



WELCOME TO BAR HARBOR, MAINE!

2024 Wellbeing Resiliency Retreat and Conference

May 15–17, 2024
Bar Harbor, Maine

Conference Location:
Atlantic Oceanside Hotel

LIST OF ACTIVITIES

This list is courtesy of the locally elected District Attorney, Bob Granger.

Acadia National Park <https://www.nps.gov/acad/index.htm>

- **Acadia National Park Insider's Guide** <https://acadiamagic.com/>

Coastal Kayaking Tours <https://www.acadiafun.com/>

Whale Watching/Puffin and lighthouse tours (probably too early in season for whales but the other excursions kickstart in May) <https://www.barharborwhales.com/>

Frenchboro Ferry (a cheap way to spend 2 hours onboard a vessel traveling from Bass Harbor (western side of Mount Desert Island) to Frenchboro and return (16-mile roundtrip) along a scenic route. It's cheaper than tour boats but you won't have time to get off and explore the island as it is a quick turn-around. Frenchboro is a fishing community of about 40 full-time residents and 2/3 of the island is protected by the Island Heritage Trust with great hiking trails. The harbor is a quaint fishing village and an opportunity for some great photos off the boat. <https://www.maine.gov/mdot/ferry/frenchboro/>

Island Cruises for private charters or organized boat tours out of Bass Harbor (may be a bit early for ocean trips as weather can be unpredictable in May) <https://bassharborcruises.com/>

Bicycle Rentals <https://barharborbike.com/booknow/>

- Rent a bike and explore 45 miles of Acadia National Park's carriage trail road system (well-maintained dirt roads not open to vehicle traffic) <https://www.nps.gov/acad/planyourvisit/carriage-roads.htm>

Horseback Riding and wagon rides in Acadia National Park <https://www.nps.gov/places/wildwood-stables.htm>

Acadian Boat Tours (nature tours, lighthouse tours, Fjord tour, puffin trips)
<https://acadianboattours.com/>

Maps of Hiking and road systems in the Park <https://www.nps.gov/acad/planyourvisit/maps.htm>

Acadia Hiking <https://www.nps.gov/acad/planyourvisit/hiking.htm>

- All Trails best hikes in Acadia: <https://www.nps.gov/acad/planyourvisit/hiking.htm>



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Boat charters to islands (Swans Island & Frenchboro) for hiking, nature tours, and private lobster fishing tours <https://www.swansislandcharters.com/>

Diver Ed underwater nature cruise in Bar Harbor <https://www.diveintheater.com/>

Cranberry Isle trips (multiple boat lines listed) <https://acadiamagic.com/great-cranberry-island.html>

Windjammer Sailing trips

- <https://downeastwindjammer.com/>
- <https://www.visitbarharbor.com/list/member/downeast-windjammer-cruises-155>

Cat Ferry to Nova Scotia https://www.ferries.ca/offer/early-booking-sale/?gad_source=1&gclid=EAlalQobChMI3Pi148S6hAMVXGdHAR095AGxEAYASAAEgJ2vPD_BwE

Other Activity Ideas on Mt. Desert

- <https://www.visitmaine.net/mount-desert-acadia/>
- https://www.tripadvisor.com/Attractions-g60709-Activities-Bar_Harbor_Mount_Desert_Island_Maine.html
- <https://www.visitbarharbor.com/see-do>
- <https://www.krismariawanders.com/post/8-uniquely-maine-things-you-must-do-on-your-trip-to-bar-harbor-me>

Get Away from the Crowds

- **Off-Island hiking to get away from the crowds in the scenic Blue Hill area** (45 minutes west of Bar Harbor)
 - <https://bluehillheritagetrust.org/trails/>
 - <https://bluehillheritagetrust.org/tag/trail-guide/>
 - <https://www.alltrails.com/us/maine/blue-hill>
- **Recommend the Blue Hill Mountain hike** (40 minutes to top average speed with fantastic views of Blue Hill. Penobscot and Frenchman Bays; easy to moderate to advanced hikes depending on trail selection): <https://www.mainetrailfinder.com/trails/trail/blue-hill-mountain>

Blue Hill village has shops, art studios, and some fine dining.

- **Charter Boat tours in Surry with famed author and fishing captain Linda Greenlaw (Perfect Storm character)**
 - <https://www.lindagreenlawcharters.com/Captain-Mates/>
 - <https://www.facebook.com/lindagreenlawcharters/>
 - (Or combine a boat ride with dinner on Perry's Dock on Newbury Neck, Surry: <https://www.youtube.com/watch?v=gvRKO4B1bE4> (Lind Greenlaw has two boats adjacent to the dock)



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And further away from Bar Harbor (1 hour 25 minutes), go see **Maine's premier fishing port in Stonington on Deer Isle and take in some hikes on Island Heritage Trust Preserve lands** (wonderful secluded hikes) <https://visitmaine.com/organization/island-heritage-trust/fc330ff6-7a8b-4192-b60a-ff89f3a5a71f>

Island Heritage Trust lands in Deer Isle <https://www.islandheritagetrust.org/>

Barr Island in Stonington hike is wonderful but plan on arriving at the island long before half tide on an incoming tide or after half tide on out-going tide as the sand bar is covered from half tide to high tide <https://www.islandheritagetrust.org/2018/wp-content/uploads/2018/12/deeri-barredisland-m-ih-t.pdf>

- Recommend arriving at the island just after low tide to one hour after low tide to give plenty of time for walking the island and getting back across the sand bar before the tide covers it. (Note: tides change every 6 hours from high to low and reverse. Average tide rise 9 to 11 feet)

Deer Isle hikes <https://pilgrimsinn.com/blog/2023/04/5-great-hiking-trails-on-deer-isle-maine>

- While on Deer Isle, visit 44 North Coffee: <https://44northcoffee.com/>

Offshore Explorations

- **Stonington** <https://seakayakstonington.org/trips>
- If you really want to extend to the wilds, consider a **mailboat/ferry ride to Isle Au Haut out of Stonington** commencing May 19 <https://isleauhautferryservice.com/summerschedulerates.html>
- **Isle Au Haut (also part of Acadia National Park)** <https://www.nps.gov/acad/planyourvisit/isle-au-haut.htm>
- <https://www.isleauhautmaine.us/>
- https://en.wikipedia.org/wiki/Isle_au_Haut,_Maine
- <https://www.youtube.com/watch?v=EtRhk6jn3OQ>

Museums, Bar Harbor Area

- https://www.tripadvisor.com/Attraction_Review-g60709-d259749-Reviews-Abbe_Museum-Bar_Harbor_Mount_Desert_Island_Maine.html
- <https://www.wendellgillemuseum.org/>
- <https://www.facebook.com/greatharbormaritimemuseum/>
- <https://www.coa.edu/dorr-museum/>
- <https://www.woodlawnellsworth.org/> (off island in Ellsworth)

Cultural Events

- **The Grand, Ellsworth** <https://www.grandonline.org/>
- <https://www.grandonline.org/upcoming-events>



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- **Scenic Flights & Biplane rides located at Bar Harbor Airport** (actually just off-island in Trenton):
<https://www.scenicflightsofacadia.com/>

Videos of local areas

- **Bar Harbor**
 - <https://www.youtube.com/watch?v=hjldXQmuAxs>
 - <https://www.youtube.com/watch?v=yqISdHOYCK8>
 - <https://www.youtube.com/watch?v=UTvi07Fcj3w>
 - https://www.youtube.com/watch?v=J-4y_Eu0gs8
 - https://www.youtube.com/watch?v=PuOwS_6aSh0
- **Frenchboro**
 - <https://www.youtube.com/watch?v=Jo9vOi8TkHA>
 - <https://www.youtube.com/watch?v=T4uQAbYrpr0>
 - <https://www.youtube.com/watch?v=ulA5XmzRyO0>
- **Blue Hill**
 - <https://www.youtube.com/watch?v=-eGRJphNZt0>