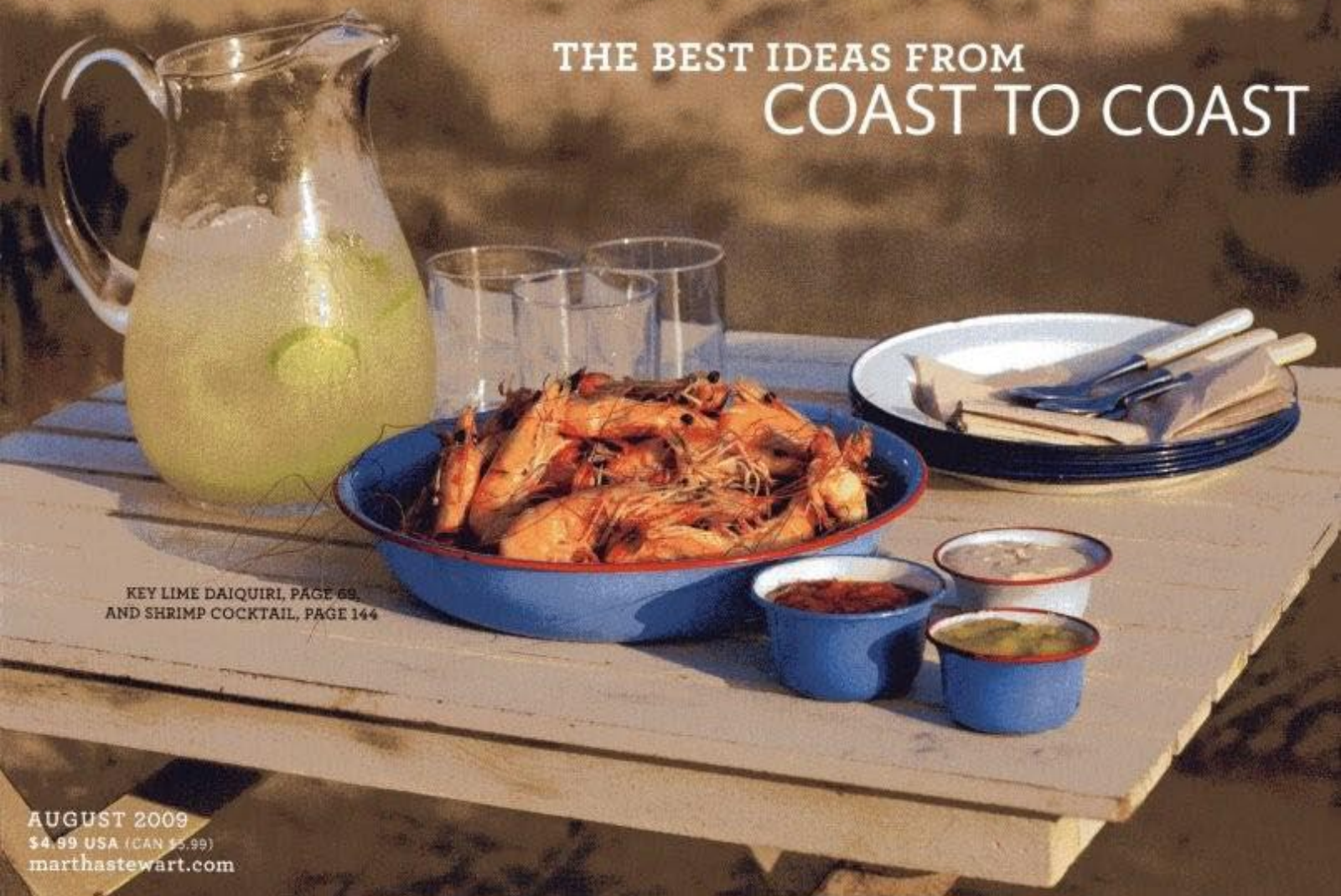


MARTHA STEWART Living

America
the Beautiful

THE BEST IDEAS FROM
COAST TO COAST



KEY LIME DAIQUIRI, PAGE 69,
AND SHRIMP COCKTAIL, PAGE 144

AUGUST 2009
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MORE MAINE HIKES

From seaside rambles on island trails to mountaintops with 100-mile views, Maine has a huge variety of hiking terrains. There are rugged hikes that can take you all day and gentle walks that are ideal for young children.

1 BIGELOW MOUNTAIN

Part of the Rangeley-Stratton range, this tough 10-mile trek rewards you with views across Flagstaff Lake and into Canada.

STAY AT Cathedral Pines

Campground. There are 115 campsites along the shores of scenic Flagstaff Lake.

DON'T MISS Orange Cat Café, orangeecatcafe.com. All-day breakfast, salads, and sandwiches in the quaint town of Kingfield.

2 DOUGLAS MOUNTAIN

The ½-mile hike is short enough for kids, but the 1,416-foot mountain offers big rewards for little effort (one can drive up and park at the trail head). From its summit, you can see the White Mountains and the Atlantic Ocean.

STAY AT Sebago Lake State

Park, Casco. Some 250 campsites on Maine's second-largest lake, with swimming and boating.

DON'T MISS Crabtree's,

207-787-2730. Delicious, pick-your-own highbush blueberries—the ultimate Maine snack.

3 EAST ROYCE MOUNTAIN, BATCHELDERS GRANT

This rugged 6-mile hike offers dramatic views of New Hampshire's Presidential Range.

STAY AT Center Lovell Inn,

centerlovellinn.com. A 19th-century resort near Kezar Lake

and antiquing, in the town Stephen King calls home in summer.

DON'T MISS Marta's Bakery, martasbakery.com. In nearby North Waterford, this Czech-born baker specializes in Eastern European pastries and cakes.

4 ISLE AU HAUT

Of the 18 miles of hiking routes on the island—reachable via the mail boat from Stonington—the moderate 6-mile Bowditch Trail stands out for its beauty.

STAY AT Inn at Isle au Haut,

innatisleauhaut.com. There are just four guest rooms at this waterside inn, which has a two-night minimum. Rates cover all meals, including a picnic lunch to take on your hike.

DON'T MISS The Island General Store. Locals gather here for groceries and island gossip.

5 MONHEGAN ISLAND

Expect whale and seal sightings on the moderate 5-mile walk that circles the island.

STAY AT The Monhegan

House, monheganhouse.com. A charming hotel dating from 1870 with simple furnishings.

DON'T MISS The Barnacle,

207-594-7995. This former 19th-century tearoom on the wharf is a top spot for savoring cappuccinos and homemade muffins.

6 MOOSEHORN NATIONAL WILDLIFE REFUGE, CALAIS

While the ½-mile Woodcock Trail is easy, there are 50 more miles of trails for ambitious hikers.

STAY AT Cobscook Bay State

Park. Seaside camping on a peninsula, with the highest tides in the world, reaching 28 feet.



DON'T MISS Raye's Mustard, rayesmustard.com. A mustard mill, museum, and shop selling classic American mustard from a century-old purveyor in Eastport.

7 MOUNT BLUE, WELD

Moose sightings are not uncommon on this moderate 8-mile hike, with Webb Lake nearby.

STAY AT Mount Blue State

Park. A lush 7,000-acre park with 136 campsites near the lakeshore.

DON'T MISS Second Chance

Farm & Longfellow's Creamery, longfellowscreamery.com. This organic farm produces and sells Bigelow Blue and Tumbledown Tomme cheeses.

8 MOUNT KATAHDIN

At 5,268 feet, Katahdin is the highest mountain in Maine and the terminus of the Appalachian Trail. Although every route poses challenges, the 2.2-mile Saddle Trail is one of the easier ascents.

STAY AT Baxter State Park.

There are 10 campgrounds within the popular 200,000-acre park. Reservations are recommended.

DON'T MISS North Light

Gallery, artnorthlight.com. This Millinocket space features eye-catching works by local artists.

9 MOUNT MEGUNTICOOK, CAMDEN

An easy 2-mile path goes up the highest of the Camden Hills, with lovely views of the Atlantic.

STAY AT Hartstone Inn,

hartstoneinn.com. A Maine classic, with sumptuous breakfasts and five-course dinners.

DON'T MISS Camden Cone, 207-236-6448. Locally made

INN AT ISLE AU HAUT



BAXTER STATE PARK



Round Top ice cream in true Maine flavors, such as blueberry.

10 OLD SPECK

When you reach the top of this challenging 8-mile trek, climb the last few feet to the observation tower to see northern New England's peaks.

STAY AT The Victoria Inn,

thevictoria-inn.com. This 14-room hotel has period furnishings and is within walking distance of the charming shops and restaurants of Bethel.

DON'T MISS Swimming at Screw Auger Falls. A beautiful, old-fashioned swimming hole located in the heart of Grafton Notch State Park.

