

There is no shortage of story ideas when you consider the history, culture, natural resources and amenities that make Bar Harbor, Maine, and Acadia National Park two of the most visited destinations in the U.S. Here are just a few possibilities when considering Bar Harbor for your next story. Please do not hesitate to contact us for additional ideas, details and high-resolution photos.

Themes:

Cuisine

Nature/Conservation

Nature/Adventure

Culture

Unique Ideas

Getting Around

Cuisine

Did you know that more than 5,316,000 lobsters are eaten in Bar Harbor every year? That is a lot of lobster! With all that practice, we are certain that Bar Harbor chefs know the best lobster recipes, from traditional Downeast recipes to their own unique creations. While Bar Harbor has a wide variety of foodie attractions from lobster shacks to upscale restaurants, the essence of Bar Harbor's food scene is fresh, farm (or ocean) to table dishes that please the most discerning palates.

Don't miss:

- **Bar Harbor's booming craft beer scene**
Take a brewery tour at Atlantic Brewing Co. and stay for the free tasting or visit their location in downtown Bar Harbor for a sampling. Taste regionally brewed beer at many local restaurants, as well.
- **Bar Harbor's traditional flavors**
 - Jordan Pond House has been serving popovers and tea since the 1890s. Be sure to stop in for this signature treat while in Acadia National Park.
 - A steamed lobster dinner: lobster, corn on the cob, baked potato, butter, and last but certainly not least, homemade Maine blueberry pie.
- **A real working lobster and fish pier**
Many people try lobster, the lucky ones eat Maine lobster in Maine, and the luckiest ones enjoy the freshest lobster right on the deck of a real working lobster and fish pier, Beal's Lobster Pier, located in Southwest Harbor.

- **Bar Harbor's twist on worldly cuisine**
Why not a little Latin flair on the coast of Maine? Have dinner at Havana, whose wine cellar earned Wine Spectator's Award of Excellence.
- **A chance to learn how to cook Maine delicacies**
A Le Cordon Bleu-trained chef will explain the history and tradition of Maine foods as you learn techniques of cooking popular Maine delicacies with locally sourced products at Ambrosia Cooking School.
- **Sea to Table**
While Bar Harbor is home to many restaurants that feature their locally grown and raised produce, we are proud to share the sea-to-table experience. Enjoy some of the freshest Maine seafood that was caught right on the shores of Mount Desert Island.
- **For coffee and tea**
Whether you're looking for a strong cup of joe or some hot tea there's plenty to find on the island. Bar Harbor Tea Company has Maine's only microblender of unique fine teas. Choose from fine European imports to a selection of goods made in Maine and New England. For the coffee drinkers, Coffee Hound Coffee Bar has craft coffee, espresso, pastries and, new this year, crepes.

Nature/Conservation

In 2016, Acadia National Park celebrated 100 years, along with the National Park Service. The region is proud of the 47,000-acre park we can enjoy today and have enjoyed for the last 100+ years. Conservation is taken very seriously here in Bar Harbor to enable the park to be enjoyed for many centuries to come.

- **Dark night skies** – Three Mount Desert Island towns — Bar Harbor, Tremont and Mount Desert — have passed lighting ordinances to protect the quality of the night skies in the region. Several other towns are drafting ordinances.
 - Stargazing – Every September, the multi-day Acadia Night Sky Festival is an opportunity to join astronomers of all levels for stunning, unadulterated views of the Milky Way and the starry dark night skies.
- **An eco-friendly vacation**
 - Use the Island Explorer bus system, a fare-free, propane-powered bus system, to tour Acadia and surrounding towns
 - Rent bikes and pedal your way to each destination
 - Certain trails and areas are closed to protect the peregrine falcons
- **Wildlife** – Be on the lookout for bald eagles, puffins, seals, whales and dolphins as you explore the region. Have the camera ready!
- **Sunrise** – For many, being one of the first to see the sunrise atop Cadillac Mountain is a must. How does this incredible sunrise start your day off differently?

Nature/Adventure

Nature and adventure lovers from all over the world seek out Bar Harbor and Acadia National Park. With 47,000 acres of protected land, more than 127 miles of pristine hiking trails and ocean views, the Atlantic Ocean and ponds for water activity, and the carriage roads consisting of 45 miles of trails, we are not surprised.

- **Rock/ice climbing** – For the ultimate adventure in a beautiful setting, accredited rock and ice climbing guides are ready to guide unforgettable adventures along Maine’s rugged coastline. Trips are available for all experience levels, including summer youth programs.
- **Paddling** – From sea kayaking to a relaxing paddle on one of the area’s many lakes and ponds, Bar Harbor and Acadia National Park offer some of the finest sea kayaking and canoeing in the nation. Local companies offer guided trips and rentals, if necessary. View bald eagles, osprey, harbor seals and more. Don’t forget stand-up paddleboard adventures are available, too!
- **On the sea** – Sailing adventures, sea life up close and personal, and touring the rocky coast of Maine are all right here on this mystical part of the Atlantic Ocean. Experienced captains offer a variety of trips.
- **Biking** – Rent bikes right on the island and pedal under stone bridges on the carriage roads or up Cadillac Mountain, the highest point in the park.
- **Hiking** – The park features trails for all levels of experience. Pack your lunch and hike along the coastline or test your fears up a mountain using iron rungs.
- **Running** – Road or trail, Bar Harbor and Mount Desert Island have the right trails for you. People are no longer satisfied with a relaxing vacation, they’re looking for places to be ambitious, active and conquer a challenge. Sign up for the Mount Desert Island Marathon, which happens each October.
- **Roller skiing** – Train for the winter on our carriage trails during the summer.
- **Additional Ideas**
 - Bar Harbor, where you can summit several peaks all in the same day
 - An adventure-filled vacation
 - How nature gives you a new appreciation for life and each other
 - Why a natural vacation is more rejuvenating than an amusement park destination
 - Acadia National Park, your family’s outdoor classroom
 - What a week in Acadia National Park teaches you

Culture

Native American – The Wabanaki “People of the Dawnland” have lived in Maine for many thousands of years. Archaeological records illustrate their path and the role their culture plays in the present day.

Dr. Robert Abbe, an archaeology buff and known as the founder of radiation therapy in the U.S., founded the Abbe Museum at Sieur de Monts Spring in Acadia National Park in 1928. Throughout the years, the museum has grown by adding a downtown location that is open year-round. The Abbe Museum is the only museum devoted solely to Maine’s Native American heritage, and the 50,000 objects in the museum’s collection represent 10,000 years of Native American culture and history in Maine. In 2013, the museum was accepted as a Smithsonian Affiliate, the first in the state of Maine. www.abbemuseum.org.

Each July, the Maine Indian Basketmakers Alliance and the Abbe Museum hold the annual Native American Festival and Basketmakers Market offering visitors, collectors and gallery owners the opportunity to buy directly from the artists. It is a rare opportunity to meet the artists and learn about contemporary Indian arts and cultures from Maine and the Maritimes.

Unique Ideas

- **A doggy paradise**
Dogs love Bar Harbor. There are hundreds of miles of hiking trails and 45 miles of carriage roads in Acadia National Park where pets are permitted. Mount Desert Island Ice Cream even has a special line specifically for canines.
- **Coastal boutique shopping**
Downtown Bar Harbor is home to many unique boutiques filled with gifts that will not be found elsewhere. Discover Maine specialty food products, personalized holiday ornaments, one-of-a-kind artwork, home décor, pet treats, and handmade jewelry and clothing from local artisans and craftsmen.
- **How to plan a fun, educational vacation for your family**
Bar Harbor is home to museums and thousands of acres that can be used as an outdoor classroom for kids to learn about wildlife, the weather, teamwork and themselves.
- **The beauty of Acadia National Park in the winter**
The park is open for activity year-round. The carriage roads turn into pristine trails for cross-country skiing and snowshoeing, and the Park Loop Road turns into a paradise for snowmobile use and fat-tire biking.
- **Must-see spots in Acadia National Park**
We'll leave this up to you... what are your favorite spots? We already know ours.
- **Wellness travel and encouraging the use of vacation days**
Smart value-minded employers are investing in their employees' health and wellness, now more than ever. Encouraging employees to take their vacation time not only benefits the employee but the employer, as well. Employees feel happy, creative and refreshed after time away from the office.
- **Bar Harbor is perfect for "bleisure" travel**
Mix business with pleasure! Bar Harbor has what you need to work from the road.
- **Solo Travel**
Solo travel has become a huge trend, especially among women, and Bar Harbor is the perfect place for more personal and enriching experiences.

Getting Around

Car-free travel is something you don't necessarily think of when you think of Maine, however, car-free travel to and around Bar Harbor is as easy as a breeze. You have a choice of flying into Bangor (about one hour from Bar Harbor) or the Hancock County-Bar Harbor Airport (20 minutes from Bar Harbor). Car service is readily available to Bar Harbor accommodations. Once you're here, leave the driving up to the Island Explorer bus system — it's free!