

# THE MAINE HOUSES Guidebook

FOR RESERVATIONS, CALL (207) 846-9131

SUMMER/FALL 2012 EDITION

## *The Ideal Group Getaway*

The Maine House  
The Maine Farm House  
The Maine MountainView House  
The Maine Country House  
*Bryant Pond, Maine*



Web Site: [www.themainehouses.com](http://www.themainehouses.com)

E-mail: [info@themainehouses.com](mailto:info@themainehouses.com)

# Index

## Welcome to The Maine Houses

Maine Facts.....	3
Directions.....	4
Ideal for Groups .....	4
When You Arrive.....	4
When You Depart .....	5
Telephone Numbers .....	6
Locations of The Maine Houses .....	6
Parking for The Maine Houses .....	7
Lakefront Recreation Area .....	8

## The Maine Houses – History and Floor Plans

The Maine House .....	9
The Maine Farm House.....	14
The Maine MountainView House.....	17
The Maine Country House.....	21

## Things To Do – Spring, Summer and Fall

Antiquing .....	24
ATV Rentals and Trips .....	24
Auto Racing .....	24
Auto Touring.....	25
Biking .....	27
Billiards .....	35
Boating/Canoeing/Kayaking .....	35
Boating Safety.....	36
Bowling .....	39
Chairlifts/Train Rides.....	39
Family Fun & Theme Parks .....	39
Fishing .....	40
Golf .....	41
Hiking.....	42
Horseback Riding .....	44
Lake Christopher Recreation.....	46
Local Items of Interest .....	46
Miniature Golf .....	47
Museums.....	47
Picnics.....	48
Portland Sights.....	48
Rockhounding and Gems .....	49
Tennis .....	50
Walks.....	50
Waterfalls .....	50
White Water Rafting .....	50
Wildlife Areas and Gardens .....	51
Wildlife Watching Trips.....	51

## Things To Do – Winter

Cross Country Skiing .....	52
Downhill Skiing and Snowboarding .....	53
Ice Skating .....	55
Snowshoeing .....	56
Snow Tubing.....	57
Sleigh Rides.....	57
Snowmobiling.....	58

## Services

Child Care.....	59
Fitness Centers.....	59
Churches .....	59
Mind, Body and Spirit.....	60
Movies and Theater.....	60
Pet Services .....	61
Video Rentals.....	61

## Shopping

Convenience Stores.....	61
Grocery Stores & Other Provisions.....	62
Pick Your Own Produce & Farm Stands .....	62
Ski and Snowboard Shops .....	63
Specialty Shops .....	63
Outlet Shops .....	65

## Dining and Night Life

Caterers.....	65
Where to Buy Fresh Lobster .....	65
Restaurants.....	66
Nightlife, Bars and Entertainment.....	68

## Local Activities

Local Events .....	69
Rainy Day Activities .....	70
Web Links to Local Attractions.....	70
Area Maps .....	71

## What People Have To Say

Down East Magazine Review.....	73
Testimonials .....	74

## Frequently Asked Questions

Questions and Answers about The Houses.....	76
---	----

## Special Occasions

Planning A Family Reunion .....	78
Photographers .....	79

# Maine facts

Nickname .....	The Pine Tree State
State Gemstone .....	Tourmaline
State Tree.....	White Pine
State Animal .....	Moose
State Bird .....	Chickadee
State Cat .....	Maine Coon Cat
State Insect .....	Honeybee
State Fish .....	Landlocked Salmon
State Herb .....	Wintergreen
Average Temperature – Summer.....	70° F
Average Temperature – Winter .....	20° F
State Capital .....	Augusta
State Parks.....	30+
State Motto .....	Dirigo (I lead)
Statehood.....	March 15, 1820 (23rd state in the union)
Landsize.....	30,862 square miles
Number of Counties.....	16
Number of Cities.....	22
Number of Towns.....	424
Population (as of 2005) .....	1,321, 505
Highest Point .....	Mt. Katahdin, Baxter State Park 5,267 feet above sea level
Coastline .....	3,500 miles

Maine has 6,000 lakes and ponds and approximately 32,000 miles of rivers and streams.

Maine grows 98% of the lowbush blueberries in the nation.

# Directions to The Maine Houses

## From Boston/Providence

I-95 North to Maine Turnpike, North to Exit 63-Gray (formerly Exit 11-Gray). Take Route 26 North towards Bryant Pond/Bethel for 42 miles. Pass through Norway and South Paris to Bryant Pond. In Bryant Pond, Route 26 makes a sharp turn to the right by the Post Office at the flashing yellow light. Immediately after this turn, you will see a large Victorian house on the right. This is The Maine MountainView House, 2 Main Street. You'll also see a green and white sign with The Maine Houses logo and directions to the other houses. To proceed to The Maine House and The Maine Farm House, take your first left and cross over the railroad tracks, go straight on Lake Road. The Maine Farm House is the first house on the right, 20 Lake Road. The Maine Country House is the second house at 24 Lake Road and The Maine House is the third house on the right, 30 Lake Road. If you pass Breau's Too store and restaurant on Route 26, you've gone too far.

## From New Hampshire/ Bethel Area

Take Route 26 South. About 8.3 miles past Bethel, you will enter the Village of Bryant Pond. You will pass a ball field on the right. Look for "The Maine House" state sign. For The Maine House and The Maine Farm House, take the second right after the ballfield onto Lake Road and cross over the railroad tracks. The

Maine Farm House is the first house on the right, The Maine Country House is next, and The Maine House is the third house on the right. The Maine MountainView House is located on the left side of Route 26, just past the Lake Road turnoff for The Maine House and The Maine MountainView House.

## Driving times from major cities

Boston.....	3 hours
Providence.....	4 hours
Hartford.....	5 hours
Portsmouth.....	2 hours
New York City.....	7 hours
Philadelphia.....	8 hours
North Conway.....	1 hour
Portland.....	1.5 hours

# Ideal for groups from 4 to 94

- Large guest houses
- Fully equipped kitchen facilities or catering
- Range of sleeping accommodations (Bunk beds to private suites)
- Large fieldstone fireplaces
- DVDs, VCRs, TVs and CD players
- Steam room
- Hot tub spa
- Open year round
- Affordable vacation getaways
- Private, exclusive use of Houses
- Lakefront accommodations
- Great for families

**Call Today! (207) 846-9131**

**E-mail: info@themainehouses.com**

**Website: www.themainehouses.com**

# When you arrive

Welcome to The Maine Houses! The purpose of these self-service guest houses is to:

- provide the ideal group facility
- create a comfortable and informal environment
- offer the experience of new places and activities in the mountains of western Maine
- allow guests to spend time relaxing with members of the group
- offer a way to enjoy, promote and protect the environment in and around The Maine Houses

**Each of the four Maine Houses** are set up to run smoothly without a live-in manager or owner. This allows for our flexible check-in and check-out times if we do not have back-to-back groups. The Maine Houses are open 365 days a year.

When you enter **The Maine House**, please use the side entrance near the parking lot. This is the easiest access to the house, leading directly into the mud room and kitchen.

Guest rooms are decorated for simple use to encourage you to enjoy the common areas and outside space. You can sit by our fireplace in the Great Room of **The Maine House** and enjoy your favorite music or game. In the living room, you can watch television or a movie. There are many ways to spend quality time with family and friends in a relaxed atmosphere.

Bedroom doors do not lock from the outside, but do lock on the inside. We have never had a theft problem, but suggest you do not leave valuable items in the open.

If you bring your own food, please clearly label it with your name.

At **The Maine Farm House**, the kitchen island is well-equipped and decorated with country charm. We provide a starter supply of fresh Down East coffee (regular and decaf) and tea for your convenience at each house.

Please be considerate when using the common areas of The Maine Houses. Be responsible for your own belongings and help keep the house neat and clean. We ask that you wash, dry and put away any dishes and kitchen utensils you use.

Please note, the four Maine Houses are smoke-free and pet-free environments.

The Maine Houses are organized to be compatible with environmentally-aware guests and we actively encourage recycling. There are a series of recycling bins in the entrance/mud room at **The Maine House** and **The Maine Country House**, in the hall of **The Maine Farm House**, and off the back porch of **The Maine MountainView House**. Bins are marked with signs indicating the material to be placed in each. Also, take a moment to review the recycling information sheet.

Because of our septic system, there is a coin-operated washer and dryer at **The Maine House** and **The Maine Farm House**. **The Maine MountainView House** has a washer and dryer in the basement.

**The Maine Country House** has a washer/dryer combination unit. We provide linens and ask you to leave the sheets and towels on the bed in each bedroom after your stay.

We have a very sensitive septic system. Place only toilet paper in toilets and non-chemical liquids in sinks.

If you bring sports equipment, feel free to store it at the houses during your stay. At The Maine House, please keep bikes outside the side door if the weather is dry. In inclement weather, store your bikes in the lower level porch area or the garage. During the ski season, keep skis and boots on the racks in the mud room at **The Maine House**, **The Maine Country House** and **The MountainView House**, and in the hall area of **The Maine Farm House**. Please do not wear ski boots in any of the houses.

A cedar paneled steam room is located on the Lake Level of **The Maine House**. It is simple to use and a wonderful way to relax after a day skiing or exploring western Maine. To use the steam room, set the timer inside the door for 12 minutes. Wait 4 or 5 minutes for the steam, then enter the room and close the door. Relax and enjoy! There is also an eight-person hot tub/spa available in **The Maine MountainView House**. Please read the directions posted by the spa carefully before using.

*We hope you enjoy your stay at The Maine Houses!*

## When you depart

Thank you for choosing to stay at The Maine Houses!

We welcome your suggestions and ideas for ways to improve The Maine Houses, or this guidebook. Please call or write to:

The Maine Houses  
Administration/Reservations  
Department  
P. O. Box 1138  
Yarmouth, ME 04096  
(207) 846-9131  
E-mail: info@themainehouses.com

If you are the last to leave, we would appreciate it if you please turn down the heat, close any windows and lock the deadbolt behind you.

### ***A note about the Guidebook***

*At the time of publication, all phone numbers, dates and times were accurate. However, these may change without notice. Also, information may change for some activities and attractions. Be sure to confirm this information before making plans.*

# Telephone numbers

## Local Emergency Support

Fire Dial .....911  
Police Dial.....911  
Ambulance Service ..... Dial 911, then:

- Ask for Tri-Town Rescue, and
- Advise location:
  - a) The Maine House  
30 Lake Road, Bryant Pond, ME 04219
  - b) The Maine Country House  
24 Lake Road, Bryant Pond, ME 04219
  - c) The Maine Farm House  
20 Lake Road, Bryant Pond, ME 04219
  - d) The Maine MountainView House  
2 Main Street, Bryant Pond, ME 04219

Poison Control..... 1-800-442-6305  
Central Maine Power Company..... 1-800-696-1000  
State Police..... 1-800-482-0730  
Maine Forest Service.....(207) 674-2442  
Cable Television.....(207) 665-2668  
Bryant Pond Post Office.....(207) 665-2827  
Hours: M-F 8:00 - 12:30, 2:00 - 4:00  
Hours: Sat 8:00 -10:30

## Local Support

Off-Premise Manager.....(207) 665-2293

## Other Helpful Numbers

The Maine House.....(207) 665-2866  
The Maine Farm House.....(207) 665-2814  
The Maine MountainView House.....(207) 665-2690  
The Maine Country House..... (207) 655-2037  
The Maine House Reservations.....(207) 846-9131  
House Emergencies.....(207) 665-2293  
(207) 846-9131

## Calling Options

Long Distance Credit Card Calls:

- You can dial a 1-800 number from the phone.

Collect Calls:

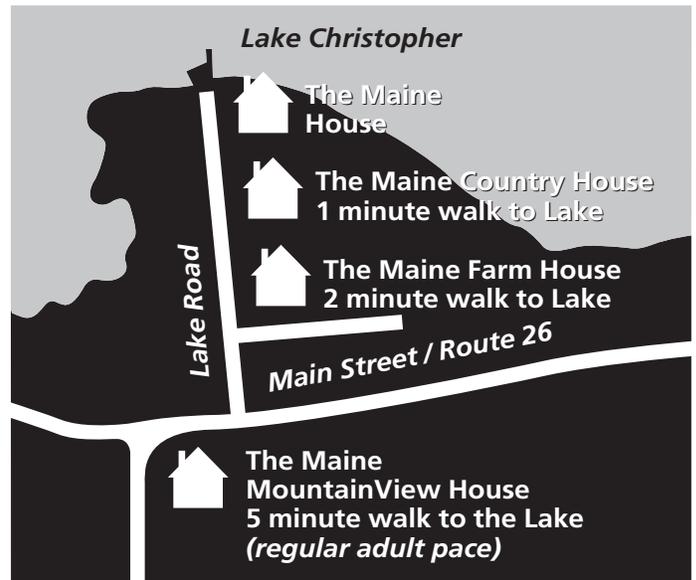
- Dial 0, then speak to operator.

**Note: Calls outside of Bryant Pond are considered long distance. This includes Bethel!**

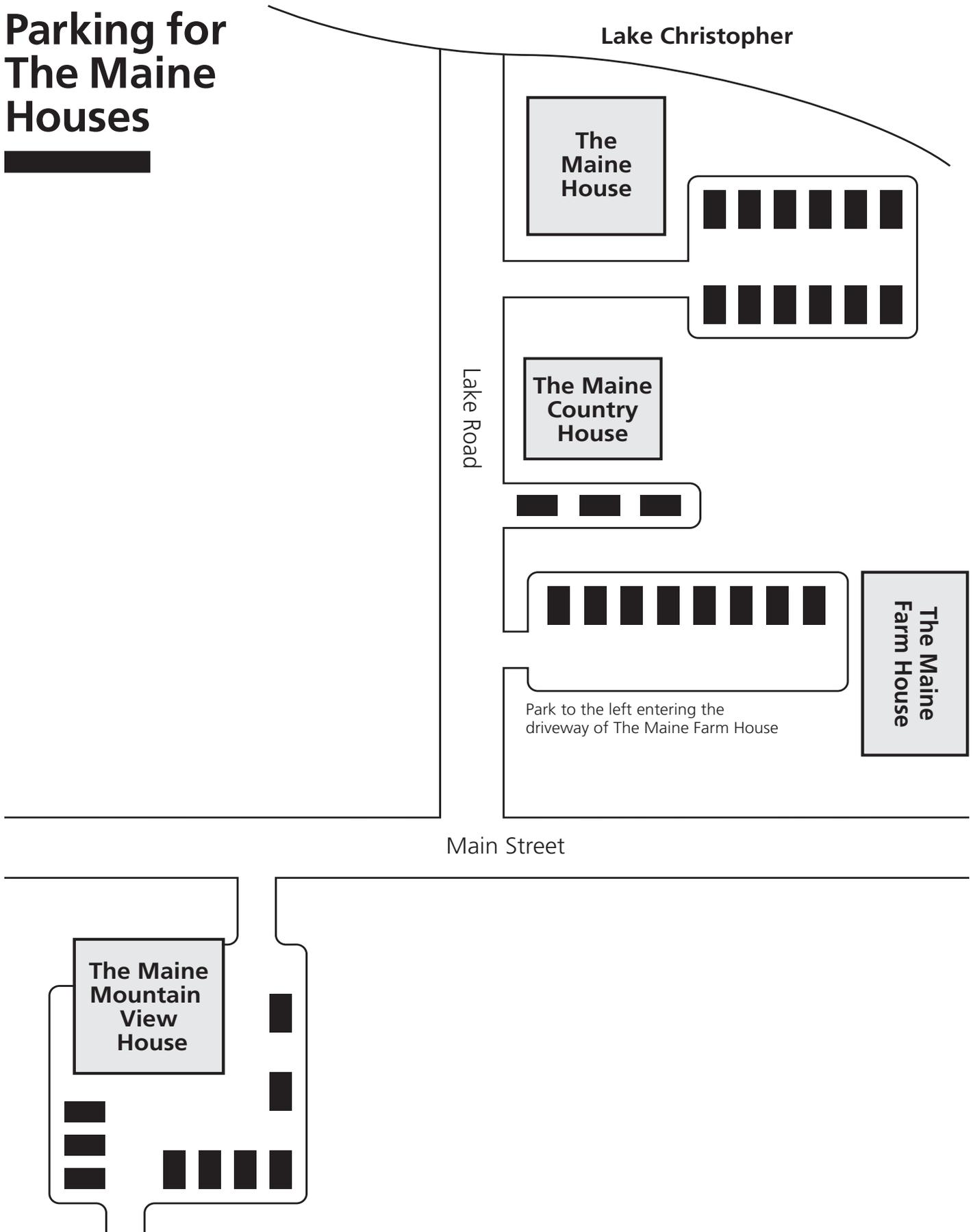
## Cell Phones

We are in an analog area – your cell phone may lose its charge very quickly if left on.

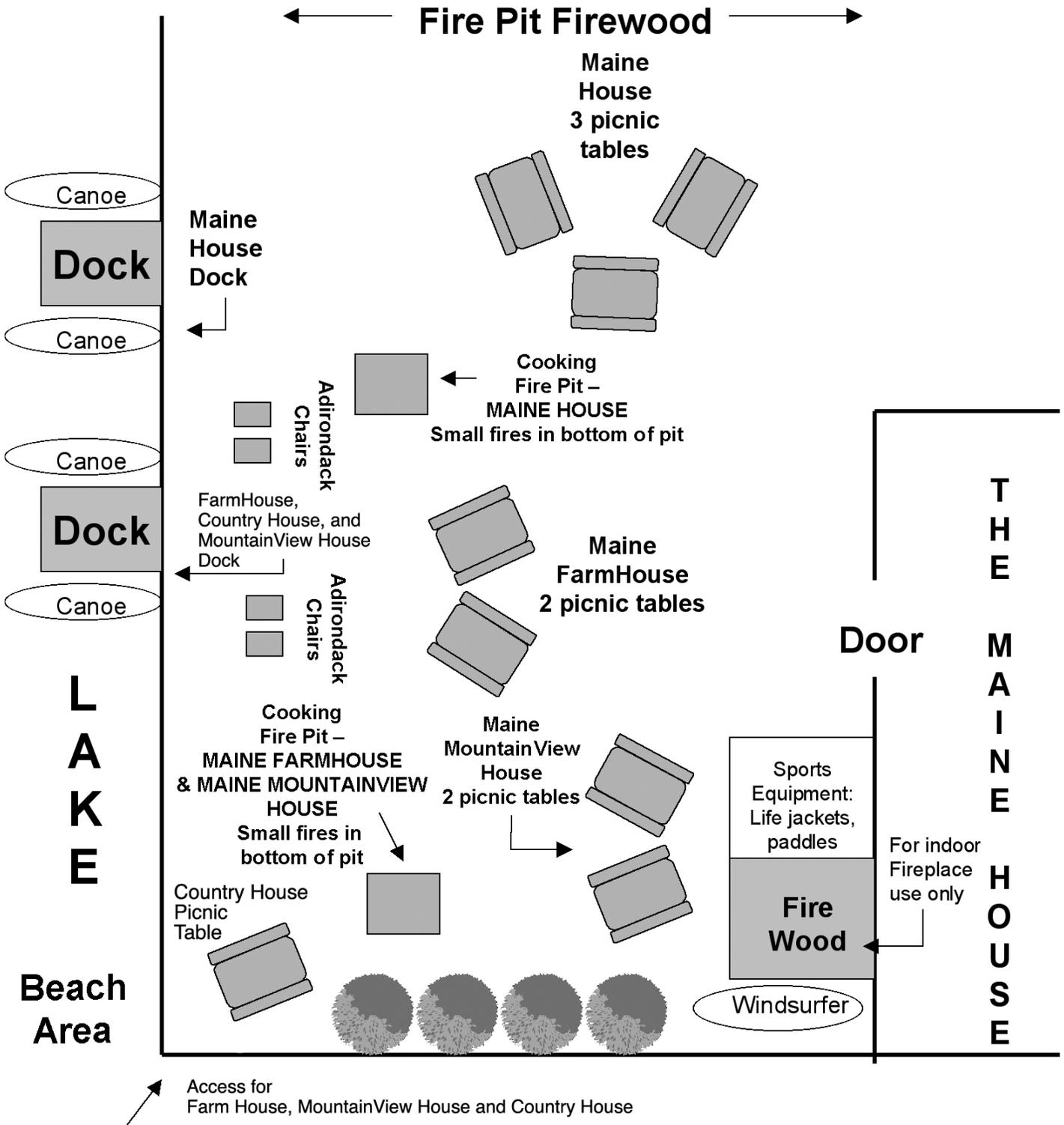
# Location of The Maine Houses



# Parking for The Maine Houses



# Lakefront recreation area



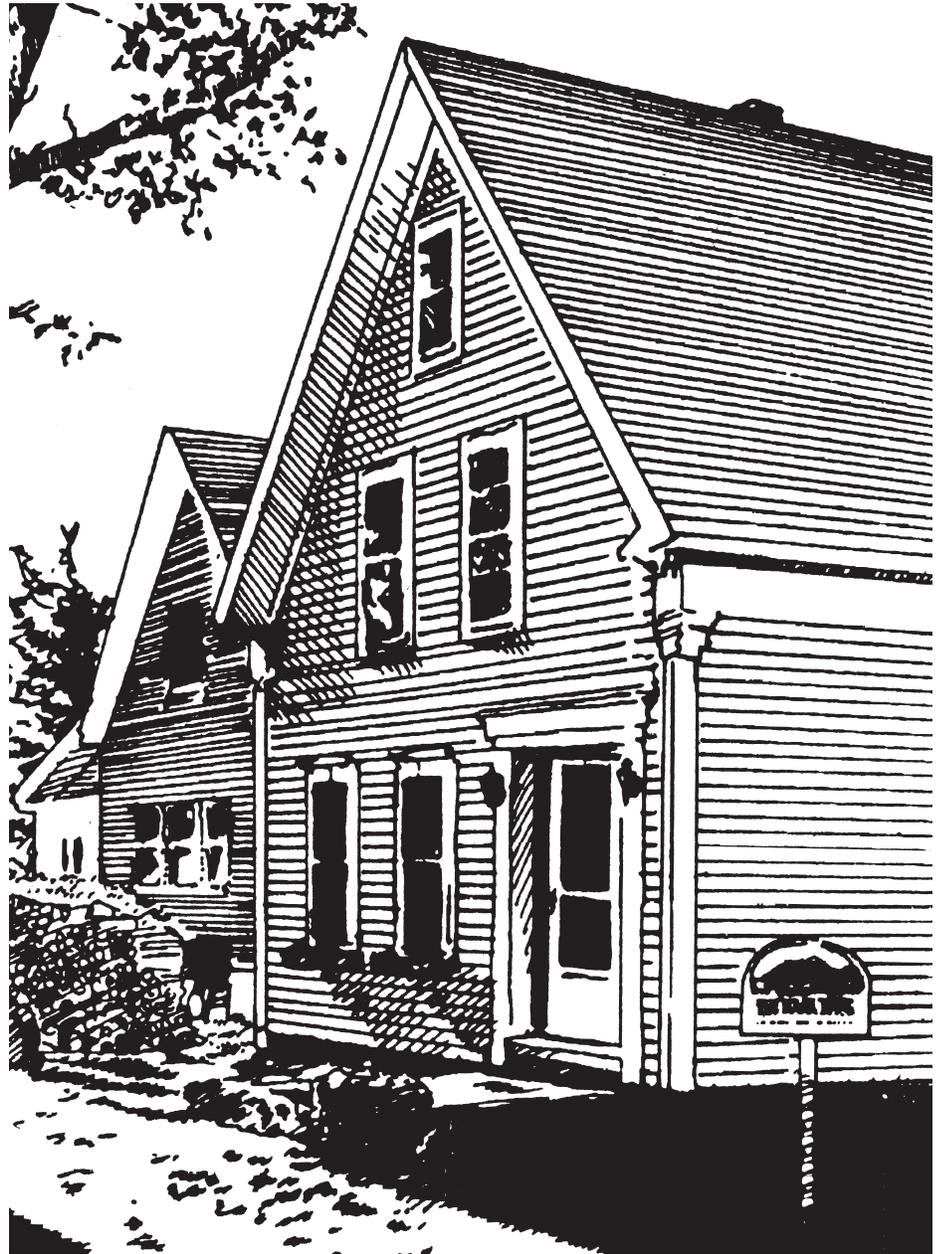
# The history of The Maine House

The Maine House, overlooking Lake Christopher, was constructed in 1891 and was known as a "Manor House." Rebuilt several times over the years, not much of the original house survives, though the shape of the house and barn, what is now the "Great Room," may be seen from the outside. In addition, look closely at the wagon wheel ceiling light in the Great Room. We believe it may date to the turn of the 20th century, if not earlier.

One of the more interesting facets of The Maine House's history is the fact that in the 1930s and 1940s, it was the winter home of Frances Hayes, daughter of President Rutherford B. Hayes. Mrs. Hayes purchased The Maine House, then known as the Marcotte Home, in the 1930s and wintered there until her death in 1949. She was 82.

In 1954, Mr. Harold Clukey bought the house. He and his wife raised 7 children there over 32 years in the shadow of Mt. Christopher. It was Mr. Clukey who remodeled and modernized the house, keeping it cozy and old-fashioned while providing it with the advances technology had to offer. (Please try out the steam room.)

The house was offered up for sale, and, in 1992, was bought by Tim & Linda, Tony, and Steve & Sue. It was another step in creating the ideal self-service group lodging facilities in New England.

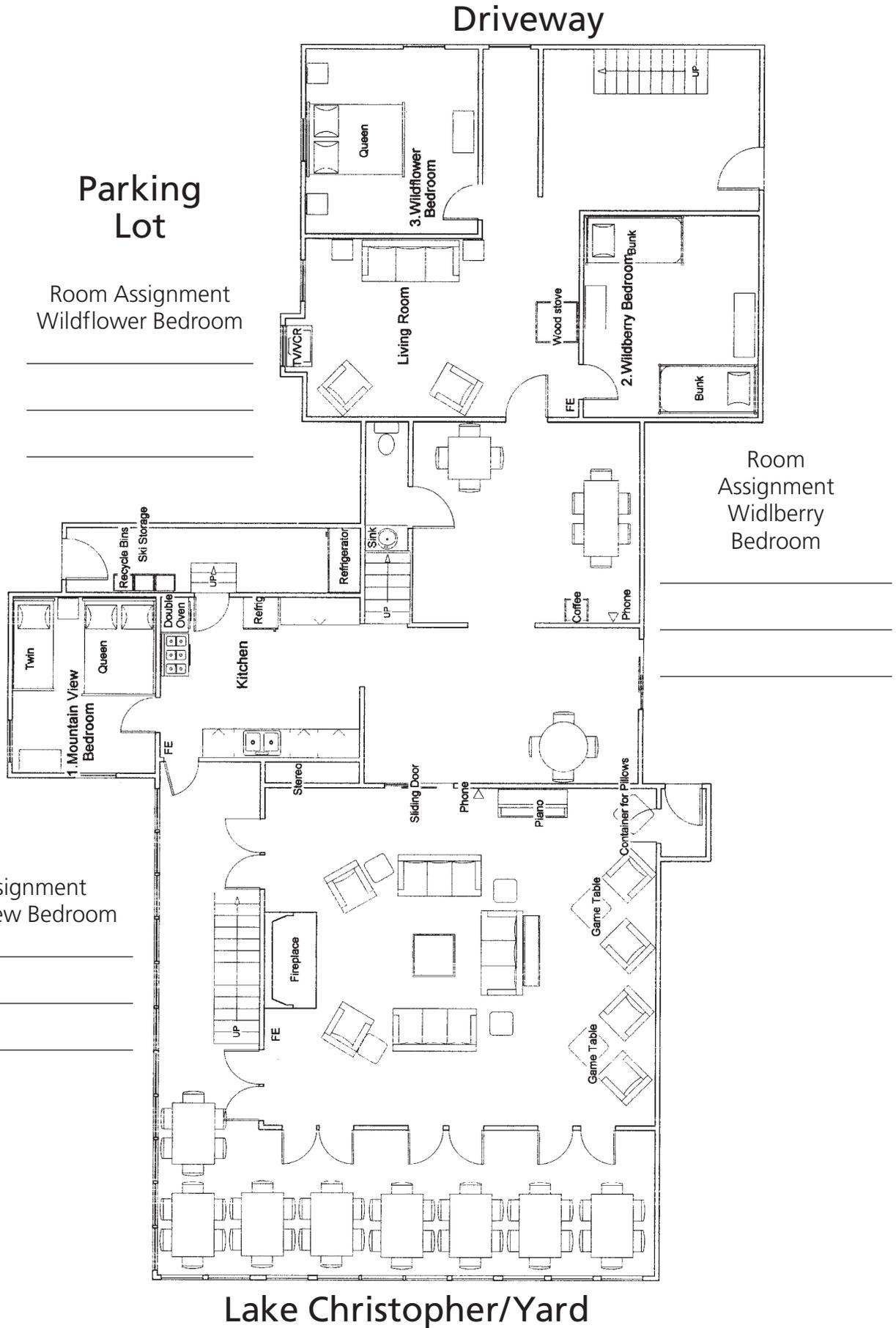


## **Special Features:**

- *Nine comfortable bedrooms with sleeping space for up to 33.*
- *7-1/2 private and shared bathrooms.*
- *Large "Great Room" accented with knotty pine paneling, hardwood floors, and a floor-to-ceiling fireplace.*
- *Enclosed wrap-around porch with dining tables and seating for up to 50.*
- *Newly remodeled kitchen with 3 refrigerators, 3 dishwashers, icemaker, gourmet cooktop, oven, warming drawer, coffee bar and beverage station.*
- *View of Lake Christopher and mountains.*
- *Beautiful yard with 189 feet of lake frontage.*
- *10' x 10' steam room.*
- *Gas grill and picnic tables.*
- *Heated playroom with Lego table and table hockey game.*
- *Beautifully landscaped grounds.*

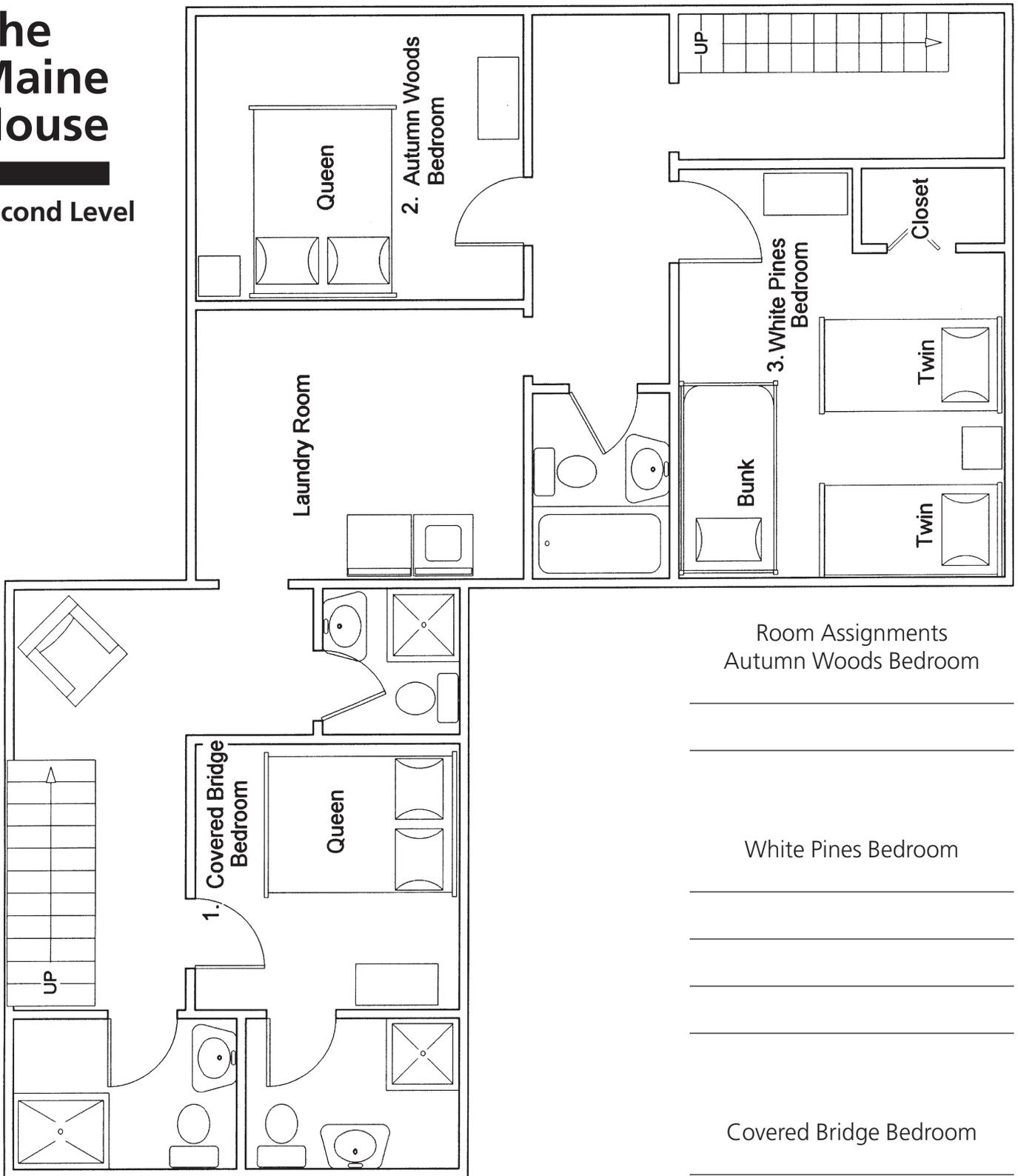
# The Maine House

## First Level



# The Maine House

## Second Level



Room Assignments  
Autumn Woods Bedroom

---

---

White Pines Bedroom

---

---

---

---

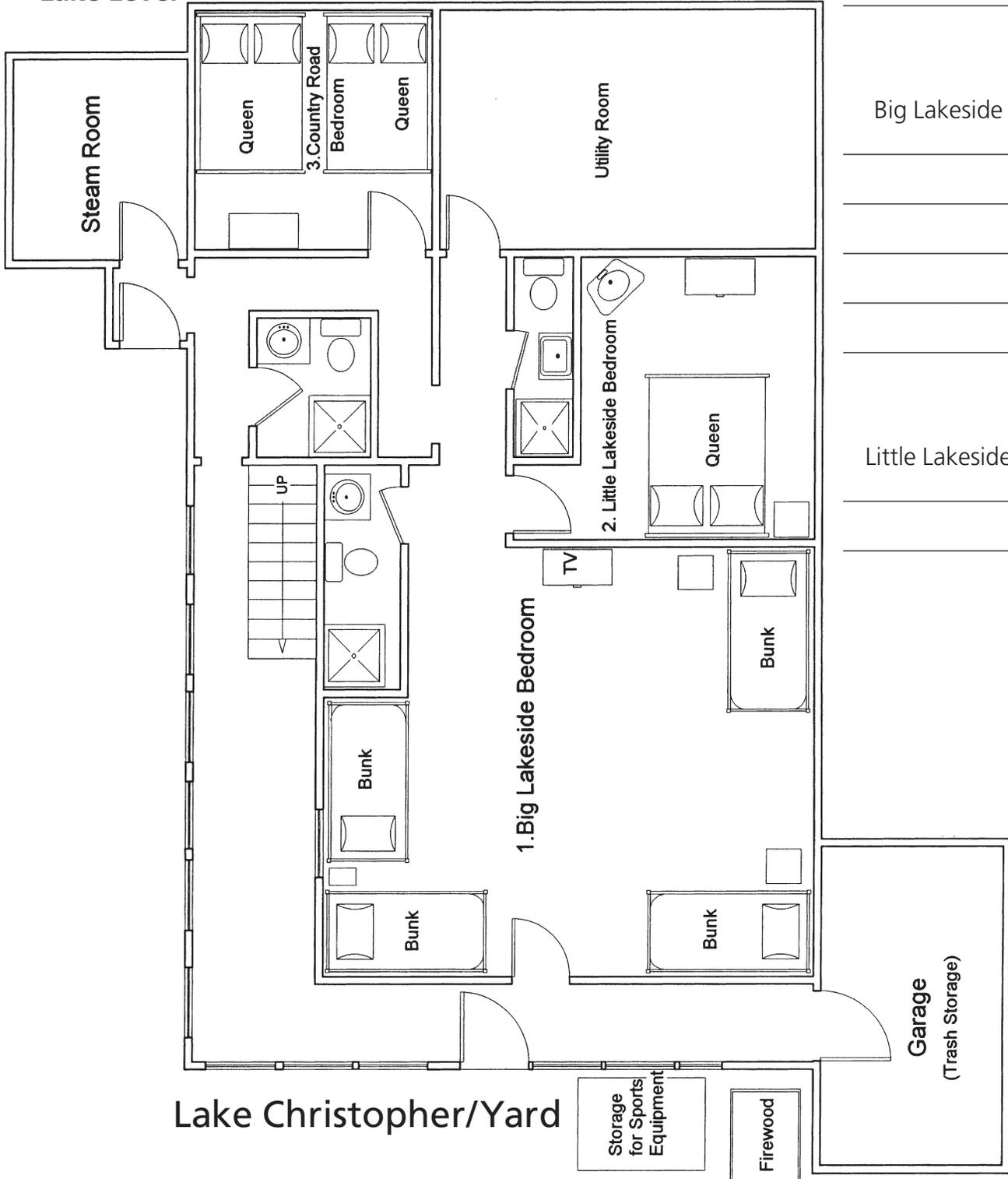
Covered Bridge Bedroom

---

---

# The Maine House

## Lake Level



### Room Assignments Country Road Bedroom

---

---

---

### Big Lakeside Bedroom

---

---

---

### Little Lakeside Bedroom

---

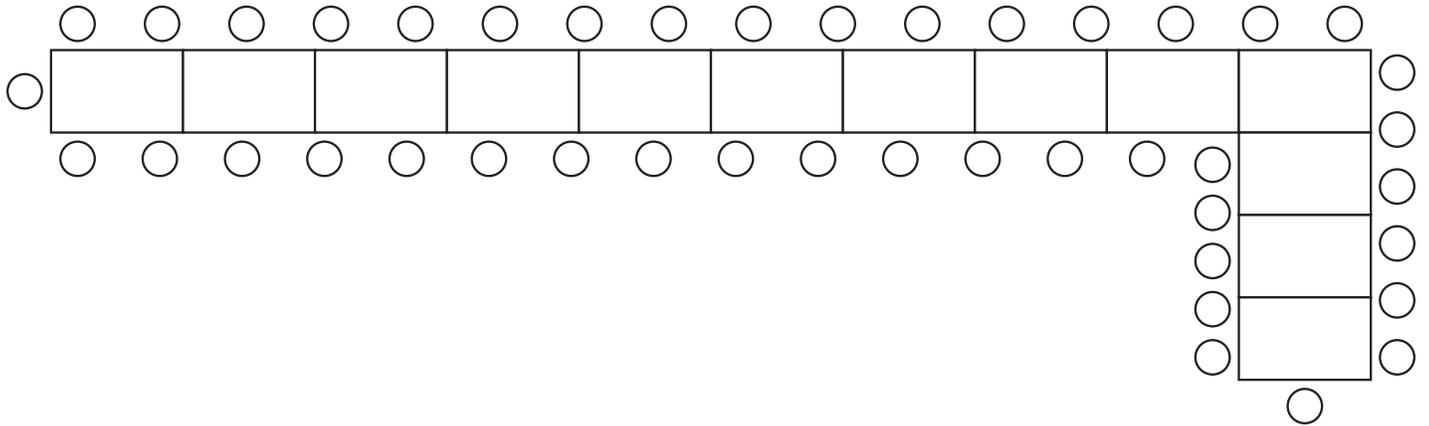
---

---

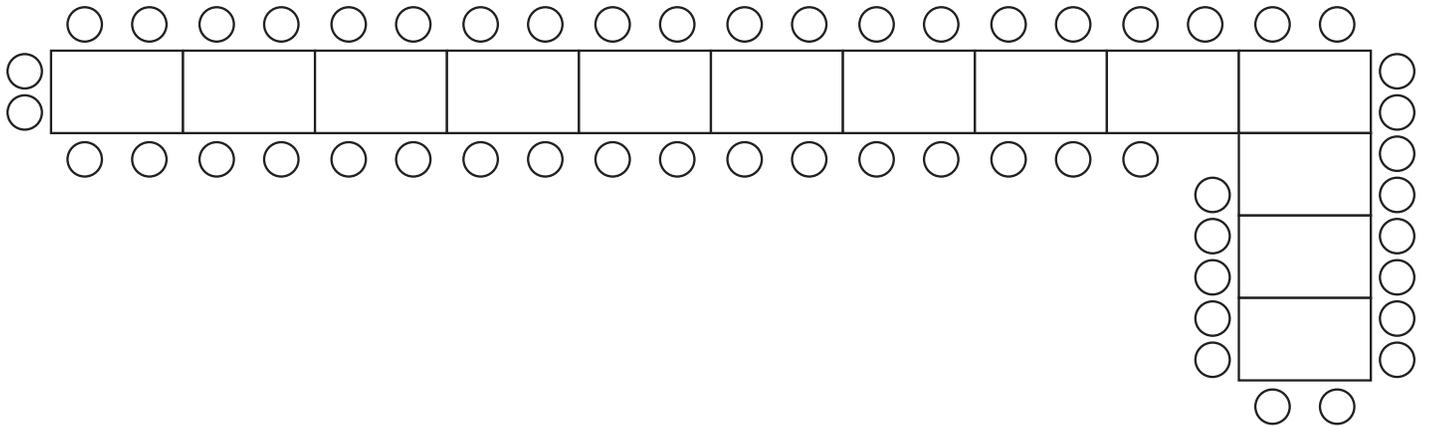
# The Maine House

## Wraparound Porch Dining

Seats 43



Seats 54



# The history of The Maine Farm House

The Maine Farm House was purchased in 1994 by Tim and Linda, Tony, and Steve and Sue. It is designed to allow more people to "enjoy life the way it should be." The house was completely renovated into three separate suites with a special country feel. These suites are available separately or as a total package. Guests are given the flexibility to design the space to suit the needs of their group. Each tastefully decorated room has a private bath (one in 2 Bedroom suite) and its own temperature control. Each unit is adorned by a fieldstone fireplace handcrafted by "Down East" Maine artisans.

A large kitchen/dining room in the four bedroom suite features a six-burner gourmet gas stove to make any group's culinary specialties a breeze to prepare. The one bedroom and two bedroom suites contain their own private kitchenettes.

If you desire a relaxing day of mountain biking, hiking, skiing, canoeing or kayaking – the range of activities is unlimited. Whether you prefer sightseeing, outdoor recreation or reading a good book on the front porch, you will enjoy every minute of your stay at The Maine Farm House.

## **Special Features:**

- Seven bedrooms with sleeping space for up to 24 guests; most with private bath.
- Comfortable country feel – lots of wood.
- Unique kitchen island which includes separate storage cabinets for each room's food, a prep sink and electric outlets for blenders, coffee makers, etc.
- A six burner Wolfe gas commercial-size range – a cook's delight.
- In the summer and spring open the two sets of French doors in the kitchen area and let the fresh air in.
- A stereo system for sound in the living room, dining room or both (including CD player).
- Individual thermostats in each bedroom.
- Beautifully landscaped yard and garden.
- Gas grill.
- Fire pit.
- Large yard and play area.
- Handcrafted fieldstone fireplaces in each section.
- Expansive front porch and stone patio.



# The Maine Farm House

## First Level

Room Assignments  
Bedroom #1

---



---

One Bedroom Suite

---



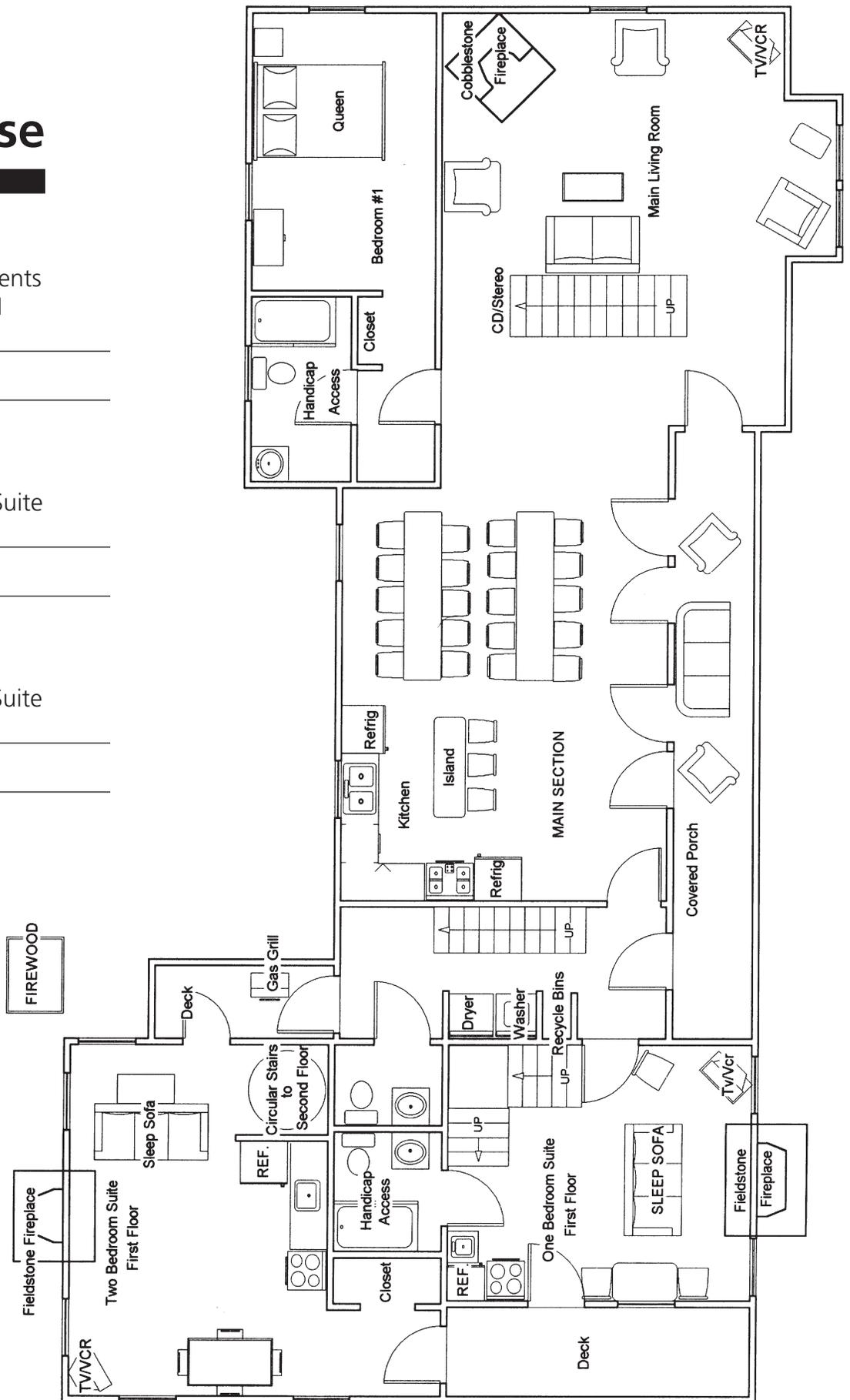
---

Two Bedroom Suite

---



---



# The Maine Farm House

## Second Level

Room Assignments  
Bedroom #2

---



---

Bedroom #3

---



---



---



---

Bedroom #4

---



---



---



---

Bedroom #5  
(One Bedroom Suite)

---



---



---

Bedroom #6  
(Two Bedroom Suite)

---



---

Bedroom #7  
(Two Bedroom Suite)

---



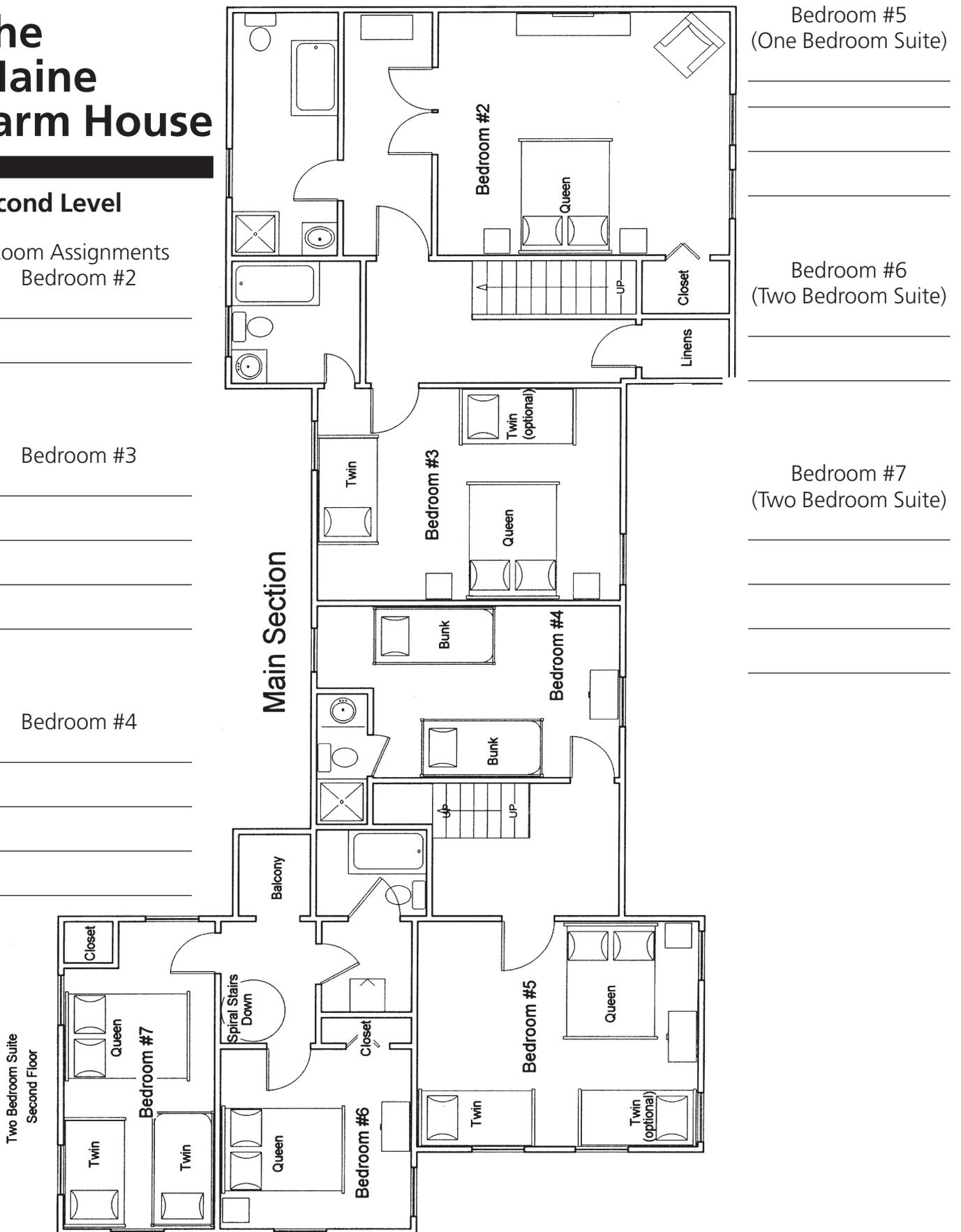
---



---



---



# The history of The Maine MountainView House

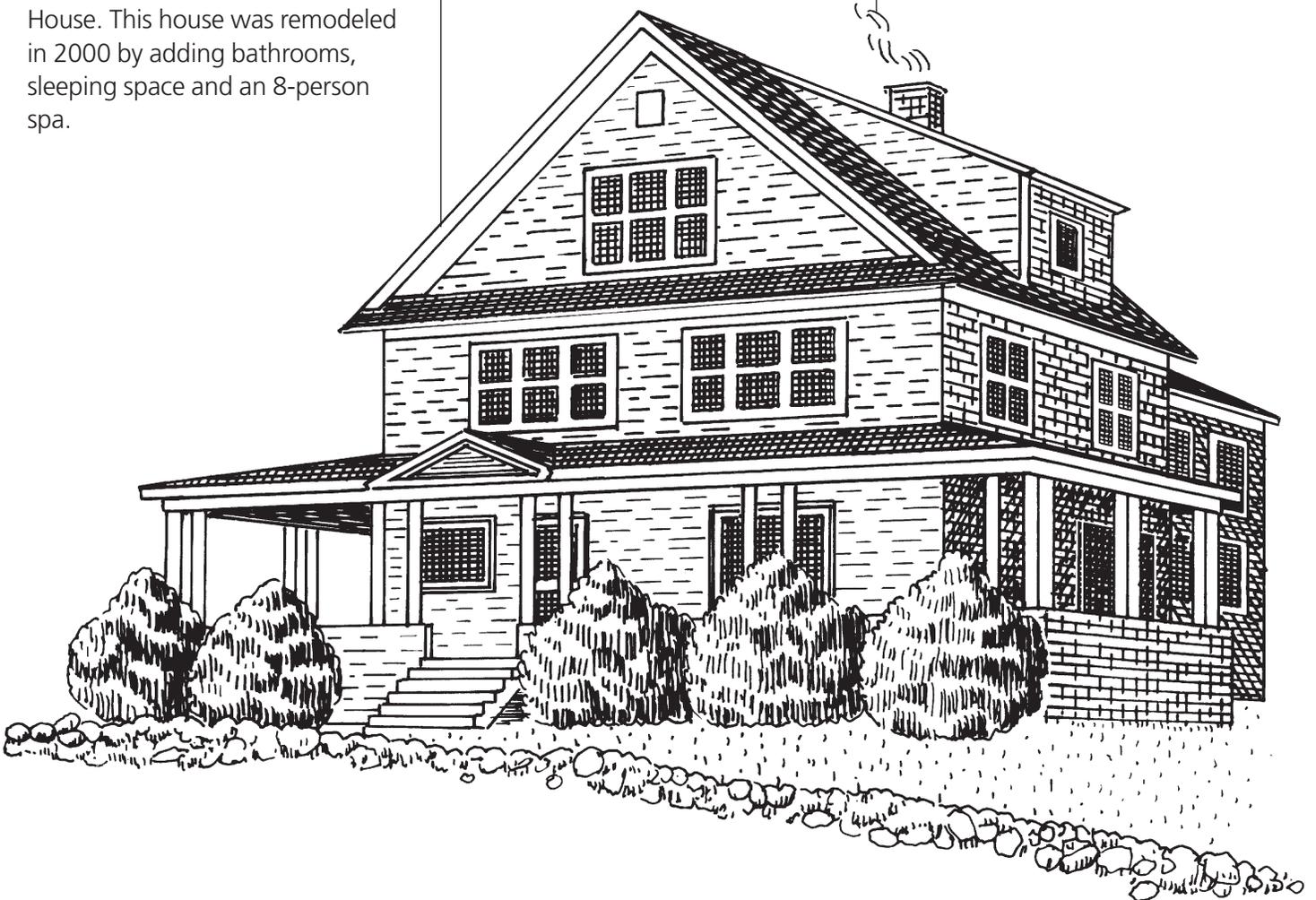
In 1996, The Maine MountainView House was purchased from Margaret and Robert Hand. The original building was built in 1850 and stood as the Glen Mountain Hotel until it burned in 1907. The house was rebuilt shortly thereafter as the stately, turn-of-the-century Victorian house you see today. The house was once a nursing home, offices and most recently operated by the Hand's as a bed and breakfast called The Glen Mountain House. This house was remodeled in 2000 by adding bathrooms, sleeping space and an 8-person spa.

Take in the view of Mt. Christopher while relaxing in the rocking chairs on the front porch of the house. Or, take a short stroll (just a five-minute walk) down to the lake for a swim or canoe ride.

## **Special Features:**

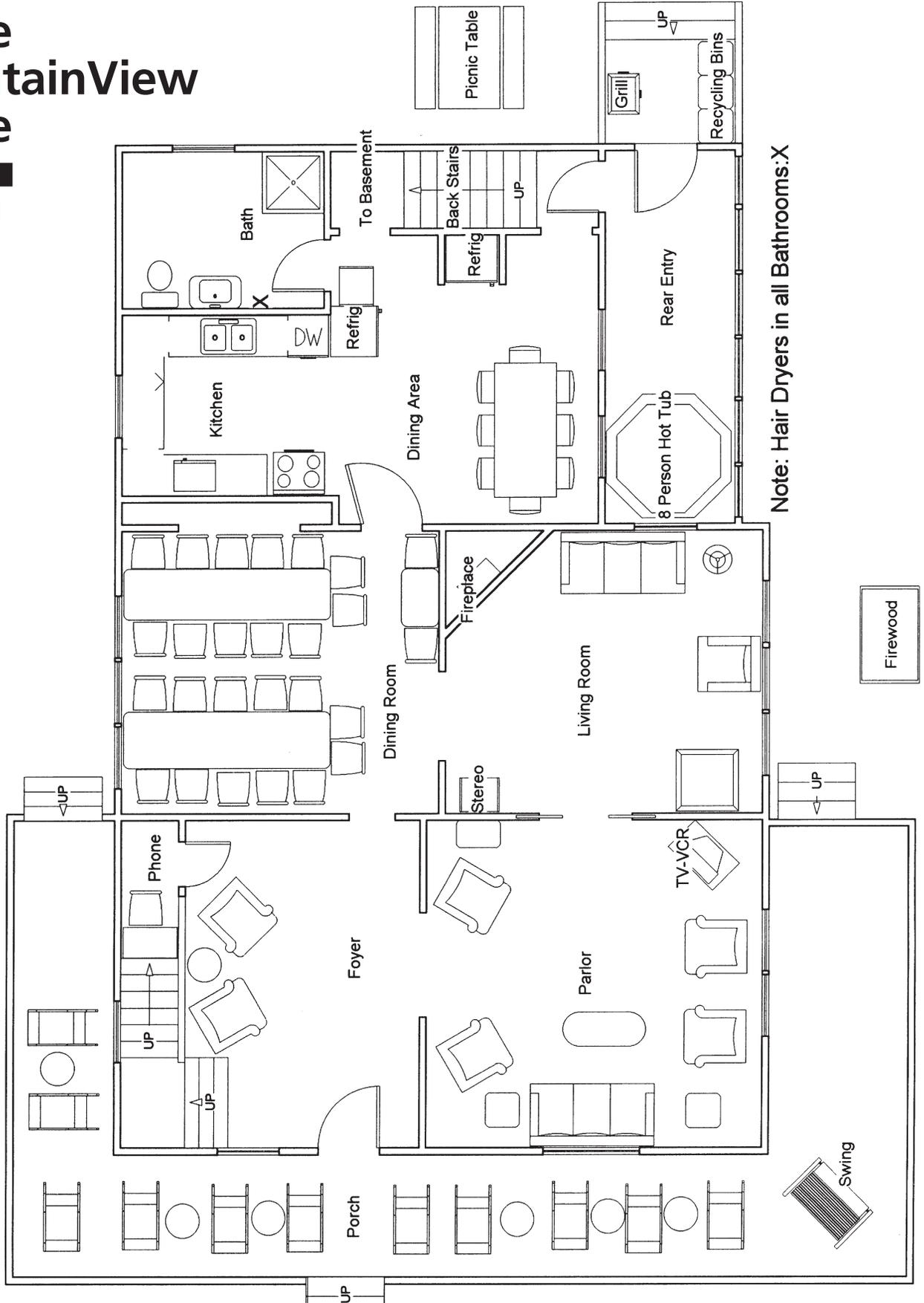
*The Maine MountainView House has undergone extensive renovations and remodeling since its purchase in 1996. Some of the special features include:*

- Seven comfortably decorated bedrooms, most with a private bath.
- Eight person indoor spa/hot tub.
- Fully equipped country kitchen with dining area.
- Double living room area with fireplace.
- Dining room with built-in oak hutch with leaded glass cabinets.
- Gas grill.
- Wraparound porch with rocking chairs to relax and enjoy the view of Mount Christopher.



# The Maine MountainView House

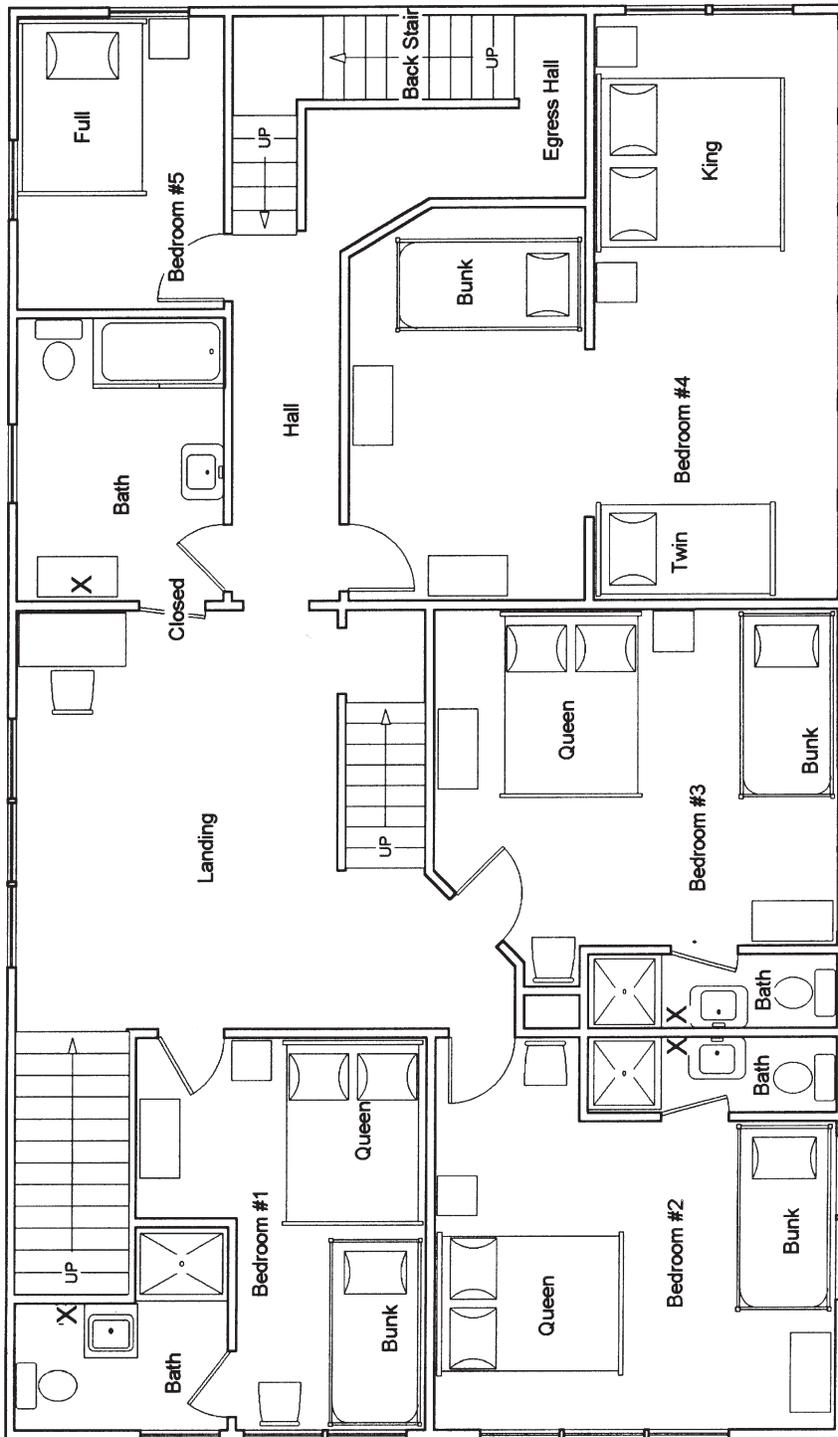
## First Level



Note: Hair Dryers in all Bathrooms:X

# The Maine MountainView House

## First Level



Note: Hair dryers in all Bathrooms: X

Room Assignments  
Bedroom #1

---



---



---



---

Bedroom #2

---



---



---



---

Bedroom #3

---



---



---



---

Bedroom #4

---



---



---



---

Bedroom #5

---



---



---



---



# The history of The Maine Country House

For years, a quaint privately-owned Dutch Colonial house sat tucked between The Maine House and The Maine Farm House. In the spring of 2005, the house went on the market and the owners of The Maine Houses jumped at the chance to purchase the house and add it to its unique group of self-service guest houses.

The spacious three bedroom house can accommodate up to nine guests in two, three, and four person rooms.

### **Special Features:**

*It is perfect for a family or few couples getaway. The Maine Country House is just a few hundred feet from Lake Christopher and offers a great view of the lake and mountains from the enclosed porch. The Maine Country House is fully equipped with:*

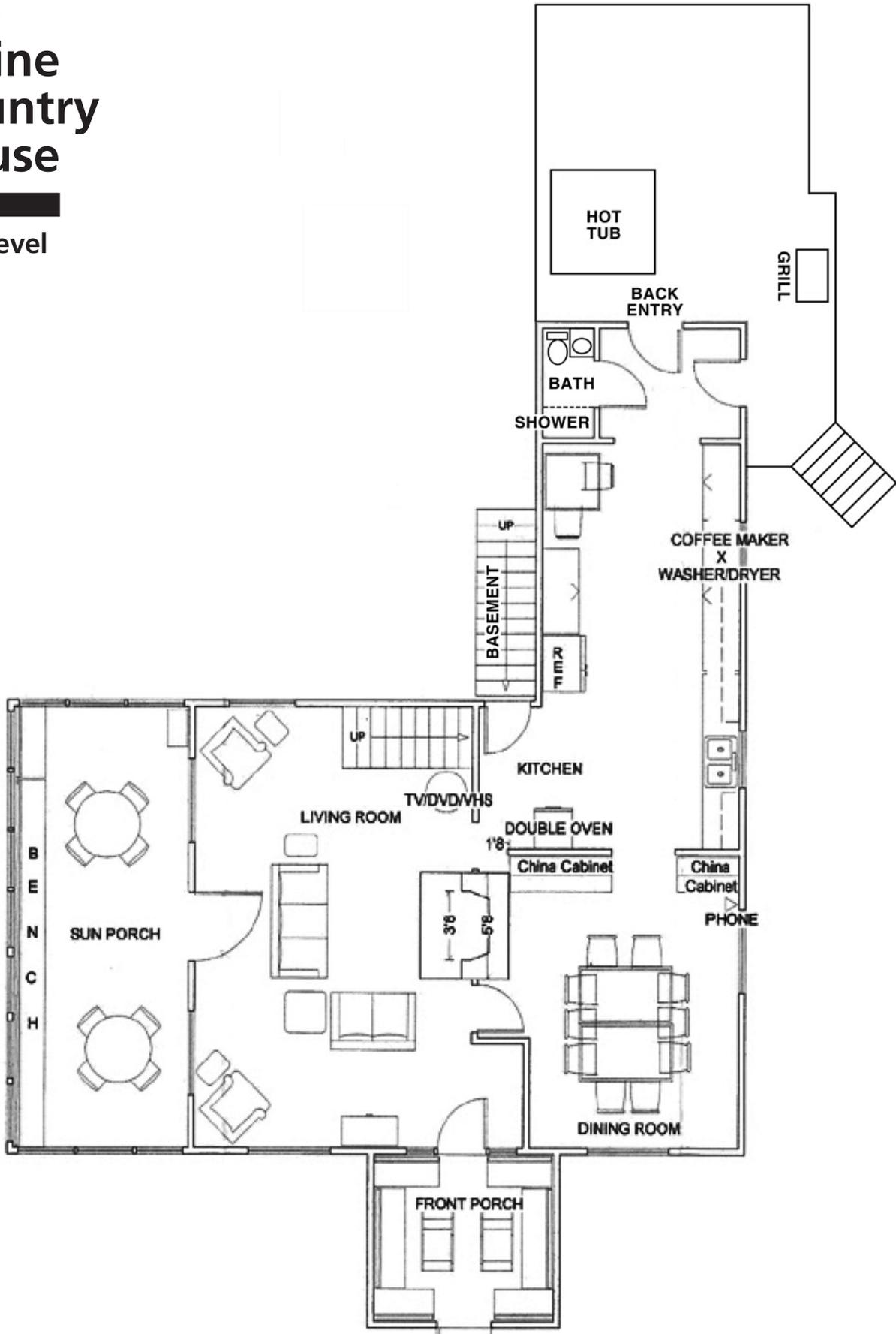
- *Three quaint bedrooms with hardwood flooring, twin, full, queen and/or king size beds.*
- *One full bathroom on first floor*
- *One full bathroom with tub/shower on second floor.*
- *New hot tub*

- *Fireplace in the cozy living room. Firewood provided.*
- *Dining room with built-in cabinets and seating for nine.*
- *Fully equipped old-fashioned country kitchen with electric range, dishwasher and washer/dryer.*
- *Glass enclosed sun porch.*
- *New outdoor deck.*
- *Side deck and enclosed front porch.*
- *Television/VHS/DVD player.*
- *CD player.*
- *Linens provided*
- *Gas grill.*
- *Playhouse.*



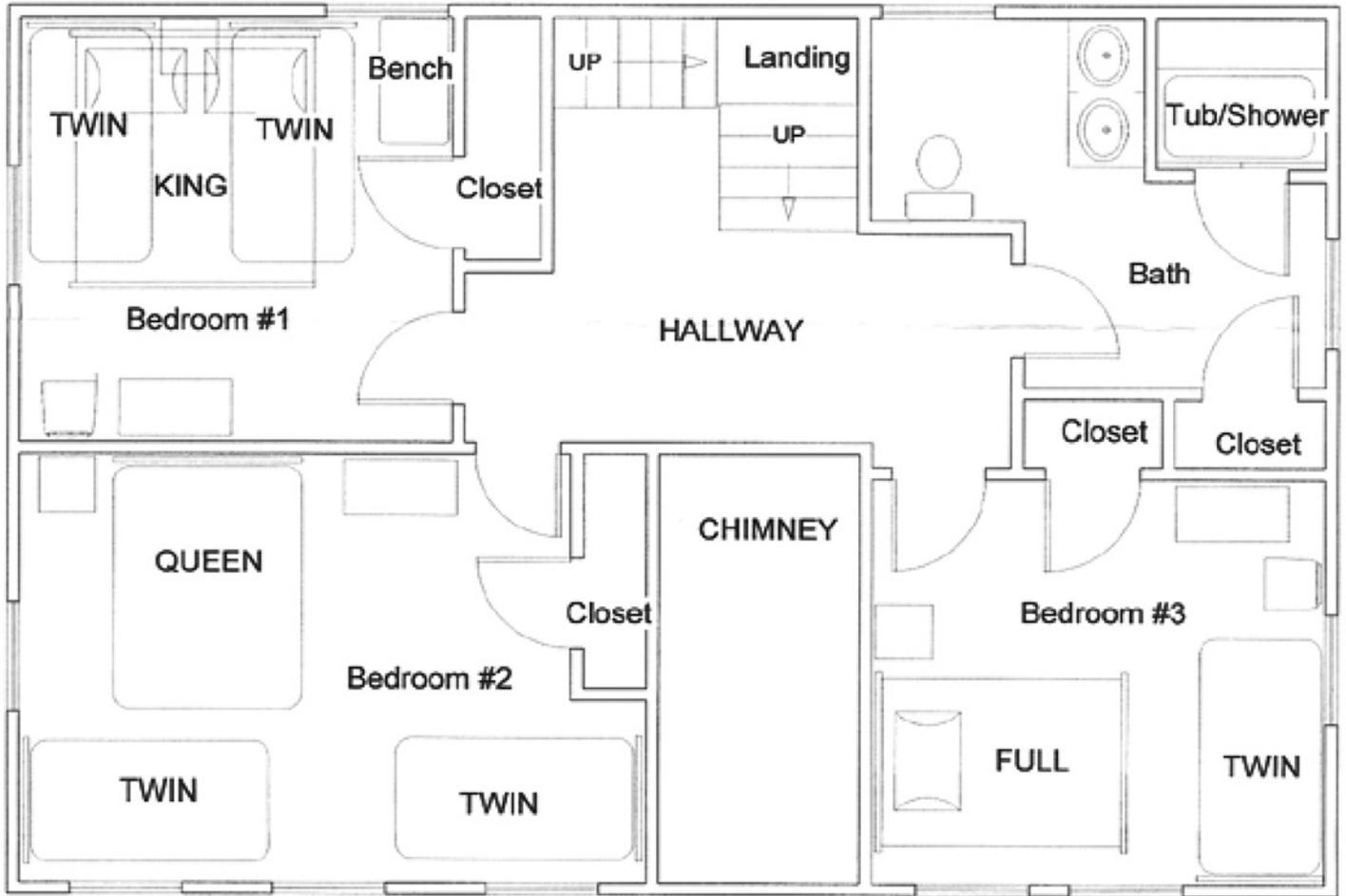
# The Maine Country House

## First Level



# The Maine Country House

## Second Level



Bedroom #1

Bedroom #2

Bedroom #3

---

---

---

---

---

---

---

---

## Antiquing

If the summer skies are grey, or if you just want a change of pace, try browsing some of the area's antique shops. The perfect piece of vintage furniture, glassware, china or other collectible may be waiting for you to take it home.

### **Bennett's Antiques and Collectibles**

21 Mechanic Street, Bethel  
(207) 824-2336

Mark Bennet, proprietor  
Victorian furniture, porcelain, glass and silver.

### **Touch of Class Antiques and Minerals**

279 Walkers Mills Road, Bethel  
(across from Telstar Regional High School)  
(207) 824-8501

Gloria Arrow, proprietor  
Eclectic assortment of collectibles, fine antiques, Tibetan artifacts, gemstone jewelry and costume jewelry of the 1930s.

### **Vintage Living**

130 Main Street, Bethel  
(207) 824-2997

Pok Sun Lane, proprietor  
Oriental and American antiques.

## ATV rentals and trips

### **Sun Valley Sports & Guide Service (ATV-ing)**

129 Sunday River Road  
Bethel, ME 04217  
(877) 851-7533

www.sunvalleysports.com  
See the beautiful Western Mountains of Maine on a guided four-wheeler tour. See moose, deer, bears and other wildlife. Learn about the forestry management practices. Half and full-day tours. Guided ATV Tours in the winter when there is NOT enough snow for snowmobiling. Trips run from 9:00 am - 12:00 noon and 1:00 pm - 4:00 pm. Reservations are recommended. Hours 8:30 am - 5:00 pm.

## Auto racing

### **Oxford Plains Speedway**

Route 26, Oxford  
(207) 539-8865  
www.oxfordplains.com  
3/8 mile oval, asphalt.  
Open April-September.

# Auto touring

Scenic drives are found throughout the region. A complete set of driving tours is available at the Bethel Chamber of Commerce information center or by calling (800) 442-5826 or visiting their website at [www.bethelmaine.com](http://www.bethelmaine.com). Below is a popular tour.

## Bethel/Evans Notch Region Driving Tour

Beginning in Bethel, head west on Route 2 to Gilead. Turn left on Route 113 and enter the White Mountain National Forest. Beautiful Wild River runs alongside the road, and dense foliage forms a cool, leafy canopy overhead. Stop to sway across the suspension footbridge over Wild River, then continue on Route 116 to the town of Fryeburg. (See map at right.)

In Fryeburg, turn onto Route 5 for the drive back to Bethel, along the shores of pristine Kezar Lake and through the quaint villages of Lovell, Center Lovell, North Lovell, and East Stoneham.

Before returning to Bethel, take a left turn for the Patte Brook Tour, a short distance off Route 5. This 4-mile auto tour offers excellent examples of Multiple Use Resource Management. Self-guided stops explain how water, timber, recreation and wildlife are managed in the White Mountain National Forest. A sharp eye may help you see some of the wildlife residents of the Patte Brook area.

To aid the visitor, brochures are available at the start of the tour.

Upon your return to Bethel, take a walking tour of the Broad Street/Church Street National Historic District. Maps are available at the Chamber of Commerce office, or at the Moses Mason House Museum on Broad Street.

## Bethel Region Driving Tour (67 miles)

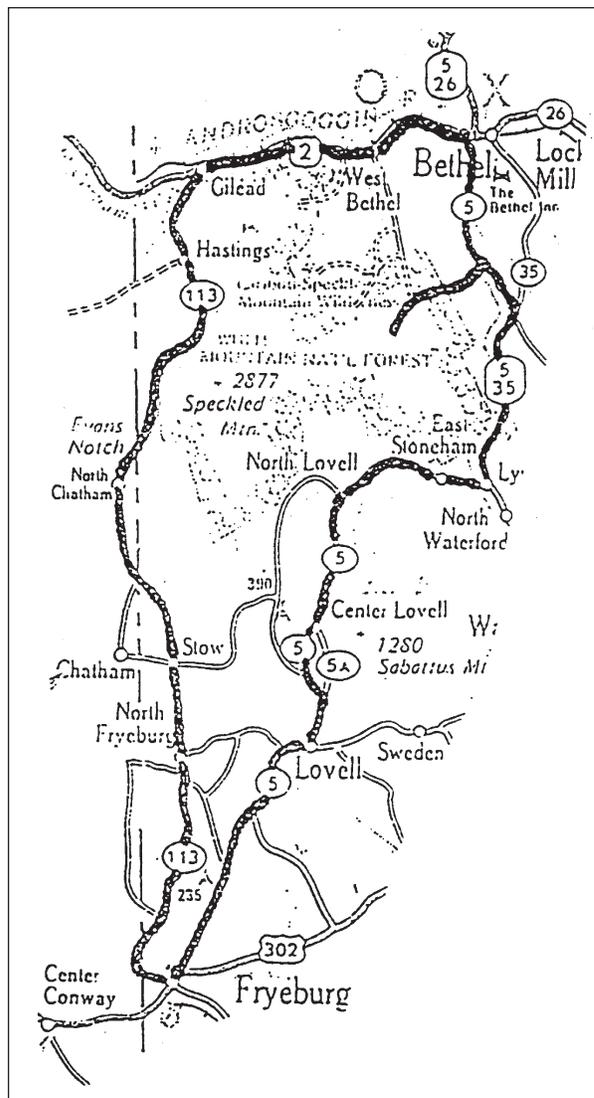
Begin on Route 2 in Bethel and go east on Route 2 (also called north Route 5 and north Route 26) to Newry. The turnoff for point A is on your left (see map). At Newry, continue on Route 2/Route 5 (no longer Route 26) east through Hanover to Rumford Pt. Rockhounding is prevalent in this stretch (6 miles).

At Rumford Pt., go left on North Route 5 to Andover. Point D is located just before you reach Andover (11 miles). At Andover Center, go west/left on East B Hill Road to Upton. Point F is located several miles outside of Andover (15 miles).

Make sure your gas tank is full, this stretch is a long, rural road through the wilderness. At the intersection of East B Hill Road and Route 26, go right/north to Point G, the public landing in Upton on Lake Umbagog (2 miles). Turn around at the Upton landing and continue south on Route 26 through Grafton Notch State Park. Follow Route 26 to Bethel (23 miles).

### Point A: Artists' Covered Bridge

Soon after leaving Bethel on Route 2, take a left on Sunday River Road and follow signs to the covered bridge. This area has excellent river swimming and picnicking on the rocky ledges beneath and downstream from the bridge. Return to driving the route the way you came in.



### Point B: Rest Area

Along the stretch between Bethel and Newry, there is a Department of Transportation Riverside/Roadside rest area with bathroom facilities. The road follows the Androscoggin River, which extends from the White Mountains of New Hampshire through Lewiston-Auburn to the ocean at Brunswick.

### Point C: Rock and Mineral Hounding

This area is noted for rock and mineral deposits. Contact the Bethel Chamber of Commerce or local mineral stores for specific locations and information.

### Point D: Lovejoy Covered Bridge

In Andover, follow the signs to another scenic covered bridge for picnicking, swimming and sightseeing.

### Point E: Andover Village

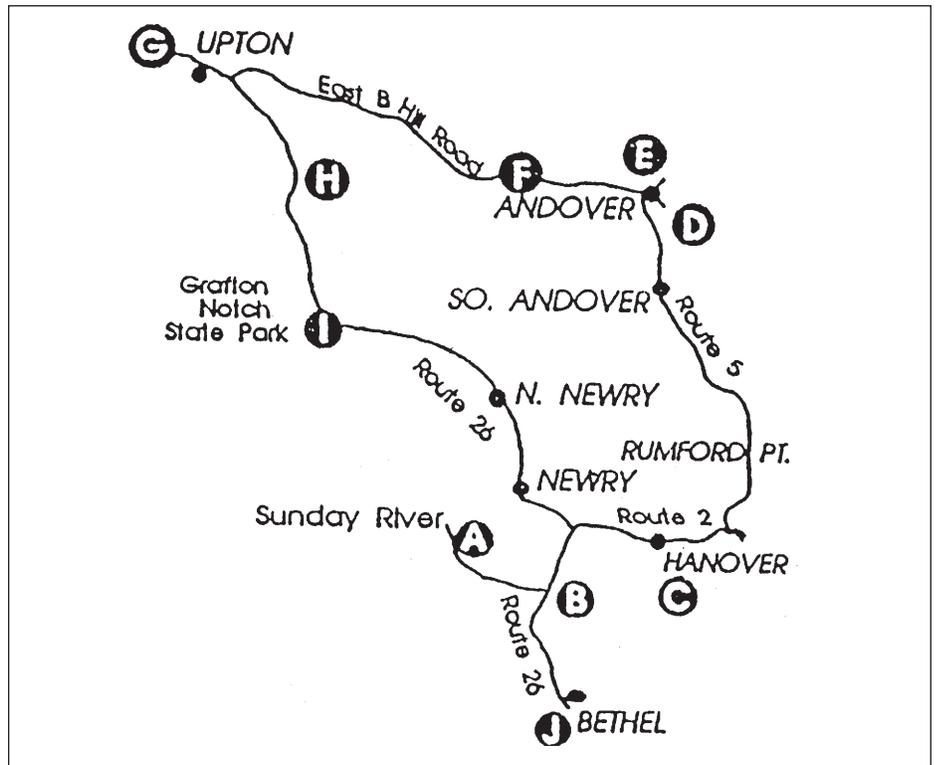
Route 5 brings you right into the center of Andover, with its period architecture, its Common Area, the historic Merrill-Poor House, and more. There are three small general stores.

### Point F: Frye Brook

Once you're on East B Hill Road, look for Frye Brook on the left for a short hike with a splendid view.

### Point G: Umbagog Lake and Upton Village

Just up Route 26 north in Upton, you can catch some breathtaking view of Umbagog Lake.



### Point H: Grafton Notch State Park

On Route 26 between Upton and Newry, the main features of the park are: Spruce Meadow (a scenic picnic area), Main Parking Lot (trail-heads for the Appalachian Trail and 4 local hiking trails), Moose Cave (a 1/4 mile nature walk mixed with flora and legend), Mother Walker Falls (a nature walk and geological exhibit) and Screw Auger Falls (picnic tables, fireplaces, falls and deep pools in Bear River).

### Point I: Step Falls

On Route 26 after Grafton Notch State Park, look for a white Farm House on the left and a grassy parking area. It is a preserve of the Nature Conservancy on Wight Brook, and has a short hike with a spectacular view.

### Point J: Bethel

Upon returning to Bethel, visit the historic district, local shops or try one of Bethel's fine restaurants.

# Biking

The opportunities for biking near The Maine Houses are endless. Tour miles of rural backroads, or be more adventurous and try mountain biking on some of the region's numerous logging roads.

<b>Scenic Ponds South Loop .....</b>	<b>16 miles</b>
<b>Moose Valley.....</b>	<b>21 miles</b>
<b>Androscoggin River Loop.....</b>	<b>29 miles</b>
<b>Scenic Ponds.....</b>	<b>31 miles</b>
<b>Paris-Buckfield Loop.....</b>	<b>40 miles</b>
<b>Peru-to-Paris Loop .....</b>	<b>48 miles</b>
<b>Norway-Waterford Loop.....</b>	<b>56 miles</b>
<b>Grafton Notch .....</b>	<b>70 miles</b>
<b>Evans Notch Loop .....</b>	<b>80 miles</b>

Bike rentals are available at:

## **Bethel Outdoor Adventure**

121 Mayville Road / U.S. Route 2  
(800) 533-3607  
www.betheloutdooradventure.com

Following are several bike routes in the area of The Maine Houses which are ideal for touring. Our thanks to Bill Hansen of the Mt. Laurel Ski Club (and an avid biker) for many of these routes. The names and approximate mileage of each is shown.

The Maine Department of Transportation has also developed a bike map including 21 bike tours throughout the state. Visit their website at [www.state.me.us/mdot-old/bike\\_tours/index.html](http://www.state.me.us/mdot-old/bike_tours/index.html).

You can also contact the Bicycle Coalition of Maine for more information at (207) 623-4511 or visit their website at [www.bikemaine.org](http://www.bikemaine.org).

## **Mountain Bike Park at Sunday River**

Sunday River Ski Resort  
Newry, ME 04261  
(207) 824-3000  
[www.sundayriver.com/summer](http://www.sundayriver.com/summer)  
The Sunday River Mountain Bike Park offers 15 trails and 20 miles of lift serviced riding with varying difficulty levels and terrain ranging from open work roads to single track. Lift 6 on North Peak will be running to serve the mountain bike trail network. A fleet of new Kona downhill mountain bikes are available for rent, with front suspension models available. All services are based out of the South Ridge Lodge. Hours: 10am-4pm, Friday-Sunday. (non-winter season!)

## Mountain Biking

Many mountain bikers first visit the Bethel area in the winter, as skiers at Sunday River Ski Resort or Mt. Abrams. In the summer, they return to sample the varied pleasures and thrills of the Maine countryside and valleys.

But having tasted the pleasures of the Maine woods – and seen from the mountain tops the miles and miles of prime mountain bike country that surround Bethel – many find themselves setting out to explore the area.

For those who do – and are willing to earn their turns – the rewards are substantial:

- Slick rock summits
- Mountain meadows filled with wildflowers
- Old twitch roads, miles from the nearest highway
- Abandoned logging camps and long-deserted hill farms
- Snowmobile trails meandering through the puckerbrush
- Dry, boulder-bottomed river beds

Much of the best of Maine and some would say the most “real” parts of Maine cannot be seen through

the windshield of the family sedan – but this quiet world is readily accessible to the adventuresome mountain biker.

A long hike will also get you there, but an increasing number of visitors – along with lots of local folk – have discovered that a mountain bike might just be the best way to enjoy these off-the-beaten-path pleasures.

Some excellent off-road trails began just outside the Bethel village and the rich logging tradition of the northwoods has left the local forest crisscrossed with dirt roads that are ideal for mountain biking.

The area is also crossed by miles of snowmobile trails, most with well-maintained bridges over the larger streams and rivers they cross. Just grab your bike, a topo map and compass, and head out.

And one big plus of these off-road byways – especially when you travel them on a quiet mountain bike – is the chance to come upon a fox, bear, deer, moose or countless other species of birds that are rarely found along busy main highways.

# Biking

## Moose Valley Bicycle Tour

Except for a 3-1/2 mile stretch along Route 26, this route follows quiet back roads. Total distance is 21 miles. The majority of the ride is flat or rolling. You may even catch sight of a moose!

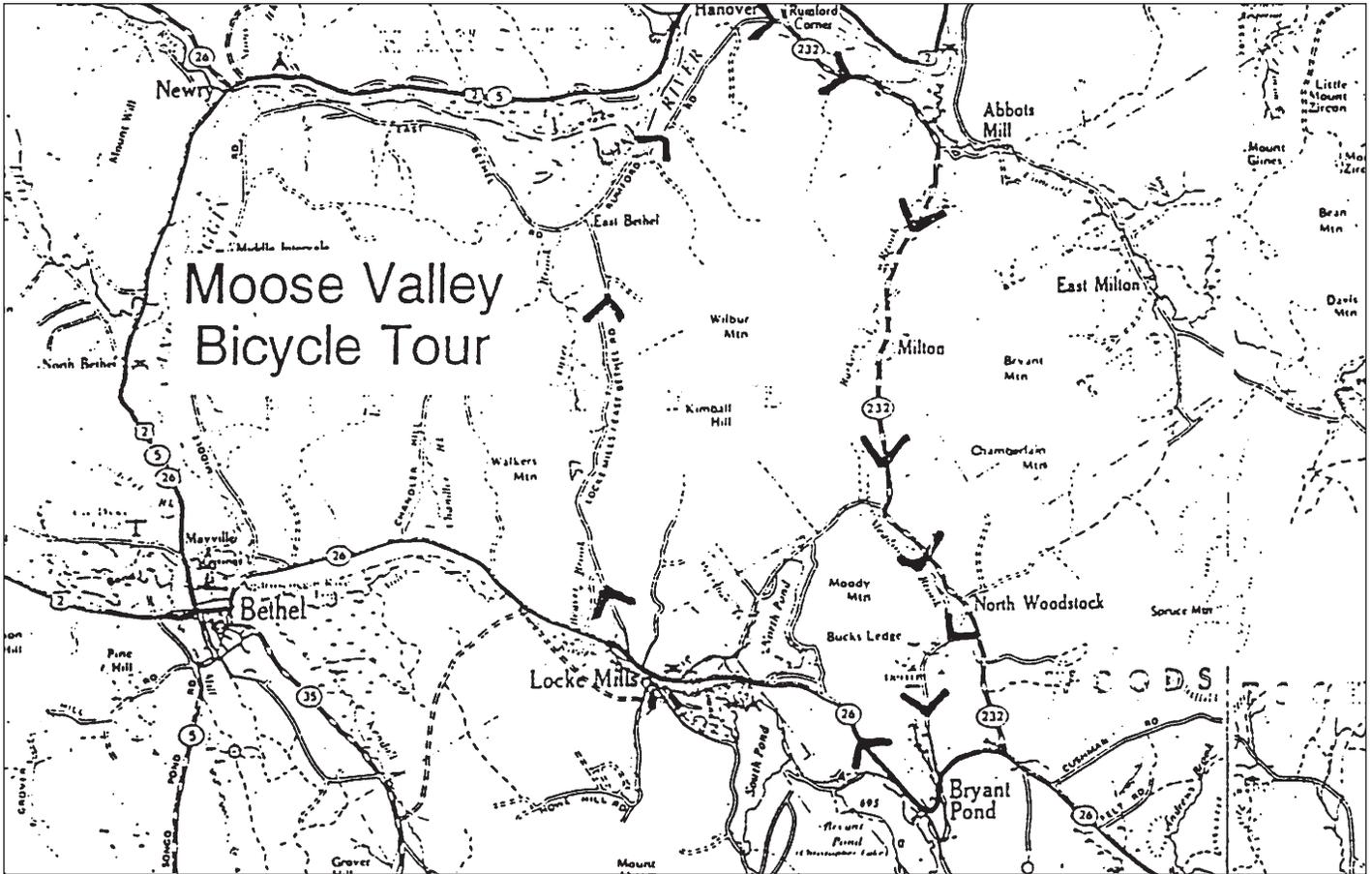
This route starts and ends at The Maine Houses.

***Please use extreme caution crossing railroad tracks. Always wear a helmet, and obey all traffic laws.***

### Moose Valley Bicycle Tour

Distance	Directions
0.0	Turn <b>LEFT</b> out of the driveway.
0.1	<b>LEFT</b> onto Route 26 North toward Bethel.
3.1	Picnic area on the right which has a portable toilet (seasonal).
3.8	<b>RIGHT</b> onto East Bethel Road toward Rumford. In 2 miles, you will pass by Walkers Mountain on your left.
8.5	<b>RIGHT</b> at the stop sign onto Rumford Road (unmarked) toward Rumford.
11.5	<b>RIGHT</b> at the yield sign onto Route 232 South.
13.6	<b>BEAR RIGHT</b> to stay on Route 232 toward Bryant Pond.
17.4	Continue <b>STRAIGHT</b> on Route 232. Don't go right onto Gore Road. Just ahead on the right is the Ancient Burial Ground.
18.7	<b>RIGHT</b> onto Rumford Avenue (unmarked). This is just past the Pinhook Meeting House, a large white building on the left.
20.6	<b>RIGHT</b> at the yield sign onto Route 26 North.
21.0	<b>LEFT</b> onto Lake Road (unmarked) just before the Woodstock Historical Society. Cross the tracks and The Maine House and The Maine Farm House are on the right. Time for a swim!

The Maine House .....	(207) 665-2866
The Maine Farm House .....	(207) 665-2814
The Maine Country House.....	(207) 665-2037
The Maine Mountainview House .....	207) 665-2690



# Biking

## Scenic Ponds Bicycle Tour

This tour takes you by scenic ponds and mountains. It almost entirely avoids busy Route 26 and is ideal for those who prefer quiet back roads. Total distance is 32 miles. The first section has a few moderate hills, but the majority of the ride is flat or rolling. Some of the road surfaces are rough, especially through Greenwood, so keep your speed in check. There are also numerous rail crossings.

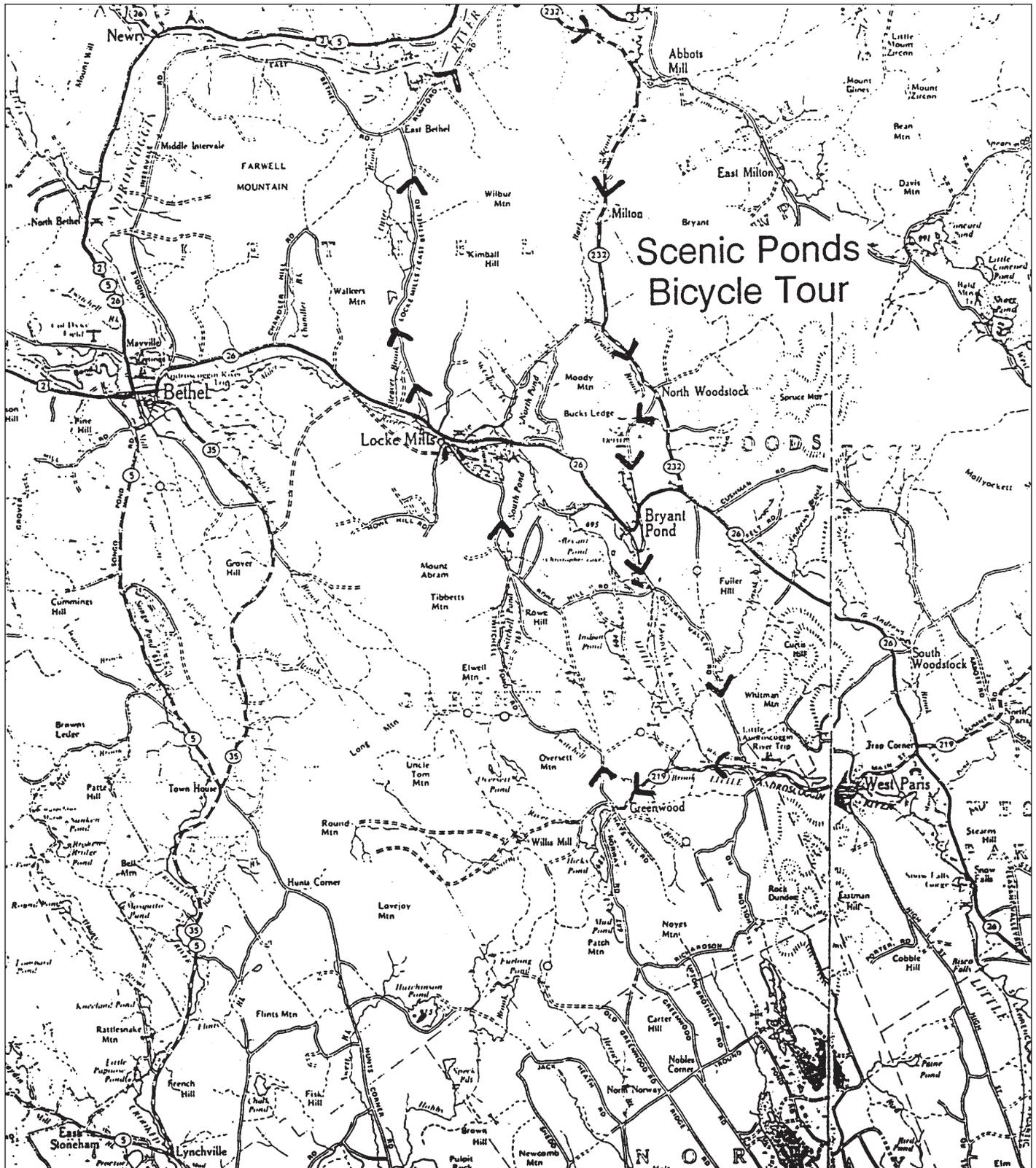
This route starts and ends at The Maine Houses.

***Please use extreme caution crossing railroad tracks. Always wear a helmet, and obey all traffic laws.***

### Scenic Ponds Bicycle Tour

Distance	Directions
0.0	Turn <b>LEFT</b> out of the driveway.
0.1	<b>RIGHT</b> onto Route 26 South toward Bryant Pond
0.2	<b>STRAIGHT</b> off Route 26 at the yellow flashing traffic signal at the Post Office onto Railroad Street.
0.5	<b>RIGHT</b> at the intersection with Church Street, cross the tracks, then <b>LEFT</b> onto Birch Street.
1.1	Continue <b>STRAIGHT</b> at the intersection with Rowe Hill Road and cross the tracks onto Outlaw Valley Road (unmarked).
4.4	At the bottom of the hill, cross the tracks, then <b>RIGHT</b> at the stop sign onto Route 216 West, County Road. The road follows the Little Androscoggin River for several miles.
6.8	<b>RIGHT</b> at the stop sign at the end of Route 219 onto Twitchell Pond Road (unmarked). The road goes by Twitchell Pond and South Pond. At mile 11.8 is the Greenwood Town Beach, which has picnic tables and a portable toilet (summer only).
13.8	<b>RIGHT</b> at the stop sign at the end of Greenwood Road onto Howe Hill Road.
13.9	Cross the tracks, then <b>LEFT</b> at the stop sign onto Route 26 North toward Bethel.
14.2	<b>RIGHT</b> onto East Bethel Road toward Rumford. In 2 miles, you will pass by Walkers Mountain on your left.
18.9	<b>RIGHT</b> at the stop sign onto Rumford Road (unmarked) toward Rumford.
21.9	<b>RIGHT</b> at the yield sign onto Route 232 South.
24.0	<b>BEAR RIGHT</b> to stay on Route 232 toward Bryant Pond.
27.8	Continue <b>STRAIGHT</b> on Route 232. Don't go right onto Gore Road. Just ahead on the right is the Ancient Burial Ground.
29.1	<b>RIGHT</b> onto Rumford Avenue (unmarked). This is just past the Pinhook Meeting House, a large white building on the left.
31.0	<b>RIGHT</b> at the yield sign onto Route 26 North.
31.4	<b>LEFT</b> onto unmarked Lake Road, just before the Woodstock Historical Society. Cross the tracks and The Maine House and The Maine Farm House are on the right.

The Maine House .....	(207) 665-2866
The Maine Farm House .....	(207) 665-2814
The Maine Country House.....	(207) 665-2037
The Maine Mountainview House .....	207) 665-2690



# Biking

## Evans Notch Metric Century Bicycle Tour

This challenging ride lets you experience the grandeur of the White Mountain National Forest on your bicycle. It requires a remote start in Bethel. The total trip is 65 miles, or 100 kilometers. The truly ambitious may bike from The Houses to Bethel, adding 18 miles to the trip. It is an advanced ride for those comfortable doing longer distances and dealing effectively with automobile traffic.

This route starts and ends at The Maine Houses.

***Please use extreme caution crossing railroad tracks. Always wear a helmet, and obey all traffic laws.***

## Evans Notch Bicycle Tour

This ride lets you experience the grandeur of the White Mountain National Forest on your bicycle. It requires a remote start in Gilead, 10 miles west of Bethel. The total trip is 18 miles. Bring food because there are no stores in the National Forest.

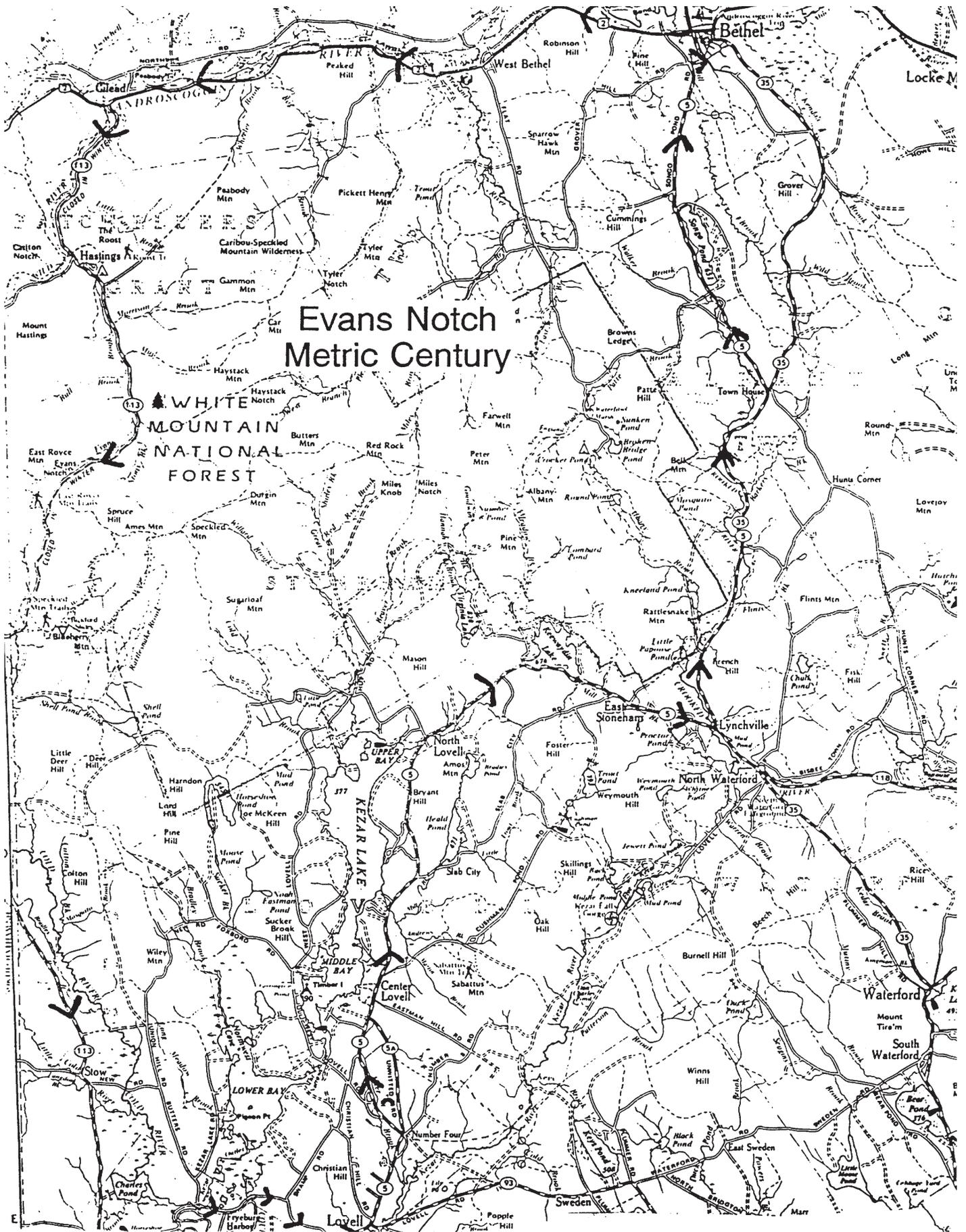
***Please use extreme caution crossing railroad tracks. Always wear a helmet, and obey all traffic laws.***

### Evans Notch Metric Century Bicycle Tour

Distance	Directions
0.0	After parking in Bethel, leave town via Route 26 North, Railroad Street. At the highway overpass, continue <b>STRAIGHT</b> onto Route 2 West toward New Hampshire.
10.1	Gilead Picnic Area on the left.
10.5	<b>LEFT</b> onto Route 113 South toward Evans Notch. Route 113 is a narrow, winding road but the surface is well maintained. As a courtesy to motorists, pull off the pavement to allow cars to pass. There are no stores to purchase refreshments for the next 19 miles.
18.9	Evans Notch. This is the top of the climb. Watch your speed on the downhill.
21.6	Basic Recreation Area on right. Leaving the National Forest.
26.3	<b>STRAIGHT</b> to stay on Route 113. Don't take Route 113B.
29.5	<b>LEFT</b> in the village of Stow to stay on Route 113 toward Fryeburg. There is a general store in Stow.
32.4	<b>LEFT</b> off Route 113 in North Fryeburg into the unmarked road toward Fryeburg Harbor.
33.7	<b>BEAR LEFT</b> to follow the main road around the "S" curve.
37.0	<b>LEFT</b> at the stop sign onto Route 5 North.
39.5	<b>BEAR LEFT</b> at the intersection with Route 5A to stay on Route 5.
52.1	<b>LEFT</b> at the yield sign at the junction with Route 35 to stay on Route 5.
64.5	<b>RIGHT</b> at the intersection with Grove Hill Road to stay on Route 5 toward Bethel.
64.8	Bethel Town Common. You may tour this historic section of town or relax on the grass before returning to your car.

### Evans Notch Bicycle Tour

Distance	Directions
0.0	<b>LEFT</b> out of the picnic area onto Route 2 West.
0.4	<b>LEFT</b> onto Route 113 South toward Evans Notch. Route 113 is a narrow, winding road but the surface is well maintained. As a courtesy to motorists, pull off the pavement to allow cars to pass. There are no stores to purchase refreshments along this route.
8.8	Evans Notch. This is the top of the climb. Return the way you arrived, Route 113 North. Watch your speed on the downhill.
17.2	<b>RIGHT</b> at the end of Route 113 onto Route 2 East.
17.6	<b>RIGHT</b> into the picnic area to return to your car.



## Billiards

### Funky Red Barn

Bethel, ME  
(207) 824-3003

### Sunday River Brewing Company

Bethel, ME  
(207) 824-4253  
Provides tables during the non-ski season.

## Boating, canoeing and kayaking

Enjoy a quiet paddle around one of our many lakes and ponds, or drift lazily down a stretch of flatwater on the Androscoggin, Ellis or Saco Rivers.

If you don't have time for a day trip, you can enjoy a leisurely tour of Lake Christopher in our house canoes, kayaks or windsurfer. ***Life jackets are provided and must be worn whenever you are on the water.***

If you have a boat or kayak of your own, feel free to bring it along. Watch the loons at play while you explore Lake Christopher. The Maine House has two private docks that are open during the milder months for our guests' enjoyment.

***Note: Jet skis are not permitted on Lake Christopher.***

## The Androscoggin

Errol, NH  
For lots of excitement, the Androscoggin offers a white-water challenge.

### Bethel Outdoor Adventures

Bethel, ME  
(800) 533-3607  
Canoe and kayak rentals and guide service are available.  
www.betheloutdooradventure.com

### Carter's Farms

Oxford, ME  
(207) 539-4848  
Canoes and kayaks rentals

### Mahoosuc Guide Service, Inc.

1513 Bear River Road/Route 26  
Newry, ME 04261  
(207) 824-2073  
www.mahoosuc.com  
Outdoor guide service offering canoeing trips (and dogsledding in the winter) in Maine. Reservations required. All trips are owner-guided with more than 25 years experience. Polly and Kevin are registered Master Maine Guides. Located in the Maho mountains near Grafton Notch State Park. Head north, go past the Sunday River Road about 3 miles, turn left onto Bear River Road/Route 26, continue 7 miles. They are on the right. Look for the Mahoosuc Guide Service sign in front of a cedar-clad farmhouse with a big red barn attached to it.

## Round Pond Corner Store

Greenwood, ME  
(207) 875-2590  
Canoes and kayaks rentals

### Sebago Sailing, Inc.

(207) 647-4400  
www.sebagosailing.com  
Located in the Kettle Cove Marina on Sebago Lake in Windham. Sail boat rentals, charters, and American Sailing Association School. The only complete sailing service on the Maine Lakes. They will also deliver sail boats to the Houses. Contact Maura (Mo) Mulcahy.

### Sun Valley Sports & Guide Service

Offers canoe and kayak rentals with shuttle service to the Androscoggin River and local ponds. (207) 851-7533.

# Boating safety

National statistics show that 90% of boating deaths result from drowning; 80% of those drowning victims were not wearing a personal floatation devices. Life jackets, life vests or PFD (Personal Floatation Device)...no matter what you call it, it won't work if you don't wear it. Once you're in the water, even an experienced swimmer can quickly lose coordination and drown. The problem is compounded if a person has been drinking alcoholic beverages—half of boating fatalities involve alcohol.

## Who needs a life jacket?

### Everyone who goes boating!

More than 90% of deaths are from drowning. And 80% of those victims were not wearing a personal floatation device. Anytime anyone goes boating, there's a chance to fall overboard. A PFD is designed to keep your head above water and to help you remain in a position which permits proper breathing. An average adult only needs artificial buoyancy of 7 to 12 pounds to remain afloat, and virtually all approved PFDs provide this amount of floatation. Don't take your chances—wear your PFD!

### Type 1 : Offshore Lifejacket

This PFD is designed for extended survival in rough, open water.

### Type 2: Near Shore Buoyant Vest

This "classic" PFD comes in several sizes for adults and children and is for calm inland water where fast rescue is most likely.

### Type 3: Flotation Aid

These life jackets are considered the most comfortable, with styles for different activities and sports.

## Children and water safety

Approved PFDs should be worn by all passengers in powered and unpowered watercraft, or by anyone who is unable to swim or unsure of their swimming abilities when in and around water. "Water Wings" are not a dependable floatation device and are no substitute for adult supervision of small children in and around water. Be sure to use a PFD that is an appropriate buoyancy and a good fit for the child who is wearing it

***Note: Maine law requires all children 12 years of age or younger to wear a life jacket while in a boat, canoe or kayak.***

Never leave small children unattended around any body of water. Small children don't often think of water as danger and they are, by nature, very curious. Being left alone in or around water without supervision can be fatal. Learn CPR especially if you own a boat, a pool, or live near the water. Valuable lifesaving seconds are lost

by having to wait for Emergency Medical Services to arrive to begin CPR. Four to six minutes without oxygen can cause irreversible brain damage or death.

Take small children with you. If the phone rings or if you should have to perform a brief task, keep young children with you rather than trusting them to be careful or to stay away from water while unsupervised.

Encourage older children and adolescents to learn how to swim, but remember, even good swimmers can drown. Swimming lessons are no substitute for supervision of young children in and around water and no one should ever swim alone.

Be aware of streams, creeks, ponds, ditches, etc. that may be located on or near your property. Make certain that a responsible adult knows the whereabouts of small children at all times if there is any water nearby. If a child is missing, search the water areas first to save valuable seconds.

Encourage adolescents to avoid drinking alcoholic beverages especially if they plan to engage in recreational water activities such as swimming, fishing, boating, etc.

# Boating safety

## Alcohol and water don't mix

Just as with a car, alcohol decreases a person's ability to handle a boat. As a depressant, alcohol goes straight to the nerves, blood stream, and the brain. Just a few beers, especially on a hot day, can cause the following:

**Eroding sense of balance** - Most boating deaths result from falling out of a small open boat without a life jacket, whether it capsizes or not.

**Vision difficulties** - The sun and reflections can make objects on the water hazy and difficult to see. Color perception and peripheral vision deteriorate, and at night depth perception decreases. These issues are exacerbated by alcohol use.

**Decreased coordination** - Should a person fall into the water without a life jacket, they may have trouble just floating, let alone grasping onto a life ring or throwable devices. The shock of the cold water significantly increases the risk of cramping and drowning.

### **Surface blood vessels dilate** -

Alcohol causes blood vessels on the surface of the skin to dilate, increasing the rate of body heat loss. If, while the vessels are dilated, you fall overboard into cold water, hypothermia sets in even more quickly, further reducing your decision-making abilities.

**Dehydration** - As the sun beats down and the body naturally tries to cool itself by expelling perspiration, the body starts to get dehydrated. Drinking alcohol while dehydrated greatly enhances the rate at which the alcohol is absorbed.

**Judgement is impaired** - Drinking makes you lose your judgement. Alcohol makes a person more relaxed, more likely to perform dangerous acts that one would not normally do if not under the influence.

**Boater's Hypnosis** - Natural stressors such as sun exposure, glare, wind noise, vibration, and motion on the water produce "boater's hypnosis" or fatigue. This can reduce reaction time almost as much as being under the influence. Adding alcohol to these environmental stressors intensifies their effects.

***One-third of all boating fatalities are alcohol-related. It is illegal to operate a boat, or permit others to do so, while under the influence of alcohol or other drugs.***

## Safe boating

**Life jackets don't work unless you wear them.** Even if you're a strong swimmer, you may involuntarily gasp and drown if you fall without a life jacket into water cooler than your body. Struggling to stay afloat in cold water hastens hypothermia.

**Watch the load.** Stay within load limits shown on the capacity plate. Make extra trips for gear rather than risk capsizing. Distribute the load evenly, keep it low.

**Stay seated.** Standing to land a fish or pull up the anchor is not worth the risk of parting company with your body! Sitting on the sides or the bow can swamp or capsize the boat very quickly.

***Note: Maine law requires each adult to have a floatation device in the boat, though they are not required to wear one. However, common sense suggests even an adult should wear a life jacket. All children under the age of 12 MUST wear a floatation device (life jacket) while on the water.***

# Boating safety

**Watch the weather and the water.** Check the forecast before you leave home, and keep a radio with you for weather updates. Avoid running broadside into waves; keep weight even and low, and trail a sea anchor. Keep low in thunderstorms. Use caution around dams, rough water, fast currents, and areas where rocks, limbs, or other debris may be submerged.

**Anchor your boat from the bow.** Adding anchor pull to the stern can let water over the transom, swamping the boat.

**Leave your plan.** So people will know if your missing, tell someone when you're leaving on your boat, where you're going, and when you'll return.

## How to prevent drowning

Most people who die in aquatic accidents succumb to drowning. Most drowning result from three major factors—inability to swim, effects of relatively cold water, and alcohol. Most drownings occur 10 feet or less from safety, and roughly 60 percent of the time another person is both witnessing and in position to rescue the victim. Unfortunately, would-be rescuers are not aware of the classic signs of drowning. These signs are:

1. Head back.
2. Mouth open, establishing an airway—but not vocalizing.
3. Arms doing an involuntary, above-the-water breast stroke.
4. Head bobbing up and down, above then below the surface.

Drowning occurs rapidly and soundlessly, averaging 20 seconds in small children and up a minute in adults. To the uninitiated, a drowning person's surface struggle may appear to be playing, clowning, or splashing accompanied by lack of requests for help. Simply observing and reacting to the signs of drowning by basic, shore-based reaching or throwing rescues may cancel a needless tragedy.

**Bottom Line:** Don't drink and boat, wear your lifejacket, take a safe boating course and maintain a proper lookout, especially for boaters who fit the profile of an accident-maker.

## Hypothermia—how to fight this killer.

Exposure causes loss of body heat. This is called hypothermia. Hypothermia can kill. Defense against hypothermia is to avoid exposure to cold. Do this by staying dry and avoiding the wind. Put on rain gear before you get wet. If you fall into cold water, do NOT discard clothing; it will help trap heat. Avoid moving as much as possible. A life jacket helps in two ways; it reduces the need to move, and it helps insulate against heat loss. When you wear a life jacket, draw your knees up into a H.E.L.P. (Heat Escape Lessoning Position). If several persons are in the water, huddle together so you can conserve heat and stay alive.

To care for someone experiencing hypothermia, get the victim out of the wet clothes. Warm the victim gradually by wrapping him or her in blankets or dressing in dry clothing and moving into a warm environment. If the victim is alert, give warm liquids to drink that do contain alcohol or caffeine. DO NOT warm the victim too quickly, by immersing in warm water, for instance, as this can cause dangerous heart rhythms. Seek professional medical attention.

## Bowling

### The Oxford Hills Bowling Lanes

Bowling, a favorite family rainy-day activity, is only 14 miles away from The Maine Houses at the Oxford Hills Bowling Lanes on Route 26 South, in South Paris. Open year-round. For more information, call (207) 743-9863.

### The Big Adventure Center

12 North Road in Bethel. Offers mini or duckling bowling. Call (207) 824-0929 for details. A great family activity. Visit [www.bigadventure.com](http://www.bigadventure.com) for more information.

## Chairlifts/ train rides

### Attitash

Route 302, Bartlett, NH  
(603) 374-2368  
[www.attitash.com](http://www.attitash.com)  
Rates: \$15/single ride, 1-day ticket \$35. Relax on the Scenic Sky Ride to the summit of Attitash. Other attractions include their mile-long Alpine Slide, Eurobungy Trampoline, 23' climbing wall, waterslides, horseback riding and extensive mountain biking trails.

### Cannon Aerial Tramway

I-93, Exit 34B  
Franconia Notch, NH  
(603) 823-8800  
Rates: Adults \$12, ages 6–12 \$8, under age 6 free. The 80-passenger aerial tramway whisks you above timberline to the 4,200-foot summit for outstanding views of the White Mountains and into Maine, Vermont and even Canada.

### Sunday River Scenic Lift Rides

Newry, ME  
(207) 824-3000  
[www.sundayriver.com](http://www.sundayriver.com)  
Rates: \$8, age 5 and under free  
North Peak, Lift #6  
Open Friday – Sunday, 10 – 4.

### Wildcat Mountain Gondola

Route 16, Pinkham Notch, NH  
(603) 466-3326  
[www.skiwildcat.com](http://www.skiwildcat.com)  
Rates: Adults \$15, ages 6 – 12 \$7, under age 5 free. ZipRider: All Ages: \$20, add a 2nd ZipRide for \$10. Experience the ZipRider, NH's newest thrill ride. Soar 1/2 mile over trees, ski trails, and a river at up to 45 mph, while taking in the majestic mountain scenery. Then ride the Wildcat Express Gondola Skyride to the 4,062' summit, in just 12 minutes! Views of Mt. Washington, Tuckerman's Ravine, and the Presidential Range offer memories and photo opportunities.

## Family fun and theme parks

### The Big Adventure Center

At the corner of Airport Road and Route 2, Bethel, (207) 824-0929. Step into a dimly lit fogged arena of barriers, ramps, platforms, bridges and other obstacles providing a unique multi-level laser-tag playing field. Plus indoor rock climbing gym, video games and four lanes of mini-bowling, 18-hole miniature golf area and water slides in the warmer months. [www.bigadventure.com](http://www.bigadventure.com)

### Polar Caves Park

Off I-93, Exit 26, Route 25  
Plymouth, NH  
(603) 536-1888  
[www.polarcaves.com](http://www.polarcaves.com)  
A family adventure since 1922. Cave tours continuously, nature trails, waterfowl and animal exhibits, maple sugar museum, the Glacial Boulder Maze, and the Polar Mining Expedition Sluice. Rates: Adults 10+ \$14, Children 4-9 \$10, under age 4 free.

### Santa's Village

Visit Santa's Village, on Route 2 in Jefferson, New Hampshire. See Santa's summer home, where kids can sit on Santa's lap to get an early start on their Christmas lists, pet and feed live reindeer and ride the exciting roller coasters, antique cars, carousel, bumper cars, the Yule Log Flume Ride, and more. Call (603) 586-4445 or visit [www.santasvillage.com](http://www.santasvillage.com). Directions: Turn left onto Route 26 toward Bethel. In Bethel, turn onto Route 2 (*continued*)

West (8 miles). Route 2 takes a sharp left when you reach Gorham (44 miles from The Houses).

Continue on Route 2 West. At 44 miles, you'll see Six Gun City on the left. At 48 miles, Santa's Village is on the left. Total drive time from The Maine Houses is about one hour.

## **Six Gun City & Fort Splash**

Also located in Jefferson on Route 2, Six Gun City is a replica of an American frontier town, complete with stagecoach rides, a jail and shootouts in the town square. Includes shows, horses, rides and slides, go karts, laser tag, carriage museum and more. Call (603) 586-4592 or visit [www.sixguncity.com](http://www.sixguncity.com).

## **Story Land**

You'll have as much fun as the kids when you spend a day at Story Land – on Route 16 in Glen, New Hampshire – where storybook characters come alive. Visit Heidi's grandfather in his mountain cabin and take a ride in Cinderella's pumpkin coach. Enjoy antique cars, a raft ride, a bamboo chute flume ride, a roller coaster and more. Plan to make a day of it – pack a picnic lunch or choose from several snack bars on the grounds. Story Land is located about one hour from The Maine Houses. Call (603) 383-4186 or visit [www.storyland/nh.com](http://www.storyland/nh.com) for more information.

# **Fishing**

Whether your preference is trolling the lakes and ponds, casting a line from shore or fly fishing the rivers and streams, you're sure to find a favorite fishing spot near The Maine Houses. For more information and regulations, Maine Open Water Fishing law books are available at the Woodstock/Bryant Pond Town Office, the Bethel Town Office and the Bethel Chamber of Commerce office. Non-resident temporary fishing licenses may be purchased at Round Pond Corner Store on Route 26 in Greenwood. Local guide services are available for amateurs to experts through Sun Valley Sport, Mountain Ranger Guide Services, and Bethel Outdoor Adventures in Bethel.

On a local level, Lake Christopher is stocked with land-locked salmon, brook trout, smelt and splake – a cross between a female lake trout and a male brook trout. If you would like some help in planning your Maine fishing excursion, contact Chris Manjourides at Great Outdoor Guide Service at (207) 665-2075. They offer half- and full-day trips for fly fishing, spin casting, trolling and bait fishing.

## **Sun Valley Sports & Guide Service (fishing)**

129 Sunday River Road

Bethel, ME 04217

(877) 851-7533

(207) 824-7533

[www.sunvalleysports.com](http://www.sunvalleysports.com)

An Orvis-Authorized full line dealer shop and Orvis-Endorsed guide service for Maine and New Hampshire. Offerings include fly-fishing Instruction and lessons with the latest Orvis equipment, drift boat/wading on the Androscoggin, Magalloway, Ellis and Rapid Rivers, as well as all of the ponds and lakes in Maine and New Hampshire.

## **Water's Edge Guide Service**

23 Fox Lane

New Sharon, ME 04955

(207) 778-9385 Business

(207) 576-3795 Cell

[www.watersedgeguides.com](http://www.watersedgeguides.com)

Located in the foothills of western Maine, Water's Edge Guide Service is a professional fly fishing and waterfowl hunting outfitter. They offer an endless variety of full-day and half-day guided fishing and waterfowl hunting trips, including ones for parents who may be interested in getting their kids on the water.

# Golf

The Western Mountains of Maine are home to some of New England's most picturesque golf courses, most of which are within a short drive of The Maine Houses.

For an 18-hole challenge, tackle these courses:

## **Androscoggin Valley Country Club**

2 Main Street  
Gorham, NH  
(603) 466-9468  
www.avccgolf.com  
18-hole course, 6,110 yards, par 70

## **Bethel Inn and Country Club**

Maine Street, Bethel, ME  
(207) 824-2175  
www.bethelinn.com  
18-hole course, 6,663 yards, par 72

For beginners or pros improving their game, the Bethel Inn and Country Club offers golf instruction, as well as a tough course rated among the top 10 in New England. Includes group and private lessons, driving range, golf shop and more.

## **Lake Kezar Country Club**

Lovell, ME  
(207) 925-2462  
www.lakekezargolf.com  
An 18-hole, par 72 gem in the foothills of the White Mountains. Superior public accessibility and discounted group rates.

## **Poland Spring Country Club**

41 Riccker Road  
Poland Spring, ME  
(207) 998-6002  
www.polandspringinns.com  
18-hole course, 6,156 yards, par 71

## **Sunday River Golf Club**

Jordan Bowl  
Newry, ME  
(207) 824-GOLF (4653)  
www.sundayrivergolfclub.com  
18-hole course, 7,100 yards, par 72  
This new 18-hole championship course, designed by Robert Trent Jones, Jr., strikes a perfect balance between challenge and playability. It follows the natural landscape and offers stunning views of the Mahoosuc Range and Sunday River Valley.

If nine holes are more your speed, try these courses:

## **Norway Country Club**

The Lake Road  
Norway, ME  
(207) 743-9840  
9-hole course, 5,909 yards, par 70

## **Oakdale Country Club**

Country Club Road  
Mexico, ME  
(207) 364-3951  
9-hole course, 6,221 yards, par 72

## **Paris Hill Country Club**

355 Paris Hill Road  
Paris, ME  
(207) 743-2371  
9-hole course, 4,367 yards, par 66

# Hiking

Breathtaking views, varied terrain and the area's pristine beauty make Maine a paradise for hikers of all abilities. Two major state parks are ideal for hiking. They include Grafton Notch and Evans Notch State Parks.

## Grafton Notch State Park

From the Grafton Notch State Park trailhead, north of Newry on Route 26, hikers can choose any of four day-hikes in the 3,112-acre park. You can make a full day of exploring the many scenic areas in the park, stopping for a dip in the refreshingly cold Bear River.

The 2,000 mile Appalachian Trail passes through the park on the way to the trail's northern point, Mount Katahdin. Geological exhibits at **Screw Auger Falls** and **Mother Walker Falls** offer insight into the natural history of the area, while self-guided nature walks at Mother Walker Falls and **Moose Cave** describe the native flora. Picnic areas are located at Screw Auger Falls and **Spruce Meadow**. Directions on hiking to Grafton Notch and Evans Notch follow at the end of this section.

Next to Grafton Notch is **Step Falls**, a preserve of the Nature Conservancy on Wight Brook. A short hike rewards you with spectacular views of waterfalls, as well as swimming holes and natural rock "slides"—bring an extra pair of shorts to try them out.

## Grafton State Park Hiking

### Distance Directions

0.0	Turn <b>LEFT</b> out of the driveway of The Maine House/ The Maine Farm House or <b>RIGHT</b> out of the driveway of The Maine MountainView House.
0.1	<b>LEFT</b> onto Route 26 toward Bethel. Continue on 26 North toward Sunday River.
8.1	Turn <b>RIGHT</b> onto Parkway.
8.5	Turn <b>RIGHT</b> again onto Route 2 East/Mayville Road.
11.0	Pass Sunday River Brewing Company on the left.
13.4	Will Trail on left. A very small sign marks parking area and trail entrance.
14.0	Route 26 North makes a sharp left at the town of Newry onto Bear River Road.
21.8	On the right, you will see a road just before a very small sign that says Wright Brook. This is an entrance to the Step Falls hiking trail. You can park your car in the open field. It's an easy hike, 30 minutes roundtrip, and is a great place for a picnic lunch, though there's no picnic table.
22.4	A sign tells you you're entering Grafton Notch State Park.
23.4	Screw Auger Falls is on your left. There is a parking lot, picnic tables and a public toilet. At the Falls, you can play in cascading waterfalls and the wading pools below them. There are short exploration trails in the immediate area.
24.5	Mother Walker Falls. A ten-minute walk to a beautiful scenic outlook.
25.2	Moose Cave Gorge, a 15 minute hike (1/4 mile). This is a 40-foot deep gorge with a 200-foot long crack in the bedrock. This site is of geological interest.
26.0	At this point, you can wander onto five major hiking trails. Loop Distances: <ul style="list-style-type: none"> <li>• 2.4 miles Table Rock hike—1.45 hours</li> <li>• 2.1 miles Eye Brow hike—1.40 hours</li> <li>• 7.8 miles Old Speck Trail—6.50 hours</li> <li>• 5.8 miles Baldpate Mountain Trail/West Peak—4.40 hours</li> <li>• 7.6 miles Baldpate Mountain Trail/East Peak—3.30 hours</li> </ul>

A more intermediate trail can be found in the **Table Rock** section on **Baldpate Mountain**, where a beautiful table rock formation can be reached via the 2-1/2 hour West Peak Trail. The caves make for interesting spelunking. Keep in mind that they can be dangerous.

For more information on the Grafton Loop Trails visit [www.matc.org](http://www.matc.org).

# Hiking

## Evans Notch State Park

The Evans Notch area, overlooked for the popular Mount Washington Valley, deserves consideration from serious hikers. Beautiful birch and pine stands, dramatic rock slabs and cliffs, and excellent campgrounds make this area a worthwhile destination. The Baldface Range runs along the Maine-New Hampshire border; it is the range to the east of the Carter Range. Although the summits are below treeline, many of them are open, with views of mountains and lakes. In particular, the exciting circuit over North and South Baldface is outstanding. The loop hikes on Caribou and Speckled Mountains are also excellent. Evans Notch is accessed by NH-ME 113, which links US 2 (east of Gorham) to US 302 in Fryeburg, Maine.

## Mt. Will Trail

The Bethel Conservation Commission maintains the Mt. Will

Trail, which ascends to open ledges with views of the Androscoggin River Valley and the village of Bethel. This is a 2 - 3 hour hike. The trail begins at a chained-off logging entrance on the northwest side of Route 2 and is marked with blue-green blazes.

## Goose Eye Mountain Trail

Goose Eye Mountain Trail is a five-mile trail up Goose Eye Mountain, which begins a few miles west of the Sunday River Ski Resort. Travel up the Maine side of the mountain to the 3,800 foot summit, from which Old Speck, Sunday River's Whitecap, and New Hampshire's Success Pond can be seen. Additional locations for hiking include:

## Coos Canyon

On Route 17 heading north from Mexico, located in the Village of Byron. Watch for signs marking the scenic turn-out. The canyon offers fabulous geology and a fabulous view as well. The Swift River is stocked with gold, so you may get lucky. Visit [www.newenglandwaterfalls.com](http://www.newenglandwaterfalls.com)

## Height of Land

One of the most stunning overlooks in the state of Maine. View hundreds of miles of lakes and mountains. On Route 17, about 10 miles north of Coos Canyon is a scenic overlook of the White Mountains and Rangeley. Breathtaking!

## Swift River Falls

Off Route 17 in Roxbury. The falls have two short drops with a hydraulic granite structure.

## Angel Falls

A hanging falls with a 90 foot drop – the largest drop in Maine. Off Route 17 above Byron, follow the old railroad line west of Route 17 to Berdeen Stream after the gravel pit. Moderate to difficult access, but worth it.

## White Mountains National Forest

Route 2 through Bethel, then Route 113. The Androscoggin River culminates at an overlook of Wild River Valley, with a suspension foot bridge nearby; scenic Caribou Trail will lead you up a mountain and past a 25-foot falls. Area includes hiking, camping, wildlife, viewing, driving tours, skiing, and snow-shoeing. Nearby Hastings Plantation was once a flourishing logging town. Call (207) 824-2134.

## Poland Springs Preservation Park

Located atop Ricker Hill on Route 26 in Poland Springs – 10 miles north of Gray. 100 acres of woods and nature trails open to hikers and mountain bikers. Beautiful grounds include a museum and visitor center. Cafe, gift shop and historic buildings. Cross country skiing in winter. For more information visit [www.polandsprings.com](http://www.polandsprings.com)

### Evans Notch State Park Hiking

Distance	Directions
0.0	Leave The Maine House - go <b>LEFT</b> onto Route 26 toward Bethel
8.3	Take a <b>RIGHT</b> onto Route 26 North and Route 2 West in Bethel, just over railroad tracks. Continue on Route 2 West toward Gilead, NH
18.3	White Mountain National Forest picnic area
18.7	Take <b>LEFT</b> onto Route 113 at signs that point toward Evans Notch State Park
20.6	Sign: Entering White Mountain National Forest
21.7	Sign for different areas in park: Hastings Campgrounds
23.3	Entrance to hiking trail - left side
26.1	Entrance to hiking trail - right side
27.1	Cold River Overlook

## The Roost Loop

For a moderately difficult 1.8 mile round trip hike, access the Roost Loop at the east side of the Evans Brook Bridge, just north of Hastings Campground. The trail follows a moderate to steep grade for roughly 0.5 miles to an open ridge.

## Albany Mountain Trail

For a nice hike to an open summit close to Bethel Village, travel south on Route 5 past Songo Pond, turning right onto Patte Brook Road. Follow the signs to Crocker Pond Campground, stopping at the trailhead about 0.5 miles before the campground. Follow the Albany Notch Trail about 0.6 miles, turning onto the Albany Mountain Trail. After another 0.5 miles you'll pass a trail junction on the right; continue straight ahead on the Albany Mountain Trail.

Two more hikes in the Bethel area rank among the most spectacular and popular all-day hikes in New England. Named Baldpate and Baldface, both mountains require a full day's commitment. Hikers should be in excellent physical condition, wear sturdy shoes or boots and carry ample food and water.

## Baldpate

This mountain is reached by driving north on Route 26 in Bethel to the hiker parking area near the height-of-land in Grafton Notch State Park. 7.6 mile round trip hike.

## Baldface

This mountain is reached by driving west from Bethel on Route 2, then turning south on Route 113 in Gilead. After passing through Evans Notch, find the Baldface parking area on the left. 10.5 mile trail.

# Horseback riding

## Deepwood Farm

84 Parsonage Hill Road  
Albany Township (near Bethel), ME  
(207) 824-2595.

[www.deepwoodfarm.com](http://www.deepwoodfarm.com)

Guided trail rides, lessons, summer camp, boarding and sleigh rides. Contact Diane Ward for reservations and more information.

## Sparrow Hawk Mountain Ranch

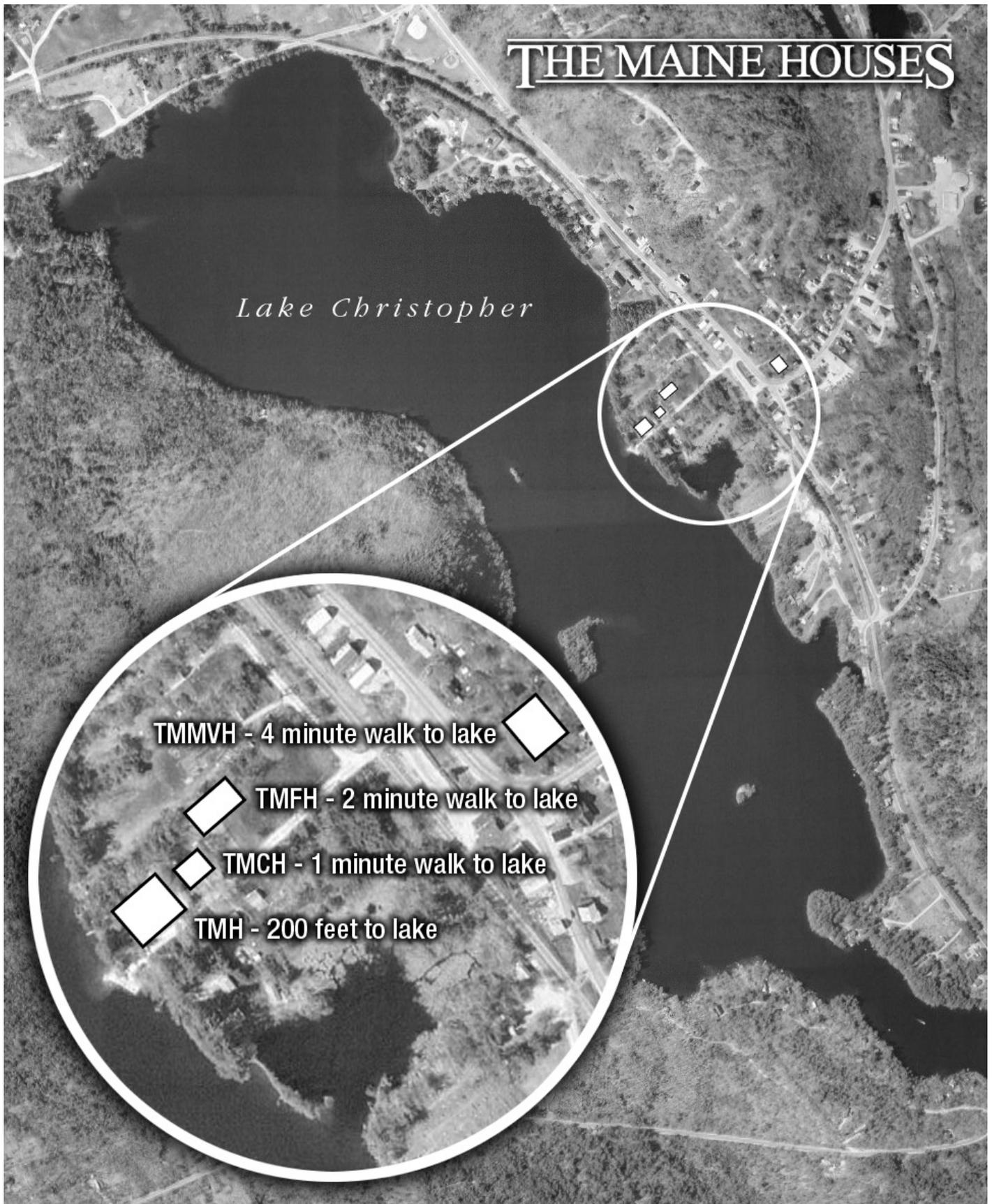
120 Fleming Road

Bethel, ME

(207) 836-2528

[www.sparrowhawkmountainranch.com](http://www.sparrowhawkmountainranch.com)

Located on 160 acres bordering the White Mountain National Forest, 5 miles from Bethel. It offers a 160' x 80' indoor riding arena, a 300' x 150' outdoor arena, and an 18-stall barn. With many miles of riding trails, Sparrow Hawk caters to small groups, families or individuals looking for a personalized riding vacation. Day long rides with lunch and 1- or 2-hour rides are among the options available. The ranch also sponsors riding clinics, horse problem workshops, and trail riding clinics.



## Lake Christopher recreation

One of the best places for swimming is right at The Maine House. Our 189-foot shore front offers a section of sandy-bottom beach and crystal clear water. The Maine House is located right on Lake Christopher, which is a spring-fed lake. The clear waters of the lake are surprisingly warm near the shore. It is not unusual to see people swimming in the water as early as May and through October.

The grassy area by the lake, plus canoes, kayaks and other outdoor sports equipment are available for the use of guests of all four Houses, unless prior arrangements have been made for exclusive use.

Lake Christopher is spring-fed and is 1-1/2 miles long by 1/2 mile wide – the perfect size for a leisurely paddle. It is 60' deep at its deepest point, with a mean depth of 33'.

## Local items of interest

- Bethel is home to the world's tallest snowman, Angus, King of the Mountain, measuring 113'-7," recorded in the *Guinness Book of Records*, February 1999. In February 2008, Olympia, the largest snowwoman at 122 feet, was completed.

- The island to the left of The Maine House is owned by Richard Carlson. For years he was the Voice of America. He uses the property about twice a year.

- The tallest white pines in the Pine Tree State can be viewed in Norway's Ordway Grove. These trees are believed to be more than 375 years old and measure more than 150 feet tall. From The Maine Houses, take Route 26 South to the center of Norway and Main Street. Take Main Street to Pleasant Street; turn right. The Grove is about 1/10th of a mile on the left. Park by the sign. The Grove is about a 15–30 minute walk.

- New England is famous for its covered bridges, and The Maine Houses are within miles of some of the most beautiful.

- **Artist's Covered Bridge** is the most photographed covered bridge in Maine. It crosses the Sunday River and is located off Routes 2 and 26, about four miles northwest of Bethel in Newry. Turn onto the Sunday River Access Road near the Brewing Company Restaurant and follow the signs.

- **Lovejoy Bridge** is a short bridge (70 feet), located off Route 5 at S. Andover over the Ellis River. Directions: Turn left out of driveway at The Maine House or The Maine Farm House. Turn right onto Route 26 South and drive through Bryant Pond. At Junction 232 (1.2 miles from the houses), turn left heading north. At Route 2 (12.0 miles from the houses), turn left onto Route 2 West. Continue on Route 2 West. Turn right onto Junction 5 heading north. Drive 17.1 miles on Route 5. Look for a small "covered bridge" sign on the right. Turn right at the sign and drive approximately 5/10ths of a mile to the covered bridge. Total mileage from the houses is 29.1.

- **Babb's Bridge**, Maine's oldest covered bridge, lies over the Presumpscot, 2-1/2 miles north of S. Windham, then 1/2 mile west.

- **Moose watching** – Moose are most likely spotted during late spring to mid-summer and the month of September. Early morning and evening, and noon to 2:00 are the best times of day to spot these animals. Best viewing along Route 17 – Rangeley to Rumford area between Rangeley Scenic Overlook and the Height of Land.

## Miniature golf

Two miniature golf courses are located within an hour from The Maine Houses:

### The Big Adventure Center

18 hole miniature golf  
Corner of Airport Road and  
Route 2, Bethel ME  
(207) 824-0929.

[www.bigadventure.com](http://www.bigadventure.com)

Offers mini golf, along with laser tag, rock climbing gym, water slides and bowling.

### Oxford Plains Fun Park

Route 26

Oxford, Maine

(207) 539-8330

[www.oxfordplains.com/funpark](http://www.oxfordplains.com/funpark)

Take Route 26 South for 21 miles; on right-hand side, opposite Oxford Plains Speedway. Activities include go kart, mini golf, arcade games, pool, and air hockey tables.

## Museums

Step back in time to 19th century New England when you tour the **Bethel Historical Society's Regional History Center and the Moses Mason House Museum.**

Meticulously restored to reflect its appearance during the lifetime of Dr. Moses Mason, one of Bethel's most prominent citizens of the 1800s, the house offers a glimpse at everyday life more than a century ago. Located on Broad Street in the Village of Bethel. Admission: \$3.00 for adults, \$1.50 for children ages 6-12. (207) 824-2908. Visit at [www.bethelhistorical.org](http://www.bethelhistorical.org).

The collections of the **Naples Historical Society Museum** (take Route 5 South from Bethel) include a slide presentation on the historic Cumberland and Oxford canals and the old Sebago-Long Lake steamboats. Contact the museum at (207) 693-4297.

At the **Norlands Living History Center** in Livermore (take Route 2 to Rumford, then Route 108), you'll experience first-hand what life was like in the mid-1800s on a 445-acre farm. Tour the restored library, church, barn, schoolhouse, and Victorian home, and capture the authentic flavor of the past. For more information, call (207) 897-4366 or visit us at [www.norlands.org](http://www.norlands.org).

### The Sabbathday Lake Shaker Village and Shaker Museum

off Route 26 on Shaker Road in New Gloucester – 34.5 miles to the south of The Maine Houses – offers a fascinating insight into the daily life of one of the country's last remaining Shaker communities. Open Memorial Day to Columbus Day. Call (207) 926-4597 for hours or visit [www.shaker.lib.me.US](http://www.shaker.lib.me.US).

Many other towns in this part of Maine have local historical societies and museums full of interesting artifacts. Not to miss are:

- Peabody Fitch House Museum, Ingalls Road, South Bridgton
- Bridgton Historical Society Museum, Gibbs Ave., Bridgton (207) 647-3699
- Jones Museum of Glass and Ceramics, off Route 27, Sebago
- Wilton Farm and Home Museum, Canal Street, Wilton
- Jay Hill Antique Auto Museum, Route 4, Jay
- Fryeburg Fair Farm Museum, Route 5, Fryeburg
- Rumford Area Historical Museum/ Lufkin School, Route 2, Rumford
- Woodstock Historical Society, Main Street, Route 26, Bryant Pond (207) 665-2450 (open Saturdays from 1:00 - 4:00 p.m.)

## Picnics

### Bethel Parkway

This multi-use recreational pathway borders the Androscoggin River and is enjoyed by tourists and locals year round. It combines the recreation facilities of Davis Park picnic area and playground with a skate board park and public canoe launch on the river. Featuring a replica of the famous Artist's Covered Bridge over the Sunday River, this pathway is handicap-accessible with parking on either end. It is used in the summer by walkers, rollerbladers, joggers and cyclists and in the winter by snowmobilers, cross country skiers and snowshoers.

## Portland sights

### Eagle Island Tours

Long Wharf, Portland, ME  
(207) 774-6498

[www.eagleislandtours.com](http://www.eagleislandtours.com)  
Enjoy this narrated 90 minute scenic cruise through the busy harbor and innermost islands to see lighthouses, forts, lobster boats, seals, and seabirds. As many as seven lighthouses can be seen during the cruise. You will see a close-up view of Maine's oldest and most photographed lighthouse, Portland Head Light. Combine the boat cruise with a Portland Trolley tour, and see Portland Head Light from both land and sea. Tours depart Long Wharf 11:30 am, 1:30 pm, and 3:30 pm daily.

### Bay View Cruises

Long Wharf, Portland, ME  
(207) 761-0496

Climb aboard this 66-foot sightseeing boat and enjoy a variety of daily scheduled trips throughout the summer. On-board lobster bakes are also available.

### Downeast Duck Adventures

Portland, ME  
(207) 774-DUCK (3825)

[www.downeastducktours.com](http://www.downeastducktours.com)  
Enjoy this fully narrated 65-minute adventure through Portland, Maine! As you twist and turn through the Old Port, you will hear about the legends and lore that have shaped Portland into one of the most historical cities in the nation. Learn about places of interest to visit and many little known facts about the city that was nicknamed "The Phoenix." Then, hold on as you *drive* into the water of Casco Bay to view Portland's working waterfront, Calendar Islands and marine wildlife.

### Cabbage Island Clam Bake

East Boothbay, ME  
(207) 663-7200

[www.cabbageislandclambakes.com](http://www.cabbageislandclambakes.com)  
Daily trips from late June through Labor Day. Experience Maine's first downeast clambake on the 5-acre Cabbage Island. Scenic harbor tour and delicious feast.

## Rockhounding

Mineral collecting is a popular pastime in Western Maine, home of many mines yielding a variety of semi-precious gems. What will you need for equipment if you set out for rockhounding? You might choose to carry along a hammer and chisel, a spade, a three-tine garden scratcher and possibly a small pick.

At Perham's, Mt. Mann Jewelers, Sunday River Gems and Mt. Mica Rarities, you will also be able to obtain much information about other quarries in the area. Maps are available at Mt. Mann for 25¢ each.

### Perham's of Maine

Route 26, West Paris  
(207) 674-2341

A complete jewelry store that offers displays and information about local gem collecting. The shop also sells fine gifts and has a museum. They also operate live mines which are open to the public. Directions are available at the store. Open 9-5 daily.

### Sunday River Gems

Sunday River Road (off Route 2)  
(207) 824-3414

Here you will find handcrafted jewelry made with Maine gemstones including tourmaline, aquamarine, amethyst, garnet and rose quartz. They also have a nice variety of gemstones. Sunday River Gems offers a large collection of Maine and worldwide mineral specimens, books, mining tools, unique gifts and a total of more than 75 years of experience. Open 10-6 daily.

### Mt. Mann Jewelers

Main Street, Bethel  
(207) 824-3030  
www.mtmann.com

Proprietor Jim Mann is an active collector and miner of gems and minerals in western Maine. In his shop, local gems, many mined by Mann, are set in handcrafted gold and silver, and displayed among mineral specimens from Maine and afar. He also has an extensive line of quartz crystal. His "healing tree" offers branches of common and uncommon stones used for healing. A Crystal Cave, located in the basement of the shop, provides an opportunity for youngsters to see and sample western Maine gems and minerals in their natural form. Mt. Mann also has one of the most complete mineral museums in Maine.

### Mt. Mica Rarities

162 Main Street, Bethel  
Philbrook Place  
(207) 875-3060.  
www.mainetourmalineonline.com  
At Mt. Mica Rarities, you'll find handcrafted gold and silver jewelry set with Maine gemstones, as well as unset gemstones, mineral specimens and more.

### Songo Pond Mine

South Shore Road off of Route 5  
Albany, ME  
(207) 824-3898  
Open seasonally, providing visitors a chance to collect minerals and see a small-scale mining operation at the same time. Minerals at this mine include beryl, quartz, feldspar, mica, garnet and black tourmaline. The mine tailings are open to collectors on a fee basis. Call for advance reservations.

### Western Maine Mineral Adventures

P.O. Box 26, Paris, ME  
(207) 743-6286  
www.diggems.com

Take an educational excursion and learn about the earth sciences and local mining history. Spend the day screening buckets of mine-run material from local mines. Only 1 mile north of Trap Corner, West Paris, along Route 26. Call or check online for group discounts, birthday parties, family discounts and tours.

### Maine Mineralogy Expeditions

121 Mayville Road  
Bethel, ME  
(800) 533-3607  
(207) 824-4224  
www.rocksme.biz

Explore area geology, mineralogy and mines! They offer expeditions of approximately 4 hours which include an introduction to local geology, mineralogy and mining history, followed by a guided tour of the Bumpus mine tunnels and digging opportunities. Open daily Spring, Summer, and Fall.

## Tennis

Tennis courts are available at Gould Academy in Bethel. There are also tennis courts on the Mt. Abrams access road in Greenwood. Check signs for policies. You will find a basketball court there as well.

## Walks

For a quiet morning or evening walk, try Linda's favorite scenic tour. Go out the driveway of The Maine House, Country House or Farm House and take a left. Walk down Lake Road to Route 26 and go right. Pass the post office and bear right onto the side street. Go about 1/3 mile and cross the railroad tracks on the right. Bear to the left onto Birch Street, which borders Lake Christopher. Go one mile to Rowe Hill Road and turn right. Pass the boat landing on your right to Alpine Shores Road. Take a right and go to the end. You'll pass beautiful homes and see glimpses of the lake through thick woods. Return the same way. You've just walked about 3 1/2 miles.

You can add a few more miles by proceeding up Rowe Hill Road. It's a steep hill, but a great workout.

## Waterfalls

Maine has nearly 32,000 miles of rivers and streams – some of these produce spectacular waterfalls and cascades. A few of these are not too far from The Maine Houses.

**The Cataracts** on Frye Brook are along the East B Hill Road leading into Andover, near Grafton Notch State Park.

**Dunn Falls** on the west branch of the Ellis River in Andover. It's a hike along the Appalachian Trail, but the series of falls is impressive.

**Screw Auger Falls** in Grafton Notch State Park in Grafton Township near a parking lot off of Route 26.

**Mother Walker Falls** is located in Grafton Notch State Park, further up Route 26.

**The Coos Canyon Falls** are located in Byron off Route 17 and are part of a 1,500-foot gorge that has a roadside stop.

**Step Falls** in Wight Brook Natural Preserve, a part of the Nature Conservancy, is a favorite with families. Located on Route 26 North of Bethel it is just before Grafton Notch State Park. Kids swim in glacial pools beneath cascading waterfalls.

**Snow's Falls** on Route 26 in West Paris offers a picnic area and path to the falls over the Little Androscoggin River.

## White water rafting

### Raft Maine Association

www.raftmaine.com

800-RAFT-MEE (800-723-8633)

For information about several rivers in western Maine that offer some of the best rafting in the Northeast. Enjoy the Penobscot, Dead River and others.

## Wildlife areas and gardens

A variety of birds and small wildlife can be observed as you walk on the many wooded and waterfront trails in and around the Bethel/Bryant Pond area.

The **Annie Sturgis Wildflower Sanctuary** is a woodland preserve owned and operated by the New England Wild Flower Society. On land once used for camping and fishing by Native Americans, you will find some of the most beautiful of New England flora. The sanctuary is open daily sunrise to sunset, and is located on Old Federal Road between Route 201 and the Kennebec River in Vassalboro.

**Hedgehog Hill Farm** in Sumner sells flower and vegetable seedlings, as well as herbs, flowers, and dried arrangements and is open to the public Tuesday – Saturday from 9:00 a.m. to 5:00 p.m. Closed January and February. Directions for a 3/4 mile walk are also available on the grounds. Call for information on their special programs and workshops.

54 Hedgehog Hill Road  
Sumner, ME  
(207) 388-2341  
www.hedgehoghillfarm.com

From Norway/South Paris take Route 117 to Buckfield. At Northeast Bank take left over bridge and left on High Street. Right onto Old Sumner Rd. Follow signs for Hedgehog Hill Farm.

The **Maine Wildlife Park**, off Route 26 in Gray, offers exhibits of indigenous wildlife – deer, bear, moose, game birds, etc. – and fascinating opportunities to view various sizes of trout, raised for stocking Maine's lakes and rivers. A favorite of children, the game farm also has picnic tables and a large pen where white-tailed deer can be seen in their natural habitat. Open April through November, daily 10:00 a.m. - 4:00 p.m. Call (207) 657-4977 for information or visit [www.state.me.us/ifw/education/wildlife](http://www.state.me.us/ifw/education/wildlife).

The **McLaughlin Foundation Garden and Horticultural Center** on Main Street in South Paris boasts one of the state's most impressive collections of lilacs and irises, as well as countless other varieties of flowers found in its 4.6 acre garden. It also offers an opportunity for quiet reflection and escape. It is open to the public and includes a gift shop and tea room. From The Maine Houses, take Route 26 south to Paris. At 15 miles, turn right at the stop sign at the intersection of Routes 26 and 117. Go another .4 miles to Western Avenue. Take a quick right turn after the railroad tracks. The garden will be directly in front of you. (207) 743-8820. [www.mclaughlingarden.org](http://www.mclaughlingarden.org).

The **Stanton Bird Club's Thorncrag Nature Sanctuary**, off Sabattus Street in Lewiston, is one of the largest bird and small animal sanctuaries in New England. For information on bird walks and wildlife tours, call (207) 782-5238 or visit us at [www.stantonbirdclub.org](http://www.stantonbirdclub.org).

**Lake Umbagog National Wildlife Refuge**, 6 miles north of Errol, NH on Route 16, is just a short drive from Bethel and is a resource for north country wildlife lovers. Call (603) 482-3415 or visit [www.fws.gov/northeastlakeumbagog](http://www.fws.gov/northeastlakeumbagog)

## Wildlife watching trips

Moose are most likely spotted during late spring to mid-summer and the month of September. Early morning and evening, and noon to 2:00 are the best times of day to spot these animals. Best viewing along Route 17 – Rangeley to Rumford area between Rangeley Scenic Overlook and the Height of Land.

### Mountain Ranger Guide Service

1094 Route 2  
Rumford, Maine  
(207) 221-0798  
[www.mountainranger.com](http://www.mountainranger.com)  
Registered Maine Master and New Hampshire Guide Sandy MacGregor offers high quality drift boat float trips and wade fishing on the premier blue ribbon rivers of Western Maine and New Hampshire.

### Sun Valley Sports & Guide Service

129 Sunday River Road  
Bethel, ME  
(207) 824-7533  
[www.sunvalleysports.com](http://www.sunvalleysports.com)  
Offers canoe and kayak rentals with shuttle service to the Androscoggin River and local ponds.

**Dear Meadow Farm & Elk Farm**  
Route 26  
West Paris, ME  
(207) 674-2819  
Just 7.5 miles south of The Maine Houses.

## Cross country skiing

Contact the Maine Nordic Ski Council at (800) 754-9263 for ski conditions or visit [www.mnsc.com](http://www.mnsc.com).

### **Bethel Inn Cross Country Center**

Located at the Bethel Inn and Country Club, you'll find 40 km of groomed cross country trails, snowshoeing, sledding and skating. Lessons and rentals available. For more information, call (207) 824-2175 or (207) 824-6276 or visit [www.bethelinn.com](http://www.bethelinn.com).

### **Carter's Cross Country Ski Center**

Located just east of Bethel, Carter's has over 60K of trails, including many for beginners and intermediates, as well as some advanced challenges. The touring center and trails are a perfect mix of groomed and ungroomed trails, helpful advice from people who know cross-country skiing, and a distinct lack of crowds. Rentals and lessons are available. Say "Hi" to Dave and Anne Carter and say you're from The Maine Houses. Carter's also has a ski touring center and ski shop on Route 26 in Oxford Hills, (207) 539-4848, just 23 miles south of The Maine Houses. For more information, call Carter's in Bethel at (207) 824-3880 or visit [www.cartersxcski.com](http://www.cartersxcski.com).

### **The Sunday River Inn Cross Country Ski Center**

Located on the Sunday River access road, this center offers over 40 km of trails throughout the mountains, including one that leads to the Sunday River covered bridge. Features groomed trails, events, lessons and rentals. For directions and more information, call The Sunday River Inn Cross Country Center at (207) 824-2410 or visit [www.sundayriverinn.com](http://www.sundayriverinn.com).

### **Lake Christopher Ski Touring**

Take a spin around the lake and enjoy many of the snowmobile trails in the area for a day of skiing. It's free! **Do not forget to read "Watch That Ice!" on page 54.**

# Downhill skiing and snowboarding

Contact the Ski Maine Association at (207) 773-SNOW for snow and ski conditions.

## Sunday River

In the winter, one of Maine's greatest attractions is skiing! And just 14 short miles away from The Maine Houses is the Sunday River Resort. Superb snow, dazzling trails, speedy lifts—everything to make a day of skiing or snowboarding the most incredible time of your life.

Sunday River is listed among the top three ski areas in the East by *SKI Magazine*. In addition, it receives top ratings for its snowmaking and lift service, as well as high scores for snow and terrain quality, ski school and family fun.

At Sunday River, you'll find 131 trails and glades plus 18 modern lifts including four high-speed quads, a snowboard park, a 3,200 square-foot Children's Center and what may be the largest high-pressure snowmaking system in the world. Sunday River is 663 acres and has eight interconnected mountain peaks, featuring the magnificent Oz. You'll also find a tubing park at the Nite Cap Fun Center, a double diamond glade, and a full-length terrain park.

For more information, see "Sunday River: This Week," a weekly Sunday River events magazine available at many Bryant Pond/Bethel area stores. For upcoming events, call Sunday River at (207) 824-3000, or visit [www.sundayriver.com](http://www.sundayriver.com).

## Mt. Abram

Another great place to ski is Mt. Abram family ski area in Greenwood. Only a few minutes from The Maine Houses, Mt. Abram is a rapidly growing, newly refurbished ski area perfect for families and beginners. Under new management in the summer of 2008, Mt. Abram expects to continue expanding snow making and the westside.

They have doubled their snowmaking capacity and have rebuilt the lodge inside and out. Mt. Abram is one of the most family-friendly ski areas in New England. They offer 41 trails and glade skiing with five lifts. They have special programs for adults, seniors, children 6–16, advanced parallel skiers and telemark skiers. They also have a 1325' tubing park, child care, cafeteria and lounge.

For more information call (207) 875-5002 or visit their website at [www.skimtabram.com](http://www.skimtabram.com).

## Black Mountain of Maine

39 Glover Road  
P.O. Box 296  
Rumford, ME  
(207) 364-8977  
[www.skiblackmountain.org](http://www.skiblackmountain.org)  
Located in the Longfellow Mountains of Western Maine, Black Mountain has operated for more than four decades offering affordable, family-oriented downhill skiing, snowboarding, and cross country skiing. Snow tubing and a wide range of lessons for all ages and abilities are available.

Black Mountain is owned by the non-profit Maine Winter Sports Center, which has helped the mountain expand and reach out to the communities of the River Valley. They have added new trails, lights, a new novice/intermediate section, and new lifts to the top of the mountain.

# Downhill skiing and snowboarding

## What's Up, What's New, What's Hot At Sunday River

**#1 Snow Quality:** Sunday River operates the East's biggest snowmaking system, making more snow all season long than any Eastern resort. The snow quality is so light and powdery that many skiers prefer it to natural snow. Sunday River makes snow into April long after other resorts have rolled up the hoses.

**Terrain:** Sunday River is by far the largest ski resort in Maine, New Hampshire or Northern Vermont, with 47 miles and 663 acres of skiing, spanning eight interconnected mountain peaks. The award-winning terrain includes the largest collection of intermediate terrain in the East, more than 14 miles of expert trails and a separate learning area. Over three miles wide from east to west, Sunday River has doubled its skiable terrain the past five years, so skiers can expect wide, roomy trails – even during peak periods.

**Lifts:** Sunday River has the East's most modern and efficient lift system. With 18 high-capacity lifts, including the most quad chairs in the East (9) – four of which are superquads – skiers can count on spending more time on the slopes. They guarantee short lift lines – even during peak periods – as each mountain is served by its own lift. Skiers get more runs for their money.

**Snowboard Terrain:** Sunday River features six snowboard terrain parks with a superpipe, 1/4 pipe and a mini-pipe. Spread across eight mountain peaks, our uniquely challenging terrain parks are for all abilities. Choose from hits, rails, big air, double shotgun pipes and more.

**Oz:** Sunday River's eighth and newest mountain peak, situated between Jordan Bowl and Aurora Peak. Oz, a natural snow magnet, offers terrain unique to Eastern skiing, with its exciting mix of open slope and glades. The centerpiece is a 500 foot wide swatch liberally studded with tree islands. It's similar to western bowl skiing in that skiers have an infinite number of lines from which to choose. Oz is served by a new quad chairlift.

**White Heat:** Sunday River's signature trail is the steepest, widest, longest lift-served trail in the East. White Heat is frequently half-groomed, allowing skiers to either bash the bumps or take a cruising route down the same trail. White Heat hosts top mogul competitions throughout the season, including the Legends of Freestyle/Bust 'N Burn in early April.

**Learning Programs:** The Perfect Turn skier development programs for skiers and snowboarders of all abilities have revolutionized on-snow instruction. With professional coaching, a focus on building upon a skier's existing strengths (as opposed to correcting weaknesses) and small class sizes, Perfect Turn is the most innovative in the country. Sunday River offers Guaranteed Learn-To-Ski or Ride in one day programs, as well as cutting edge children's development programs. Sunday River's learn to ski programs feature the revolutionary Elan SCX Parabolic Ski, which accelerates the learning process. Beginners can feel the carving sensation almost from the moment they step on them.

**Foggy Goggle:** Sunday River's ultimate slopeside après-ski hangout – featuring retro-1960s decor. Live music and great pub fare.

# Ice skating

## Lake Christopher

Closer to home, feel free to clear the snow on frozen Lake Christopher and skate right at The Maine House. Bring your own skates.

## White Cap Fun Center

On the Sunday River access road. White Cap Base Lodge offers a lighted outdoor skating rink. Rentals are available for \$7. Call (207) 824-5969 for more information or visit [www.sundayriver.com/eventsactivities/white\\_cap\\_fun\\_center.html](http://www.sundayriver.com/eventsactivities/white_cap_fun_center.html).

### WATCH THAT ICE!

During the winter and early spring, Foresters often receive questions concerning the strength of pond and lake ice. An Ice Strength Table was published in *Forest Notes* of the American Pulpwood Association. It is as follows:

<b>Ice Thickness (in inches)</b>	<b>Permissible Load (Clear, blue lake ice)</b>
2 .....	One person on foot
3 .....	Group, in single file
7-1/2 .....	Passenger car (2 ton gross)
8 .....	Light truck (2-1/2 ton gross)
10 .....	Medium truck (3-1/2 ton gross)
12 .....	Heavy truck (7-8 ton gross)
15 .....	10 tons
20 .....	25 tons
25 .....	45 tons
30 .....	70 tons
36 .....	110 tons

## Snowshoeing

Step out the door to any one of The Maine Houses and strap on your snow shoes for a walk on the grounds. Do you want a more rigorous adventure? Check out these other locations.

### **Sunday River Inn XC Ski Center**

23 Skiway Road  
Newry, ME

(207) 824-2410

www.sundayriverinn.com

A nationally acclaimed X-C ski center with groomed trails, events, lessons and rentals. Cross country retail shop, rentals, and repairs on premises.

### **The Bethel Inn Resort: Nordic Ski & Snowshoe Center**

On the Common

P.O. Box 49

Bethel, ME

(800)-654-0125

www.bethelinn.com

The 40km trail network offers a variety of spectacular terrain and are dotted with vistas of the Mahoosuc Mountain Range and Androscoggin River Valley.

### **White Mountain National Forest**

18 Mayville Road

Bethel, ME

www.fs.fed.US.r9/forests/white\_mountain/

The White Mountain National Forest covers nearly 800,000 acres in both Maine and New Hampshire. Visitors can experience a variety of activities including snowshoeing, hiking, skiing, driving tours, camping and much more.

### **Black Mountain Of Maine**

39 Glover Road

P.O. Box 296

Rumford, ME

(207) 364-8977

www.skiblackmountain.org

"Get Back to Black!" Black Mountain of Maine offers affordable snowshoeing, Alpine skiing, snowboarding, Nordic skiing and tubing, to both residents and visitors, as it has for four decades.

### **Mt. Abram Family Resort**

Howe Hill Road off Route 26

Greenwood, ME

(207) 875-5000

www.skimtabram.com

A full service ski area offering 1,150 vertical feet with 44 expertly groomed trails, ski school, cafeteria, and lounge/restaurant. Daycare center also available. Snowshoeing, cross country skiing and ski tubing also available.

### **Stony Brook Recreation**

42 Powell Place

Hanover, ME

(207) 824-2836

www.stonybrookrec.com

This small family campground is just minutes from Sunday River Ski Resort. In the winter, they have sledding, cross country skiing, snowshoeing, and snowmobiling.

### **Sun Valley Sports & Guide Service**

129 Sunday River Road

Bethel, ME

(877) 851-7533

www.sunvalleysports.com

Provides trail maps and snowshoe rentals. Also offers snowmobile rentals, guided tours plus guided ATV tours in the winter when there is not enough snow for snowmobiling.

## Snow tubing

### **Black Mountain of Maine**

39 Glover Road  
P.O. Box 296  
Rumford, ME  
(207) 364-8977  
www.skiblackmountain.org

### **Mt. Abram Family Resort**

Howe Hill Road off Route 26  
Greenwood, ME  
(207) 875-5000  
www.skimtabram.com

### **Sunday River Ski Resort**

P.O. Box 4500, Skiway Road  
Newry, ME  
(800) 543-2754  
www.sundayriver.com

### **White Cap Fun Center**

Sunday River Ski Resort  
P.O. Box 4500, Skiway Road  
Newry, ME  
(800) 541-2754  
(207) 824-3000  
www.sundayriver.com/  
EventsActivities/  
Located at White Cape Base Lodge.

### **Oxford Plains Snow Tubing**

877 Main Street Oxford, ME  
(207) 539-8865  
Add some excitement to your winter at the Oxford Plains Snow Tubing park. The tubing park offers lift service, so you won't have to walk back up the hill after your exciting ride down.

## Sleigh rides

### **Deepwood Farm**

84 Parsonage Hill Road  
Bethel, ME  
(207) 824-2595  
Deepwood Farm is a 4-season, 7-day a week facility. Open 7:00 am - 9:00 pm. They offer sleigh rides midweek at the farm on a romantic old-fashioned sleigh pulled by Sam I Am. Large group sleigh rides are Saturday nights at the Bethel Inn Resort, only \$15 per person. Sleigh leaves at half-hour intervals from 5:00pm to 7:30pm.

# Snowmobiling

After skiing, snowmobiling may be one of Maine's most popular winter sports. Away from the paved roads and organized ski slopes, many visitors and natives find another world among the rougher, more picturesque snowmobile trails. You can find many launching points right from The Houses for a day's trek through the woods of Maine.

One spur trail comes right up to The Maine House on Lake Christopher. You can pack a lunch for a day's exploring and be back at The Houses in time for dinner and some hot cocoa.

The International Trail System is a large 25-by-25 square mile network of trails, perfect for a day's ride or as the beginning of a journey to Northern New England or Canada. The Rangeley Lakes region is only a few hours away by snowmobile, accessible from Aker's Field on Branch Road in Newry. Also easy to get to from Aker's Field is Grafton Notch, home of hiking trails in summer, but perfect for snowmobiling as well.

For more information, contact any of the following local snowmobiling groups, or the Maine Snowmobile Association.

## Sun Valley Sports & Guide Service

Prices start at \$175 per half day for a two person, double rental including fuel, clothing and a guide. (Prices subject to change.) All snowmobile rentals require a credit card security deposit.

Call Rocky Freda for reservations at (207) 824-7533 or toll free (877) 851-7533. Open daily. Call about their special Maine Houses services. They can bring snowmobiles to The Maine Houses, plus provide guide service at an additional fee. Visit them online at [www.sunvalleysports.com](http://www.sunvalleysports.com).

## Evans Notch Ranger District

White Mountain National Forest, Rangers Headquarters, Route 2, Bethel, ME (for snowmobiling in the White Mountain National Forest), (207) 824-2134

## The Maine Snowmobile Association

(207) 622-6983  
[www.mesnow.com](http://www.mesnow.com)

## Maine Bureau of Parks & Lands, Snowmobile Division

(207) 287-4956  
[www.maine.gov/doc/parks/programs/snowmobile](http://www.maine.gov/doc/parks/programs/snowmobile).

## Child Care

### Childminders

(207) 824-2551

Childcare solutions for your family. Their in-home services include: short-term arrangements, babysitting services, overnight or early morning care, plus entertaining children's programs for group gatherings.

## Fitness centers

### Ellie's & Andy's Workout Express

23 Cross Street

(Above Casablanca Cinema 4)

Bethel, ME

(207) 824-3539

Two fitness clubs for women and men: Ellie's Ladies Workout and Andy's Workout Express. Fitness club, 30 minute circuit, hydraulic, cardio, weights, and classes. Friendly atmosphere!

Hours: Monday-Friday, 6am - 8pm.

Saturday, 7am - 1pm.

Sunday, 7am - 11am.

(Both Ellie's and Andy's have the same hours.)

### Workout 24/7

32 Parkway

Bethel, ME

(207) 824-4524

Open 24/7 so you can workout whenever you want. This full service facility features a variety of cardio systems (some with iPod connectors), treadmills, elliptical, stationary bikes, universal weight systems and free weights. A fitness instructor, showers, locker rooms, direct TV's, and stereo system are available for your use.

## Churches

If your day of worship falls on a vacation day at The Maine Houses, feel free to visit any area church. Call for directions and to confirm times of services. For weekly information, see the *Bethel Citizen*.

Bethel Church of the Nazarene (Protestant).....(207) 824-7289  
40 Church Street, Bethel

Worship hours: 10:30 a.m. & 6:00 p.m. Sunday

Bethel Alliance Church.....(207) 824-2289  
Route 26, Bethel

Worship hours: 10:00 a.m. & 6:00 p.m. Sunday

Bethel United Methodist Church (Methodist).....(207) 824-0797  
Main Street, Bethel

Worship hour: 9:30 a.m. Sunday

Bryant Pond Baptist Church (Baptist).....(207) 665-3133  
Main Street, Bryant Pond

Worship hours: 10:30 a.m. & 6:00 p.m. Sunday

"Jews in the Woods" informal Jewish group

Contact Marcel Polak.....(207) 665-2577

Locke Mills Union Church .....(207) 875-3355  
Route 26, Greenwood

Worship hour: 9:00 a.m. Sunday

Our Lady of the Snows (Catholic).....(207) 824-2933  
Route 26, Bethel (207) 364-4556

Worship hour: 4:30 p.m. Saturdays

Pleasant Valley Bible Church .....(207) 836-2828  
Flat Road, West Bethel (2 miles south of Route 2)

Worship hour: 10:00 a.m. Sunday

Universalist Church .....(207) 665-2024  
Birch Street, Bryant Pond

Contact Ed Howe

West Bethel Union Church.....(207) 836-2925  
Route 2, West Bethel

Worship hour: 9:15 a.m. Sunday

West Parish Congregational Church (UCC) .....(207) 824-2689  
Church Street, Bethel

Worship hour: 10:30 a.m. Sunday

Woodstock Seventh Day Adventist .....(207) 674-3232  
109 Koskela Road, Bryant Pond

Woodstock, Worship hour: 11:00 a.m. Sunday

## Mind, body and spirit

### Bethel Bodywork

Sharon Lyon

Bethel, ME

(207) 824-3314

Mind/body/spirit connection.

Sharon Lyon has studied and practiced massage since 1971.

Her technique integrates Swedish, French, and German massage, as well as Shiatsu, Reiki, & Reflexology. On-site massages available. For groups, consider on-site chair (seat) massages.

### Healing Touch Therapeutic Massage

161 Main Street, Bethel, ME

(207) 824-5445

Massage at office or home, body wrap, facials.

### Spirit Wings

14 Main Street, Bethel, ME

(207) 824-2204

www.spiritwings.biz

Body work including Reiki, massage and Shamanic healings. Native American crafts also available. Call for appointment.

### Therapeutic Massage

Janet Willie, LMT

12 Main Street, Bethel, ME

(207) 824-3889

Offering full body massage, heated stone therapy, classic hydrotherapy treatment and foot massage.

### Massage & Bodywork for Spiritual Retreats

Theresa A. Sargent, LMT

(207) 749-2620

Planning a retreat, conference or a get together? Bring tranquility to you. Massage table/linens, candles, lotions/oils, music. Licensed massage therapist, polarity and Reiki practitioner since 2004.

### Many Hands Massage at The Bethel Inn Resort

Bethel Inn Drive

Bethel, ME

(207) 824-2175 ext. 1

www.bethelinn.com

Located within the health club of The Bethel Inn, Many Hands provides Swedish, sports, deep tissue, Reiki, and hot stone massage.

### Fountains of Wisdom – A Path To Healing

Anne Stuer

Certified Reiki II practitioner

15 Tyler Street

Bethel, ME

(207) 357-2828

www.fountainofwisdommaine.com

Holistic treatments to improve your health, naturally and safely! Offering Reiki to relax and balance your body, Aqua-Qi foot treatments (ionic detoxing footbath) to rejuvenate aching, tired feet and legs (plus remove unhealthy toxins from your body), and Acutonics Sound Healing to bring your body into harmony with nature. Office hours by appointment only.

## Movies and Theater

### Casablanca Movie Cinema 4

Route 2 and 26.

(207) 824-8248

www.casablanctheater.com

Located on Cross Street in Bethel Station. Call for features and show times.

### Celebration Barn Theater

Summer only, 190 Stock Farm Road South Paris, (207) 743-8452.

www.celebrationbarn.com.

### Deertrees Theatre & Cultural Center

Deertrees Road, Harrison, ME

(207) 583-6747

www.deertreestheatre.org

Located at the head of Long Lake in the heart of Western Maine's Lakes Region. It is about a half-hour from Bethel.

## Pet services

### Doggie & Kitty Salon

Owned by Gloria Lewis and Lauletta Varo. Boarding available on a daily, overnight, weekend, weekly and monthly basis. Rates vary by length of boarding. The motel offers walks and homemade biscuits for pets. Pet supplies are available as well as grooming services by appointment. Check-in hours are 8:00 a.m. to noon and 3:00 p.m. to 7:00 p.m. daily. Reservations are necessary. Located on Route 2 in West Bethel. For more information, call 207-836-DOGS (207-836-3647).

### The Doggie Cottage

Owners: Sean and Jill Kelly.  
35 Bull Run Road, Gray, ME  
Exit 63 (formerly exit 11)  
off of Maine Turnpike.  
(207) 657-7311  
Day camp and overnight for your pet. Private theme rooms, play time with other dogs, puppy training, grooming salon and more. Enjoy a guilt-free day or weekend away.

### Bethel Animal Hospital

179 Walkers Mills Road  
Route 26, Bethel, ME  
(207) 824-2212  
Bethel Animal Hospital is a full service veterinary hospital. Day care and overnight boarding is available for your companion animal upon advance notice and proof of current vaccinations. Pickup and dropoff of boarding animals is available.

## Video rentals

### Viewers Choice Video

Main Street  
Bethel, ME  
(207) 824-4290

### The Village Store

Lower Main Street  
Bryant Pond, ME  
(207) 665-2508

## Convenience stores

### Breau's Too Convenience Store

Route 26  
Bryant Pond, ME  
(207) 665-2933  
Ice cream breakfast, lunch, pizza and more.

### Round Pond Corner Store

Route 26  
Greenwood, ME  
(207) 875-2590.  
Gas, groceries, pizza, sandwiches, milk, beer, canoe and kayak rentals.

### The Village Store

Lower Main Street  
Bryant Pond, ME  
(207) 665-2508

## Grocery stores and other provisions

### **Bethel IGA Food Store**

72 Main Street, Bethel, ME

(207) 824-2121

About 7 miles north of The Maine Houses.

### **Good Food Store**

Route 2, Bethel, ME

(207) 824-3754

www.goodfoodbethel.com

Natural foods, gourmet specialties, produce, wine, cheese, sandwiches to-go. Open daily at 9:00 a.m.

About 8 miles north of The Maine Houses.

### **Hannaford Supermarket and Pharmacy**

(207) 743-2522

Large supermarket on Route 26, Norway/Oxford. Take Route 26 South 17 miles on the left.

### **Rite Aid**

26 Mayville Road, Route 2

Bethel, ME

(207) 824-8085

About 8 miles north of The Maine Houses. Across from Norway Savings Bank.

### **Wal-Mart Super Center**

Route 26, Oxford, ME

(207) 743-0882

Take Route 26 South, 17 miles on the right.

## Pick-your-own produce and farm stands

Pick-your-own seasonal farms and farm stands are a common sight throughout the New England area. You might want to call in advance for hours open. A few near The Maine Houses include:

### **The Farmer's Market**

On Railroad Street at the Bethel Family Health Center. Open every Saturday from the end of May to October, rain or shine, from 9:00 a.m. – 12 noon.

### **Cooper's Farm Stand**

Route 26, West Paris, ME

(207) 674-2200

Apples, fruits, vegetables, and baked goods. 9.8 miles from The Maine Houses.

### **Cumming's Blueberries**

(207) 743-7919

Buckfield Road, Route 117 North, 3 miles from the interchange of Routes 26 and 177 to King Hill Road

### **Carter's Farm Market,**

Route 26, Oxford, ME

(207) 539-4848

Organically grown fruits and vegetables. 23 miles south of The Maine Houses on Route 26 .

### **Smedberg's Crystal Spring Farm**

Route 26, Oxford, ME

(207) 743-6723

Great seasonal produce, farm-raised beef and pork, maple syrup, Maine lobster and some of the best homemade ice cream in the area.

## Ski and snowboard shops

Poles twisted? Ski snapped? Boots busted? We hope not, but if they should, look no further than Bethel for your every skiing need, even to tune up your bindings!

### Bob & Terri's Ski & Sports Outlet

61 Sunday River Road  
Bethel, ME  
(207) 824-2323

Full service alpine ski shop. Tuning and repairs, equipment sales and rentals, supplies and apparel.

### Carter's Cross Country Ski Shop & Ski Center

Route 26  
Oxford Hills, ME  
(207) 539-4848

Carter's offers one of the widest selections of brand name cross country skiing equipment, clothing and accessories. Call for more information and hours.

### Great American Ski Renting & Skiwear Outlet

95 Sunday River Road  
Bethel, ME  
(207) 824-3092

Ski equipment rentals, clothes and accessories.

### Jack Frost Ski Shop

Sunday River Road,  
Newry, ME  
(207) 824-2519

Ski and snowboard equipment, rentals, and apparel.

### Mahoosuc Mountain Sports

Route 26, Greenwood, ME  
(207) 875-3786  
Telemark ski equipment rentals.

### Sunday River Sports

Sunday River Ski Resort  
Skiway Road  
Newry, ME  
(207) 824-5090  
*Formerly Crisports Ski Shop.*  
Sunday River Sports offers a full line of the latest equipment, apparel and accessories, as well as custom bootfitting and complete tuning and repair services. You'll also find Sunday River logo wear, through the "Everything Sunday River" shop.

### True North Adventureware

196 Walkers Mill Road  
Bethel, ME  
(207) 824-2201  
Extensive collection of clothing and gear for any outdoor adventure, for men, women, and kids.  
Hours: M-Th 10-6, F&S 9-6, S 10-5.

## Specialty shops

There are dozens of places to shop in the Bryant Pond/Bethel area, including antique shops, fine craft and gift shops, outlets for clothing and stores for "the basics."

### Bonnema Potters

146 Main Street, Bethel, ME  
(207) 824-2821  
Noted for its distinctive lamps, they have been making beautifully functional stoneware and porcelain pottery in Bethel since 1974. Showroom open daily from 9:30 a.m. to 5:30 p.m, closed Wednesday.

### Books 'n Things

130 East Main Street  
Pok Sun Emporium, Bethel, ME  
(207) 824-0275.  
Hours: 10-6 M-Sat, 12-5 Sun

### Brooks Brothers Hardware

73 Main Street, Bethel, ME  
(207) 824-2158  
Hours: M-F 7-5, Sat 7-12

### Kair Clothing

32 Parkway Bethel, ME  
(207) 824-4524  
Kai Clothing sells men's and women's seasonal street wear. Primarily retailing clothing, shoes, and Lim outerwear. Brands include Element, Billabong, Kr3w, Supra and O'Neill. Kai Clothing also carries Oakley sunglasses.

## **Linda Clifford - Scottish & Irish Merchant**

91 Main Street

Bethel, ME

(207) 824-6560

[www.lindaclifford.com](http://www.lindaclifford.com)

Linda Clifford has selected work from Scotland and Ireland's finest artisans, plus a few choice lines from England. They offer custom-made kilts, gents and ladies Highland Wear and tartan fabric by the yard. They also carry gorgeous jewelry from Scotland and Ireland including Celtic diamond wedding and engagement rings and stunning Claddagh rings.

## **Maine Line Products**

Two locations: Main Street, Bethel

and Route 26, Greenwood

[www.mainelineproducts.com](http://www.mainelineproducts.com)

They carry a great selection of Maine products and souvenirs – everything from stuffed animals to weathersticks! They're open 9:00 a.m. to 5:00 p.m., Monday through Saturday. Call (207) 824-2522 in Bethel and (207) 875-2522 in Greenwood.

## **Mt. Mann Jewelers**

57 Main Street, Bethel, ME

(207) 824-3030

An interesting shop for gemstones, jewelry and other unique gifts.

Open Monday-Friday 9-5,

Saturday 10-5.

## **Office Supplies**

The Bethel Citizen

19 Main Street, Bethel, ME

(207) 824-2444

## **Philbrook Toys, Fibers, Deelz, Overstocks, Moosely Seconds**

162 Main Street

Bethel, ME

(207) 824-8697

The Toy Shop – hundreds of toys in stock. Philbrook Fibers – lots of patterns and yarn. Deelz – on men's and women's clothing and more! Moosely Seconds – find brand names such as Polo, LL Bean, Oshkosh, Abercrombie, Lands' End, and more!

## **Ruthies**

88 Main Street

Bethel, ME

(207) 824-2989

[www.ruthiesboutique.com](http://www.ruthiesboutique.com)

A ladies' specialty shop offering separates from 4p-18. Ruthie's is known for beautiful sweaters with selections from Sigrid Olsen, Marisa Christina, Alps, and Northern Isles. Pants and skirts from Tribal and French, Dressing coordinates with sweaters and tops. Swimwear is available year-round.

## **Sunday River Alpacas**

471 Flat Road

Bethel, ME

(207) 890-3148

[www.sundayrivalpacas.com](http://www.sundayrivalpacas.com)

Sunday River Alpacas, in West Bethel, is home to a growing herd of alpacas, many of whom take their names from your favorite ski trails at Sunday River Ski Resort. Sunday River Alpacas farm store is open for your shopping pleasure and carries a wide assortment of their own alpaca fiber, roving and yarn in several natural colors, as well as an assortment of sweaters, capes, shawls, hats, mittens, gloves, and scarves. Hours are subject to change...call first to make sure.

## **Timberlake's Home Store**

158 Mayville Road Route 2

East of Bethel Village

Bethel, ME

(800) 780-6681

(207) 824-6545

[www.stimberlake.com](http://www.stimberlake.com)

Shaker furniture reproductions have been handmade in Bethel by the Timberlakes since 1974. Their Classic Shaker chair has won the admiration of collectors around the world and their popular Shaker kitchen stools will look great in any home. Hours may vary. Please call ahead.

## **Village Sweets**

162 Main Street

Bethel, ME

(207) 824-0636

A chocolate and candy store with premium chocolate, Jelly Belly's 32 jars of bulk candy – mix 'n match!, nostalgia and memory candy, sweet gifts, sugar-free and organic candy, specialty items.

## **Wild Rose**

162 Main Street, Philbrook Place

Bethel, ME

(207) 824-3563

Has unique clothing, scarves, bags, hats, hair accessories, handcrafted jewelry and lots of gifts including natural creams and oils, yoga products, candles, picture frames, cards and much much more!

## Outlet shops

**Freeport**, Maine (L. L. Bean) and **North Conway**, New Hampshire, are widely known as an outlet shopper's paradise. Both are about 1 hour and 15 minutes from The Maine Houses. The Lewiston-Auburn area is a regional shopping center for all of Western Maine and offers a wide variety of stores. For more information, visit [www.freeportusa.com](http://www.freeportusa.com) and [www.4seasonresort.com](http://www.4seasonresort.com).

## Caterers

### Cafe DiCocoa & Market-Bakery

125 Main Street, Bethel, ME  
Contact: Kathy DiCocoa  
(207) 824-5282

### Good Food Store

Route 2, Bethel, ME  
Contact: Heather Hale  
(207) 824-3754  
Specializing in natural foods, gourmet specialties, organic produce, and Maine-made products.

### Rising Sun Cafe & Bakery

74 East Main Street  
Paris, ME  
(207) 743-7046  
Breads, muffins, pastries, baked fresh daily. Breakfast, dessert, sandwich, and fruit platters available. Restaurant serves soup, sandwiches, salads, quiche and more meals to go. Hours: M-F 6:00 am - 4:00 pm, Sat 6:00 am - 2:00 pm.

### Steve's Store & Classic Catering

Route 26, Oxford, ME  
(207) 743-9553

### The Feeding Friendly

11 South Main Street  
Bryant Pond, ME  
(207) 665-3007  
Email: [ffriendly@earlink.net](mailto:ffriendly@earlink.net)  
Contact Wendy Bertrand  
Baked goods, entrees, sandwiches, natural and organic.

### The Hungry Hollow Country Store

Route 26, West Paris, ME  
Contact: Shirley  
(207) 674-3012

### Trolley House

237 Main Street, Norway, ME  
(207) 743-2211

### White Flour Catering

32 Danforth St, Gardiner, ME  
(207) 582-0900  
[www.whiteflour.com](http://www.whiteflour.com)  
Contact Carla Noyes

## Where to buy fresh lobster

### Hannaford Supermarkets

Route 26, Norway/Oxford, ME  
(207) 743-2522

### Smedberg's Crystal Springs Farms

1413 Main Street, Route 26  
Oxford Hills, ME  
(207) 743-6723

## Restaurants

The following restaurants are our guests' favorites. We welcome your comments to add to or change this list.

This guide shows **B** (breakfast), **L** (lunch) and **D** (dinner). A "☛" indicates our guests prefer these establishments. See The Bethel Dining Guide for more information.

### ☛ Sunday River Brewing Company (L, D)

Intersection of Route 2 and Sunday River Road  
Bethel, ME  
(207) 824-4ALE

[www.stonecoast.com](http://www.stonecoast.com)

Experience the American Beer Renaissance by trying one of the many ales brewed on premises. Classic American fare, with hamburgers, entrees, pasta, vegetarian dishes and daily specials as well as a kid's menu. Live music, dancing and pub fare. Open seven days, serving 11:30 p.m. til close.

### ☛ Sudbury Inn (Upstairs) (D)

151 Main Street  
Bethel, ME  
(207) 824-2174

[www.sudburyinn.com](http://www.sudburyinn.com)

Fine dining. The menu varies from fresh seafood to choice steaks to homemade soups. Extensive wine list. Reservations recommended and necessary on weekends and holidays. Open Tuesday-Sunday 5:30-9:00 p.m.

### Legends at the Summit Hotel (B, L, D)

(800) 543-2754

Open daily. Serving breakfast, lunch and dinner.

### ☛ Suds Pub (D)

151 Main Street  
Bethel, ME  
(Below the Sudbury Inn)  
(207) 824-6558

[www.sudburyinn.com](http://www.sudburyinn.com)

Live entertainment Thursday, Friday and Saturday nights. There's a big screen TV, darts and a great sound system. Open nightly 4:30 til late. Take-out available.

### 22 Broad Street Italian Cuisine and Martini Bar (D)

22 Broad Street  
Bethel, ME  
(207) 824-3496

[www.gideonhastingshouse.com](http://www.gideonhastingshouse.com)

Enjoy authentic Italian fare in an intimate dining room. Linen tablecloths and candles adorn each table. Dinner and Sunday brunch available.

### BBQ Bob's Real Pit Barbeque (L, D)

212 Mayville Road (Route 2)  
Bethel, ME  
(207) 824-4PIG (4744)

Barbeque done in real pit style, cooked with all wood, over low heat for hours. Located adjacent to the Good Food Store on Route 2. Hours: 11:30 am - 7:00 pm, Thursday-Tuesday. Closed Wednesday. Lunch and dinner available.

### Bethel's Best - Pizza Grille & Dairy Bar (B, L, D)

Route 2

Bethel, ME

(207) 824-3192 for delivery

[www.bethelsbest.com](http://www.bethelsbest.com)

Just west of the village across from Steam Mill Antiques. Opens at 7am daily to serve you a home cooked breakfast. Offers many other meals, including a wide variety of seafood baskets and dinners (including clams, scallops, shrimp, and haddock), signature panini sandwiches, all kinds of ice cream treats including soft serve and 25 flavors of Maine's famous Gifford's hard serve. Eat-in, take-out or delivery.

### ☛ Breau's Too (B, L, D)

Route 26

Bryant Pond, ME

(207) 665-2933

Eat-in or take-out at Breau's Too pizza, sandwiches, soda and ice cream bar. Breakfast, lunch and dinner are available right around the corner.

### S.S. Milton Restaurant (L, D)

43 Main Street  
Bethel, ME

(207) 824-2589

Seafood, steak, pasta and more. Casual and comfortable atmosphere.

### Pat's Pizza (L, D)

37 Mayville Road (Route 2)  
Bethel, ME

(207) 824-3637

A full-service family restaurant. Pizza, Italian food, calzone, salad, subs and soups. Take-out or dine-in.

### **Matterhorn Ski Bar** (L, D)

Sunday River Road, Newry, ME  
(207) 824-6836

Great tasting brick oven pizza and pasta made from fresh ingredients. Pizza, crusty breads and pastas made fresh daily. A nice selection of appetizers, steaks, fondue, soups, salads and desserts, too. Beer and wine available. Open daily for dinner at 3:00 pm. Great place for the whole family. Take-out available. Open November-April. Call for hours as schedule varies.

### **Cafe Di Cocoa & Market-Bakery** (B, L, D)

119/125 Main Street, Bethel, ME  
(207) 824-5282

[www.cafedicocoa.com](http://www.cafedicocoa.com)

Vegetarian and international cuisine. Also includes espresso bar, juices, organic coffee and wines, and homemade ice cream. Restaurant, groceries, take-out and bakery.

### **Liam's Restaurant and Pub** (L, D)

Sunday River Skiway Road (opposite South Ridge), Newry, ME  
(207) 824-6755

Casual family dining. Seafood, steak, pizza, pasta, burgers and sandwiches.

### **Phoenix House & Well** (L, D)

96 Sunday River Road, Bethel, ME  
(207) 824-2222.

Steakhouse, trattoria and comfort food.

### **Barbara's Chowder Barn** (L, D)

Route 26, West Paris, ME  
(207) 674-2222

Take out only, including chowder, sandwiches, fried seafood meals, and more.

### **Home Slice Pizza** (L, D)

177 Main Street, Bethel, ME  
(207) 824-4700

Serving burgers, pizza, pasta, salads and subs. Open Sunday-Thursday 11 am - 9:30 pm, Friday & Saturday 11 am - 10:30 pm Indoor/outdoor dining available. Free delivery.

### **Cho Sun Place** (D)

141 Main Street, Bethel, ME  
(207) 824-7370

[www.chosunrestaurant.com](http://www.chosunrestaurant.com)

Japanese and Korean cuisine, plus sushi bar.

### **Crossroads Diner & Deli** (B, L, D)

24 Mayville Road  
Bethel, ME  
(207) 824-3673

Located at corner of Route 2 and Parkway, next door to Rite Aid. Great food. Great prices. Daily specials. Serving breakfast, lunch, and dinner. Eat-in or take-out.

### **Gringo Harry's** (D)

Sunday River Ski Resort  
Newry, ME  
(207) 824-4000

[www.gringoharrys.com](http://www.gringoharrys.com)

Located at Fall Line Condominiums, Sunday River Ski Resort. Serves Mexican and South American cuisine.

### **L'Auberge Bistro** (B, D)

15 L'Auberge Lane  
(to the right of the Fire Station)  
Bethel, ME  
(207) 824-2774

[www.laubergecountryinn.com](http://www.laubergecountryinn.com)

Excellent food in a homey atmosphere. All food prepared à la minute to your specifications. Come as you are. Reservations recommended for Friday and Saturday. Nightly from 5:00 pm -9:00 pm during ski season. Breakfast 7:00 am - 9:00 am.

### **Kowloon Village** (L, D)

Lower Main Street  
Bethel, ME  
(207) 824-3707  
Chinese and Hunan restaurant in Mountain View Mall.

### **Mouse & Bean Internet Cafe**

63 Main Street  
Bethel, ME  
(207) 824-2366

At Mouse & Bean you'll find the best coffee, tea and hot chocolate selections. Also serving Mocha Joes coffee, roasted to order and delivered the next day, loose leaf teas, brewed to order and European hot chocolates steamed with milk. Hours: Monday - Saturday 7:00 am - 4:00 pm.

### **Rising Sun Cafe & Bakery** (B, L)

74 East Main Street  
Paris, ME  
(207) 743-7046

Breads, muffins, pastries, baked fresh daily. Breakfast, dessert, sandwich, and fruit platters available. Restaurant serves soup, sandwiches, salads, quiche and more meals to go. Hours: M-F 6:00 am - 4:00 pm, Sat 6:00 am - 2:00 pm.

### **Hungry Harry's Ice Cream & Burger Bar** (L, D)

190 Main Street  
(Corner of Main & Cross)  
Bethel, ME  
(207) 824-4002

100% Angus beef burgers, hot dogs, French fries, chicken fingers, lobster rolls, haddock sandwiches, salads, and more. Hand-dipped Hershey ice cream – 24 flavors! Serving lunch and dinner.

### **Rooster's Roadhouse** (D)

159 Mayville Road, Route 2  
Bethel, ME  
(207) 824-0309

A chef-owned casual restaurant and pub located one mile outside the village of Bethel and five miles from Sunday River, and just 6 miles from Mt. Abram Ski Area. They offer a large and varied menu of Maine seafood, steaks 'n chops, Italian favorites, and a great kids' fare with half-pound burgers, wings, nachos, and more.

### **Millbrook Tavern & Grille** (L, D)

On the Common  
Bethel, ME  
(800) 654-0125, (207) 824-2175  
www.bethelinn.com

Downstairs at The Bethel Inn Resort, offers casual dining at its best! Millbrook Tavern and Grille is open for lunch, dinner and late for cocktails with dinner specials nightly. Offering fresh seafood, steaks, burgers, soups, salads, sandwiches and more.

### **The Jolly Drayman** (D)

150 Mayville Road (Route 2)  
Bethel, ME  
(207) 824-4717

Located at The Briar Lea Inn, 1 mile from downtown Bethel on Route 2 on the way to Sunday River, The Jolly Drayman is an intimate English Pub and restaurant featuring a great selection of beers on tap, cask-conditioned ale, wines, a tasty selection of single malts and foods from around the colonies.

### **The Victoria Inn Restaurant** (L, D)

32 Main Street  
Bethel, ME  
(207) 824-8060  
www.thevictoria-inn.com  
Bethel Village's newest restaurant serving dinner with exquisite appetizers, entrees, and decadent desserts, Monday through Saturday. Also offering lunch and afternoon tea, Wednesday through Saturday.

## **Nightlife, bars and entertainment**

### **Sunday River Brewing Co.**

Intersection of Route 2 and Sunday River Road  
Bethel, ME  
(207) 824-4253  
The Brew Pub features live bands and the East's only brewery at a major ski resort. Experience the American Beer Renaissance by trying one of the many fresh ales brewed on the premises.

### **Suds Pub**

151 Main Street  
Bethel, ME  
Downstairs at the Sudbury Inn  
(207) 824-6558  
Suds is the backbone of local nightlife. Suds offers live music Wednesday through Sunday night, a full menu, great pizza and an extensive beer list, hearty drinks, New England sports and ski videos and the best bands around. Music usually starts around 9:00 p.m.

### **Funky Red Barn**

19 Summer Street  
(Just off Main Street behind Designs Florist)  
Bethel, ME  
(207) 824-3003  
www.funkyredbarn.com  
Bethel's newest and oldest hot spot. Previously the Backstage Lounge, Funky Red Barn is the same beautiful old barn, with a whole new atmosphere. Full dinner menu, burgers, appetizers and more. Game room with pool table, foosball, pinball and more.

### **Legends – Sunday River Ski Resort**

Located in the Summit Hotel.  
(800) 543-2754  
Legends offers North American and European dishes at reasonable prices. Serves daily from 7:00 a.m. to 11:00 p.m.

### **Foggy Goggle Pub – Sunday River Ski Resort**

Located on the third floor of South Ridge  
(207) 824-3000  
Sunday River's Hottest Ski Bar just got better! The All New Foggy Goggle, open till 8:00 pm, has an appetizing new menu, a "Hot" new look, 7 flat screens including a 58" screen TV and a sound system to rock you to the core! If you're in the mood for deli sandwiches, your favorite beverage and large-screen TV, the Goggle is the place to go.

# Local events

Special annual events include:

<b>Dates</b>	<b>Events</b>
January	<b>Bethel Winter Festival.</b> Nordic ski events, alpine ski events, snowmobiling, telemarking, snowshoe clinics, snow and ice sculptures, sleigh rides, food and fun. Call (207) 824-2282.
June	<b>Two Fly Contest and Drift Boat Competition</b> has demonstrations and events celebrating the recreational and fishing potential of the river. Call Rocky Freda at (877) 851-7533 or visit <a href="http://www.upperandro.com">www.upperandro.com</a> for details.  <b>Trek Across Maine.</b> Bike Sunday River to the Coast of Maine to benefit the American Lung Association. Contact (800) LUNG-USA or visit <a href="http://www.mainelung.org">www.mainelung.org</a> .
July	<b>Annual Bethel Arts Fair</b> on Bethel Common. Fireworks, music, food, artists and craftsmen from across New England, children's activities. Call (207) 824-2282 or contact <a href="mailto:info@bethelmaine.com">info@bethelmaine.com</a> .  <b>Mollyockette Day</b> is a day-long celebration on Bethel Common, with plenty of great good and music. On the third Saturday in July, watch the parade wind its way down Main Street, view a duck race and road race, and visit the exhibits of local artwork and historic pieces. Later that night, be on hand for the spectacular fireworks display. Call (207) 824-3575 or (207) 824-2282 for details.
July-August	<b>Bethel Bandstand Concert Series.</b> Free concert series on Sundays at 4:00pm in Bethel Commons.
August	<b>Sudbury Canada Days.</b> Bethel Historic Society Annual Heritage Festival. For more information, email <a href="mailto:BHSinfo@bethelhistoricalsociety.org">BHSinfo@bethelhistoricalsociety.org</a> or call (207) 824-2908.  <b>Maine State Triathlon/Aquabike.</b> Sponsored by Bethel Chamber. For more information, email <a href="mailto:info@bethelmaine.com">info@bethelmaine.com</a> or call (207) 824-2282.
September	<b>Bethel Harvest Fest</b> and <b>Chowdah Cook-Off</b> held on Bethel Common. Old-fashioned fun, fall festival including arts and crafts, chowderfest, food, demonstrations, hiking, canoeing, guided and self-guided bike tours, and more. For more information, call (207) 824-2282 or email <a href="mailto:info@bethelmaine.com">info@bethelmaine.com</a> .
October	<b>The Fryeburg Fair</b> is a fun local event in Fryeburg, located on Route 5.  <b>Annual Bethel Antique Show and Sale</b> features quality dealers from around New England offering distinctive antiques and collectibles. Call (207) 824-2282 for details.
Columbus Day Weekend	<b>Fall Festival.</b> Sunday River Ski Resort hosts its annual weekend Fall Festival. A variety of events including races, arts and crafts, hot-air balloons, hiking and biking events, music, food, ski sale and more are featured during this three-day festival of fun and excitement. Contact Sunday River at (207) 824-3000 or <a href="mailto:info@sundayriver.com">info@sundayriver.com</a> , or visit <a href="http://www.sundayriver.com/summer/">www.sundayriver.com/summer/</a> for more info.
December	<b>Annual New Year's Bethel Celebration.</b> Affordable, chemical-free festival featuring a variety of live entertainment at selected sites in Historic Bethel Hill. Contact Bethel Historical Society at (207) 824-2906 or email <a href="mailto:info@bethelhistorical.org">info@bethelhistorical.org</a> .

## Rainy day activities

Billiards.....	Page 34
Bowling.....	Page 38
Family Fun & Theme Parks ..	Page 38
Museums.....	Page 46
Massage.....	Page 59
Movie Theater .....	Page 59
Video Rental.....	Page 60
Shopping.....	Page 62

## Web links to local attractions

Looking for some things to do in the area while visiting The Maine Houses? Check these links to some of the more popular local businesses and attractions for more information.

### Sunday River Ski Resort

[www.sundayriver.com](http://www.sundayriver.com)  
(207) 824-3000

Four seasons resort. Fourteen miles from The Maine Houses. Downhill skiing, snowboarding, mountain biking park, hiking and more.

### Mt. Abram Family Ski Resort

[www.mtabram.com](http://www.mtabram.com)  
207-875-5000

Family friendly mountain just minutes from The Maine Houses. 36 trails, ski/ride school, rentals, tubing park, day care, restaurant and lounge.

### Carter's Cross Country Ski Center & Shop

[www.cartersxcski.com](http://www.cartersxcski.com)  
207-824-3880

Intervale Road, Bethel, ME  
50 K of scenic groomed riverside, rentals available. Second location on Route 26 in Oxford Hills.

### Sun Valley Sports & Guide Service

[www.sunvalleysports.com](http://www.sunvalleysports.com)  
207-824-7533

Orvis authorized full line dealer & fly shop. Offers fly fishing instruction and lessons, as well as canoe & kayak rentals, snowmobile rentals, tours, guided fly-fishing trips, moose and wildlife safaris, and non-resident licenses.

### Bethel Outdoor Adventure & Campground

[www.betheloutdooradventure.com](http://www.betheloutdooradventure.com)  
800-533-3607

Full service outdoor trips-guided and unguided. Snowmobile and snowshoe rentals, guided trips, camp, maps & trails; canoe, kayak, bike and raft rentals, shuttle service.

### Bethel Inn and Country Club

[www.bethelinn.com](http://www.bethelinn.com)  
207-824-2175

18 hole, 72 par, championship golf course, rentals, lessons, and golf school plus cross country skiing in winter months.

### Story Land

Glen, NH  
[www.storylandnh.com](http://www.storylandnh.com)  
603-383-4186

Storybook character theme park for children. One hour from The Maine Houses.

### BIG Adventure Center

[www.bigadventure.com](http://www.bigadventure.com)  
207-824-0929

Amusement center featuring miniature golf, water slide, rock climbing, laser tag, bowling and more.

### The Bethel Area Chamber of Commerce

[www.bethelmaine.com](http://www.bethelmaine.com)  
800-442-5826 or (207) 824-2282  
Calendar of local events and outdoor recreation information, restaurants, shopping, and more.

### The Oxford Hills Area Chamber of Commerce

[www.oxfordhillsmaine.com](http://www.oxfordhillsmaine.com)  
207-743-2281  
Calendar of local events and outdoor recreation information.

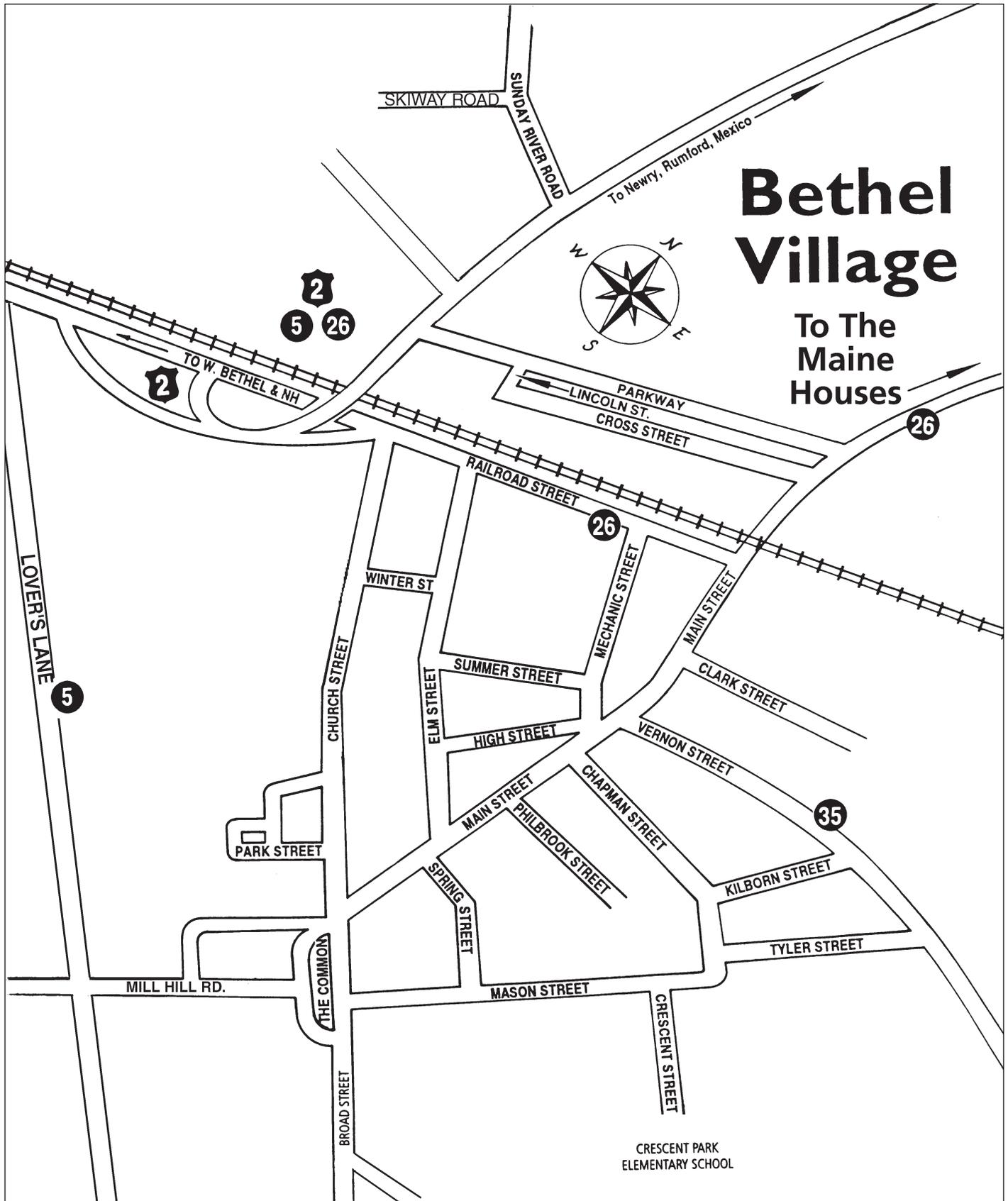
### Black Mountain of Maine

Rumford, ME  
[www.skiblackmtnofme.com](http://www.skiblackmtnofme.com)  
(207) 364-8977

Affordable alpine skiing and snowboarding, nordic skiing, and tubing. Site of many alpine races.



# Area maps



# Special Issue: Maine Vacation Ideas

# Down East

## Help Yourself Inn

Not everyone can afford a home away from home. Especially not a comfortably appointed one with lake frontage. But in the **Maine House**, vacationers can find a pleasant substitute. Once the summer home of the daughter of President Rutherford B. Hayes, the Maine House is a 140-year-old farmhouse on Lake Christopher in the western mountain community of **Bryant Pond**. It has eight bedrooms, hardwood floors, a wraparound porch, and a dock on the lake with canoes. And for the past three years, the place has been operated as a **self-service inn**. It works a lot like a hostel—albeit a deluxe one—or an inn with no innkeepers: guests supply and cook their own food and tidy up after themselves. The setup is entirely informal, with everything from linens to plates in place and waiting. With sleeping space for up to thirty-three, the Maine House is sizable enough to accommodate a family reunion or wedding party; you can call ahead and find out who, if anyone, will be staying there during your visit and plan accordingly. The small village in which the house sits, Bryant Pond, is not far from the restaurants and shops in Bethel and North Conway, New Hampshire, the wildly beautiful White Mountains National Forest and Grafton Notch State Park, and the resort community of Rangeley. But a lot of people are perfectly content sticking around the house with simply a book and the views from their own private porch. Summer rates range from \$22 per person, per night to \$39 per person, per night depending upon the month and day of the week. Call (207) 846-9131 for more information.

# Testimonials

*"About 20 of us have been gathering here for quite a few years. We love the huge porch with all the light coming in. We can spread our materials out and have just the best time. Lakeside in Maine in the Fall...it just doesn't get any better."*

Connie Schmotzer Fletcher  
Rug Hooker Group

*"It's a beautiful setting for hiking, biking and kayaking. We have anywhere from 25 to 35 in our group and sometimes take three of the Houses. The yard and fire pit are great and the individual Houses are just the right size for congregating. My personal favorite is the reclining sofa in front of the fireplace."*

Tom Zumwalt  
Appalacian Mountain Club, Worcester Chapter

*"We've been taking our Residents up for over 6 years. It's a regular event and they really look forward to it. Their professional lives are so hectic and busy and this is their one chance to bond as a group and really let it out. It's a piece of heaven. The peacefulness, the mountains, the crystal clear lake, it's so nicely isolated but so close. Our Residents from out of state are amazed at the serenity."*

Rosemary Munson  
Maine Medical Center,  
Department of Pediatrics

*"It's perfect for our group, which is usually around 30 people. We've got couples, and singles, and they've got the setup to accommodate everyone with plenty of rooms in all configurations. Everybody takes turns cooking, and they've got the stoves, refrigerators and dishwashers to handle us. They even provide bed linens. I tell everybody it's just a tremendous experience. And the roads are ideal for daily rides. Such scenery can't be matched anywhere."*

Don Paiva  
Narragansett Bay Wheelmen

*"Practically speaking, our group loves it because of the kitchens since our Nordic team requires a special diet. And the management team was very helpful, too. But, personally I like it because the countryside reminds me a lot of my homeland. I'm from Czechoslovakia, and so are many of my students, and it reminds us of home."*

Richard Rokos  
University of Colorado Ski Team

*"It's the one place where our group, which ranges from 25 to 45 people, can experience sitting down in one room for dinner. My kids love it. My friends love it. And I love it because you can't create that festive atmosphere anywhere else. It's truly unique. And with the lake, the steam room, indoor fireplaces, and outdoor fire pit, there's something for everyone."*

Randy Langmaid  
Friends and Family Annual Gathering

*"We're still basking in the pleasant memories of our family vacation at The Maine House."*

Doctor and Family from Hershey, PA

*"The layout of the Mountain View House was perfect for our group. The bedroom variety also gave everyone something they wanted."*

Family Group from Merrimack,  
New Hampshire

*"I cannot begin to tell you in words what a great time we all had. The Houses were beautiful and the size of each House accommodated everyone perfectly."*

Family Reunion from Wolcott, Connecticut

*"What a great place for a family gathering. There was a lot of room for all of us."*

Family Group from Dover, New Jersey

*"Our weekend was a huge success. We had a great time and everyone loved the House. It was clean, comfortable and very homey."*

University Group from Boston, Massachusetts

*"Fabulous spot for a large group get together. We needed a retreat to recharge. It was a relief to be in such a relaxing, natural environment."*

Family Group from Gray, Maine

# Testimonials

*"The location was fantastic! The House itself was exactly what we were hoping for-clean, roomy and a fully stocked kitchen. We had the best time."*

Family Group from East Patehogue, New York

*"We are enjoying the afterglow of the perfect family vacation in the perfect spot."*

Family Vacation from Norway, Maine

*"We celebrated my parents 50th wedding anniversary at The Maine House and had a wonderful time. It did rain most of our stay, but it probably worked out for the best because it kept us all in the House together and we had a great time. It was so fun to sit down and have dinner together, too. Thank you."*

Anniversary Celebration from Merrimack,  
New Hampshire

*"The House was amazing. All my friends were very impressed with the neatness, space and the many accommodations. Everything on the House was useful and over and above our expectations."*

Friends Getaway from Weymouth,  
Massachusetts

*"Mary Jo's family has been holding a reunion every three years for the past 30 years in various locations across the country. Their 2005 reunion was held at The Maine House. The group was so overwhelmingly pleased; they have booked again for their 2011 reunion."*

Family Group Testimonial

*"Various chapters of the Appalachian Mountain Club have enjoyed many outings to The Maine Houses. Chuck and Mary, group leaders of the Worcester Chapter of the AMC, brought their bike group to The Maine House when the house first opened. About 10 years ago, the couple were married at The Maine House and, since then, have brought their bike group back to enjoy the fall foliage every Columbus Day weekend."*

AMC Group Testimonial

# Frequently asked questions

## Questions and Answers about The Houses

### Q. Where can we go to enjoy Lake Christopher?

Lake Christopher is a clear, spring-fed lake ideal for swimming and other water recreation. There is a public beach and dock at the end of Lake Road. In addition, there is a grassy area at The Maine House with two private docks along 189 feet of lakefront. Outdoor sports equipment is available for the use of guests at all four houses, and can be found in the sports shed (see yard layout). The yard is available to guests at all four houses, unless prior arrangements have been made for exclusive use by one group (i.e., a wedding).

### Q. Are pets allowed?

Because some future guests may be allergic, all four of The Maine Houses have a strict no pets policy. Guests will be financially responsible for any cleaning fees and follow-up de-infestation treatment costs if evidence of a pet is found.

### Q. What kind of watercraft are allowed on Lake Christopher?

Lake Christopher is 1-1/2 miles long and 1/2 mile wide. Canoes, kayaks, sail boats, small motorboats and wind surfers are welcome. Jet skis have been banned and are not welcome on the lake. The Houses have five canoes, two kayaks, and two wind surfers for the use of all guests.

Oars for the canoes, kayak paddles, and life jackets are stored in the sports closet in the yard of The Maine House. Life jackets should be worn by all whenever boating or kayaking.

### Q. What time is check-in and check-out?

Our regular check-in time is 3:00 p.m. and check-out time is 9:00 a.m. We are extremely flexible in allowing people to check in early and stay late, providing we don't have any other guests or groups conflicting with your stay. Please inquire before your arrival.

### Q. How do we get into The Maine Houses?

Each house is usually open upon arrival. In addition, there is a push-button combination lock. See your confirmation letter for the code. In case of emergency or questions, call our off-premises manager at 665-2293.

### Q. Do we need to bring our own sheets and towels?

Sheets, blankets, pillows and towels are provided. Extra blankets are located in the white bench on the first floor of The Maine House by the Wildflower Room. At The Maine Farm House, you'll find extra blankets on the shelves above the washer and dryer or in individual rooms. You will find extra blankets in the second floor hallway at The Maine MountainView House in the built-in cabinet between Rooms 2 and 3 and in the hallway on the third floor. Extra linens can be found in The Country House bathroom.

### Q. What kind of supplies are in the kitchen?

Kitchens at The Maine Houses are stocked with an assortment of pots, pans, mixing and serving bowls, baking sheets, dishes, bowls, silverware, drinking and wine glasses, mugs, cooking utensils, knives, cutting boards and more. There is enough equipment to prepare for and serve up to 25 to 30 people at each house. Each kitchen has full-size refrigerators, a microwave oven and toaster. The Maine House has two electric ovens and a six-burner gourmet gas Wolf range. The Maine Farm House offers a gourmet Wolf range with a six-burner cooktop, oven and broiler. Each suite of The Maine Farm House also has its own refrigerator, electric stove/oven and coffeemaker. The Maine MountainView House has a four-burner electric range with oven. We provide dishwashing soap and clean-up supplies. All guests are expected to wash, dry and put away the dishes they use. Each House has at least one dishwasher. Finally, we provide coffeemakers and complimentary Down East coffee (regular and decaf) at The Houses. A starter supply of complimentary coffee is provided for groups with discount rates.

### Q. Can we dine on the wrap-around porch at The Maine House during the winter months?

Yes. The key to keeping the porch warm is to leave the French doors in the Great Room open. Be sure to leave the heat and ceiling fans on in the Great Room to help keep the dining area at a comfortable temperature. Also, leave the lower  
*(continued)*

level door open so the radiator heat can rise.

**Q. What if we want to set up tables for a nice dinner?**

Each house has tablecloths, napkins and candles. We suggest you use these just for the special dinner. At The Maine House, they are located in the hutch on the wraparound porch, in The Maine Farm House, they are located in a cabinet of the kitchen island, and at The Maine MountainView House, they are located in the dining room in the drawers.

**Q. How do the fireplaces work?**

Kindling and logs are provided at all of The Houses. In addition, simple instructions are posted near the fireplaces that explain how to start a fire. We encourage the group leader to assign a couple of people to keep a supply of logs near the fireplace during your stay. We do ask that you exercise common sense safety procedures when using the fireplaces.

**Q. Where do we find firewood?**

The Maine House has large three-foot logs outside the door off the Lake Level wraparound porch. These large three-foot logs are ideal for the fireplace in the Great Room. The Maine Farm House has firewood located in the back yard off the deck. Firewood is found off the back porch of The Maine MountainView House. Please be careful when making and using fires and note the directions by each fireplace. Always test and make sure the damper is open before starting a fire in any fireplace. In addition, please note the location of the fire extinguishers in the event of an emergency.

**Q. Are there laundry facilities at The Maine Houses?**

We have coin operated washers and dryers at The Maine House and The Maine Farm House. We provide the detergent for you to use because of our septic system. There is a washer and dryer in the basement of The Maine MountainView House and Country House kitchen.

**Q. What do we do with the trash and recyclables?**

At The Maine House, we have recycling bins and a deposit container located in the entrance area of the mud room. Please do not put trash in those bins. When the trash container becomes full in the kitchen, take the bags to the lower Lake Level and place them in the garage in the trash barrels. At The Maine Farm House, recycling bins are located in the hall. A marked trashcan is located on the back porch for deposits. Please ensure that the outdoor trash containers are locked so that animals do not disturb their contents. Bagged trash should be placed in the trash shed off the back porch of The Maine MountainView House. Recyclables go in the green bins.

**Q. Do The Houses have internet access?**

We have Wi-Fi at The Maine Country House, located between The Maine House and The Maine Farm House. There are extenders at The Maine House and The Maine Farm House, making internet access available at all three houses. Internet access is not available at The Maine MountainView House.

**Q. What should we do when we leave?**

Please turn off the lights, turn the thermostats down, wash and put away the dishes and leave the place in an orderly, broom swept manner. Our off-premises manager stops by and checks each house upon departures.

**Q. What questions do you get most often from guests?**

The most frequently asked questions are easily answered in your confirmation letter, our brochure and The Guide Book. People usually ask about the code to unlock the doors, which is in your letter. Be sure the first person in your group scheduled to arrive knows the code. Also, the guest phone number to each house is found in the brochure and below.

**Q. What are the phone numbers at The Houses?**

Each of The Houses has its own phone number. There are no voice mails or answering machines.

The Maine House .....	(207) 665-2866
The Maine Farm House .....	(207) 665-2814
The Maine MountainView House .....	(207) 665-2690
The Maine Country House.....	(207) 665-2037

**IMPORTANT NOTES:**

**DO NOT FEED THE GEESE  
AND DUCKS AT THE LAKE!**

**IN CONSIDERATION OF  
OTHER GUESTS AT THE  
HOUSES, NO LOUD NOISE  
OUTSIDE AFTER  
10:00 P.M. ON WEEKDAYS  
AND 11:00 P.M. ON  
WEEKENDS.**

## Planning a family reunion

*Reprinted from an article appearing  
in www.americanprofile.com.*

A family reunion can be a fun and memorable occasion for all ages, but to be successful, such a gathering requires thorough planning. "Planning a reunion isn't always easy, but the results are immensely rewarding," says Cheryl Fall, author of the *Family Reunion Planning Kit for Dummies*.

Tracking down family members, sending invitations, and selecting a location, food and entertainment are just a few of the tasks involved. To manage all the details, Fall recommends that you begin planning more than a year in advance. The important questions "Who? Where? When?" should be answered as soon as possible.

"Family reunions come in all shapes and sizes, from small groups of immediate family to large groups pulled from all corners of the world," Fall says. "The type of reunion you plan depends on the number of people attending, the site and theme chosen, and the activities involved."

Here are some tips to streamline the planning process:

**Network.** You may need to play detective to locate far-flung relatives. "Start by contacting your immediate family and all others in your personal phone book," Fall suggests. "Then use this network to track down the others."

**Involve family members.** Fall recommends creating committees for responsibilities such as set-up, food, entertainment, cleanup, and correspondence.

**Save the date.** Most reunions are held in the summer, when commitments often are less demanding. If a summer event isn't possible, choose a school break or three-day weekend, especially if attendees have to travel from out of town. Consider the weather, which may dictate the success of outdoor parties.

**Choose the right location.** Select a site that's large enough to fit the party comfortably, yet small enough to be intimate. Small reunions are held easily in the host's backyard or a family room. For larger parties, research a variety of sites, narrow the list to three, and ask attendees to vote on it.

**Develop a budget.** “I recommend charging a small fee, even for potluck, picnic or ‘bring-your-own-meal’ reunions, because expenses always crop up and the host or planner shouldn’t bear the burden,” Fall says.

**Consider creative fund-raising to offset expenses.** The Randolph E. Smith family of Washington state holds a family auction at their annual reunion. “Each family member donates an item, such as a quilt or hand-painted Christmas ornaments, and we buy dollar-store items for the kids to bid on,” family member Donetta Allen says. “One of the older relatives acts as auctioneer, and all proceeds go to our reunion fund.” An auction, online sale or yard sale could work if money is needed before the reunion takes place.

**Blend generations.** Design a theme and choose activities that allow generations to intermingle. Scavenger hunts, trivia quizzes and activities such as three-legged races or broom hockey can be fun for everyone. When planning games, create teams that are multi-generational. “Try your best to assign spouses to opposing teams and to separate children from parents, so everyone gets to know other family members,” Fall says.

**Create a memento.** One idea is to ask relatives to submit a favorite recipe, and compile them to create a family cookbook. Also, take plenty of group pictures and send copies to each attendee with a wrap-up letter after the reunion.

Most importantly, remember that this is about family. Don’t worry if things go wrong; after all, the mistakes of the day could make the best memories tomorrow.

## Photographers

### Andree Kehn

Wedding and Event Photography  
P.O. Box 264  
Greenwood, ME  
(207) 665-2117  
andree@megalink.net  
www.andreekehr.com

### Carol Savage

Photographer  
Bethel, ME  
(207) 875-7509  
savage1@megalink.net

### Karen Swanson

Photographer  
Bethel, ME  
(207) 875-3688