

# **Acadia National Park ~ Mt. Desert Island ~ Yoga Retreat**

## **September 16-21, 2018**

With Maureen Elise Quinn, Mark and Sue Kent

We are so excited that you will be joining us for inner exploration and outer adventure in the beauty, splendor and magic of Mt. Desert Island!

### **Additional Information.....**

#### **Accommodations**

The Lindenwood Inn is a beautiful Bed and Breakfast Inn located on the shore of Southwest Harbor, just a stroll from the center of town. Some rooms have a view of the harbor. The Inn has 15 guest rooms with private baths, a pool and a hot tub. The Rosebrook House, where we will be staying, is part of the Lindenwood Inn and located adjacent to the main building. The Rosebrook House contains 6 of the 15 rooms of the Inn as well as a common area with a refrigerator and a microwave for our use. For more information, please go to [www.lindenwoodinn.com](http://www.lindenwoodinn.com)

#### **Location**

Southwest Harbor is a lovely quaint town on the "Quiet-side" of Mt. Desert Island, the home of Acadia National Park. Southwest Harbor is just a short distance from Acadia National Park and about a 30 minute drive to Bar Harbor. Acadia National Park covers much of the Island...Southwest Harbor is close to Bass Harbor, Echo Lake, and Somes Sound (the only fjord on the East Coast). It is about a 20-25 minute drive to the carriage trails and the Park Loop Road entrance. There is lots of information about Acadia on the website [www.acadiamagic.com](http://www.acadiamagic.com)

## Transportation

It is about a 7 hour drive to Southwest Harbor from the Springfield, MA area. The “Old Port” section of Portland, Maine is a good halfway stopping point if you want to stretch your legs. There are many wonderful shops and restaurants along the cobblestone streets of the Old Port. And you get a good view of the ocean too.

## Activities

There are so many activities to do on the Island. There are miles and miles of hiking trails and biking trails, and the land is varied and beautiful. If you do not want to hike or bike, there are museums and many shops in Bar Harbor. Also, driving through the park is a great activity, as is taking a boat ride to the Cranberry Islands. Here are some of our favorite activities....

**Park Loop Road:** Park Loop Road is a 27 mile loop through a large section of Acadia National Park. Some of the most scenic views of the park are along this road. To enter Park Loop Road you need a park pass, which costs \$25 per vehicle for the week and/or \$12 per bike per week (you don't need a pass for your bike to ride on the Carriage roads). You can purchase the pass as you enter Park Loop Road or possibly at one of the visitor's centers. Some wonderful attractions in this section of the park are Sand Beach, Thunder Hole, a large number of hikes, amazingly gorgeous views.

**Hiking:** There are many different hiking options, from beautiful walks along the coast to moderate hikes and strenuous hikes. There is so much to choose from, and each hike is unique and gorgeous in its own way. Most hiking trails are well-marked. There is no obligation to hike, or even to do yoga, for that matter...everyone is free to choose what feels right for them each day. Cadillac Mountain is the highest mountain on the island, and on top of Cadillac is the first place in the country from where you can see the sun rise. There are also breathtaking sunsets to be seen from there. You can drive, hike or bike to the top of Cadillac Mountain.

**Biking:** There are 45 miles of carriage roads in Acadia National park, and the carriage roads are a great place to bike. You can also walk on these gravel carriage roads if you would like...they are separate from the hiking trails and the Park Loop Road (which is paved). Mt. Desert Island was created by glaciers many thousands of years ago, and the island is mostly hills/mountains and valleys. A few of the carriage road trails, such as Eagle Lake and Witch Hole, are less strenuous to bike than the others. Biking around town is an easy ride.

**Bass Harbor Lighthouse:** A picturesque lighthouse only about 5 miles away from where we are staying. Beautiful sunsets can be seen from here, and it is fun to walk on the coastal rocks surrounding the lighthouse. There are also a couple of nice walking trails near the lighthouse.

**Cranberry Islands:** The Cranberry Cove Ferry leaves from Southwest Harbor (right next to the Lindenwood Inn) every 2 hours. It is about a 40 minute boat ride to the Islands...you can visit Little Cranberry Island or Big Cranberry Island. Very few people live on these islands. It is interesting to stroll around the island, and every 2 hours the boat goes back to Southwest Harbor. It's a nice boat ride, and once in awhile you may see a porpoise, seal or otter. Two years ago I saw whales as I walked along the shore of Little Cranberry Island. The fee is \$27.50 round trip. There is an additional fee if you bring your bike.

**Museums:** There is a Nature Museum in the Park and a Native American museum in Bar Harbor.

**Bar Harbor:** About a 30 minute drive from Southwest Harbor, Bar Harbor has many great shops and restaurants. Also, there are a couple of nice walks along the coast here. At low tide, you can walk out to Bar Island and hike around the island.

**Canoeing and/or Kayaking on Long Pond, Somesville:** Long Pond is about a 20 minute drive from the Lindenwood Inn. Canoes and Kayaks can be rented here at the National Park Canoe Rental. The cost is about \$35. for the afternoon.

## **Meals**

A delicious breakfast is served daily at the Lindenwood Inn. It will follow our morning yoga session. There is a refrigerator and microwave in a common area in the Rosebrook House for our use if you would like to prepare light lunches and dinners. There is a market in Southwest Harbor, and there are some very good restaurants in Southwest Harbor that vary in price range.

## **What to bring**

A sense of adventure! Yoga mat, yoga and hiking clothes, hiking shoes/sneakers, rain jacket, jacket, sweatshirt, refillable water bottles, backpack, bathing suit, beach towel, sunscreen, insect repellent, snacks/food if you wish, bike...if you want to ride (there is also a bike rental shop in southwest harbor).

Please feel free to call or email with any questions :) See you soon!