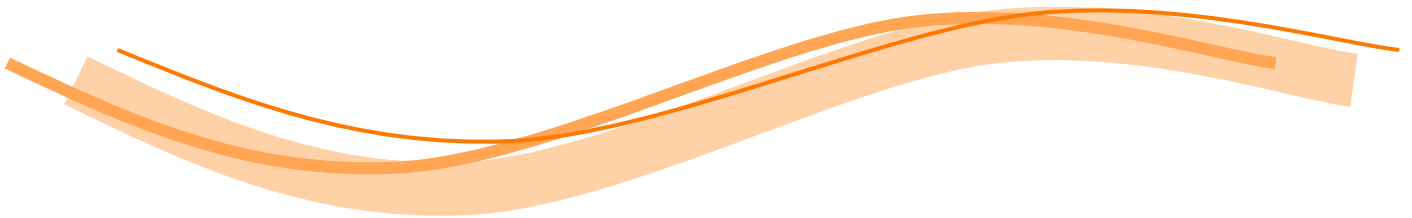




**MAINE**





<b>MAINE</b>	<p>Explore a Two Nation Vacation and great road trips through The Province of New Brunswick and the State of Maine. Explore the east coast, where neighboring nations are connected through their heritage, culture, and natural wonders.</p> <p>New Brunswick and Maine share not only a common border, but also rugged coastlines and natural wonders, as well as roots in French, British, Native, and American traditions. Blessed with cultural riches, the region offers a rare and special exploration of the past and present.</p> <p>Your road trip can visit the awe inspiring wonders of the Bay of Fundy with the highest tides in the world. And Campobello, the summer estate of Franklin D. Roosevelt. There's outdoor adventure such as sea kayaking or hiking in the National and State Parks. Plus the legendary maritime hospitality, artists and craftspeople, fabulous seafood and delicious local cuisine that includes organic produce and locally made cheeses and wine.</p> <p>For more information on Maine:  Tel: 1-888-624-6345  Website: <a href="http://www.visitmaine.com">www.visitmaine.com</a>  For New Brunswick, see the separate Destination pages on this site.</p>
<b>Location</b>	<p>The State of Maine is a state in the New England region of the northeastern United States of America, bordering the Atlantic Ocean to the southeast, New Hampshire to the southwest, the Canadian provinces of Quebec to the northwest and New Brunswick to the northeast. Maine is the northernmost portion of New England and is the easternmost state in the contiguous United States.</p>
<b>Geography</b>	<p>Maine has three broad regions:</p> <p><b>Western Maine</b> - This oft-overlooked region - centered on Bethel but taking in a wide swath of territory north and south of that village - is as different from nearby North Conway as could be. It's home to brawny hills, wide fast rivers, unbelievably scenic lakes, great foliage, and endless opportunities for quiet hiking and skiing. You might even see a moose.</p> <p><b>Coastal Maine</b> - Maine's rocky coast is the stuff of legend, art, and poetry. The southern coast has the best beaches; to the north, the Downeast region offers rocky headlands and Acadia National Park. And the lobsters are everywhere.</p> <p><b>Maine's North Woods</b> - The mostly uninhabited North Woods are almost entirely owned by timber companies, but there are still some</p>

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	spectacular places here. Two of Maine's hidden jewels are well worth a visit: big, wild Baxter State Park, home to the state's largest peak (impressive Mount Katahdin); and giant Moosehead Lake, the province of fishing camps and luxury inns. Numerous smaller lakes and ponds, accessible only by seaplane, shine like coins in the woods, and the Allagash River is a once-in-a-lifetime paddling adventure
<b>Name</b>	Most people believe Maine's name evolved because of Maine's many islands: early sailors, fishermen, and explorers may have spoken of "the main" or the "main land." This became "Maine."
<b>Population</b>	1.2 million people
<b>Language</b>	English
<b>Currency</b>	US Dollar. Currently (2 May 2009) \$1 CDN = 84 Cents US
<b>Tipping</b>	In hotels, tip bellhops at least \$1 per bag (\$2-\$3 if you have a lot of luggage) and tip the chamber staff \$1 to \$2 per day. Tip the doorman or concierge only if he or she has provided you with some specific service (for example, calling a cab for you or obtaining difficult-to-get theater tickets). Tip the valet-parking attendant \$1 every time you get your car.
<b>Government</b>	The Maine Constitution structures Maine's state government, composed of three co-equal branches - the executive, legislative, and judicial branches
<b>Documentation</b>	Canadians need a Passport to enter Maine from Canada, both by air, and from 1 <sup>st</sup> June 2009 also by land and sea.
<b>Time zone</b>	Maine sits in the Eastern time zone (the same as Toronto and Montreal).
<b>Health</b>	All large and small cities in northern New England maintain good hospital facilities, and some smaller towns have them, too. The quality of service is very good here. If health is a serious issue for you, check ahead with your accommodations (or consult the phone book when you arrive) about the nearest emergency-room service or 24-hour clinic. The largest hospital in Maine is the Maine Medical Center (tel. 207/662-0111; <a href="http://www.mmc.org">www.mmc.org</a> ), a professional facility located on a hilltop in a residential neighborhood of Portland at 22 Bramhall St. There's also Mercy Hospital (tel. 207/879-3000; <a href="http://www.mercyhospital.org">www.mercyhospital.org</a> ), a Catholic-owned hospital nearby at 144 State St. in Portland. Both are excellent. Smaller admitting hospitals are located in smaller communities such as York, Biddeford, Brunswick, Damariscotta, Ellsworth, and Bar Harbor. North of Camden, however, they thin out.
<b>Safety tips</b>	Moose X-ing Ahead: Driving across Maine, you'll often see MOOSE CROSSING signs, complete with silhouettes of the shaggy, gangly herbivores. These are not here to amuse the tourists. In Maine, collisions between moose and cars are increasingly common; there have been more than 30,000 documented.
<b>State Symbols</b>	State Capital: Augusta State Cat: Maine Coon Cat

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	State Nickname: Pine Tree State State Fish: Landlocked Salmon State Motto: Dirigo ("I lead") State Insect: Honeybee State Bird: Chickadee State Tree: White Pine State Floral Emblem: White pine cone and tassel State Animal: Moose State Gemstone: Tourmaline
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<b>CLIMATE</b>	
<b>General climate</b>	Maine is recognized as one of the most healthful states in the nation with summer temperatures averaging 20° C and winter temperatures averaging -8° C.
<b>Today's weather</b>	Portland is 17 Centigrade and sunny (2 May 2009)
<b>Best time to visit</b>	From the first hint of spring through the lazy days of summer, Maine is an outdoor wonderland. You can explore the coast, mountains, woods, rivers and lakes by kayak, bike or seaplane. Enjoy a culinary experience, bird watching excursion, family outing or historic walking tour. Spring in Maine is everything you'd expect and so much more.

<b>GETTING THERE</b>	
<b>Flying time</b>	Around two hours from Montreal and Toronto
<b>Cities</b>	Maine has 16 counties with 22 cities, 435 towns, 33 plantations, 424 unorganized townships. The largest municipality by population, is the city of Portland (pop. 64,249).
<b>Distances</b>	Width is 338 km and length is 515 km
<b>Ferries</b>	<b>The Cat:</b> 877-359-3760, <a href="mailto:info@catferry.com">info@catferry.com</a> . State of the art catamaran provides high-speed ferry service between Maine and Nova Scotia. Automobile and passenger service between Portland, Maine and Yarmouth, Nova Scotia, and Bar Harbor Maine and Yarmouth, Nova Scotia.
<b>Trains</b>	<b>Amtrak</b> (tel. 800/872-7245; <a href="http://www.amtrak.com">www.amtrak.com</a> ) provides limited rail travel as far as Portland
<b>Car Rental</b>	All the major car rental firms are here in Maine and self-driving is a great way to see all the sights in this state
<b>Buses</b>	Express bus service into the region is quite good (from anywhere farther away than Boston, you'll almost certainly use Greyhound (tel. 800/231-2222; <a href="http://www.greyhound.com">www.greyhound.com</a> ), but beware of trying to travel within the region by bus. Quirky schedules and routes may send you well out of your way, and what may seem a simple trip can take hours. For quick information on travel schedules and fares within northern New England, call the two major players: Vermont Transit Lines tel. 800/552-8737; <a href="http://www.vermonttransit.com">www.vermonttransit.com</a> Concord Coach (tel.

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	800/639-3317; <a href="http://www.concordcoachlines.com">www.concordcoachlines.com</a> ) for service in New Hampshire and Maine.
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<b>ACCOMMODATION TYPES</b>	<p>The nice thing about Maine accommodations is that they are as varied as the Maine landscape. Consider a bed and breakfast atop a bluff overlooking one of Maine's many quiet coves, or an inn nestled among our rolling hills and scenic mountains. The family will love Maine's wonderful selection of family-friendly motels, cottages and camps just steps away from sandy beaches in the summer and miles of snowmobile trails in the winter. Full service hotels and resorts serve up extensive amenities and make for a well appointed home base as you embark upon your next Maine adventure. If camping is your thing, you'll find campgrounds along the water or in the woods. So whether you're parking your RV or pitching your tent, you're sure to find a Maine campground to meet your needs. Generations of travelers have been attracted to Maine's traditional sporting camps. Come experience the Maine wilderness while you enjoy the comforts of their cabins and delicious home-cooked meals in their lodges. Start your search here for accommodations that will help make your Maine vacation memorable: <a href="http://www.visitmaine.com/accommodations">http://www.visitmaine.com/accommodations</a></p>
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<b>TARGET GROUPS</b>	
<b>Kids</b>	<b>Monhegan Island:</b> Kids from 8 to 12 years old especially enjoy overnight excursions to Monhegan Island. The mail boat from Port Clyde is rustic and intriguing, the hotels are an adventure, and the 700-acre island is perfect for kids to explore.
<b>Teens</b>	Families have little trouble finding fun, low-key things to do with kids in northern New England. The natural world seems to hold tremendous wonder for the younger set - an afternoon exploring mossy banks and rocky streambeds can be a huge adventure. Older kids may like the challenge of climbing a mountain peak or learning to paddle a canoe in a straight line, and the beach is always good for hours of afternoon diversion.
<b>Romance</b>	There are some idyllic and very romantic inns to get away from it all with your loved one. You can still find beaches all to yourselves and watch the sun rise over the ocean...
<b>Seniors</b>	Northern New England is well suited to older travelers, with a wide array of activities for seniors and very low crime rates. Mention the fact that you're a senior whenever you make your travel reservations. Throughout the region, travelers over the age of 60 qualify for reduced or free admission to theaters, museums, ski resorts, and other attractions, as well as discounted fares on public transportation.

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<b>UNIQUES</b>	Maine is the only U.S. state to have a name one syllable long; all other 49 states have at least two syllables. It also is the only state within the 48 contiguous states to border only one other state.
<b>Surprising</b>	Maine is the most sparsely populated state east of the Mississippi Maine has 62 lighthouses, of which more than 50 are still in use.
<b>History</b>	The original inhabitants of the territory that is now Maine were Algonquian-speaking peoples. The first European settlement in Maine was in 1604 by a French party. The first English settlement in Maine, the short-lived Popham Colony, was established by the Plymouth Company in 1607. A number of English settlements were established along the coast of Maine in the 1620s, although the rugged climate, deprivations, and Indian attacks wiped out many of them over the years. As Maine entered the 18th century, only a half dozen settlements still survived. American and British forces contended for Maine's territory during the American Revolution and the War of 1812. Maine was an exclave of Massachusetts until 1820, when as a result of the growing population, it became the 23rd state on March 15 under the Missouri Compromise.
<b>Books</b>	<b>Frommer's Vermont, New Hampshire &amp; Maine, 6th Edition</b>
<b>1000 Places to see before you die</b>	Maine has many entries; here are some chosen highlights: Acadia National Park – the only National Park in New England Blue Hill – Charm and culture Sugarloaf – skiing and golfing in the woods of Maine The Lighthouse Trail – More than 60 dot the coastline The Kennebunks – Seaside Maine at its best Monhegan Island – 10 miles out to sea Mount Katahdin – 5267 feet high, the state's highest mountain Moosehead Lake – Gateway to the North Woods Maine Lobster Festival
<b>Must Sees</b>	The wonderful idea of the “ <b>Two Nation Vacation</b> ” - a touring holiday in both Maine and New Brunswick. See <a href="http://www.visitmaine.com">www.visitmaine.com</a> or <a href="http://www.TourismNewBrunswick.ca">www.TourismNewBrunswick.ca</a> for a brochure with itinerary ideas.

<b>SPORTS ACTIVITIES</b>	
<b>Golf</b>	Throughout the state you'll find golf courses with sweeping mountain vistas, spectacular ocean views and peaceful lakeside scenery. In the fall, the lush green trees that lined the fairways in the summer turn bright yellow, red and orange. You may find that you'll spend as much time taking in the scenic vistas as you do concentrating on your game. A Robert Trent Jones course located in the Western Lakes and Mountains region is as breathtaking as it is challenging. And the oceanside course at one of Maine's coastal resorts is known as the Pebble Beach of the East. Over 120 golf courses dot the Maine landscape.

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<b>Fishing</b>	Maine offers a world of difference: more wild brook trout waters than all the other states in the eastern range of the Appalachians combined; the last truly wild open spaces left in the East; the only state outside Alaska with landlocked Arctic Charr; and thousands of miles of rugged coastline. From its one thousand wild brook trout ponds managed for wild sustaining populations, its astounding catch rates of good-sized small mouth bass in that underutilized fishery, to fabled landlocked salmon water, a hot striped bass fishery, blue fin tuna, and shark, fishing in Maine is a way of life and an obsession common to thousands who travel to experience the hospitality of Maine outdoors.
<b>Horse riding</b>	There are many stables and horse riding establishments in the state. Here's just one example: <b>Ledgewood Riding Stable</b> , Wiscasset: enjoy trail riding in the woods
<b>Hiking</b>	<p>Whether conquering Katahdin, backpacking through the woods or just strolling along, Maine offers a spectacular variety of hiking opportunities throughout the state. Seasoned hikers seek out tougher hiking trails that may include overnight camping along the way, while light hikers can find simple hiking trails or walking trails to just idle away a few hours. The state's vast network of state parks and public lands provide many hiking trails that are managed by the Maine Bureau of Parks and Lands. Go to the State Park search page for plenty of information, including hiking maps for state parks.</p> <p>Located on Mt. Desert Island, <b>Acadia National Park</b> encompasses over 47,000 acres of granite-domed mountains, woodlands, lakes and ponds, and ocean shoreline. Acadia offers 120 miles of hiking trails ranging in difficulty from easy to strenuous. Terrain varies from rugged shoreline and deep woods, to open mountain summits with views of the ocean and outer islands. Hike to the top of Cadillac Mountain to enjoy a spectacular sunrise over Frenchman's Bay (the first place in the United States to see the sunrise) or explore some of the quieter, more secluded mountain paths.</p> <p>The Maine chapter of <b>The Nature Conservancy</b> oversees jurisdiction of dozens of spectacular hiking sites, part of its role in protecting more than 870,000 acres throughout the state.</p> <p>The <b>Maine Audubon Society</b> is known for its schedule of moderately priced, spectacular Maine field trips.</p> <p>The <b>Appalachian Trail</b> winds 276 miles through Maine, and offers 40 campsites along the way, each about a day's hike apart. The Maine Appalachian Trail Club, produces the essential Guide to the Appalachian Trail in Maine, which includes seven trail maps.</p>
<b>Cycling</b>	Bicycling opportunities abound in Maine from mountain biking down a ski trail, to leisurely pedaling along a country lane. Take a week-long guided bicycle tour of rural Maine or rent a bike and explore Acadia

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	National Park with its 57 miles of carriage trails and the less-traveled roads of the Schoodic Peninsula. Pedal along the rocky coastline and enjoy a picnic lunch in the shadow of an historic lighthouse. Get off the beaten path on a secluded logging trail or a quiet coastal village lane. Board a ferry and spend the day riding around one of Maine's many islands in Casco or Penobscot Bays. Bicycle rentals are available throughout the state by the hour or by the day
<b>Canoeing</b>	The canoe is the perfect craft for exploring Maine. Canoeists can paddle lakes, ponds, and bogs throughout the state, or venture into the protected bays, marshes, and estuaries along the coast. Forests, mountains and lowlands are laced with a vast network of watersheds, offering paddlers a wide range of choices, from gentle current to raging whitewater. Canoe trippers can spend several days paddling and camping on the Allagash, Penobscot, St. John, Moose, St. Croix and Machias rivers without encountering towns and public roads. All these routes travel through pristine woodland rich in wildlife and history, with beautiful primitive campsites along the way. Canoe outfitting, rentals, shuttle services, instruction, and guided trips are available throughout the state. Whatever your interest or ability, you will find a paddler's paradise in Maine.

<b>CULTURE</b>	
<b>Arts</b>	<p>The splendor of Maine has inspired generations of artists since the time when Frederic Edwin Church, Fitz Hugh Lane, Thomas Cole and others first came here in the mid-nineteenth century. Over the years, Maine has become a haven for such renowned artists as Winslow Homer, Edward Hopper, George Bellows, Marguerite Zorach, Berenice Abbott, Georgia O'Keeffe, and three generations of the Wyeth family.</p> <p><b>The Maine Art Museum Trail</b> includes Maine's seven leading art museums: the Bates College Museum of Art (Lewiston), the Bowdoin College Museum of Art (Brunswick), the Colby College Museum of Art (Waterville), the Farnsworth Art Museum (Rockland), the Ogunquit Museum of American Art (Ogunquit), the Portland Museum of Art (Portland), and the University of Maine Museum of Art (Bangor).</p>
<b>Music</b>	<p><b>Maine State Music Theatre, Brunswick</b> MSMT has been bringing professional musical theatre to Maine since 1959. The Theatre currently offers new works and rediscovered musical plays in addition to the repertoire of familiar classics each summer.</p> <p><b>The Portland Chamber Music Festival</b> celebrates its fourteenth season August 16 - 25 with performers from such ensembles as the New York Philharmonic and the Chicago and St. Louis Symphonies. PCMF debuts this summer at its new home at the beautiful Abromson</p>

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	Community Education Center on the Portland Campus of the University of Southern Maine.
<b>Films</b>	<p>A number of major films have been set and filmed in the state:</p> <ul style="list-style-type: none"> <li>- The Man Without a Face, a 1993 film starring Mel Gibson, was shot throughout mid-coast Maine.</li> <li>- The Shawshank Redemption, an award-winning 1993 movie, was set in Maine.</li> <li>- Storm of the Century, a miniseries based on the Stephen King novel, takes place in Maine, along with many other adaptations of his books.</li> <li>- Welcome to Mooseport was a 2004 movie set in the fictional city of Mooseport, Maine.</li> <li>- The Mist, a Stephen King movie, is set in Maine.</li> <li>- Peyton Place, filmed in 1957, was set in New Hampshire but filmed in Camden region of Maine.</li> <li>- On Golden Pond was set at Great Pond, Maine, but filmed at Squam Pond, New Hampshire.</li> </ul>
<b>Museums</b>	<p><b>The Maine State Museum, Augusta</b>          Shaped by the forces of geology, and smoothed by ice age glaciers, Maine's natural environment is beautiful and complex. As the point of contact between New England, Maritime Canada and the sea, Maine has been the scene of human occupation, struggle, and enterprise for some 11,000 years. This human history extends from the first Paleo Indian hunters following the woolly mammoths, to vacationers today seeking fun and adventure. The Maine State Museum provides an excellent overview for first time visitors and a place for life-long residents to refresh their memories. <a href="http://www.state.me.us/museum">http://www.state.me.us/museum</a></p> <p><b>The Abbe Museum</b>          26 Mount Desert St. Bar Harbor (tel. 207/288-3519; <a href="http://www.abbemuseum.org">www.abbemuseum.org</a> ), opened in 2001 as an in-town extension of the smaller, simpler museum at the Sieur de Monts spring in the national park showcasing a top-rate collection of Native American artifacts. A 17,000-square-foot gallery, this downtown branch has an orientation center and a glass-walled lab where visitors can see archaeologists at work preserving recently recovered artifacts, along with changing exhibits and videos that focus largely on tribes from Maine and other parts of New England. From late May through October</p>
<b>Festivals</b>	<p><b>Maine Lobster Festival 29 Jul - 2 Aug 2009</b>          Harbor Park, Rockland          The Maine Lobster Festival at the picturesque Harbor Park in Rockland has all the makings of a great party, especially for seafood lovers</p> <p><b>Maine Boats and Harbors Show Aug 2009</b>          Harbor Park, Rockland</p>

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	<p>The Maine Boats and Harbors Show at Harbor Park in Rockland presents the work of the region's best boatbuilders and promotes life on the Maine coast.</p> <p><b>The Great Falls Balloon Festival    Aug 2009</b> Lewiston The Great Falls Balloon Festival, going strong since 1993, takes to the skies above Lewiston. One of the largest such festivals in New England it attracts 100,000 visitors over the weekend</p>
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<b>ATTRACTIONS</b>	
<b>Beaches</b>	<p>Maine beaches come in many sizes and shapes. White sand ocean beaches cover much of the southern Maine coast and dot the rest of the <b>5,500 miles of Maine coastline</b>. By day, beaches are teeming with people building sandcastles, body surfing, searching for seashells and just soaking in the sun. In the evening, the low rumble of the surf crashing upon the shore offers a soothing backdrop for a romantic stroll.</p> <p>However, saltwater beaches only present half of the beach-going opportunities in Maine. With 6,000 lakes and ponds, fresh water beaches abound. Maine's municipalities and state parks boast a variety of beaches where families can refresh themselves in crystal clear lakes surrounded by lush green forests. Many of the state parks provide additional amenities such as grills, picnic tables, playgrounds, restrooms, snack bars, campsites and nature trails, making them the perfect place to spend one or more days.</p>
<b>Wildlife</b>	<p><b>The Maine Wildlife Park</b> in Gray is a great place to view and learn more about wildlife. The 200-acre park has moose, black bear, lynx, mountain lions, wild turkeys, bald eagles, owls, a show fish pool and more on display.</p> <p><b>Rachel Carson National Wildlife Refuge</b> The 5000-acre refuge protects coastal wetlands from Cape Elizabeth to Kittery. Over 350 species of birds, mammals, reptiles, and amphibians have been observed on the refuge. Interpreted trail at HQ. Information is available in the office from 8:00 a.m. until 4:30 p.m. Monday through Friday; limited hours on weekends in the summer. <a href="http://rachelcarson.fws.gov">http://rachelcarson.fws.gov</a></p>
<b>Parks</b>	<p><b>Acadia National Park</b> It's not hard to understand why Acadia is one of the crown jewels of the U.S. national park system. (It draws the second-most visitors annually of any national park.) The landscape here is a rich tapestry of rugged cliffs, pounding ocean surf, fishing and leisure boats lolling in harbors, and quiet forest paths.</p>

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	<p>Acadia's terrain, like so much of the rest of northern New England, was shaped by the cutting action of the last great glaciers moving into and then out of the region about 18,000 years ago. A mile-high ice sheet rumbled slowly over the land, scouring valleys into deep U shapes, rounding many once-jagged peaks, and depositing boulders at odd places in the landscape - including the famous 10-foot-tall Bubble Rock, which appears perched precariously on the side of South Bubble Mountain.</p>
<b>Gardens</b>	<p><b>Coastal Maine Botanical Gardens</b>, Boothbay, is Maine's first and only botanical garden, and at 248 acres, it's also New England's largest. Occupying a stunning landscape with nearly a mile of waterfront, the property features exceptional ornamental gardens, impressive stonework and waterfalls, shorefront and woodland trails, native plants and wildflowers, and massive fern-covered ledges in quintessential Maine forest. Coastal Maine Botanical Gardens opened officially in 2007, after 16 years of planning, building, and planting. In 2008, we welcomed more than 60,000 visitors, who delighted in plantings in our rose, kitchen, meditation, rhododendron, pond, hillside, and woodland gardens. The new Lerner Garden of the Five Senses - a world-class sensory</p>
<b>Castles/Forts</b>	<p><b>Fort O'Brien (Fort Machias)</b> was built in 1775 and destroyed by the British in the same year. This state historic site is one of few Maine forts active during three wars - the American Revolution, War of 1812 and Civil War.</p> <p><b>Fort Popham</b>, Phippsburg, is a semi-circular granite fort built in 1861 for use during the Civil War. Modifications were made and the fort used again in the Spanish American War and World War 1. Open Memorial Day to Sept. 30</p>

<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	<p><b>Freeport:</b> L.L.Bean is the anchor store for this thriving town of outlets, but you'll also find Patagonia, J. Crew, Dansk, Brooks Brothers, Levi's, and about 100 others. This is the most aesthetically pleasing of the several outlet centers in northern New England</p>
<b>Markets</b>	<p>Maine farmers markets offer high quality delicious foods and agricultural products, harvested fresh and sold direct to you by the farmers, your neighbors. Markets are located throughout the State, and each offers a unique blend of personalities and products. Visit more than one to enjoy all the flavors of Maine plan via their website at <a href="http://www.getrealmaine.com">www.getrealmaine.com</a></p>
<b>Nightlife</b>	<p><b>The Great Lost Bear</b> (540 Forest Ave., Portland; tel. 207/772-0300) has the best brew selection in all of northern New England, 50 to 60 on offer at any given moment, including most of the numerous local brews crafted in Maine. Some of the choicest ales are even dispensed from one of three cask-conditioned hand pumps. As if that weren't enough,</p>

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	every Thursday the bartender showcases a particular brewer or style - a good way to get educated about the nuances of good beer.
<b>Casinos</b>	<b>Hollywood Slots</b> at Bangor, Bangor's first and only casino has 475 sensational slot machines including video poker and video Blackjack

<b>CUISINE</b>	
<b>Food</b>	<p>Visitors should be warned that a Maine meal, wherever and however you have it, may be habit-forming. Maine chefs are hot—not just popular but drawing heavy-duty national acclaim. The state's seafood is sought by fish and lobster lovers around the globe. Its farmers markets are booming, with more markets, more farmers per market and a wider range of produce than ever before. All sorts of specialty foods, microbrews, and beverages, often made by small businesses or even in home kitchens, are winning national and regional awards. And foragers are finding an array of wild edibles that offer new taste sensations to adventurous eaters.</p> <p>There is no question that lobsters highlight the menus in many Maine restaurants and these tasty crustaceans are a delicacy that should not be missed, but Maine offers fine dining options throughout the state. Seafood restaurants dot the coastline and provide food so fresh, it probably came from the ocean just a few hours earlier. Fine dining restaurants, country inns and resorts serve up elegant culinary delights for the sophisticated palate, while small town restaurants and sporting camps pile your plate high with delicious home-cooked meals.</p>
<b>Wine</b>	<p><b>Bartlett Maine Estate Winery</b>  A detour off the fabled road to Acadia National Park and Bar Harbor takes you to another world - one more reminiscent of Napa Valley than Maine. Their distinctive granite sculpture marks the turn-off to Bartlett Maine Estate Winery - home to the best, most sophisticated fruit wines in the country for more than twenty years. In addition to viewing the facility and enjoying a sample you're also able to choose your favorite Bartlett wines and other wine related gift items <a href="http://www.bartlettwinery.com">www.bartlettwinery.com</a></p>
<b>Restaurants</b>	<p><b>Maggie's Restaurant, Bar Harbour</b>  The slogan for Maggie's is "Notably fresh seafood," and the place invariably delivers on that understated promise. (Only locally caught fish is used.) It's a casually elegant spot, good for a romantic evening while you enjoy the soothing music, attentive service, and excellent seafood. Appetizers could include grilled cherrystone clams in white-wine sauce or lobster stew; main courses might be bronzed cod with a lime-tartar sauce, lobster crepes, Gulf shrimp with feta and olives over rice, pan-seared scallops, or salmon seared in Indian spices and served with cucumber-mint salsa. They also do nice steaks and chicken, but that's not why you dine here. Desserts are homemade and it's worth leaving room for them: blueberry pie, lemon curd, and dark chocolate pudding</p>

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	<p>cakes, and a delicious menu of sundaes - the island's best.</p> <p>Arrows (Ogunquit; tel. 207/361-1100): The emphasis at this elegant spot is local products -- often many ingredients from nearby organic vegetable gardens. Prices are not for the fainthearted (it's expensive by New York City standards), but the experience is top-rate, from the cordial service to the silver and linens. Expect New American fare informed by an Asian sensibility.</p> <p><b>White Barn Inn</b> (Kennebunkport; tel. 207/967-2321): The setting in an ancient, rustic barn is magical. The tables are draped with floor-length tablecloths, and the chairs have Italian upholstery. The food is to die for. Enjoy entrees such as grilled duckling breast with ginger and sun-dried cherry sauce, or rack of lamb with pecans and homemade barbecue sauce.</p> <p><b>Fore Street</b> (Portland; tel. 207/775-2717): Fore Street is one of New England's most celebrated restaurants - listed as one of Gourmet magazine's 100 best restaurants in 2001 - and the chef has been getting lots of press elsewhere. His secret? Simplicity, and lots of it. Some of the most memorable meals are prepared over an applewood grill.</p>
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<b>MORE INFO</b>	
<b>Brochures</b>	<b>Maine Office of Tourism</b> , #59 State House Station, Augusta, ME 04333 (tel. 888/624-6345 or 207/287-5711)
<b>Website</b>	<a href="http://www.visitmaine.com">www.visitmaine.com</a>

<b>HOTEL PRIZE PARTNER</b>	<p><b>Bar Harbor Hotel~Bluenose Inn</b>  <a href="mailto:VisitUs@BarHarborHotel.com">VisitUs@BarHarborHotel.com</a>            90 Eden Street Bar Harbor Maine 04609            Tel 800.445.4077 or 207.288.3348            Fax 207.288.2183</p>
<b>Location</b>	<p>With sweeping views of Frenchman Bay, the AAA 4-diamond Bluenose Inn is the perfect hotel accommodation choice for a memorable vacation on Maine's famed Mount Desert Island, home of Acadia National Park. Here, atop a granite terraced hillside, you will quickly discover the allure of Maine's rockbound coast. The ideal location of the hotel places you just minutes away from the host of attractions that continue to make this corner of Maine one of the USA's most popular retreats.</p>
<b>Facilities</b>	<p>The grounds feature an outdoor heated pool, garden paths and panoramic views of Frenchman Bay.            With its classic columns, arched windows, and elegant decor, you won't find a more beautiful indoor, heated pool in all of New England. To really</p>

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	relax, enjoy the oversized Jacuzzi and steam room, or schedule a massage with a certified massage therapist.
<b>Accommodation</b>	Accommodation in today's luxury resort is defined by two elegant guest buildings: the luxurious 52-room Mizzentop which also houses our registration office, the inviting Great Room and Bar, Raspbeary's Gift Shop and our Vista Room meeting facility; and Stenna Nordica, featuring 45 tastefully decorated hotel rooms and a glass front elevator. A third building houses our indoor heated pool, jacuzzi, fitness center, and new Eden Spa (opening in Spring 2009)
<b>Restaurants</b>	<b>Looking Glass Restaurant</b> Executive Chef Montes' experience is extensive and his cuisine exceptional beginning 29 years ago in some of the finest restaurants in greater Chicago. Before moving to Maine in 1993, he excelled through the culinary ranks culminating with the executive chef position at prestigious Blushes Restaurant in Northfield, Illinois. In Maine, he expanded his culinary repertoire, and with his wife, established the only catering service in the state specializing in authentic international and fine cuisine.
<b>PERSONAL EXPERIENCES</b>	<b>Northern Maine Coastline</b> <b>Calais</b>

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