow near shore. Like their mountaintop cousins, the trees and plants that grow along the coast are often dwarfed and twisted—the result of fierce winds and highly saline ocean spray.

## MARINE WILDLIFE

Spotting marine wildlife from aboard a boat off the coast of Acadia National Park is a favorite visitor activity. Some of the most commonly seen **whales** include the **finback**, which ranges from 30 to 70 feet in length and has a distinctive white stripe across the right side of its jaws; the **humpback**, which is 30 to 60 feet in length and is noted for its acrobatic behavior, knobby head and snout; and the smaller **minke**, which is usually less than 20 feet in length. **Puffins** can also be seen on islands along Acadia’s coast. See the “Things to Do” chapter for more information about ranger-led nature cruises and whale watching tours.

## BIRDS

Located at the juncture of the northern and temperate life zones, Acadia attracts more than 300 species of sea,

shore, and land birds, from the **common loon** to the majestic **bald eagle** and **peregrine falcon**. **Sea ducks** also frequent the coastal waters, particularly during the winter months. Of particular note are **buffleheads**, **red-breasted mergansers**, **common eiders**, **black scoters**, **surf scoters** and **white-winged scoters**. The bufflehead has a puffy, bonnet-shaped brow, while the sleek merganser has a crested, almost punkish coiffure. Surf scoters are known as “skunk ducks,” not because of their scent but rather for their black-and-white markings.

**Black guillemots** are distinct both in sight and sound—they have brilliant red feet, a white wing patch and raucous squawks. These impressive birds nest on Long Porcupine Island and are visible along its steep ledges. Guillemots can dive as deep as 165 feet to catch their favorite treats—cod and mollusks.

Dozens of brightly colored **warblers** summer in Acadia, filling the woods with their cheerful songs. It is no wonder Acadia is known as a birdwatcher’s paradise.

See the “Things to Do” chapter for information about birdwatching in Acadia.



Yellow-Rumped Warbler



# PHOTOGRAPHY

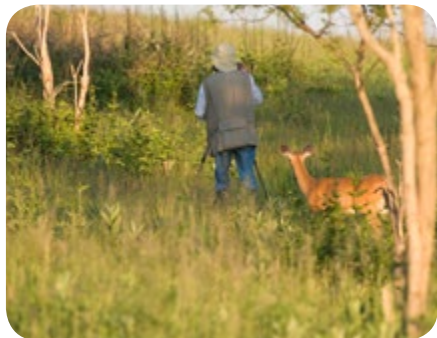
The ecosystems of America's national and state parks and public lands are among the most diverse on the planet—from the wetlands of the Everglades to the temperate rain forests of Olympic National Park and the deserts of Death Valley to the mountains of Yellowstone and Grand Teton. For both aspiring and experienced photographers, the goal of any trip to a national park is to capture its endemic wildlife.

Taking photographs of animals presents a unique set of challenges. Landscapes cooperate; wildlife does not. Not only are animals likely to react to a photographer's presence, but they are also driven by their own instincts and behavior, which can make capturing them difficult. The tips below will help you compose better wildlife images of all creatures great and small—from the bison to the tiniest hummingbird and everything in between.

- **Use a tripod.** If you are using a large telephoto lens, consider investing in a gimbal head, which will make it easier to track your subject.
- **Know your subject.** Before you take out your camera, understand your subject's

behavior so that you can be prepared for what it will do next.

- **The eyes have it.** Capturing your subject's eyes will lead the viewer into the picture and make your image more impactful. Always keep the eyes in focus and try to place them in the power points (the intersection of rule of third guidelines).
  - **Keep a safe distance.** You'll want to keep a minimum of 25 yards between you and your subject and more than 75 yards for larger predators. That means that you'll need a big telephoto lens if you want to get up close and personal.
  - **Shoot in burst mode.** Instead of taking a single frame, increase the probability that you'll capture the behavior, head position or angle by capturing multiple frames.
  - **Be prepared.** Wildlife, and particularly birds, move quickly and without provocation. Practice your panning skills to better catch birds when they alight.
  - **Timing is everything.** The best time to photograph wildlife is during the golden hours—at dusk and dawn—when the light is soft and less likely to cast harsh shadows across your subject's face.
  - **Keep it simple.** The easiest way to draw attention to your subject is to use a simple background. Use a shallow depth of field to blur any distracting backgrounds.
  - **Aim for the action.** Make your image more compelling by capturing your subject exhibiting its natural behavior—flying, hunting, eating or caring for young.
- The best way to take better photographs is to practice, and you don't need to go far. Buy a bird feeder and build a studio in your backyard, where you'll be able to create your own version of *A Star(ling) is Born*.



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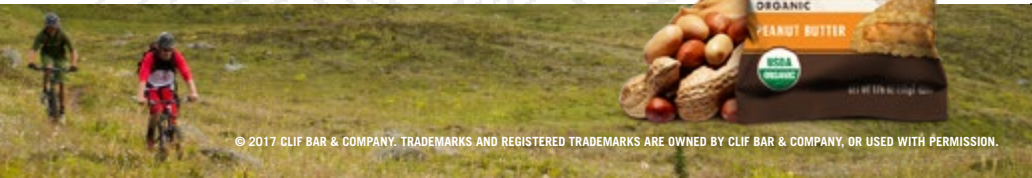
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# IF YOU ONLY HAVE A DAY

Acadia's compact size makes it easy to take in many of the park's highlights in one day. To make the most of your time, begin your day before 9 a.m. During the summer, the park is busiest between 10 a.m. and 2 p.m. Don't try to crowd too much into your day. See what you can, see it well, and make plans for a return trip.

## VISITOR CENTER

**Hulls Cove Visitor Center** opens at 8 a.m. in June 18–September 23. A 15-minute show will acquaint you with the park's history and its mountains-meet-the-sea character. You can also pick up a free map and other park literature here.

## PARK LOOP ROAD

Acadia's Park Loop Road is an ideal day trip. This 27-mile loop takes in much of the eastern half of Acadia, winding along the rocky coast past Sand Beach, Thunder Hole and Otter Cliffs. It then swings inland through the park's wooded interior, past **Jordan Pond** and **Eagle Lake** and past a



The view from the top of Cadillac Mountain is worth the winding drive up Park Loop Road.

Kim Carpenter

series of mountain peaks. There are frequent turnouts where you can stop to admire the views. On a clear day, you can see Schoodic Point from Otter Cliffs. At the South Bubble turnout, look for the large boulder on the mountaintop that was left behind by a receding glacier.

If time and weather permit, park your car and sample some of Acadia on foot. Some short but scenic walks include the dramatic **Ocean Path** along Frenchman Bay, the hike up **Gorham Mountain** and the trail along the shore of Jordan Pond. Stop by the **Jordan Pond House** for warm popovers and fresh-squeezed lemonade.

The Park Loop Road culminates with the drive to the summit of 1,530-foot **Cadillac Mountain**. From here, you'll be able to survey all of Acadia and the surrounding bays—a view that is especially spectacular at day's end, when the setting sun suffuses the landscape with its warm light.

## MOUNT DESERT ISLAND

To finish off your day in Acadia, spend your evening strolling among the shops and restaurants of one of **Mount Desert Island's** quaint communities. You can also take a sunset or moonlight sail on Frenchman Bay, named for French explorer Samuel de Champlain. Should you decide to stay the night, choose among the island's many inns, hotels and bed-and-breakfasts.

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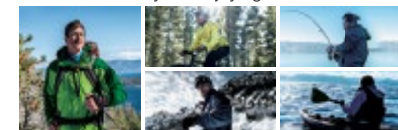


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