



Acadia

Mt Desert Island, Maine

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Hiking

The hiking in Acadia is, to my mind, the best in America. The approximately 125 miles of trails are beautifully marked and maintained. Many have granite steps, or iron ladders or railings to help negotiate difficult/dangerous spots. They range from flat to straight up. And you get the best views with the least work of any trail system anywhere. Beehive to Gorham mountain and Cadillac Cliffs, then walk back along shore (Ocean trail), Precipice (appropriately named), and the Jordan Cliffs trail followed by a walk back down South Ridge of Penobscot mountain trail are my favorites, but there are dozens of great ones, at least 50 overall. For kids over 6 to 7 years the Beehive trail is exciting (quite precipitous) with amazing views, but not too much work. For older kids and adults who are not afraid of heights, Precipice is the ultimate. *Unfortunately, both Precipice and Jordan Cliffs are usually closed until early to mid-August due to nesting peregrine falcons.* You can check when these and other trails will open at <https://www.nps.gov/acad/planyou>

[rvisit/conditions.htm](#) or by searching <http://www.mdislander.com>, the local newspaper, for "precipice trail". Neither is reliably up-to-date. The Harbor Walk in Bar Harbor and the walk along Otter Point (Ocean trail) are both very beautiful and very easy. Another short, easy hike is to Beech Cliffs from the top of Beech mountain road. Only 0.3 mile and great views. Kids also love the short walk to the rocky coast and myriad tide pools on the Wonderland trail. Couch potatoes can drive to the top of Cadillac mountain, the highest point in the park. Views are worth it.

Excellent Circle Hikes

Beehive-Gorham-Ocean Drive

Park at Sand Beach on the Park Loop Road. Do this hike early in the day before the crowds arrive. It is very *popular*. The trail starts across the road. The route is Beehive → The Bowl → Halfway mountain → Gorham mountain (Cadillac Cliffs side trail) → Ocean trail back to the parking lot. Exciting climbing (up!) on Beehive, beautiful views from Beehive and Gorham, beautiful, easy walk back along classic Maine coast. This route is the most scenery for the least work. About 4-5 miles. Beehive



Fig. 1. View of Sand Beach from part way up Beehive trail

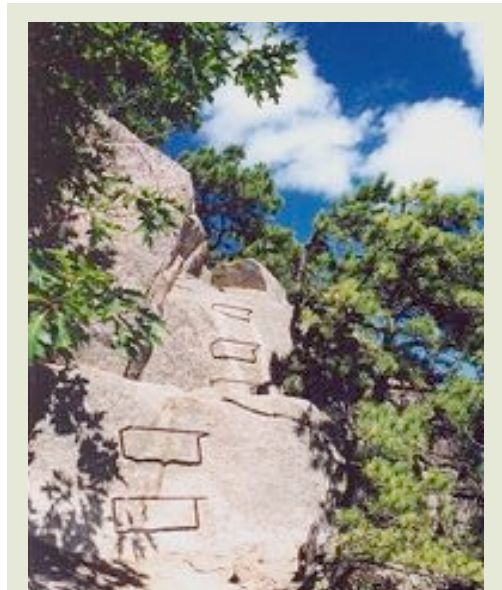


Fig. 2. Iron ladders and handholds aid ascent on the Beehive and other steep trails



Fig. 3. Grate over small crevasse on Beehive trail



Fig. 4. View from Gorham mountain trail



Fig. 5. Classic Maine coast along the Ocean Trail

small glacial lake) is definitely worthwhile, and I am a big proponent of also hiking Gorham mountain, which isn't hard and has great views (Fig. 4). The return trip along the Ocean Trail is also beautiful (Fig. 5).



Fig. 6. View of Frenchman's Bay from top of Precipice trail

Precipice

The Precipice trail is on the steep east face of Champlaine mountain. Park at the Precipice lot on the Park Loop Road. The route is Precipice → Bear Brook trail → East Face trail. Precipice is the most vertiginous and difficult trail. It is like Beehive but more than twice as high (1,100 ft). The views are extraordinary (Fig. 6). It is definitely not for those afraid of heights, but it is great fun. About 2-3 miles.

Jordan Cliffs-Penobscot Mountain

Park at the Jordan Pond restaurant off the Park Loop Road. The route is Jordan Cliffs → Penobscot mountain summit → Jordan Ridge trail. Difficult, exciting first half on the Jordan Cliffs trail, comparable to Beehive or Precipice, with narrow ridges, log bridges over crevasses and iron rung ladders and handholds. Easy descent with super 270 degree views (Fig. 7) along the rocky, open south ridge of Penobscot mountain (Jordan Ridge trail). About 5 miles.

The Bubbles

Park at Bubbles parking on the Park Loop Road. The route is Jordan Carry



Fig. 7. Open views and easy descent along Jordan Ridge Trail



Fig. 8. Bubble Rock on top of the South Bubble mountain

Trail south from the parking lot → front face of the South Bubble → top of the Bubble and Bubble Rock → come down the back. Very short hike. Great view of Jordan Pond. Very steep exciting first section. The timid and young children can go up the back of the Bubble, directly from the parking lot. About 1 mile. The rock (Fig. 8) is a glacial remnant.

Acadia Mountain

This is a very popular hike on the western side of the island that has great views of Somes Sound, the only fiord in the Americas. The route combines a moderate hike up Acadia mountain with a steep descent to Man O'War Brook Valley, where 18th century ships moored to obtain fresh water from the stream that cascades into the ocean there, followed by a gentle return walk. Park at the Acadia mountain lot on Rte 102. The route is the Acadia mountain trail → return

alone is only about 1 mile and is a great short hike. The front of Beehive is steep and not for those afraid of heights (Fig. 1), though the point shown is the most vertiginous point on the trail. The whole trail isn't like this and is perfectly safe. Iron ladders and handholds are built into the rocks where needed to aid ascent (Fig. 2) and, where needed, grates cover crevasses (Fig. 3). Once you get to the top the short detour to The Bowl (a

on fire road (Man O'War Brook Valley) or, for a longer hike, East Face Trail of St Sauveur mountain → St Sauveur Cliffs (go all the way to Valley Peak) → retrace steps to St Sauveur Peak → Trail back to Acadia



Fig 9. Rock tunnel on Giant Slide trail

parking lot. The shorter route is about 2 miles.

Giant Slide-Sargent Mountain

This is a strenuous but wonderfully varied hike up the west side of Sargent Mtn, the second largest in the park. Park along Rte 198 near the beginning of Sargent Drive and follow a private dirt road for 0.4 mi to the beginning of the trail. The first part of the hike follows a brook with beautiful little falls and water tumbling over and around giant boulders. The trail goes through caves (Fig 9) and over log bridges and is great fun. The hike then follows the Grandgent trail, which rises steeply up the side of Sargent Mts, with beautiful views to the west. From the top the views continue as you return along the open north ridge of Sargent on the Northwest Trail (previously North Ridge Trail), which connects to Giant Slide trail.

Hikes for Children

Relatively young children can scramble up the back side of the South Bubble, as noted above, but there are three other relatively short out-and-back hikes that our young grandchildren enjoy.



Fig 10. Cadillac Mtn summit

Cadillac Mountain

Cadillac Mtn (1532 ft) is the highest in Acadia National Park and the highest mountain on the coast north of Rio de Janeiro. The summit is flat and easy for even 2 to 3 year old children to negotiate, and there is a road to the top and adequate parking. The view (Fig. 10) is fantastic.

Beech Mountain

Beech Mtn, like Cadillac, has a road that leads most of the way to the summit, so that it is accessible for younger children. Drive to the end of Beech Hill Rd (off Pretty Marsh Rd (Rte 102) just south of Somesville on the western side of the island). Park and hike a short distance to the east to reach the Beech Mtn cliffs and great views.

Wonderland Trail

This flat (1.4 mi roundtrip) trail begins off Rte 102A at the very southern end of the western side of the island. The wooded trail ends at a beautiful ocean cove with wonderful rocks and tide pools for kids to explore (Fig. 11).



Fig. 11. Wonderland Trail end

Books

These and many other hikes are fully described in a book called *A Walk in the Park: Acadia's Hiking Guide* by Thomas A. St Germain that is available at the National Park headquarters off Route 3 on the way from the top of the island to Bar Harbor. Other books to consider (many also available at Park Headquarters or from Amazon) include: *Acadia: The Complete Guide: Mt. Desert Island & Acadia National Park* by James Kaiser (Destination Press); *Hiking Acadia National Park* by Dolores Kong and Dan Ring (Falcon Press); and *Discover Acadia National Park, 2nd ed: AMC Guide to the Best Hiking, Biking, and Paddling (AMC Discover Series)* by Jerry Monkman and Marcy Monkman (Appalachian Mountain Club Books)

Maps

Hiking, Biking, and Paddling Map to Acadia National Park (printed on tough Tyvec, not paper) from the Appalachian Mountain Club Books is a good map of the park. Many others are available at Park Headquarters

Biking

The biking in Acadia National Park is fabulous. There are more than 50 miles of fine gravel biking trails (Fig. 12) that wind among the lakes and mountains, with fabulous views (Fig.13) and some exciting ups and downs. These were originally carriage trails built at great expense by John D. Rockefeller. These trails are completely separate from the auto roads and have their own rock bridges (Fig.14). You can bring bikes or rent in Bar Harbor (closest to trails: Bar Harbor Bike Shop, 141 Cottage St, 288-3886 or Acadia Bike Rentals, 48 Cottage St, 288-9605). Also SW Harbor (Southwest Cycle, Rte 102, 244-5856).



Fig. 12. There are more than 50 miles of carriage trails, which are now used for biking

Eagle Lake Loop

Park at Eagle Lake Parking lot (VERY popular) on Rte 233 (Eagle Lake Road). Go around lake to the right (easier climb). The signposts are: 6 → 9 → 8 → 7 → 6. Beautiful views of lake and mountains. 6 miles.

Jordan Pond-Bubble Pond Loop

Park at Jordan Pond house. The signposts are: 16 → (cross road) → 17 → 7 → 8 → 10 → 14 → 15 → 16. 8.6 miles. Lovely vistas.

Hadlock Brook Loop

Park at Brown mountain gatehouse off Rte 198. The signposts are: Parking → 18 (go left) → 13 → 12 → 19 → 18 → Parking. 3.9 miles. Level stretches, steep grades, waterfall, great views. Popular.

Can add Amphitheater Loop to end of ride to extend it by 5 miles. Pretty, solitary forest ride. Not heavily travelled. At signpost 19 above turn left → 20 → 21 → 22 → 20 → 19 → 18 → Parking.

Around Sargent Mountain Loop

Park at Parkman mountain lot on Rte 198 or at Jordan Pond House. From Parkman the signposts are: Parking → 13 (go left) → 12 (go left) → 10 → 14 → 21 → 20 → 19 → 12 → 13 → Parking. Long (11.1 miles), challenging, great views, waterfall, level stretches, lakeside, has everything *but you have to be in good shape*.

Books

Two good books describing the carriage roads and biking trails are *Biking on Mount Desert Island (A Pocket Guide)* by Audrey Minutolo (Down East Books); and *A Pocket Guide to Carriage Roads of Acadia National Park (Pocket Guide)* by Diana Abrell (Down East Books).



Fig. 13. One of many beautiful vistas along the carriage trails



Fig. 14. The carriage trails are enhanced by many beautiful bridges, such as this one, seen from below that spans a stream

Even if you rent bring a bike rack if you've got one (can rent racks) to transport bikes from shop to trail. Note, however, that the Park runs a free bus service (Island Explorer Buses). The buses have bike racks on the front and back. They go all over the island (except near our house) and are a great service. Popular bike circle routes:



Fig. 15. Echo Lake beach

Swimming

For real ocean swimming for the hardy (and well insulated) we recommend Sand Beach in the National Park (especially) or the beach at Seal Harbor (both with water temp usually in lower 60s!). For freshwater swimming (much warmer, where locals swim) go to Echo Lake (Fig. 15) or Long Pond. Both have gorgeous views and Echo Lake has a very nice, big beach and a lifeguard. Long Pond has a floating raft in deeper water for diving. Both are best on really hot days. Echo Lake beach is at the southern end of the lake. It is reached via a signed Natl Park road off Route 102 on the way to Southwest Harbor.

Canoeing

Long Pond (Fig. 16) (embark canoes and kayaks at **National Park Canoe Center** on Pretty Marsh Rd), Echo Lake (embark at Ike's Point off Route 102 to Southwest Harbor and Eagle



Fig. 16. Canoeing on Long Pond

Lake (embark just off Rte 233 / Eagle Lake Rd) are all great and beautiful spots for canoeing. You can rent canoes, kayaks (and car carriers) at the National Park Canoe Center or at any of the outfitters in Bar Harbor (e.g., Acadia Bike and Canoe, 48 Cottage St, 288-9605).

Sea Kayaking



Fig. 17. Sea kayaks are large and stable

This is fun, easy to learn and safe. Sea kayaks are bigger than std kayaks and much more stable. Learners are in two person kayaks (Fig. 17). Beginners take guided trips out Somes Sound (recommended, gorgeous—the only fiord in the Americas) and off Bartlett's Landing, among others. There are numerous outfitters that rent sea kayaks—two are in Bar Harbor on Cottage St (e.g., Acadia Outdoors, 288-2422 and Acadia Bike and Canoe, 288-9605) and there are several others in other towns (e.g., Aquaterra Adventures 288-0007, Acadia Park Sea Kayak Tours, 244-0577 and National Park Sea Kayak Tours, 288-3205).

Rock Climbing



Fig. 18. Climbers rappelling on Otter Cliffs

The outfitters above and others offer rock-climbing lessons. **Acadia Mountain Guides Climbing School** (198 Main St, Bar Harbor, 288-8186 or 1-888-232-9559) is good. Also **Atlantic Climbing School** (26 Cottage St, Bar Harbor, 288-2521). Kids love this. They teach you how to rappel down cliffs and climb up them, using ropes. Beginner lessons are often at Otter Cliffs (Fig. 18), the highest cliffs on the North American coast, where the view is amazing. Not that hard (my kids did it) and really fun.

Driving

Everyone should drive the 22 mile **Park Loop Road** through the National Park. It is spectacular. Stop at Otter Cliffs (ignore Thunder Hole except on days with huge waves), and

drive to the top of Cadillac Mtn (esp. on a sunny, clear, dry day or at sunset). A stop at the **Jordan Pond Restaurant** (276-3316) for their famous hot popovers, tea and real lemonade is also recommended, as noted above, but it is often VERY crowded. Come at off hours (mid-morning or mid-after-noon). The view from the lawn (Fig. 19) is outstanding. I prefer to drive the Park Road early in the morning before traffic picks up. It's also magical on a foggy morning, though the views are less grand. Another must drive is Sargent Drive along Somes Sound, going toward Northeast Harbor. The ultra wealthy live in Northeast Harbor and Seal Harbor (Martha Stewart, the Rockefeller, the Fords, etc.). The homes from Sargent Drive around to Seal Harbor are gorgeous—esp. the ones on the roads winding up the hill behind Seal Harbor. Bass Harbor Light (Fig. 20) is famous and pretty and worth seeing if you are down at that end of the island (e.g., to eat at



Fig. 19. View from Jordan Pond restaurant across Jordan Pond to the Bubbles



Fig. 20. Bass Harbor Lighthouse

Thurston's Lobster Pound). The harbor at Manset (Fig. 21) is also very pretty and prototypical New England.



Fig. 21. Lobster boats in Manset harbor

Other Activities

Gardens

Thuya Gardens (Fig. 22) and **Asticou Azalea Gardens** near Northeast Harbor are very lovely and worth a trip. The **Wildflower Gardens** at Sieur de Monts Springs, off Rte 3 at the Park Loop Road entrance, just south of the Jackson Laboratory are also very nice. Good for a cloudy/foggy day



Fig. 22. Flowers at the lovely Thuya Garden

Whales and Puffins

Several cruises out of Bar Harbor at about noon daily to whaling spots in the Gulf of Maine. (Bar Harbor Whale Watch Co., 288-2386 for tickets.

www.barharborwhales.com/default.p



Fig. 23. Puffins

[hp](#)) Some companies also show you puffins (Fig. 23) (e.g., Sea Bird Watcher, 800-BIRDS-94) or seals. You are virtually guaranteed to see lots of humpback whales. Remember to bring warm jackets and maybe even gloves. It's always cold out in the Gulf of Maine, even on the hottest day (sea temp only in 50's).

Other Cruising, Sailing and Deep Sea Fishing

There are sailboat cruises out of Bar Harbor. The best is on the Margaret Todd, a 151 ft schooner, (Fig. 24) (**Downeast Windjammer**, Bar Harbor Inn Pier, 288-4585 or 288-2373, Ticket office, 27 Main St).

There are ferryboat rides to other parts of Acadia Natl Park (e.g., to the isolated Isle du Haut from Stonington, ME aboard the mail boat, 207-367-5193). One can take the early evening ferry from Northeast Harbor to Little Cranberry Island (244-5582) and eat lobster at the Islesford Dock Res-



Fig. 24. The schooner Margaret Todd

taurant (244-7494) then come home on the sunset ferry. Or the beautiful Sunset Cruise on the Islesford Ferry from Northeast Harbor (276-3717). The Lunchtime (11 am - 2:30 pm) cruise to Frenchboro by Island Cruises out of Bass Harbor (www.bassharborcruises.com) topped by a lobster lunch at Lunt's Dockside Deli (334-2922; famous for lobster rolls) is also highly recommended.

There is deep-sea fishing out of Bar Harbor (Downeast Windjammer, 288-4585) or SW Harbor (Custom Charters 'Next Time', 244-7044 or Mosako Queen, 244-5385).

Boats can be rented from Mansell Boat Rentals (power boats (13'-19') or sail boats (Cal 25' -Cal 31'), with or without lessons, 244-5625, www.mansellboatrentals.com). Powerboats can also be rented from Manset Yacht Service (244-4040, www.mansetyachtservice.com).

One can also take a day (or multi-day) trip on the Cat, a high speed catamaran ferry, from the Bay Ferries Terminal, 121 Eden St (north on Rte 3 from Bar Harbor) to Yarmouth, Nova Scotia, which is straight east, only 2 hrs and 45 min away (888-249-SAIL), etc., etc.

Antiquing

If you come up Rte 1, along the shore above Portland, ME, there are dozens of antique shops, ranging from junk to exceedingly pricey, rare 18th century antiques. This route is much slower than I-95, but much prettier. Camden, ME is especially pretty and definitely worth a trip. For small antiques try the Big Chicken Barn, 1768 Bucksport Rd (Rte 3) 9 miles west of Ellsworth.

Glider and Sightseeing Airplane Rides

You can take glider rides (207-667-SOAR) and sightseeing airplane rides (207-667-6527) out of Trenton Airport.



Fig. 25. Kebo Valley golf course

Golf

The **Kebo Valley Golf Club** (Fig. 25) is a great old golf course near the lab (eighth oldest course in the country (1896); Warren Harding's favorite course). It has great mountain views. (288-5000, www.kebovalleyclub.com; green fees \$65-75). Need to call ahead for a tee time. They also rent clubs and, of course, carts. It's a very nice place to go for lunch even if you're not playing golf. The food is excellent and you can sit out on the deck and take in the views.

There is a Driving Range: about halfway between the island and Ellsworth on Rte 3, and there are other less golf courses in NE Harbor and SW Harbor. The one in NE Harbor is said to be quite good.

Miniature Golf

Pirate's Cove Adventure Golf (Fig. 26) on Rte 3 between the entrance to the island and Bar Harbor. This is the best. Excellent minigolf. Two courses,



Fig. 26. Pirate's Cove Miniature Golf

waterfalls, caves, etc.

(www.piratescove.net/location/7; 288-2133). It has two excellent and

Wild Acadia Fun Park is another miniature golf course about halfway between the island and Ellsworth which is also good and has water slides, a Go Kart track and a 45-ft high aerial park and ropes course (www.wildacadia.com; 207-667-2073).

Movies

The best place for first run movies the **Reel Pizza and Cinerama** (schedule at www.reelpizza.net; 288-3811) in Bar Harbor, which serves decent pizza with movies (you can sit in regular movie seats with a table in front of you or on old couches).

Music

There is a strong music scene in the Bar Harbor area in the summer. The **Mt Desert Festival of Chamber Music** (www.mtdesertfestival.org) has a series of weekly concerts from mid-July to mid-August.

The **Arcady Music Society Summer Festival** runs from mid-July to late August and includes many outstanding artists.

The Bar Harbor Music Festival (www.barharbormusicfestival.org)

gives one live performance of a major opera at the Criterion Theatre in mid-July every year and offers many other filmed operas and live jazz and classical music performances at various venues in the Bar Harbor area.

The **Mount Desert Summer Chorale** (<http://summerchorale.org>) is an

outstanding chorus of summer visitors and full-time residents (Fig. 27). It performs major classical choral works, usually with orchestra, each year on the first or second Friday and Saturday in August. I sing with this group.



Fig. 27. Mount Desert Summer Chorale

Repertory Theatre

Acadia Repertory Theatre (244-7260; www.acadiarep.com) performs various well known plays and comedies almost every night in July and August in the small theatre on Rte 102, near Somesville. Usually, they end the season with an Agatha Christie mystery. Intimate. Quality is only so-so but it's cheap and good fun. There is also a matinee kids theatre on Wed and Sat.

Museums

Seal Cove Auto Museum on Seal Cove Road in Seal Cove. I haven't been there but it is highly regarded (www.sealcoveautomuseum.org).

Wendell Gilley Museum (wood carved birds) in Southwest Harbor (www.wendellgillemuseum.org; 244-7555).

Mt Desert Oceanarium (lobster hatchery, blue lobster, lobster stuff, 288-5005; www.theoceanarium.com)

Abbe Museum (Wabanaki Indian artifacts. www.abbemuseum.org)

Artist Workshops

Acadia Workshop Center, 566 Seawall Rd, SW Harbor, 244-3020; www.acadiaworkshopcenter.com/Index.html. Five day artists workshops in different media.

Art Galleries

Mt Desert St in Bar Harbor and especially in Blue Hill, ME, which is a beautiful town in its own right. If you go to Blue Hill don't forget to travel south of town to the Blue Hill Reversing Falls on Rte 175.

Playgrounds

There are children's playgrounds in Bar Harbor (across from the YMCA) and in Southwest Harbor, but our grandchildren's favorite is behind Emerson Elementary School (Fig. 27). The school is located at the corner where Route 233 (Eagle Lake Road) meets Route 3 (Mt Desert St) in Bar Harbor. Great slides and tire swing.



Fig. 27. Emerson School playground

Restaurants

List of most restaurants and menus at www.barharbormenus.com

Fancy

All of these are excellent. Havana is the quality of a top Boston restaurant.

Havana (Bar Harbor, 318 Main St, 288-2822) – Cuban/American. Small band. Inventive cuisine, great wines (Wine Spectator's Award of Excellence). Popular. Always excellent. The Obama's choice for dinner on their 2010 visit to Bar Harbor. We like the back annex rather than the main room.

www.havanamaine.com/index_BH.html

Blaze (Bar Harbor, 198 Main St, 801-2755) Mixed cuisine. Cozy, upscale, wood-fired entrees, 40 craft beers.

<http://www.blazebarharbor.com/#>

Burning Tree (just north of Otter Creek, 288-9331) – California gourmet, seafood, vegetarian. Top rated by many. Closed Tuesdays.

http://www.barharbormenus.com/the_burning_tree_menu.pdf

Cafe This Way (Bar Harbor, 14½ Mt Desert St, 288-4483) – Down an alleyway off Mt Desert St. Popular. American gourmet. Less expensive than some.

www.cafethisway.com

Mache Bistro (Bar Harbor, 321 Maine St (new location), 288-0447) - French bistro cuisine, seafood. Closed Mondays. www.machebistro.com

Rogue Cafe (Town Hill, Rte 102, 288-1011) - Previously the highly rated Town Hill Bistro. Relocated to the top of the hill on Rte 102 before descending into Southwest Harbor. Creative

dishes, slightly off-beat style.

<http://www.menupix.com/menudirectory/menu.php?id=251068482>

Fathom (6 Summer St, Bar Harbor, 288-9664) - American gourmet, creative food, fresh local ingredients. Diverse, moderately priced wine list.

<http://www.fathomsrestaurant.com>

Xanthus (in Claremont Hotel, 22 Claremont Rd, SW Harbor, 244-5036).

Elegant dining in a grand 1880s hotel with contemporary food and fabulous views. Jackets requested but not required.

www.theclaremonthotel.com/dining

XYZ (Manset, end of Bennett Lane, 244-5221) – Authentic Southern Mexican/Yucatan cuisine. Interesting restaurant. NY Times says one of the best of its kind in the country.

www.xyzmaine.com/xyz.html; www.boston.com/travelxplore/maine/articles/2006/09/06/finding_a_true_taste_of_mexico_in_the_woods_of_maine

Red Sky (14 Clark Point Rd, Southwest Harbor, 244-0476) White table cloth dining. Local and seasonal products. Outstanding food.

www.redskyrestaurant.com

Less Fancy

Jordan Pond House (at Jordan Pond on Park Loop Road; 276-3316). In the middle of the national park. Famous restaurant with views to die for. Stop after hiking for tea, lemonade (real), popover, lobster or seafood stew and homemade strawberry ice cream. Crowds can be horrendous so best in mid-morning or mid-afternoon. Eat on lawn. www.jordanpond.com.

McKay's Public House (Bar Harbor, 288-2002) Local and organic cuisine, plus gourmet pub fare

www.mckayspublichouse.com/index.php

Fish House Grill (1 West Street, Bar Harbor, 288-3070). Good seafood on a pier in the harbor with super views, especially on the covered pier on a nice night. Extensive menu.

www.barharbormenus.com/fish_house_grill_menu.pdf

Paddy's Irish Pub (in West Street Hotel, 151 Main St, Bar Harbor, 207-801-3786). Irish-American cuisine. Pub atmosphere. New but reportedly good food.

www.theweststreethotel.com/dine

Lompoc Café and Brewpub (36 Roddick St, Bar Harbor, 288-9392). Pub food with seasonal fish and locally grown organic produce. Live music Fri & Sat, Open Mic Nite on Thurs. Bocce court. www.lompoccafe.com.

Sips (4 Clark Point Rd, Southwest Harbor, 244-4550). Restaurant/wine bar. Interesting wines. Small plates (like tapas) with optional wine "sips" (2 oz), glasses (5 oz) or bottles. A wine bar with fancy food. Live music. Run by the wine expert who owns Sawyer's Specialties next door. Popular with locals. www.sipsmdi.com

Mainly Meats BBQ (15 Knox Road, Town Hill, in back of Atlantic Brewing, also called Knox Road Grill, 288-9200). BBQ and brews.

<http://www.atlanticbrewing.com/mainly-meat-bbq/>

Crazy Dave's BBQ. (479-9393) A black smoker and white tent located across from the entrance to Marden's big box store on Rte 3 near Ellsworth. Some of the best BBQ in the area. Take out only. Caters events. Dave goes to BBQ contests and sometimes is gone for days to weeks at a time. www.crazydavesbbq.com

Breakfast

2 Cats - Very fancy breakfasts with some imaginative stuff. *Really great.* Lovely outdoor deck and bower. Two friendly cats who are happy to join in. Very busy between 10 am and noon. Don't miss it. Unfortunately they do not have a website or a menu on the web. I've listed a Facebook page, a review site and an article in DownEast magazine. (130 Cottage St, Bar Harbor, 288-2808)

<https://www.facebook.com/twocats.barharbor?ref=hl>.

<http://www.yelp.com/biz/2-cats-in-n-and-cafe-bar-harbor>.

<http://downeast.com/2-cats/>

Cafe This Way (14½ Mt Desert St, Bar Harbor, 288-4483). Get there by 8:30 am. www.cafethisway.com

Sips (4 Clark Point Rd, Southwest Harbor, 244-4550). See above.

Little Notch Café (downtown, SW Harbor) - Great bread, outstanding pastries and pizza. Opens 8 am. www.barharbormenus.com/littlenotch.PDF

Jeannie's Breakfast: Popular, plenty of food. Signature strawberry rhubarb fruit spread. (15 Cottage St; 288-4166) - 6 am-1 pm daily www.jeanniesbreakfast.com

Lunch

Bar Harbor Inn (Downtown Bar Harbor on the wharf; 288-3351) Park in public lots near Inn or in Inn parking lot and walk around to ocean side of hotel. Lunch on the Terrace (Terrace Grill) next to the ocean under yellow umbrellas on nice days. Excellent food, A+ views of Porcupine Islands. Extremely civilized. Inside in the Reading Room in inclement

weather. Opens 11:30 am.

www.barharborinn.com/dining.html

Links Pub at the Kebo Valley Golf Club (136 Eagle Lake Road, ~1 mile west of Bar Harbor, 288-3000). Sit on deck under umbrellas on nice day. Good food and nice views at great prices.

<http://kebovalleyclub.com/links-pub/>

Patty's Irish Pub - (West Street Hotel, Bar Harbor) see above under Less Fancy Restaurants

Sips - In Southwest Harbor. See above.

Lobster

Thurston's Lobster Pound (Steamboat Wharf Rd, Bernard, 244-7600; www.thurstonslobster.com) is our favorite. Loved by locals. Eat on covered dock (no mosquito's) on the water overlooking a classic New England harbor. Fab views. A quintessential lobster pound. Also steamers, lobster stew, crabcakes and some grilled cheese and other non-fishy stuff for kids who don't like the red bugs.

Abel's Lobster Pound (13 Abel's Lane — road to Northeast Harbor from Somesville, on the right just beyond Bar Harbor turn off; 276-5827). Probably second after Thurston's. Beautiful setting in spruce grove overlooking the incomparable Somes Sound. A bit fancier and pricier. More comfortable indoor seating. www.abelslobsterpound.com

Beal's Lobster Pound (end of Clark Point Rd in SW Harbor, 244-7178; www.bealslobster.com) Also on water and great views.

Trenton Bridge Lobster Pound (just before you come onto the island. Very

plain. No views. Some locals would choose it. 667-2977;

www.trentonbridgelobster.com),

Lunt's Dockside Deli (Frenchboro Island, famous for lobster rolls). Take morning (11 am - 2:30 pm) cruise on Island Cruises boat out of Bass Harbor (www.bassharborcruises.com)

Other Food

Pizza

Rosalie's Pizza, Cottage St, Bar Harbor (www.rosaliespizza.com; 288-5666) and **Little Notch Café**, SW Harbor. Both are very good thin crust pizza. Little Notch is very good (not open Sundays) but Rosalie's has great sauce and is our favorite.

Sandwiches

Mother's Kitchen, a tiny shack with great gourmet sandwiches just south of the EBS Hardware store on Rte 102 in Town Hill. 288-4403; <http://www.motherskitchenfoods.com>

Bakery

Little Notch Bakery (244-4043). Amazing bread. Bakery on wharf at Southwest Harbor (they sell fresh bread and pastries just out of the oven 24 hours a day). Also buy at Little Notch Cafe in Southwest Harbor. (see above) As good or better than Clear Flour Bakery in Boston, where the Little Notch owner trained.

Ice Cream

Ben and Bill's Chocolate Emporium: Sixty-four flavors of gourmet home-made ice cream, along with 12 flavors of gelato. Can be a significant line. 66 Main Street, Bar Harbor, 288-3281; www.benandbills.com

Mount Desert Ice Cream: On the O'Bama agenda during their visit. Creamy, high-butter-fat ice creams and naturally flavored sorbets. 7 Firefly Lane, Bar Harbor, 207-460-5515; www.mdiic.com

Quietside Café and Ice Cream Shop 24 flavors of soft-serve and 20 varieties of hard ice cream and yoghurt.

Plus, pizzas, sandwiches, lobster rolls, etc. 360 Main Street, Southwest Harbor, 244-9444;

www.barharbormenus.com/qside.PDF

Homemade Pies

Islandbound Treats. Mary Musson and her three young daughters bake 50 pies per day in the three ovens at their home: blueberry, strawberry rhubarb or triple berry. The pies are *amazing* and only \$20. Pick them up at her front door (a white ranch at 302 Main St, SW Harbor, 244-9308, just shy of the village), or down the street at Sawyers Grocery. Not to be missed. She's no longer a secret though so come early.

<http://ouracadia.com/blog/2013/07/28/maine-pie-entrepreneur-gains-bigger-piece-of-a-market-locals-vacationers-love/>

Services

Groceries & Wine

Hannaford's, on Cottage St, Bar Harbor (best supermarket on the island, 288-3621), 7 am - 9 pm, 7 days. Often very busy in the summer.

Hannaford's and Shaw's Supermarkets, Ellsworth Mall on Rte 1 are the biggest (huge) and best in the area. I like Shaw's slightly better. Both are open 7 am -10 pm, except Sunday 7-9.

Sawyer's Mkt, This was Julia Child's Market. Center of Southwest Harbor. Prime meats, old fashioned butcher, gourmet and regular items, beer and wine. Small seafood selection but reliably fresh fish and mussels. Superb Cabot cloth bound cheddar cheese at butcher counter (don't miss getting some). Prices on high side but quality excellent. Park BEHIND Sawyer's (turn right at Carroll Drug on your way into SW Harbor from the north and go around behind the market. There's a sign and you can come in the back door).

www.sawyersmarket.com

Sawyer's Specialties: Catty-corner across the street from Sawyer's Mkt in downtown Southwest Harbor. The best wine (by far) on the island and a very knowledgeable owner. Also great cheeses/olives/ beer.

www.mdiwine.com

Beech Mtn Organic Farm and Farm Stand: ~1.5 miles up Beech Mtn Rd on SW Harbor side. Heirloom tomatoes after ~Aug 15. (8a-5p, Tue/Thurs/Sat, 244-5204)

<https://www.coa.edu/farms/beece-hill-farm/>

Rooster Bros: Ellsworth, Main St at Union River Bridge. Gourmet foods, eclectic kitchen cookware. Lots of things you can't find anywhere else. Great browsing for foodies.

www.roosterbrother.com; 800-866-0054.

John Edwards: Ellsworth, Main St Outstanding selection of spices, natural foods. Again, things you can't find anywhere else. Inexpensive. 667-9377; www.johnedwardsmarket.com

Gas Station

Somesville One-Stop (244-5504), where Rtes 102/198 from top of the island split, just before Somesville.

Drug Store

Carroll Drug (244-5588) on Rte 102 just before downtown SW Harbor.

Rite-Aid on Cottage St in Bar Harbor (288-2222) and in Ellsworth Mall area.

Bookstore

Sherman's bookstore on Main St near Cottage St. in Bar Harbor. 288-3161; www.shermans.com

Places to Stay

The Inn at Bay Ledge - Sand Point, north of Bar Harbor. This is the place where Ed Benz puts up guests. (www.innatbayledge.com);

Ullikana Bed & Breakfast – Downtown Bar Harbor. Carlo Brugnara has stayed there and loved it. Great rooms and food. (www.ullikana.com);

Lindenwood Inn – Southwest Harbor (www.barharborregency.com) (www.lindenwoodinn.com/index.html);

The Bar Harbor Inn – Downtown Bar Harbor. Old fashioned, lovely and classy. (www.barharborinn.com)

Claremont Hotel – Southwest Harbor. Old fashioned, (dates from 1884), beautiful, high class. Croquet lawn. Jacket-for-dinner-type place. Fab views. (www.theclaremonthotel.com)

Asticou Inn – Northeast Harbor. Old fashioned, high class. (www.asticou.com)

Harborside Hotel, Spa and Marina - Bar Harbor. Fancy, modern new hotel on the waterfront in Bar Harbor. (www.theharborsidehotel.com)

West Street Hotel - Another brand new, fancy hotel on the waterfront in downtown Bar Harbor. <http://www.theweststreethotel.com>

Bar Harbor Regency - A fancy Holiday Inn. Obama's stayed there on their trip to Bar Harbor this year. Just outside town. Not as nice as some of the in town places.

The Bayview - A highly rated inn on Eden Street just north of Bar Harbor Great views of Frenchman's Bay. www.thebayviewbarharbor.com

Good Websites

Our Acadia
www.ouracadia.com/index.php

Acadia Magic
www.acdiamagic.com/index.html

Local Newspapers

The Mount Desert Islander and Ellsworth American
The Mount Desert Islander and Ellsworth American are two printed and online newspaper that cover all local news, but they require a subscription after reading three free articles a month. <http://www.mdislander.com>
<http://www.ellsworthamerican.com>