

## Overview of Maine

The beautiful state of Maine lies in the easternmost reaches of the United States, bordering on the Canadian provinces of Quebec and New Brunswick. Its rugged coastline is dotted with picture-perfect lighthouses, fishing villages and sandy beaches, with an interior covered with lush forest, towering mountains, and mirror-like lakes.

Maine is the largest state in the New England region, creating a wide expanse of sparsely populated wilderness. The original inhabitants of the area were Native Americans of the Algonquin, while the French settled in 1604. Over subsequent years, control of the area was fought over by the English, French, and the Americans, evidence of which remains in the large number of historic forts still standing.

Strong Acadian and French Canadian heritage is still felt in the Acadian Village in Aroostook County and other parts of central Maine, while the coast boasts a fierce maritime history. The warmer months bring a flood of holidaymakers to Maine and summer homes pepper the landscape. With plenty of outdoor activities, this is the nature lover and outdoor enthusiast's paradise.

Maine experiences harsh winters, though this brings its own charms as snowboarding, skiing, and snow-shoeing replace the summer activities of canoeing, kayaking, camping, and hiking. In true New England style, autumn brings a festival of colours to the foliage and spring is a riot of blossoms. The Acadia National Park, on Maine's Mount Desert Island, is home to a variety of wildlife and birdlife.

History buffs can enjoy plenty of historical sites, including visits to the house of poet Henry Wadsworth-Longfellow. Food lovers can feast on Maine's fine seafood and blueberries while exploring the capital Augusta and the bustling city of Portland. Big, beautiful, and charming, Maine is well worth discovering from top to bottom.

---

## Key Facts

### Language:

English is the most common language spoken but Spanish is often heard in the south-western states.

### Passport/Visa:

It is highly recommended that travellers' passports have at least six months' validity remaining after the intended date of departure from their travel destination. A visa is required for short visits unless travellers qualify for entry under the Visa Waiver Program. The Visa Waiver Program (VWP) enables citizens of certain countries to travel to the US for a stay of up to 90 days without a visa. Visitors under the VWP need to register online three days before travel and have an Electronic System for Travel Authorization (ESTA). This allows the US government to screen all visitors before travel. Visitors entering the country under the VWP must have a machine-readable passport (MRP) that has a barcode on the photo page. Travellers under the VWP must have passports that include biometrics if they wish to enter the country without a visa, which means that passports must contain unique personal data such as fingerprints or iris details. All passports must contain a digital photo image in order to travel visa-free. All visitors to the USA have a photograph and two fingerprints taken by an inkless scanner on arrival, including those travelling visa-free under the VWP. As part of the Western Hemisphere Travel Initiative (WHTI), all travellers travelling between the United States and Canada, Mexico, Bermuda, and the Caribbean region are required to present a passport or other valid travel document to enter or re-enter the United States. If departing from the USA, a valid passport is required by immigration authorities. Immigration officials often apply different rules to those stated by travel agents and official sources.

### Currency:

The official currency is the US Dollar (USD), which is divided into 100 cents. Only major banks exchange foreign currency. ATMs are widespread and credit cards are widely accepted. Banking hours are Monday to Friday 9am to 3pm.

### Electricity:

Electrical current is 120 volts, 60Hz. Plugs are mainly the type with two flat pins, though three-pin plugs (two flat parallel pins and a rounded pin) are also widely used. European appliances without dual-voltage capabilities will require an adapter.

# Travel to Maine

## Climate for Maine

Maine has a continental climate, with cold winters and warm summers. Winter temperatures drop between 20F (-6C) and 30F (-1C), while summer temperatures in Maine range between 80F (27C) and 90°F (32C). The northern part of the state tends to be drier and colder in comparison to the southern and coastal areas, while the sea keeps the coastal temperatures moderate. Snowfall usually occurs during the winter months.

## Health Notes when travelling to United States of America

There are no specific health risks associated with travel within the USA. Medical facilities are excellent, but expensive. Only emergencies are treated without prior payment and treatment can be refused without evidence of insurance or proof of funds. Good medical insurance is essential. Visitors must be fully vaccinated with the primary series of an accepted COVID-19 vaccine to travel to the United States by plane if they are non-U.S. citizens.

## Safety Notes when travelling to United States of America

Travel within the United States is generally trouble-free, though travellers should be aware that the US shares with the rest of the world, an increased threat from terrorist incidents. Security has been heightened, particularly at airports. Restrictions on hand luggage apply and travellers are advised to check on the latest situation with airlines in advance. Travellers should also be alert to the dangers of car and street crime in cities and should use common sense and take basic precautions. Hurricanes are common between June and November, putting the southern USA, including the Gulf Coast and the eastern US at risk. There is a risk of wildfires in many dry areas in the US, particularly on the West Coast from March to November.

## Customs in United States of America

Laws vary from state to state, including speed limit, fines and punishment. The age at which alcohol may be legally bought and consumed is 21 years.

## Duty Free in United States of America

Travellers to the United States who are returning residents of the country do not have to pay duty on articles purchased abroad to the value of \$800 provided their stay was longer than 48 hours and their duty-free allowance was not used in the 30-day period prior. For passengers arriving from Samoa, Guam and the U.S. Virgin Islands, a duty-free allowance of \$1,600 is allowed. The following items are included in this: 50 cigarettes and 10 cigars and 150 millilitres (5 fl. oz.) of alcoholic beverages or 150 millilitres (5 fl. oz.) of perfume containing alcohol. Restrictions may apply to goods from Cuba, Iran, North Korea, Burma (Myanmar), Angola, Liberia and Sudan. It is prohibited to import Cuban cigars from any country.

Travellers to the United States who are non-residents do not have to pay duty on the following items: 50 cigars or 200 cigarettes and gifts to the value of \$100 provided their stay in the USA is not less than 72 hours and that the allowance has not been used in the preceding six-month period.

Prohibited items for residents and non-residents include meat or meat products, poultry, narcotics, absinthe, plants, seeds, vegetables, fruits, soil, live insects and other living plants or animal pests. Fish is prohibited unless it carries disease-free certification. Wildlife and animals or their by-products carry restrictions. Dairy products and eggs from specified countries are not allowed. Firearms and ammunition are not allowed without the necessary license and permit.

## Doing Business in United States of America

In such a large country, filled with so many diverse groups, business practices may differ according to each state, however rarely to any large degree. The East Coast is traditionally more formal than the West Coast, though in states such as California, dress code and conservative appearance are as common as they would be in New York. Punctuality is important throughout the country and it is considered rude to be late for a meeting. Gift-giving is uncommon as it may be construed as bribery. Appropriate titles (Mr, Mrs, Ms) are used upon introduction and until otherwise stated. Americans favour politeness and greetings of 'Hello' and 'How are you?' are often expressed with sincerity. Business hours may vary in each state, but an 8am start and 5pm finish Monday to Friday is the most common with an hour over lunch.

Status and age are not necessarily indicative of seniority, nor do they carry much weight in themselves. Those doing business in the States should be mindful of this fact; foreigners should never make assumptions about someone's position or rank. Best practice is to be respectful to all parties. That said, the US upholds a hierarchal business structure, in which 'the boss' is the ultimate decision-maker. Senior leaders have the power of the last word, and can go against the grain just as easily as they can follow popular opinion. Foreigners should concentrate on winning over this individual, even if the greater group seems unsupportive. Americans value a direct style of communication. In this fast-paced, consumer culture 'time is money', and small-talk is viewed as unnecessary and wasteful. It's best for foreigners to get to the point quickly, speak about issues in a frank and open manner, and to avoid taking offence if someone questions or challenges them outright.

## Communication in United States of America

The international country dialling code for the United States is +1. Mobile networks cover most of the country, especially all urban areas, and WiFi is widely available.

## Tipping in United States of America

A 15 percent tip is expected by taxi drivers, bartenders, hairdressers and waiters, but travellers shouldn't tip in fast-food or self-service restaurants. In expensive restaurants or for large parties, the tip should be 20 percent of the bill. It is normal to tip staff such as valets and porters in hotels; this is discretionary, although a minimum of \$5 is expected. Most services are customarily tipped if the service is good.

## Passport/Visa Note

It is highly recommended that travellers' passports have at least six months' validity remaining after the intended date of departure from their travel destination. A visa is required for short visits unless travellers qualify for entry under the Visa Waiver Program.

The Visa Waiver Program (VWP) enables citizens of certain countries to travel to the US for a stay of up to 90 days without a visa. Visitors under the VWP need to register online three days before travel and have an Electronic System for Travel Authorization (ESTA). This allows the US government to screen all visitors before travel. Visitors entering the country under the VWP must have a machine-readable passport (MRP) that has a barcode on the photo page. Travellers under the VWP must have passports that include biometrics if they wish to enter the country without a visa, which means that passports must contain unique personal data such as fingerprints or iris details. All passports must contain a digital photo image in order to travel visa-free. All visitors to the USA have a photograph and two fingerprints taken by an inkless scanner on arrival, including those travelling visa-free under the VWP.

As part of the Western Hemisphere Travel Initiative (WHTI), all travellers travelling between the United States and Canada, Mexico, Bermuda, and the Caribbean region are required to present a passport or other valid travel document to enter or re-enter the United States. If departing from the USA, a valid passport is required by immigration authorities. Immigration officials often apply different rules to those stated by travel agents and official sources.

# Airports in Maine

## Portland International Jetport (PWM)

### *Portland International Jetport*

**www.portlandjetport.org**

**Location:** Portland International Jetport is located four miles (6km) from central Portland.

**Time:** GMT -5 (GMT -4 from mid-March to the first Sunday in November).

**Contacts:** Tel: (207) 774 7301

**Getting to the city:** The Greater Portland Transit District METRO provides bus service throughout the region. Route 5 connects the airport to downtown Portland, where transfers can be made to Amtrak, Greyhound, and other long-distance transport options. Taxis and ride-hailing apps are also available.

**Car rental:** Car rental firms at the airport include Alamo, Avis, Budget, Enterprise, Hertz, and National.

**Airport Taxis:** Taxis are available at the airport, with flat rates to most towns in the area. A surcharge is usually added to airport pick-ups.

**Facilities:** Facilities in the Jetport include a full-service restaurant, ATMs, a Starbucks, an electronics shop, a gift shop, and a visitor information desk. Disabled facilities are good. Several airport hotels are located near the airport.

**Parking:** Short-term parking is free for the first 30 minutes and \$1 per half an hour after that. However, the cost quickly adds up with a \$48 daily maximum. Medium to long-term parking is available for a daily rate of \$14.

## Bangor International Airport (BGR)

### *Bangor International Airport*

**www.flybangor.com**

**Location:** Bangor The airport is located three miles (5km) from Bangor city centre.

**Time:** GMT -5 (GMT -4, from the first Sunday in March to the first Sunday in November).

**Transfer between terminals:** The international terminal and the domestic terminal are within walking distance of each other.

**Getting to the city:** Bangor International Airport is connected to the city by the Community Connector bus service. A single fare costs around \$1.50 but most destinations around Bangor will require at least one transfer. Buses stop at the airport about every 40 minutes. Alternatively, some hotels may provide a shuttle service from the airport.

**Car rental:** Car rental companies are available on the first floor of the domestic terminal and include Avis, Budget, Hertz, and Alamo/National.

**Airport Taxis:** A wide variety of reliable taxis and limos serve Bangor International Airport and the Bangor area, including Uber and Lyft.

**Facilities:** Airport facilities include lockers, shopping, restaurants, a kids' zone, ATMs, and emergency services. The airport has assistance available for disabled passengers.

**Parking:** The airport offers 15 minutes free parking. Hourly parking is available at \$1 for each half hour and a daily rate of \$17. Daily parking (long-term) is available for \$1 for the first half hour and \$1 for each additional hour thereafter up to \$11 per day.

## Portland

Portland is Maine's biggest city and is the state's cultural and economic hub, attracting over three and a half million visitors each year. Originally a fishing and trading settlement, the town was destroyed three times over a hundred year period, and finally regained stability as a shipping port.

Unfortunately, overzealous Independence Day celebrators managed to set fire to most of the city's commercial buildings, hundreds of houses, and roughly half the city's churches in 1866, with the city rebuilt once again, this time in a Victorian style.

Mansions along the famous Western Promenade, as well as the Victoria Mansion on Danforth Street, feature beautiful examples of this architecture. Companies and proprietors may offer tours of their well-preserved interiors.

Despite its tough beginning, Portland remains a beautiful city, ideally situated on a peninsula that juts out into Casco Bay and flanked by several small islands. Historic houses blend with modern amenities and the city is a bustle of activity, making it one of the country's top cities to live in.

Resplendent in natural beauty, Portland is highly popular in summer and visitors can enjoy boat rides; sightseeing, shopping, dining and people-watching at the Old Port historic waterfront and the East End; and a visit to the Downtown Arts District or the prominent Portland Head Light Lighthouse.

The city is also home to poet Henry Wadsworth-Longfellow, as well as the Maine Historical Society. For the kids, there is the Children's Museum and Theatre of Maine. Portland has an abundance of good restaurants, especially those offering renowned local seafood specialties such as Maine lobster, clam chowder, and scallops, which are cheaper and more plentiful than in any other state.

As Portland is the most culturally diverse city in Maine, visitors will find a variety of cuisines, including Vietnamese, Thai, African, Greek, and Indian. The city boasts no fewer than five microbreweries, and dozens of bars, pubs, and nightclubs.

Portland has plenty of attractions, activities and sights for the visitor, and it is also a useful base from which to explore the rest of this beautiful state. Smaller towns in the area such as Freeport, Cape Elizabeth, Old Orchard Beach, Saco, and Kennebunkport offer their own amusements that are worth exploring on a trip to the city.

## Getting around in Portland

Portland is relatively easy to negotiate on foot, with plenty of attractions within walking distance. The Old Port is worth exploring, as is the Downtown Arts District. A car is worth hiring if visitors are exploring the wider region and parking is readily available.

Tickets get stamped for an hour's free parking at a number of downtown locations. The Greater Portland Transit District METRO provides good bus coverage of the Portland area, while Uber and similar ride-hailing apps and taxi services are available.

## Climate in Portland

As with the rest of Maine, the sea moderates Portland's temperatures. The city's climate is continental, with four distinct seasons. Summers are warm and pleasant, while winters are cold with snow.

Average temperatures range between 60F (16C) and 80F (27C) in summer, and between 20F (-7C) and 40F (4C) in winter. Fall is a popular time to travel to Portland, due to the mild weather and spectacular fall foliage.

## Sightseeing in Portland

Portland caters to many interests, keeping both the young and old entertained and amused. The city provides lots to see and do, boasting a metropolitan, artistic atmosphere and offering many outstanding cultural activities.

With many museums and galleries in the Portland Downtown Arts District, those with a taste for something aesthetic will surely find it there and be back for more. History buffs will also love the likes of Wadsworth-Longfellow House, one-time home of the Revolutionary War General, or the Portland Head Light in Fort Williams Park, where historic buildings complement beautiful natural landscapes. With loads of cultural activities in which to indulge, visitors will have the chance to delve into the history and the thriving art scene of the city with ease of access, and will never be short of things to do. Visitors with a love for nightlife can find lovely bars and restaurants that cater to every budget and taste.

Portland makes for a wonderful getaway and is a must-see when in Maine. With wildlife parks on offer, lots to see and do both indoors and outdoors, and small-town charm to boot, it certainly is worth the visit.

## Portland Attractions

### Old Orchard Beach

As its name suggests, Old Orchard Beach's most popular attraction is its seven mile (11km) stretch of sand, one of the best beaches in Maine. The town is a popular excursion for families in the summer, and a seaside amusement park and weekly fireworks shows add to the entertainment. Other popular activities include surfing, lobster boat tours, hiking, canoeing, and clamming. Old Orchard Beach hosts many festivals and events throughout the year with most happening between July and September during peak holiday season. A direct seasonal train link from Boston and Portland makes Old Orchard Beach easy to get to. But holiday weekends can often be uncomfortably crowded. Old Orchard Beach is not a wildly popular winter destination, but cross-country skiing and snowmobiling are both on offer.

**Website:** [oldorchardbeachmaine.com](http://oldorchardbeachmaine.com)

### Portland Head Light

It's no surprise that the Portland Head Light, also known as the Cape Elizabeth Lighthouse, is the most photographed lighthouse in the world. Every view of this 18th century lighthouse is spectacular. The lighthouse took four years to build, with construction ending in 1791. The lamps originally used to power the light were of whale oil, replaced by an autobeacon in 1958. Situated in Fort Williams Park, the lighthouse has an interesting museum housed within the old Keepers Quarters. It is well worth packing a picnic and enjoy the beauty of the park and exploring the historic forts within its parameters. Portland Head Light closes during winter, but the park is open throughout the year and offers activities such as cross-country skiing, sledding, and ice skating during the cold months.

**Website:** [www.portlandheadlight.com](http://www.portlandheadlight.com)

### Wadsworth-Longfellow House

Built between 1785 and 1786, the Wadsworth-Longfellow house was home to three generations of a Portland family that formed an integral part of the cultural, political, and literary life of New England and the rest of the country. Revolutionary War General Peleq Wadsworth was its first inhabitant and Anne Longfellow Pierce, younger sister of poet Henry Wadsworth-Longfellow, was its last. It was Anne's foresight that left the house, grounds and furniture to the Maine History Society, allowing public access. The house was the first brick building in Portland and visitors can enjoy a ramble through the three-storey house, containing effectively all original furniture and artefacts, and the Maine Historical Society Museum. Several different tours are also available throughout the year.

**Website:** [www.mainehistory.org/house\\_overview.shtml](http://www.mainehistory.org/house_overview.shtml)

### Portland Downtown Arts District

Stretching from upper Congress Street to the West End, the Arts District incorporates several galleries and museums. These include the Portland Museum of Art, the largest of its kind in Maine and dating back to 1882, and the Maine College of Art. A great way to explore the Arts District is by participating in the First Friday Art Walk, a self-guided tour that runs on the first Friday of every month from 5pm to 8pm. Local businesses, museums, and galleries are open to the public and aim to highlight what is new in the art community.

**Website:** [www.portlandmuseum.org](http://www.portlandmuseum.org)

## Kennebunkport

Located just 30 miles (48km) from Portland, Kennebunkport is a popular destination for weekends, especially for those escaping the heat in big cities such as New York and Boston. This pretty town is known for its laidback and genteel atmosphere. Several golf courses, antique shops, art galleries, and a busy harbour draw in well-to-do holidaymakers, and both former President Bushes are often seen at the nearby Bush holiday home. However, the most popular attraction in Kennebunkport is its beaches. Kennebunk Beach, Gooch's Beach, Mother's Beach, and Parsons Beach are all packed on weekends each summer, and guests can hire kayaks, boats, surfboards, as well as scooters and bicycles. Common activities in Kennebunkport include whale-watching, fishing, sailing, and horseback riding. Visitors can even take a ride on a working lobster boat to get up close and personal with Maine's most famous crustaceans.

**Website:** [www.kennebunkport.org](http://www.kennebunkport.org)

## Rockland

Historically a blue-collar fishing town, Rockland has had a recent facelift. The somewhat derelict main street has been revitalised to some degree, and is enhanced by attractions such as the Farnsworth Art Museum, Wyeth Center, and a number of shops and restaurants. Rockland has enough interesting attractions for a perfect weekend break in Maine, including the Maine Lighthouse Museum and the Owls Head Transportation Museum. Active visitors can take a walk to the Breakwater Lighthouse. Rockland is the home of the Maine Lobster Festival, held each August, and it also hosts the North Atlantic Blues Festival every July. Rockland also makes a great base from which to explore the Saint George Peninsula and the islands of Penobscot Bay: Vinalhaven, North Haven, and Matinicus.

## Airports in Portland

### Portland International Jetport (PWM)

*Portland International Jetport*

<http://www.portlandjetport.org>

**Location:** Portland Portland International Jetport is located four miles (6km) from central Portland.

**Time:** GMT -5 (GMT -4 from mid-March to the first Sunday in November).

**Contacts:** Tel: (207) 774 7301

**Getting to the city:** The Greater Portland Transit District METRO provides bus service throughout the region. Route 5 connects the airport to downtown Portland, where transfers can be made to Amtrak, Greyhound, and other long-distance transport options. Taxis and ride-hailing apps are also available.

**Car rental:** Car rental firms at the airport include Alamo, Avis, Budget, Enterprise, Hertz, and National.

**Airport Taxis:** Taxis are available at the airport, with flat rates to most towns in the area. A surcharge is usually added to airport pick-ups.

**Facilities:** Facilities in the Jetport include a full-service restaurant, ATMs, a Starbucks, an electronics shop, a gift shop, and a visitor information desk. Disabled facilities are good. Several airport hotels are located near the airport.

**Parking:** Short-term parking is free for the first 30 minutes and \$1 per half an hour after that. However, the cost quickly adds up with a \$48 daily maximum. Medium to long-term parking is available for a daily rate of \$14.

## Mount Desert Island

Home of Acadia National Park, Mount Desert Island is a breathtaking location off the southeast coast of Maine. The island is one of America's biggest, with a population of 10,000. This population swells annually by around four million visitors who marvel its rugged coastline, beautiful settings, and easy pace that have captivated people since the 1800s.

Evidence of Native American settlement on Mount Desert Island dating back roughly 5,000 years is found in large shell heaps. However, not much is known about the island's early history. Like the rest of Maine and surrounds, European settlement was originally French and later dominated by the English.

In the early 19th century, a group of writers and artists began to put Mount Desert Island on the map. Known as the 'rusticators', they braved very basic accommodation and simple fare, and immortalised its lush forests, tall peaks such as Mount Cadillac, and its ocean scenery.

Soon, the island began to lure America's wealthiest families, as the Rockefellers, Astors, Vanderbilts, and the like set up ostentatious summer homes. A period of extravagance followed, tempered only by World War II.

Fortunately, relaxation combined with conservation. Via the creation of parks, many of these families enabled the protection of the island's flora and fauna. Today, Mount Desert Island is still a popular place to visit and offers plenty of activities such as hiking, fishing, water sports, horse riding, cycling, and succulent Maine Lobster.

Bar Harbor is a beautiful town, close to the Acadia National Park. However, tacky tourist shops and bumper-to-bumper traffic may discourage people. It is accessible by foot from the pier of Bar Harbor while the Shore Path showcases the island's spectacular terrain.



## **Maine Ski Resorts**

Holidaymakers looking for the ultimate ski vacation should look no further than the northernmost state of Maine. The perfect fit for travellers in the northeast of the United States, its picturesque alpine areas and excellent slopes rival those of the famous Rocky Mountains.

Popular resorts include Sugarloaf, Sunday River, Shawnee Peak, Big Rock, and Mount Jefferson. Sunday River is generally one of the first ski resorts to open for the season, offering visitors about 743 skiable acres on which to carve out their skills.

Sugarloaf has the most skiable terrain, with its Brackett Basin expansion and 1,153 acres of territory making it a common choice. Opportunities are available for everyone, from amateurs and intermediates to those looking to make their way down pristine black diamond runs.

## **Saddleback Maine Ski Resorts**

One of New England's most popular ski resorts, Saddleback is nestled in Maine's Rangeley Lakes Region overlooking the town of Rangeley and oozes Alpine charm with its natural beauty and uncrowded slopes. The resort spans 440 acres (178 ha), and boasts 66 runs for all abilities, including the biggest glade in the east at 44 acres (18 ha). Priding itself as one of New England's finest family ski and snowboard resorts, it's a great year-round destination and offers more than just meets the eye. Saddleback is conveniently located close to both Portland and Bangor airports, making travelling with kids a dream, and with a season stretching from November to late April, there's plenty of snow for everyone.

# Sugarloaf

## Maine Ski Resorts

Sugarloaf is one of the best ski mountains in the east, celebrated for its incredible terrain and variety, excellent vertical drop and late ski season which can stretch to May. The resort's relative isolation (just over two hours' drive time from the nearest airport) means quieter slopes even in peak season, while the wide range of activities keeps visitors occupied even if the fairly restricted apres ski scene doesn't. The resort is enormous, covering 1,400 acres (560 ha) of skiing terrain, so it's possible to spend a week here and never ski the same run twice.

## **Sunday River Maine Ski Resorts**

Located in the small town of Newry, Sunday River is one of New England's most visited and celebrated ski resorts and among the most popular in Maine. The resort is more than three miles (5km) wide with terrain suited to skiers of all abilities. In fact, few resorts in the north eastern United States can rival the unique diversity and classic New England skiing of Sunday River. Conveniently located about three hours from Boston, families travelling with kids in tow can enjoy a relatively painless journey to the resort, making it an ideal family holiday destination. Due to the wide variety of terrain, Sunday River is generally free of long queues for ski lifts (great for those with kids) and crowded slopes, making it a great place to let loose and have some fun!

# Maine Attractions

## Overview

Maine is often considered remote to many tourists due to its far northeast position in the US, but once in the Pine Tree State, Maine promises lots to do and a great rugged outdoors to explore.

Outdoor activity is a year-round affair offering visitors opportunities to hike, camp, go boating and explore countless trails. With over 3,500 miles (5,600 km) of coastline and 6,000 lakes to enjoy, Maine is the perfect place to unwind and take in some fresh air. The Acadia National Park includes 60 square miles (155 sq km) of the robust and remarkable coastline drawing in close to four million visitors each year to tour its landscape and observe some incredible wildlife. Not far from the Acadia National Park is the village of Bar Harbor. Whether it's the museums of the Bay, the gorgeous restaurants and bars, or the whale watching, there is loads to keep visitors occupied and entertained.

For lovers of history, Maine has a rich history in the fields of shipbuilding, whaling and of course the Revolutionary War, offering historical sites to visit statewide. There are also lots of memorable galleries and museums to explore in the downtown Arts District for those with artistic interest and flair.

This beautiful and one-of-a-kind state is a wonderful place to visit any time of year, offering charm, history, art and the best of the great outdoors!

## Old Orchard Beach

As its name suggests, Old Orchard Beach's most popular attraction is its seven mile (11km) stretch of sand, one of the best beaches in Maine. The town is a popular excursion for families in the summer, and a seaside amusement park and weekly fireworks shows add to the entertainment. Other popular activities include surfing, lobster boat tours, hiking, canoeing, and clamming. Old Orchard Beach hosts many festivals and events throughout the year with most happening between July and September during peak holiday season. A direct seasonal train link from Boston and Portland makes Old Orchard Beach easy to get to. But holiday weekends can often be uncomfortably crowded. Old Orchard Beach is not a wildly popular winter destination, but cross-country skiing and snowmobiling are both on offer.

**Website:** [oldorchardbeachmaine.com](http://oldorchardbeachmaine.com)

## Portland Head Light

It's no surprise that the Portland Head Light, also known as the Cape Elizabeth Lighthouse, is the most photographed lighthouse in the world. Every view of this 18th century lighthouse is spectacular. The lighthouse took four years to build, with construction ending in 1791. The lamps originally used to power the light were of whale oil, replaced by an autobeacon in 1958. Situated in Fort Williams Park, the lighthouse has an interesting museum housed within the old Keepers Quarters. It is well worth packing a picnic and enjoy the beauty of the park and exploring the historic forts within its parameters. Portland Head Light closes during winter, but the park is open throughout the year and offers activities such as cross-country skiing, sledding, and ice skating during the cold months.

**Website:** [www.portlandheadlight.com](http://www.portlandheadlight.com)

## Wadsworth-Longfellow House

Built between 1785 and 1786, the Wadsworth-Longfellow house was home to three generations of a Portland family that formed an integral part of the cultural, political, and literary life of New England and the rest of the country. Revolutionary War General Peleq Wadsworth was its first inhabitant and Anne Longfellow Pierce, younger sister of poet Henry Wadsworth-Longfellow, was its last. It was Anne's foresight that left the house, grounds and furniture to the Maine History Society, allowing public access. The house was the first brick building in Portland and visitors can enjoy a ramble through the three-storey house, containing effectively all original furniture and artefacts, and the Maine Historical Society Museum. Several different tours are also available throughout the year.

**Website:** [www.mainehistory.org/house\\_overview.shtml](http://www.mainehistory.org/house_overview.shtml)

## Portland Downtown Arts District

Stretching from upper Congress Street to the West End, the Arts District incorporates several galleries and museums. These include the Portland Museum of Art, the largest of its kind in Maine and dating back to 1882, and the Maine College of Art. A great way to explore the Arts District is by participating in the First Friday Art Walk, a self-guided tour that runs on the first Friday of every month from 5pm to 8pm. Local businesses, museums, and galleries are open to the public and aim to highlight what is new in the art community.

**Website:** [www.portlandmuseum.org](http://www.portlandmuseum.org)

## Acadia National Park

The Acadia National Park encompasses 60 square miles (155 sq km) of rugged coastline, forest, granite peaks, lakes and plenty of wildlife. Roughly four million visitors flock here each year to drink in the beauty of the park, hike up Mount Cadillac, spot wildlife, or enjoy a ranger-led programme. Summer is a popular time to visit for hiking, mountain biking, boating, birdwatching, fishing, and horseback riding. Winter offers cross-country skiing, ice fishing, dog sledding, snowmobiling, and snow-shoeing, although several roads close for safety due to snow. Of course, autumn is a spectacle of colour. Acadia National Park remains one of the most visited parks in the United States.

**Website:** [www.nps.gov/acad](http://www.nps.gov/acad)

## Kennebunkport

Located just 30 miles (48km) from Portland, Kennebunkport is a popular destination for weekends, especially for those escaping the heat in big cities such as New York and Boston. This pretty town is known for its laidback and genteel atmosphere. Several golf courses, antique shops, art galleries, and a busy harbour draw in well-to-do holidaymakers, and both former President Bushes are often seen at the nearby Bush holiday home. However, the most popular attraction in Kennebunkport is its beaches. Kennebunk Beach, Gooch's Beach, Mother's Beach, and Parsons Beach are all packed on weekends each summer, and guests can hire kayaks, boats, surfboards, as well as scooters and bicycles. Common activities in Kennebunkport include whale-watching, fishing, sailing, and horseback riding. Visitors can even take a ride on a working lobster boat to get up close and personal with Maine's most famous crustaceans.

**Website:** [www.kennebunkport.org](http://www.kennebunkport.org)

## Rockland

Historically a blue-collar fishing town, Rockland has had a recent facelift. The somewhat derelict main street has been revitalised to some degree, and is enhanced by attractions such as the Farnsworth Art Museum, Wyeth Center, and a number of shops and restaurants. Rockland has enough interesting attractions for a perfect weekend break in Maine, including the Maine Lighthouse Museum and the Owls Head Transportation Museum. Active visitors can take a walk to the Breakwater Lighthouse. Rockland is the home of the Maine Lobster Festival, held each August, and it also hosts the North Atlantic Blues Festival every July. Rockland also makes a great base from which to explore the Saint George Peninsula and the islands of Penobscot Bay: Vinalhaven, North Haven, and Matinicus.

## Bar Harbor

Bar Harbor is a village on Mount Desert Island that's extremely popular with tourists. With a few interesting museums, parks, and educational centres, the town is the perfect destination for a great weekend getaway in Maine. Popular activities include golf, whale-watching, sailing, hiking, and kayaking. The shops and restaurants in Bar Harbor are on the pricey side, but offer excellent selection and quality. Beer aficionados will also enjoy sampling the brews from Bar Harbor's microbreweries. Bar Harbor is located near Acadia National Park, and makes a great base for exploring the spectacular scenery, especially in autumn.

**Website:** [www.barharborinfo.com](http://www.barharborinfo.com)

# Currency

The official currency is the US Dollar (USD), which is divided into 100 cents. Only major banks exchange foreign currency. ATMs are widespread and credit cards are widely accepted. Banking hours are Monday to Friday 9am to 3pm.

## Exchange rate for 1 USD - U.S. Dollar

<b>0.00</b> BMD Bermudan Dollar	<b>0.93</b> EUR Euro	<b>0.80</b> GBP U.K. Pound Sterling	<b>152.99</b> JPY Japanese Yen	<b>1.37</b> CAD Canadian Dollar	<b>0.91</b> CHF Swiss Franc
<b>1.52</b> AUD Australian Dollar	<b>39.40</b> UAH Ukrainian Hryvnia	<b>443.91</b> KZT Kazakhstani Tenge	<b>93,075.00</b> LBP Lebanese Pound	<b>4.86</b> LYD Libyan Dinar	<b>6.86</b> BOB Bolivian Boliviano
<b>0.00</b> NPR Nepalese Rupee	<b>0.00</b> OMR Omani Rial	<b>0.00</b> QAR Qatari Rial	<b>1.35</b> SGD Singapore Dollar	<b>10.82</b> SEK Swedish Krona	<b>0.00</b> TTD Trinidad Tobago Dollar
<b>0.00</b> VEF Venezuelan Bolivar	<b>58.11</b> DOP Dominican Peso	<b>0.00</b> HRK Croatian Kuna	<b>16.95</b> MXN Mexican Peso	<b>610.53</b> XOF West African CFA Franc	<b>0.00</b> PGK Papua New Guinean kina
<b>0.00</b> BSD Bahamian Dollar	<b>0.00</b> FJD Fiji Dollar	<b>0.00</b> HNL Honduran Lempira	<b>133.87</b> DZD Algerian Dinar	<b>0.00</b> MMK Myanma Kyat	<b>0.00</b> BWP Botswana Pula
<b>3.72</b> PEN Peruvian Nuevo Sol	<b>938.44</b> CLP Chilean Peso	<b>386.84</b> AMD Armenia Dram	<b>23.29</b> CZK Czech Koruna	<b>17.63</b> MDL Moldova Lei	<b>139.89</b> ISK Icelandic Krona
<b>12,582.40</b> UZS Uzbekistan Sum	<b>3.72</b> ILS Israeli New Sheqel	<b>0.71</b> JOD Jordanian Dinar	<b>0.00</b> KWD Kuwaiti Dinar	<b>38.15</b> UYU Uruguayan Peso	<b>0.00</b> MUR Mauritian Rupee
<b>0.00</b> NIO Nicaraguan Córdoba	<b>10.88</b> NOK Norwegian Krone	<b>4.03</b> PLN Polish Zloty	<b>3.75</b> SAR Saudi Riyal	<b>0.00</b> LKR Sri Lanka Rupee	<b>36.79</b> THB Thai Baht
<b>3.66</b> AED U.A.E Dirham	<b>5.09</b> BRL Brazilian Real	<b>4.63</b> RON Romanian New Leu	<b>7.81</b> HKD Hong Kong Dollar	<b>610.53</b> XAF Central African CFA Franc	<b>25,405.70</b> VND Vietnamese Dong
<b>878.36</b> ARS Argentine Peso	<b>0.00</b> XCD East Caribbean Dollar	<b>0.00</b> GTQ Guatemalan Quetzal	<b>10.06</b> MAD Moroccan Dirham	<b>0.00</b> BHD Bahrain Dinar	<b>1.00</b> PAB Panamanian Balboa
<b>1.70</b> AZN Azerbaijan Manat	<b>3,920.00</b> COP Colombian Peso	<b>88.42</b> KGS Kyrgyzstan Som	<b>362.00</b> HUF Hungarian Forint	<b>10.89</b> TJS Tajikistan Ruble	<b>16,073.70</b> IDR Indonesian Rupiah
<b>47.95</b> EGP Egyptian Pound	<b>1,358.84</b> KRW South Korean Won	<b>7,456.52</b> PYG Paraguayan Guaraní	<b>4.74</b> MYR Malaysian Ringgit	<b>508.31</b> CRC Costa Rican Colón	<b>1.67</b> NZD New Zealand Dollar
<b>277.87</b> PKR Pakistani Rupee	<b>91.39</b> RUB Russian Rouble	<b>18.51</b> ZAR South African Rand	<b>3.13</b> TND Tunisian Dinar	<b>0.00</b> BBD Barbadian Dollar	<b>1.82</b> BGN Bulgarian Lev
<b>32.33</b> TRY Turkish Lira	<b>57.28</b> PHP Philippine Peso	<b>32.31</b> TWD New Taiwan Dollar	<b>1,164.84</b> NGN Nigerian Naira	<b>0.00</b> XPF CFP Franc	<b>0.00</b> GHS Ghanaian Cedi
<b>0.00</b> JMD Jamaican Dollar	<b>0.00</b> ANG Neth. Antillean Guilder	<b>0.00</b> BND Brunei Dollar	<b>108.90</b> RSD Serbian Dinar	<b>7.24</b> CNY Chinese Yuan	<b>6.94</b> DKK Danish Krone
<b>3.49</b> TMT New Turkmenistan Manat	<b>83.42</b> INR Indian Rupee				