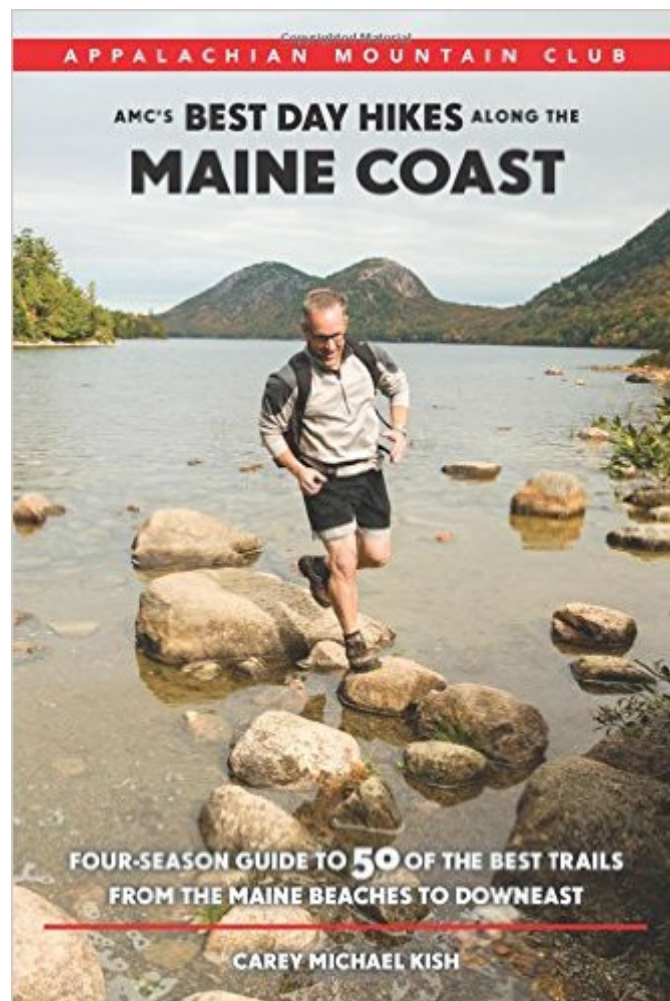


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# AMC's Best Day Hikes Along The Maine Coast: Four-Season Guide To 50 Of The Best Trails From The Maine Beaches To Downeast



## Synopsis

Explore the full length of the rugged coast of Maine in 50 hikes, enjoying classic views, historical lighthouses, and abundant natural beauty. Walk through century-old stands of white pine in Vaughan Woods Memorial State Park. Trek Portland's finest green spaces. Traverse the ridges of Camden Hills State Park and Acadia National Park's Cadillac Mountain. Explore the shoreline of Downeast Maine, from the maritime forests of Roque Bluffs State Park to the bogs of Quoddy Head State Park. With the At-a-Glance Trip Planner, you'll find the best hikes near public transportation, great trips for kids, and routes you'll enjoy on snowshoes or skis in winter. Whether you're a local resident or just visiting, this book is a must-have resource for daylong adventures along the coast of the Pine Tree State. Inside You'll Find: 50 hiking trips for all ability levels and seasons At-a-Glance Trip Planner to help you find the trip that's right for you Detailed maps showing parking areas, trails, and natural highlights Summaries of time, distance, elevation gain, and difficulty level for each trail GPS coordinates for trailheads Hiking and safety tips, including advice on what to carry in your pack Essays on nature and history of the region

## Book Information

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## Customer Reviews

The Appalachian Mountain Club has been publishing trail guides for years, mostly focused on mountains and hills in and near the Appalachian Mountains, especially in New England. This trail guide focuses on day hikes along the Maine coast. The guide is easily up to AMC standards. The book contains descriptions of 50 days hikes. The chapters are broken out by region, covering York

County in southern Maine, Casco Bay around Portland, the Midcoast including the Camden Hills, Acadia National Park, and Downeast, which takes in Washington County. Each day hike gets its own entry, with a rating and distance, directions on how to get to the trailhead and what to expect on the trail, along with a simple sketch map. The descriptions are good enough for making choices, and there is a nice selection of black and white photographs to give a sense of the terrain. Highly recommended.

Love this book! The directions to the trail head/ parking are spot on accurate and the hike descriptions are informative. So far I've enjoyed each of these hikes and I'm looking forward to the rest. I was surprised that the Bold Coast in Cutler isn't included.

This new addition to the world of hiking books in Maine adds some new ones that are not in the major collections (50 Hikes in Downeast Maine, etc.), and highlights the excellent work of the Appalachian Mountain Club. A must-have for day hikers.

This was taken to our camp near mid coast Maine and has been used extensively this summer by us and our guests.

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