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Nota di contenuto	Intro -- contents -- Part I. ON FOOT -- Ease Into the Hiking Season -- Bald Mountain -- Exploring Great Wass Island -- For a Hot Summer Hike, Hit the Ski Slopes -- Beautiful Bigelow -- Hidden in the Hundred Mile Wilderness -- Hiking (and Fishing) Snow Mountain -- The Borestone Mountain Audubon Sanctuary: The Perfect Fall Hike -- Ladder Hikes Are a Step Up in Acadia -- Gilsland Farm: A Gem Hidden in Plain Sight -- Hiking on Campobello -- Jewell Falls: A Special Place in the Fore River Sanctuary -- Plenty to Please Near Damariscotta River -- Rangeley's Range of Outdoor Activities -- Something for Everyone on Tumbledown -- Get a Look at Fall's Finery -- Part II. ON THE WATER -- Back on the Bay -- Androscoggin Adventure -- Paddling Merchant's Row -- Paddling the Chain of Ponds -- Delightful Donnell Pond -- Paddling the Magalloway and Androscoggin Rivers -- Fun in Friendship -- On the Harraseeket River -- Paddling the Pemaquid River -- Kayaking Cape Rosier -- Muscongus Sound -- Penobscot Bay Pearls -- Prime Time for Rollin' on the River -- Rediscovering Deboullie -- Sandy River Ponds -- Part III. ON WHEELS, COMBINATION TRIPS, AND ALTERNATIVES -- A Day on Dyer Neck -- One Day, Two Mountains, and Two Lakes -- Petit Manan Wildlife Refuge -- Kayaking (and Biking and Hiking) Cape Jellison -- A Day on the Quiet Side -- Beautiful Bike Rides

for Every Ability -- Down East Getaway -- Wondrous Waterfalls -- Biking the Casco Bay Islands -- Portland Beaches-by Bicycle -- Rock Climbing: Up, Up, and Away -- Tunk Mountain -- Spectacular Schoodic Peninsula -- The Wonderful Abundance of Port Clyde -- St. Andrews By-The-Sea -- So Many Adventures Await.

Sommario/riassunto

This book is a trip-oriented guide, with each entry focusing on a specific activity at a particular location. Some examples are biking the Acadia Carriage Roads; climbing Bigelow Mountain; or canoeing the Magalloway River. It presents a series of trips that could comprise an entire summer of exploration or be stretched out over years.
