



# Beaver Log

The official newspaper  
of Acadia National Park  
July/August 2005

## The Acadia Experience

Protecting over 47,000 acres along the rugged Maine coast, Acadia National Park is one of the gems of the National Park System. Thanks to the foresight and dedication of the early conservationists who set aside this refuge of mountains, forests, lakes, and coastline, Acadia offers something to please all tastes. Whether you prefer a quiet moment to relax and take in an ocean view, or a strenuous hike through rich woodlands to a rocky summit, you can find it here.

To get to know the park, join a park ranger for a guided hike, seaside investigation, or amphitheater program. Experience the thrill of watching once-endangered peregrine falcons feeding their young in cliffs high overhead, explore the rich history of the park, or journey along scenic carriage roads on a one-of-a-kind bike tour. For program descriptions and a schedule, see pages 4-6.

If you prefer to explore on your own, start at Hulls Cove Visitor Center. Here you can buy your entrance pass, watch a short orientation movie, and plan your visit using a three-dimensional map of Mount Desert Island. The bookstore carries guidebooks, children's stories, maps, and more, and park rangers are available to answer your questions.

From the visitor center, you can hop on fare-free Island Explorer buses. Propane-powered buses link popular park destinations to neighboring villages on the island. Buying your park pass keeps this unique service running. See the Island Explorer insert for a schedule.

A trip along the Park Loop Road, with its spectacular scenery and interesting stops, is a must for Acadia visitors. Be aware that the road can be congested; please drive safely. Sieur de Monts Spring serves as a memorial to George B. Dorr, the driving force behind the establishment of the park and Acadia's first superintendent. (See page 4 for Spirit of Acadia events honoring Dorr and other park founders.) Learn about natural and cultural history here, at the Nature Center and the Abbe Museum. Travel along stunning Ocean Drive, where you can walk Sand Beach or listen for the sometimes-booming waters of Thunder Hole. Stop at Wildwood Stables for a horse-drawn carriage ride, then continue to the Jordan Pond area, which features hiking trails and the Jordan Pond House, where you can stop for refreshments. At the northern end of the Park Loop Road, Cadillac Mountain Road takes you to the highest point on the eastern seaboard of North America. Early risers can enjoy a spectacular sunrise over the island-dotted ocean.



Visitors atop Cadillac Mountain.



View of Mount Desert Island's distinctive coast.

For active visitors, the historic carriage road and hiking trail systems beckon. Built by John D. Rockefeller Jr. in the early 20th century, the carriage roads continue to offer the same automobile-free experience envisioned at their inception. With carriage roads winding throughout the east side of the island, you can take a short, leisurely ride or link segments to create a day-long bicycling adventure. (Note: Bicycles are not permitted on hiking trails or privately owned carriage roads.) Over 120 miles of hiking trails, many created by the island's village improvement societies in the late 1800s and early 1900s, crisscross the island. You can choose between well-traveled routes or more isolated trails that provide solitude.

This is by no means an exhaustive list of activities in the park, and there is no singular "Acadia experience." Whatever you choose to do during your time here, remember to honor the tradition of conservation begun by the park's founders nearly one hundred years ago.

### More of Acadia

**Schoodic Peninsula:** The park protects more than 2,000 acres on the Schoodic Peninsula, located fifty miles from Bar Harbor by road. It is the only section of the park on the mainland. A one-way, six-mile loop road skirts the edge of the peninsula, offering sweeping views of Mount Desert Island. The Schoodic Education and Research Center, one of 17 research learning centers in the National Park Service, is located here.

**Isle Au Haut:** More than 2,500 acres on Isle au Haut, a remote offshore island accessible by boat from Stonington, are also part of the park. Rocky shoreline, wooded uplands, marshes, bogs, and a freshwater lake offer opportunities for day hiking and solitude. Duck Harbor Campground, a remote five-site campground, is available by advance reservation only.

### Outside the Park

On Mount Desert Island, the park is surrounded by scenic island harbors, quaint towns, and an operational lighthouse. On the west side of the island lie the year-round community of Southwest Harbor and the traditional downeast towns of Bass Harbor and Bernard, where you'll find docks piled high with lobster traps and harbors filled with fishing boats. Nearby, the Bass Harbor Head Lighthouse has warned generations of mariners that land is near. On the east side of the island is Northeast Harbor, filled with pleasure craft and working boats.

Local communities offer boat trips, whale watching, bike rentals, and kayaking trips. For more information, contact local chambers of commerce.

### Pages 2-3 Happenings

Find out what's going on this month. See pages 2-3 for details about park closures, fee information, and facilities and services that will help you plan your trip. Learn more about boat tours, tidepool tips, and park projects that you might come across during your visit.

### Pages 4-6 Programs

Whether you are feeling adventurous and want to explore the park on foot, or you would rather sit back and relax while you learn, you can find a ranger-led program to suit your interests. Park rangers offer walks, talks, hikes, boat tours, amphitheater programs, and more. Join us on a program today!

### Page 8 Tips

Wondering what's the best time to explore the intertidal zone or watch sunrise from Cadillac Mountain? Looking for ideas to help protect your park and yourself as you explore? Check out the tide chart, sunrise/sunset times, and safety tips on page 8.

- **Important Information . . . 2-3**
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# Park Closures

## Construction Projects

Several construction projects are underway as we work to improve park facilities. Some of these projects may affect your use of the park. We appreciate your patience; the results will be worth the wait! Summer 2005 projects include the rehabilitation of the following locations:

- Blackwoods Campground - A portion of the campground will be closed during construction. As construction is completed, additional sites will be made available for reservation. The campground will close on November 1 and remain closed until spring 2006.
- Schoodic Point - Restrooms may be closed, but a portable toilet will be available.

## Nightly Closures

To protect park resources, the following areas are closed at dark:

- Bass Harbor Head Lighthouse is closed to visitors and vehicles.
- Carroll Homestead, Lake Wood, and Thompson Island Picnic Area are closed to vehicles.

## Wildlife Closures

The following areas are closed to protect nesting birds:

- The Precipice, East Face, and Jordan Cliffs Trails, and the northern section of the Flying Mountain Trail, are closed until the young peregrine falcons leave the nest in late summer. Check at Hulls Cove Visitor Center for trail opening dates.
- During eagle or seabird nesting season, Schoodic, Sheep Porcupine, Long Porcupine, Bald Porcupine, Rolling, Bar (Somes Sound), Heron, and Thrumcap Islands are closed to visitors.

Please respect posted closures at these locations.

# Summer Explorations in Acadia

## Facilities

### Hulls Cove Visitor Center

Watch the 15-minute orientation film and plan your visit with a three-dimensional map of the island. Books, maps, and information are available. Open daily 8 a.m. to 6 p.m.

### Campgrounds

Blackwoods and Seawall Campgrounds are located on Mount Desert Island. Reservations are required at Blackwoods from May 1 to October 31. See the *Park Closures* article for more information. Seawall is first-come, first served. Neither campground has hook-ups. There is no backcountry camping in the park.

### Museums

*Islesford Historical Museum*: Exhibits tell the story of the Cranberry Isles and their people. Accessible by boat from Northeast Harbor or Southwest Harbor. Free admission. Open daily 9 a.m. to noon and 12:30 to 3:30 p.m. (Open at 10:45 a.m. on Sundays.)

*Nature Center*: Discover Acadia's natural resources and learn how they are protected. Free. Located at Sieur de Monts Spring. Open daily 9 a.m. to 5 p.m.

## Activities

### Hiking

Over 120 miles of hiking trails offer something for everyone. Pick up a guide to the most popular trails, rated by difficulty, at the visitor center or campgrounds. More comprehensive hiking maps and trail guides are available for purchase.

### Junior and Senior Ranger Programs

Learn about the park while you complete the activities in the Junior Ranger booklet and earn a certificate and patch. A Senior Ranger program is available for ages 18 and over. Booklets can be purchased at the visitor center, nature center, or campgrounds.

### Ranger-Led Programs

Join us for boat cruises, evening slide programs, mountain hikes, short talks, and nature walks. For a schedule and descriptions, see pages 4-6.

### Scenic Drives

Drive 27 miles on the Park Loop Road and Cadillac Mountain Road to view the spectacular scenery of Acadia. Enjoy occasional stops to stroll down a path or read a wayside exhibit. A self-guided audio tour of Acadia and the surrounding area, covering 56 miles, is available for purchase at the visitor center.

## Information

**Call 911 for all emergencies.**

### Accessibility

The Access Guide lists accessible facilities, including museums, picnic areas, and trails. Pick up a copy of the guide at the visitor center. Many ranger-led programs are accessible. See the schedule on pages 4-6 for details.

### Island Explorer Shuttles

Fare-free Island Explorer buses operate throughout Mount Desert Island, linking the park to neighboring village centers. By parking your car and riding these propane-powered buses, you can help reduce traffic congestion, parking, and air pollution problems on the island. See the Island Explorer insert for a schedule. You can also flag down the bus anywhere it is safe to stop along its route.

### Parking

During the summer, the park can be quite congested. Please drive carefully and observe posted signage. Better yet, ride the bus and relax! Parking is permitted in the right lane on the one-way section of the Park Loop Road between Bear Brook Picnic Area and the Stanley Brook Road junction, unless otherwise indicated.



The Islesford Historical Museum.

*Abbe Museum*: Explore the story of Maine's earliest people, from 11,000 years ago to today. The museum is privately operated and charges a nominal fee. Located at Sieur de Monts Spring. Open daily 9 a.m. to 4 p.m.

### Picnic Areas

Picnic areas are located throughout the park. Charcoal fires are permitted in park-owned or private grills in these areas.

### Swimming

You can swim at Sand Beach, but ocean temperatures rarely rise above 55° F (13° C). For warmer water, try Echo Lake on Route 102. Many other ponds and lakes on the island are public water supplies where swimming, wading, and pets are prohibited. Please respect posted regulations.

### Walking and Biking

More than 45 miles of historic carriage roads are available for exploration by foot, bike, or horseback. Guidebooks are available for purchase at the visitor center. Motorized vehicles, with the exception of motorized wheelchairs, are prohibited on carriage roads. Horses are not permitted on all sections. Bicycles are not permitted on hiking trails or private carriage roads. Bicycle rentals are available in nearby communities.

Self-guided walks, which offer trail guides at the starting point of each walk, include Carroll Homestead (very easy ½-mile loop), Jordan Pond Nature Trail (easy 1-mile loop), and Sieur de Monts Spring (very easy ½-mile loop).

## Parlez-Vous Français?

Une traduction française d'information de parc est disponible au centre d'accueil à Hulls Cove sur la route 3. Il y a aussi des randonnées guidées en français trois fois par semaine. Voyez l'horaire. Merci de visiter le parc national d'Acadia.

## Sprechen Sie Deutsch?

Parkinformation auf Deutsch finden Sie im Besuchercenter in Hulls Cove an der Strasse #3. Vielen Dank für Ihren Besuch.

### Pets

Pets must be attended and on a six-foot or shorter leash. Except for service animals, pets are not permitted on Sand Beach or Echo Lake Beach from May 15 to October 15, in public buildings, or on ladder trails.

### Religious Services in the Park

On Sundays Christian Ministry in the National Parks holds services in the park. All are welcome. The schedule is:

- 8 a.m. - Blackwoods Campground
- 10 a.m. - Seawall Campground
- 7:30 p.m. - Blue Hill Overlook atop Cadillac Mountain (weather permitting)

### Size Restrictions

Vehicles taller than 10'4" cannot drive the entire Park Loop Road. See park map for bridge heights. Trailers and vehicles longer than 20' are not permitted on Bass Harbor Head Road or the southern end of Schooner Head Road. There is a 35' maximum for RVs in campgrounds.



National Park Service  
U.S. Department of the Interior

Acadia National Park protects over 47,000 acres of granite-domed mountains, woodlands, lakes and ponds, and ocean shoreline, creating striking scenery and diverse habitats. This diverse environment combines with a rich cultural history to create unparalleled scientific, educational, and recreational opportunities in a spectacular setting.

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EXPERIENCE YOUR AMERICA™

# Where Do Your Fees Go?

The majority of fees paid in Acadia stay right here. The Recreational Fee Demonstration Program, first authorized by Congress in 1996, mandates that 80 percent of fees paid in Acadia stay in the park to be used for projects that *directly* benefit park visitors and resources.

Your fees are used for a variety of projects that improve the condition of natural and cultural resources and make the park a safer place for you to visit. Some of the projects financed by fees in 2005 include:

- Rehabilitation of the historic trails system
- Vista management along the Park Loop Road and carriage roads
- Replacement of the park's radio system
- Rehabilitation of the grounds at Sieur de Monts Spring
- Repair of masonry on stone bridges and gatehouses
- Replacement of interpretive signs

In addition to these projects, your fees help finance the Island Explorer, a seasonal public transit system that serves Acadia National Park and local communities. Increases in entrance fees begun in 2004 reflect a transportation fee that directly supports Island Explorer: \$10 from every weekly pass and Acadia National Park Pass sold during the season goes into a special transportation account. These transportation fees will help defray the cost of long-term expansion of the system, helping eliminate traffic problems in the park.

Established in the late 1990s to reduce traffic congestion, parking, and air pollution problems, Island Explorer provides a fare-free, eco-friendly transportation alternative. The Island Explorer bus system was created through a partnership between the National Park Service, U.S. Department of Transportation, Maine Department of Transportation, Friends of Acadia, six municipalities, and private businesses. Downeast Transportation Inc., a nonprofit organization, operates the fleet of propane-powered buses.

Please support the Island Explorer and other projects by buying a park pass at the following locations:

- Sand Beach Entrance Station
- Park Headquarters
- Blackwoods Campground
- Hulls Cove Visitor Center
- Bar Harbor Village Green
- Seawall Campground
- Thompson Island Visitor Center

All visitors who enter the park, regardless of how they enter, must pay an entrance fee. We thank you for your support!

## 2005 Fees

### Entrance Fees/Passes

- \$10 (off season) / \$20 (in season) entrance pass allows for a 7-day visit
- \$40 annual Acadia National Park Pass allows unlimited visits to Acadia for one year from date of purchase

### Other Passes

- \$50 National Parks Pass gets you into any national park for one year from date of purchase
- \$10 Golden Age Passport allows lifetime access for U.S. citizens who are 62 years or older
- Free Golden Access Passport allows lifetime access for U.S. citizens with a permanent disability

### Camping Fees

- Blackwoods Campground: Reservations are required May 1 through October 31. Call 800-365-2267 or visit <http://reservations.nps.gov>. The cost is \$20 per night per site (in season). Closed November 2005 to spring 2006.
- Seawall Campground: First come, first served. Open May 15 to September 30. Drive-up sites \$20 per night. Walk-in sites \$14.



Your entrance fees help support fare-free Island Explorer buses.

# Ocean Discovery with a Ranger

Are you captivated by the sea, by its mysteries, life, and legends? Do you wonder about the life of hardy Maine islanders? Are you curious about the lobster you had for dinner last night? If you answered yes to any of these questions, a park ranger-narrated boat tour is for you! Three boat cruises offered in conjunction with the park feature a park ranger onboard to tell the stories of the Maine coast.

The **Islesford Historical Cruise** travels through the Cranberry Isles to Little Cranberry Island. After stopping at the Islesford Historical Museum, where you can explore an exhibit featuring the age of sail and catch a glimpse of island life, the cruise takes you into Somes Sound, a fjord that cleaves Mount Desert Island nearly in two. Throughout the cruise, park rangers discuss the relationship between people and the sea and search for wildlife.

On the **Frenchman Bay Cruise**, imagine you are back in the 19th century as you cruise on a 151-foot, four-masted schooner replica. Learn about wildlife and history and, if you're feeling strong, maybe even lend a hand when the sails are unfurled.

On the **Dive-In Theater Boat Cruise**, you can watch real-time video of a diver searching the ocean floor for sea life to bring aboard your boat for hands-on exploration. While cruising through Frenchman Bay, you may spot seals, porpoises, and coastal bird life.

Each of these ranger-led boat cruises are offered multiple times per week during July and August. Reservations are recommended. Please see pages 4-5 for schedule, fee, and reservation information.

Please be prepared for your ocean adventure. Bring warm clothes (layers are helpful), sunscreen, and binoculars and wear rubber-soled shoes. Don't forget your camera so you can capture surfacing seals and porpoises or spectacular coastal scenery.

Get your sea legs ready and head out on a boat cruise with a park ranger. Space is limited, so make your reservations today!



The mountains of Mount Desert as seen from Frenchman Bay.

## Beyond the Beach

If a boat cruise or walk on the beach has whetted your appetite for more ocean knowledge, join park rangers for Beyond the Beach. This family-friendly, ranger-led program gives you an up-close and personal look at some of the ocean's amazing inhabitants. Come face to face with the powerful claws of local crabs or experience the thrill of a sea star's hundreds of tiny tube feet tickling your palm. Each small group has plenty of sea creatures to examine and its own ranger, so you will have time to ask all those baffling questions.









Beyond the Beach takes place on Sand Beach on Wednesdays and Fridays from 9 to 10:30 a.m. Children must be accompanied by an adult. No reservations are necessary. Buy your tickets on the day of the program at Sand Beach; exact cash, check or credit card (MasterCard or Visa only) accepted. Fee: \$10 adults, \$5 children 5-12, free under 5. Beyond the Beach runs rain or shine. Don't miss this opportunity for hands-on exploration of sea life!

# Tidepool Tips

The zone where ocean meets land—the intertidal zone—is one of the most fascinating areas in Acadia. Here you can see creatures with amazing survival skills that allow them to stay alive when, twice each day, the tide leaves them exposed. These marine organisms are not indestructible, however. Our careless handling and footsteps can do damage that the changing tides cannot. As you explore the intertidal zone, keep in mind these tips for your safety and for the protection of marine life:

- Don't wade or sit in tidepools.
- Rocks and algae are slippery. Watch your step. Use your arms to brace yourself.
- Never turn your back on the ocean: rogue waves can occur at any time.
- Wear suitable clothing and closed-toe shoes.
- Be patient. Take the time to be still and watch; you'll be surprised at the activity you see.
- Sea creatures live everywhere. Be careful where you place your feet.
- If you move animals or rocks, return them to the same spot.
- Do not pry animals from rocks; you may injure them in the process.
- Recover animals you find under rocks or seaweed so they won't dry out.
- All living creatures are protected in the park. Take only pictures.

# Ranger-Led Program Schedule (July 1 - August 29)

Program/Time	Description	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Morning Programs</b>								
<b>Acadia's Birds</b> 7 a.m. <i>Accessible Saturdays Only</i> 	Find, identify, and discuss some of Acadia's most fascinating residents. Bring binoculars. Expect motor travel to various points in the park. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (3 hours, easy)				★			★
<b>Otter Point Walk</b> 8 a.m.	Explore the scenic meeting of land and sea. Gorham Mountain parking area. (2 hours, easy-to-moderate 2-mile hike)	★			★			
<b>Acadia Mountain Hike</b> 8:30 a.m. <span style="border: 1px solid black; padding: 2px;">7</span>	Spectacular views of mountains, offshore islands, and Somes Sound. Acadia Mountain parking area. (3½ hours, strenuous 3-mile hike)	★			★			
<b>Beech Mountain Hike</b> 8:30 a.m.	Walk up through emerald forests and blueberry patches to Beech Mountain's granite summit for panoramic views. Beech Mountain parking area. (3 hours, moderate 2-mile hike)				★			★
<b>Mr. Rockefeller's Bridges</b> 8:30 a.m.	Follow tree-lined carriage roads to beautiful stone bridges. Parkman Mountain parking area. (2½ hours, moderate 1½-mile hike)	★		★		★		
<b>Written in the Rocks</b> 8:30 a.m. <span style="border: 1px solid black; padding: 2px;">6</span>	Hike to a dramatic headland for a look at the geologic processes that created Acadia's scenery. Sand Beach parking area. (3 hours, moderate 2-mile hike)		★			★		
<b>Riding the Roads</b> 8:45 a.m. <span style="border: 1px solid black; padding: 2px;">7</span> \$	Join a ranger for a one-of-a-kind bike tour along Acadia's historic and scenic carriage roads. For adults and youth 14 and older. Children must be accompanied by an adult. Bring your own bike (rentals available in local communities), water, and layered clothing. Helmets required. Fee: \$15 adults, \$10 youth 14-16. Reservations required. Make reservations no more than three business days in advance by calling 207-288-3338 (dial "0") or stopping by Park Headquarters from 8 a.m. to 4:30 p.m. Monday through Friday. (3 hours, moderate)						★	
<b>Beyond the Beach</b> 9 a.m. \$	Join park rangers for an up-close and personal look at some of the ocean's amazing inhabitants. Each small group has its own ranger and plenty of sea creatures to examine. Children must be accompanied by an adult. Fee: \$10 adults, \$5 children 5-12, free under 5. Exact cash, check, or credit card (MasterCard and Visa only) accepted. Purchase tickets on the day of the program at Sand Beach. Meet on Sand Beach. (1½ hours, easy)				★		★	
<b>Blanket of Ice</b> 9 a.m.	Ascend the steep side of an ice-carved valley to read the glacial record. Tarn parking area. (2½ hours, strenuous 2-mile hike)			★				
<b>Forest of Lilliput</b> 9 a.m.	Explore the fascinating world of mosses, ferns, lichens, and fungi. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (2 hours, easy 1- to 2-mile walk)			★				
<b>Mountain Mysteries</b> 9:30 a.m. <span style="border: 1px solid black; padding: 2px;">5</span> 	Hike one of Acadia's mountains and discover its geologic secrets. Please wear closed-toe, non-skid shoes. For children 7-14. Children must be accompanied by at least one adult. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (2 hours, moderate 1-mile walk)		★	★		★	★	
<b>Nature's Way</b> 9:30 a.m. <span style="border: 1px solid black; padding: 2px;">3</span>  	Explore one of Acadia's trails and find out what nature is doing around you. Look. Ask questions. Have fun! For children 4-10. Children must be accompanied by at least one adult. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (1½ hours, easy walk)				★	★		★
<b>Sur la Côte rocheuse</b> 09h30 <span style="border: 1px solid black; padding: 2px;">3</span>	Faisons une promenade sur la partie de la côte la plus pittoresque du parc. On suit le chemin jusqu'à la Pointe Otter, traversant la vieille forêt coniférienne. Rendez-vous au stationnement du Mont Gorham. (1½ heures, facile, 3 kilomètres)					★		
<b>Tread Lightly</b> 9:30 a.m. 	Join a ranger for cool hands-on activities and interactive games as you learn how to be safe and prepared for adventures in the outdoors. For children 8-12. Children must be accompanied by at least one adult. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (1½ hours, easy to moderate 1½-mile walk)				★			
<b>Who's Been Here?</b> 9:30 a.m. 	Discover what animals live at Acadia. Search for tracks and other signs. Learn how to tell who has been here before you. An interactive program for children 7 and younger. Children must be accompanied by at least one adult. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (1½ hours, easy walk)		★					
<b>Frenchman Bay Cruise</b> 10 a.m. <span style="border: 1px solid black; padding: 2px;">1-7</span>	Climb aboard a majestic 151-foot, four-masted schooner in search of wildlife and history. Fee: \$29.50 adults, \$27.50 seniors 65 and older, \$19.50 children under 12. Group rates (15 or more) are \$25.50 per person. Bar Harbor Inn Pier. Reservations: 207-288-4585.	★	★	★	★	★	★	★
<b>Islesford Historical Cruise</b> 10 a.m. <span style="border: 1px solid black; padding: 2px;">5</span>	Discover the enduring connections between people and the sea. Search for wildlife as you cruise to Little Cranberry Island for a stop at the Islesford Historical Museum and explore the scenic fjord of Somes Sound. Municipal Pier, Northeast Harbor. Fee: \$24 adults, \$23 seniors 65 and older, \$15 children under 12, \$5 children under 5. Reservations: 207-276-5352.	★	★	★	★	★	★	★
<b>At the Summit</b> 11 a.m.	Enjoy the views from atop Cadillac Mountain and gain a new perspective on Acadia's beauty. Cadillac Summit parking area. (1 hour, easy ½-mile walk)				★	★		★
 Wheelchair Accessible	 Children's Program	\$ Fee Program	<span style="border: 1px solid black; padding: 2px;">1</span> Suggested Island Explorer bus to take to program.	* Denotes reservations can be made only 3 days in advance.	See page 5 for program reminders and location directions.			

Afternoon, evening, and open programs are listed on page 5. See page 6 for August 30-31 schedule and Kodak programs. →

## Spirit of Acadia Events—July and August 2005

Spirit of Acadia is a volunteer organization established in 2004 to focus attention on the legacy of the men and women who brought Acadia National Park into being in the early 20th century. The committee coordinated the following summer 2005 activities—sponsored by island libraries, museums, and historical societies—honoring park founders, including George B. Dorr, the first superintendent of Acadia.

### July 1 to 31

Exhibit: History of the Hancock County Trustees of Public Reservations. Jesup Memorial Library, Bar Harbor, Tues.–Sat. 10 a.m. to 5 p.m. (until 7 p.m. on Wed.) 207-288-4245.

### July 1 to August 31

Exhibit: George B. Dorr permanent exhibition. Bar Harbor Historical Society Museum, Bar Harbor.

### July 1 to September 20

Exhibit: "A Thousand Good Things Come Every Day." Step into the shoes of adventurers on Mount Desert Island in 1855. George Dorr was instrumental in saving the story of a group of these adventurers. Somesville Museum, Monday–Friday 1 to 4 p.m.

### July 1 to October 16

Exhibit: "Dr. Abbe's Museum in Mr. Dorr's Park." Abbe Museum at Sieur de Monts Spring, daily 9 a.m. to 4 p.m. 207-288-3519.

### July 4

Parade: Enjoy the Fourth of July Parade honoring George B. Dorr, the father of Acadia National Park. Downtown Bar Harbor.

### July 8 to August 6

Exhibit: "A Rare View: Everyday Life on MDI, 1860-1940." The Collections of Raymond Strout. Opening reception on July 10 from 5 to 7 p.m. College of the Atlantic Blum Gallery. 207-288-5015 ext. 254.












### August 1 to 31

Exhibit: History of the Hancock County Trustees of Public Reservations. YMCA, Bar Harbor.

### August 13

Founders Day Celebration. Village Green, Bar Harbor, 2 to 4 p.m.

# Ranger-Led Program Schedule (July 1 - August 29)

Program/Time	Description	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.			
<b>Afternoon Programs</b>											
Dive-In Theater 1:30 p.m. <b>1-7</b>	Cruise with a ranger through Frenchman Bay in search of seals, porpoises, and coastal bird life. Watch real-time video as a diver scours the ocean floor for marine life to bring aboard the boat for hands-on exploration. 55 West Street, Bar Harbor. Fee: \$35 adults, \$30 seniors 65 and older, \$25 children 6-12, \$10 children under 5. Reservations: 207-288-3483.			★		★					
Carriage Road Explorers 1:45 p.m. <b>5</b>  	Hear the story of Acadia's carriage roads. Who built these historic roads? Why and how were they built? Visit a stone bridge and learn about stonecutting. For children 8 and older. Children must be accompanied by at least one adult. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (2 hours, easy 1½-mile walk)		★			★					
Blanket of Ice 2 p.m. <b>3 &amp; 4</b>	Ascend the steep side of an ice-carved valley to read the glacial record. Tarn parking area. (2½ hours, strenuous 2-mile hike)							★			
Life in a Pond 2 p.m. 	Get a close look at the many kinds of plants and animals that live in the pond community. You never know what you might find! For children 4-12. Children must be accompanied by at least one adult. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (½ hours, easy walk)		★	★				★			
Tread Lightly 2 p.m. 	Join a ranger for cool hands-on activities and interactive games as you learn how to be safe and prepared for adventures in the outdoors. For children 8-12. Children must be accompanied by at least one adult. *Make reservations at Hulls Cove Visitor Center or by calling 207-288-8832. (1½ hours, easy to moderate 1½-mile walk)						★				
At the Summit 2:30 p.m.	Enjoy the views from atop Cadillac Mountain and gain a new perspective on Acadia's beauty. Cadillac Summit parking area. (1 hour, easy ½-mile walk)	★	★	★			★	★			
Découvrez Acadia 14h30	Faisons une randonnée guidée au sommet du Mont Cadillac. Apprenez pourquoi les voyageurs du monde entier sont attirés depuis des siècles par cette région. Rendez-vous au stationnement du sommet du Mont Cadillac. (1½ heures, facile, 1 kilomètre)				★	★					
Gorham Mountain Hike 2:30 p.m. <b>3</b>	Reward yourself with views of Acadia's coastline from the top of a granite mountain. Be prepared for rocky trail conditions. Gorham Mountain parking area. (2½ hours, moderate 2-mile hike)	★				★		★			
Great Head Hike 2:30 p.m.	Hike to a spectacular headland while learning about Acadia's cultural and natural history. Great Head parking area. (2½ hours, moderate 1½ mile hike)			★		★		★			
Animals of Acadia 3 p.m. <b>3 &amp; 4</b> 	Deer? Moose? Snakes? Turtles? Discover the animals you might and might not see in the park. Sieur de Monts Nature Center. (1-1½ hours, talk)	★	★	★			★				
Birds of Prey 3 p.m. <b>3 &amp; 4</b> 	Explore Acadia's eagles, owls, and other raptors and learn where to look for them. Sieur de Monts Nature Center. (1-1½ hours, talk)					★					
Green Kingdom 3 p.m. <b>6 &amp; 7</b> 	Explore the diverse world of Acadia's flora along a historic carriage road. Eagle Lake parking area. (2 hours, easy 1- to 2-mile walk)		★					★			
Trees Along the Trail 3 p.m. <b>6 &amp; 7</b> 	Learn the names, ecology, and uses of the trees of Acadia's forests. Eagle Lake parking area. (2 hours, easy 2-mile hike)			★		★					
Otter Point Walk 4 p.m. <b>3</b>	Explore the scenic meeting of land and sea. Gorham Mountain parking area. (2 hours, easy-to-moderate 2-mile hike)						★				
<b>Evening Programs</b>											
Knowing the Night (Times variable) \$ 	Use your senses to explore the mystery and intrigue of the night world. For adults and children 8 and older. Wear closed-toe shoes and layered clothing. Fee: \$10 adults, \$5 children 8-12. Reservations required. Make reservations no more than three business days in advance by calling 207-288-3338 (dial "0") or stopping by park headquarters from 8 a.m. to 4:30 p.m. Monday through Friday. (2 hours, easy walk)				★		★				
Stars Over Sand Beach July - 9:30 p.m. August - 9 p.m.	Come learn the summer stars. Dress warmly and bring a flashlight and binoculars. On cloudy nights, rangers will present a short program on star gazing and star lore. Meet on Sand Beach. (1 to 1½ hours, talk)			★							
Outdoor Concert July 27, 8 p.m.	The Acadia National Park Outdoor Concert will take place at Blackwoods Campground on Wednesday, July 27. (Rain date - Thursday, July 28)				★						
Amphitheater Programs (Times variable) 	One-hour evening programs take place at Blackwoods and Seawall Campgrounds. Parking areas near amphitheaters accommodate non-campers. Check campground bulletin boards for complete listing.	<b>Blackwoods Campground:</b> Every day but Thursday, programs will occur at 9 p.m. throughout July, 8:30 p.m. from Aug. 1-15, and 8 p.m. from Aug. 16-31. On Thursdays, programs are always at 7:30 p.m.		<b>Seawall Campground:</b> Tuesday through Friday programs will occur at 9 p.m. throughout July, 8:30 p.m. from Aug. 1-15, and 8 p.m. from Aug. 16-31. On Saturdays, programs are always at 7:30 p.m.		★	★	★	★	★	★
<b>Open Programs (stop in anytime during hours listed)</b>											
Peregrine Watch 9 a.m. - noon through mid-August <b>3</b> 	Most days, a ranger or a volunteer will be available with viewing scopes for watching a family of peregrine falcons breeding for the 15th year on Champlain Mountain. Stop by the Precipice Trail parking area anytime between 9 a.m. and noon. Continues until peregrines leave the nest.	★	★	★	★	★	★	★			
Hawkwatch 9 a.m. - 2 p.m. from August 22 through mid-October	Daily between 9 a.m. and 2 p.m., weather permitting. On-site observation and discussion of migrating birds of prey. Join us anytime for as long as you like. Binoculars helpful. From the east side of Cadillac Summit parking area, walk 200 yards along the North Ridge Trail to the Hawkwatch site. (easy)	★	★	★	★	★	★	★			

← Key for symbols used on this schedule on page 4.

## Program Locations

- Acadia Mountain parking area – Route 102 north of Southwest Harbor
- Beech Mountain parking area – Southern tip of Beech Hill Road
- Blackwoods Campground – Route 3 south of Otter Creek
- Cadillac Summit parking area – Top of Cadillac Mountain
- Eagle Lake parking area – Route 233 west of Bar Harbor
- Gorham Mountain parking area – Park Loop Road south of Sand Beach
- Great Head parking area – Southern end of Schooner Head Road
- Hulls Cove Visitor Center – Route 3 north of Bar Harbor
- Precipice Trail parking area – South of Sieur de Monts on Park Loop Road
- Parkman Mountain parking area – Route 3/198 north of Northeast Harbor
- Sand Beach parking area – Park Loop Road
- Seawall Campground – Route 102A south of Southwest Harbor
- Sieur de Monts Nature Center – Route 3 at Sieur de Monts entrance to Park Loop Road
- Tarn parking area – Route 3 just south of entrance to Sieur de Monts

## Program Reminders

- Contact park staff regarding accessible facilities, services, and programs.



- Please escort your children on organized walks and hikes. Parents are responsible for the safety and behavior of their children. If you have children, consider participating in the children's programs listed on pages 4-5.
- Be sure to carry water and wear appropriate clothing on hikes.
- Please do not bring pets on ranger-led programs or to amphitheaters.

# Kodak Photographic Programs

Join a Kodak representative for a short program and learn techniques for capturing quality photos of Acadia. You will learn about composition, lighting, camera handling techniques, and more. No technical knowledge or special photographic equipment is necessary. These activities will take place in any weather except heavy rain. Many photos work best on foggy or overcast days. All Kodak photographic activities are free.



Program/Time	Description	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Morning Photo Walk</b> 8:30 a.m. <i>Accessible Wednesdays Only</i>	Capture the early morning light with traditional or digital cameras and learn easy techniques for creating excellent photos, such as lighting, composition, and close-ups. Look for the KODAK sign at each location. (1½ hours, easy 1-mile walk) <b>Tuesday - Jordan Pond.</b> Meet at Jordan Pond north parking area (NOT the Jordan Pond restaurant parking area—continue to the lower parking area). <b>Wednesday - Eagle Lake.</b> Meet at Eagle Lake parking area on Route 233. <b>Thursday - Wonderland.</b> Meet at Wonderland parking area on route 102A.			★	★	★		
<b>Children's Photo Walk</b> 8:30 a.m.	Kids will enjoy this easy walk to learn how using a simple camera helps their awareness of shapes, colors, and lines while practicing good photo habits. One-time-use cameras are best for kids. For children 8–12 and at least one adult per family. Limited to 12 children. Reservations required; register at Hulls Cove Visitor Center or call 207-288-8832. Meet at Jordan Pond north parking lot (NOT Jordan Pond restaurant parking area). (1 hour)						★	
<b>Photography Map Orientation</b> 11:10 a.m.	Gather around the huge relief map to learn some of the best places to go for good photographs. Meet in the Hulls Cove Visitor Center lobby. (15 minutes)		★	★	★	★	★	
<b>Photography Demonstration</b> 11:30 a.m.	Learn about composition, how to handle your camera, lighting, film choices, and more. Bring your traditional or digital camera. Meet at the Hulls Cove Visitor Center lower covered porch area. (1 hour)		★	★	★	★	★	
<b>Afternoon Photo Walk</b> 4 p.m.	Learn about framing your compositions, angles, and where to focus for better photographs. (1½ hours, 1-mile walk) <b>Tuesday - Otter Point Walk.</b> Rocks, waves, and shoreline forest. Meet in Otter Point parking area on Park Loop Road (NOT Otter Cliffs parking area). <b>Thursday - Bass Harbor Waterfront.</b> Lobster boats, piers, and a working harbor. Meet in parking lot 75 feet south of the Bass Harbor Post Office on Route 102A.			★		★		
<b>Sunset Photo Class</b> July - 7:15 p.m. August - 6:45 p.m.	Learn valuable tips for making the best use of this magical time of the day. Enjoy photography of your family and the scenery from one of the best viewpoints in the park. Bring a jacket. Meet at Blue Hill Overlook near the top of Cadillac Mountain. (30 minutes)			★		★	★	
<b>Evening Slide Show: "Acadia in Pictures"</b> July 4–27 - 9 p.m. August 1–10 - 8:30 p.m. August 15–31 - 8 p.m.	This program takes you on a tour of Acadia's highlights while showing you how to apply simple tips for taking your best pictures. (45 minutes) <b>Monday - Blackwoods Campground Amphitheater</b> <b>Wednesday - Seawall Campground Amphitheater</b>		★		★			

## Help Us Revegetate!

In response to extensive rehabilitation at the carriage road bridges and Seawall Campground, the park has undertaken a revegetation project to replace much of the vegetation that was disturbed during construction. Here's how you can help make this project a success and help restore these areas to their natural condition.

- Areas where native plants are planted will be roped off and signed to indicate what's happening there. Small trees and shrubs will be mulched with wood chips. Please don't walk through these areas or damage new or existing plants.
- Stay on designated paths. Shortcuts kill plants.
- When visiting the carriage road bridges, use park-maintained trails to view them. Don't trample plants by creating your own path.

**Remember: It only takes one footstep to kill a plant!**



## Ranger-Led Programs—August 30-31

Tuesday, August 30	Wednesday, August 31
8:30 a.m. Beech Mountain Hike	8:30 a.m. Acadia Mountain Hike
10 a.m. Frenchman Bay Cruise	8:30 a.m. Mr. Rockefeller's Bridges
10 a.m. Islesford Historical Cruise	10 a.m. Frenchman Bay Cruise
1:30 p.m. Dive-In Theater	10 a.m. Islesford Historical Cruise
2:30 p.m. At the Summit	11 a.m. At the Summit
3 p.m. Birds of Prey*	2:30 p.m. Gorham Mountain Hike
3 p.m. Trees Along the Trail*	8 p.m. Evening Program* (Blackwoods)
8 p.m. Evening Program* (Blackwoods)	8 p.m. Evening Program* (Seawall)
8 p.m. Evening Program* (Seawall)	TBD Knowing the Night*

See pages 4–5 for program descriptions.

\*Wheelchair accessible

## The Pathmaker—Waldron Bates

On a giant boulder at the junction of the Gorham Mountain and Cadillac Cliffs Trails is a commemorative bronze plaque that is passed by three or four hundred hikers every summer day. How many of them wonder about the story of the man on the plaque, Waldron Bates?

Bostonian. Harvard graduate. Lawyer. Pathmaker. Pathmaker? How and why did Mr. Bates become known as a pathmaker? Bates began exploring Mount Desert Island in the 1880s during family trips. An active sportsman, he wrote articles for fish and game publications, toured Yellowstone Park in 1889, and was instrumental in the establishment of the Kebo Valley Golf Club. Like many others at the turn of the century (and today as well), he came to love this island and dedicated much of his life to making it better. Nowhere is this more evident than in his energetic devotion to hiking trails.

From 1900 to 1909, Bates was chairman of the Path Committee of the Bar Harbor Village Improvement Association (VIA). Beginning in the

1890s, VIAs in each of the four island towns created most of the island's hiking trail system we know today. Twenty-five miles of trails were added under Bates' leadership, among them the Giant Slide, Canon Brook, Gorham Mountain, and Cadillac Cliffs Trails. The hiking map you use today is a direct descendant of the very first comprehensive island path map published in 1896. The lead author of that map was Waldron Bates.

We don't know if Bates worked on trails himself (local men were usually hired), but we do know he wrote the first trail handbook for those men, establishing construction and maintenance standards. One standard he developed was for building cairns in a unique style we now call the Bates cairn (see photo). Acadia National Park is re-establishing this simple and historic style of cairn on the many east-side trails developed by this trail pioneer.

You can help us recover and retain this little piece of history. **Please do not add to or build cairns or other rock objects.** With thousands more hikers

today than in Bates' era, tampering with rocks is damaging to the mountain environment. Leaving rocks where you find them preserves thin and fragile mountain soil, vegetation, and a more natural landscape.

Waldron Bates died tragically in 1909 at age 52 in a train accident, but his legacy of paths continues. So the next time you hike the Gorham Mountain Trail, tip your hat to the pathmaker on the plaque, Waldron Bates, and say thanks.



A classic example of the Bates cairn marks the foggy trail up Gorham Mountain.

# Park Concessions

Park concessions offer services to visitors within Acadia National Park. **Acadia Corporation** operates shops at Cadillac Mountain, Thunder Hole, and Jordan Pond. Visit the Jordan Pond House for traditional tea and popovers, or a full lunch or dinner. For reservations, contact the Jordan Pond House at 207-276-3316.

**Wildwood Stables**, located one mile southeast of Jordan Pond, features horse-drawn carriage tours along Acadia's historic carriage roads. Enjoy scenic vistas and cool forests on your narrated tour. Private tours and stabling for your personal horse are also available. For information, contact Wildwood Stables at 207-276-3622.

If you'd like to sit back and relax as you learn about Acadia National Park and Mount Desert Island, a narrated bus tour might be just the activity for you. Beginning and ending in Bar Harbor, these tours explore the natural and cultural history of the park and surrounding area. Stops include many popular park sights, including Cadillac Mountain. **National Park Tours** (207-288-0300) offers 2½-hour tours. **Oli's Trolley** (207-288-9899) offers both 1-hour and 2½-hour tours. Advance reservations recommended.



The Jordan Pond House offers tea and popovers, as well as a full lunch and dinner, in a spectacular setting.



Explore the scenic carriage roads of Acadia National Park on a horse-drawn carriage tour. Photo by NPS/Marc Neidig.

# Eastern National

Looking for a guide to plants in the northeastern United States? Trying to find something to keep your kids occupied on a rainy day? Why not check out the Eastern National bookstores in the park? They carry a wide variety of educational items, including books about the park's natural and cultural history, children's stories, and travel; maps; videos; notecards; and more. Eastern National bookstores are located at Hulls Cove Visitor Center, which offers the largest selection of items, Sieur de Monts Nature Center, Park Headquarters, Blackwoods and Seawall Campgrounds, and Islesford Historical Museum.



Eastern National is a nonprofit agency that provides quality educational products and services to America's national parks and other public trusts. Eastern National's contributions have benefited parks and visitors by supporting research, educational, and interpretive projects and by funding publications, including this edition of the park newspaper, the *Beaver Log*.

Joining Eastern National supports your parks and gives you 15% off merchandise in any Eastern National store. Pick up an application at the visitor center or for more information, visit [www.easternnational.org](http://www.easternnational.org).

## First Light

Explore the majesty of Acadia National Park and Mount Desert Island through spectacular images and stirring text. This personal account of one man's relationship with the park is sure to capture your imagination and makes a great memento of your own experience here. Pick up your copy at the visitor center today.



# Friends of Acadia

Friends of Acadia is a private, nonprofit organization dedicated to ensuring the long-term protection of the natural and cultural resources of Acadia National Park and its region. To meet this mission, Friends of Acadia channels private donations to conservation and historic preservation projects in the park, monitors planning and legislative activities affecting Acadia, and publishes the *Friends of Acadia Journal*.

For more information about Friends of Acadia, please contact:

Friends of Acadia  
P.O. Box 45  
Bar Harbor, ME 04609  
800-625-0321 - Phone  
[www.friendsofacadia.org](http://www.friendsofacadia.org)



# WANTED by Acadia National Park



## Volunteers

Meet new friends, get some exercise, and feel a sense of accomplishment while helping Acadia National Park. Volunteers meet each week to tackle tasks such as cutting back vegetation and clearing drainages.

**When:** From 8:30 a.m. - 12:30 p.m. each Tuesday, Thursday, and Saturday through mid-October, weather permitting.

**Where:** Locations vary, so please call for more information: 207-288-3934 or 207-288-3340.

**Bring:**

- Water
- Snacks
- Lunch
- Work gloves and tools are provided.

**Annual volunteer events include:**

- Take Pride in Acadia Day on the first Saturday in November (11/5/05)
- Earth Day Roadside Cleanup on the last Saturday in April (4/29/06)
- National Trails Day on the first Saturday in June (6/3/06)

For volunteer opportunities at other National Park Service sites, visit [www.nps.gov/volunteer](http://www.nps.gov/volunteer).

## Interns

Acadia National Park also has a yearly need for intern positions. Gain valuable experience working with the education or raptor interpretation programs. Visit [www.nps.gov/acad/vol.htm](http://www.nps.gov/acad/vol.htm) for a complete and current listing of internships available at Acadia.

## 2006 Jobs

Seasonal employment opportunities for summer 2006 may be available in maintenance, law enforcement, fee collection, interpretation, lifeguarding, and fire management. Visit the federal government's official job site at [www.usajobs.opm.gov](http://www.usajobs.opm.gov) or contact Acadia Human Resources at 207-288-8711 or 207-288-8714.

# Keep Acadia's Wildlife Wild

Acadia offers many opportunities for observing wildlife. Deer browse alongside the Park Loop Road; songbirds dart through forests of peeling birch trees; raptors circle high overhead. Because of Acadia's small size and proximity to towns and residential areas, these animals often come in close contact with people. We must do our part to ease this contact, helping ensure the safety and health of wild animals. When you encounter wildlife, remember these things:

- Never feed wild animals, including gulls. Human food can make them ill and create beggar animals that no longer retain a healthy respect of humans.
- Keep your distance. Do not approach wild animals. If you suddenly find yourself too close, back away and give them room to escape. Use binoculars to get a close-up view.
- When camping, all food, garbage, and cooking equipment must be stored in an enclosed vehicle or hard-sided locker whenever you are not present. This precaution will help prevent wild animals from being attracted to your campsite.
- Keep your pet(s) on a six-foot or shorter leash at all times and stay on designated trails or roads, thereby protecting wildlife and your pet.
- Respect closures established to protect plants and animals, especially nesting peregrines, seabirds, and eagles. Intrusion by humans can cause nesting attempts to fail.
- Remember that protecting wildlife in our national parks not only makes good sense, but also it is the law. All national parks have strict regulations concerning the protection of wildlife. When in doubt, ask a park ranger first.
- Be aware of wildlife along roads, especially at dusk and dawn. Pay close attention and lower your speed, allowing them and you a better chance to avoid an accident.



Loons may stop feeding chicks or leave their nest if disturbed. Enjoy loons from a distance with binoculars or a spotting scope.

Don't forget: Acadia National Park is home to a variety of wildlife. Let's do our part to make the park a safe place for them to live.

## Protect Your Park

- Protect fragile plant life by staying on trails.
- Leave what you find. Removing natural and historic objects such as beach cobbles, flowers, marine life, and antlers degrades the park and is illegal.
- All pets must be on a leash no longer than six feet for the protection of your pet, other visitors, and wildlife. Remember that some trails and all beaches are closed to pets.
- Pack it in. Pack it out. Carry out anything you have brought into the park. Better yet, carry out any other litter you find, too!
- Keep wildlife wild. Wild animals fed by people often starve in winter, are hit by cars, or become dangerous pests.
- Trail markers (cairns) are carefully maintained by the park. Please do not remove or add to these.
- Protect water sources. Do not swim in bodies of water marked as water supplies.
- Ride the propane-powered Island Explorer shuttle bus to help reduce traffic and pollution in the park.
- Camping and fires are allowed only in established areas.



## The National Park Service

cares for special places saved by the American people so that all may

## Experience Our Heritage



### July/August 2005 Tide Chart

July	High Tide		Low Tide		Sunrise	Sunset	August	High Tide		Low Tide		Sunrise	Sunset
	AM	PM	AM	PM				AM	PM	AM	PM		
1	7:36	7:58	1:27	1:42	4:52	8:21	1	9:09	9:20	2:58	3:07	5:20	7:58
2	8:36	8:52	2:26	2:37	4:53	8:21	2	10:00	10:08	3:49	3:57	5:21	7:56
3	9:31	9:42	3:21	3:30	4:54	8:20	3	10:45	10:51	4:36	4:42	5:22	7:55
4	10:22	10:28	4:11	4:18	4:54	8:20	4	11:26	11:31	5:17	5:23	5:23	7:54
5	11:07	11:11	4:57	5:03	4:55	8:20	5	-	12:03	5:55	6:02	5:25	7:52
6	11:49	11:52	5:39	5:45	4:56	8:19	6	12:08	12:38	6:30	6:38	5:26	7:51
7	-	12:29	6:19	6:24	4:56	8:19	7	12:44	1:11	7:04	7:13	5:27	7:50
8	12:31	1:06	6:57	7:03	4:57	8:19	8	1:19	1:45	7:37	7:49	5:28	7:48
9	1:09	1:43	7:34	7:41	4:58	8:18	9	1:55	2:19	8:10	8:27	5:29	7:47
10	1:47	2:20	8:10	8:20	4:59	8:18	10	2:32	2:55	8:45	9:07	5:30	7:45
11	2:25	2:57	8:47	9:01	4:59	8:17	11	3:13	3:35	9:22	9:52	5:31	7:44
12	3:05	3:36	9:24	9:43	5:00	8:16	12	3:58	4:20	10:05	10:42	5:33	7:42
13	3:48	4:17	10:04	10:30	5:01	8:16	13	4:50	5:11	10:54	11:39	5:34	7:41
14	4:34	5:01	10:46	11:20	5:02	8:15	14	5:48	6:09	11:50	-	5:35	7:39
15	5:25	5:50	11:33	-	5:03	8:14	15	6:53	7:12	12:42	12:53	5:36	7:38
16	6:20	6:43	12:14	12:25	5:04	8:14	16	7:59	8:17	1:48	1:59	5:37	7:36
17	7:20	7:39	1:12	1:21	5:05	8:13	17	9:03	9:19	2:52	3:03	5:38	7:35
18	8:21	8:37	2:12	2:20	5:05	8:12	18	10:01	10:18	3:51	4:03	5:40	7:33
19	9:21	9:35	3:11	3:19	5:06	8:11	19	10:56	11:14	4:46	5:00	5:41	7:31
20	10:18	10:31	4:08	4:17	5:07	8:10	20	11:48	-	5:38	5:55	5:42	7:30
21	11:14	11:27	5:03	5:13	5:08	8:09	21	12:07	12:39	6:28	6:48	5:43	7:28
22	-	12:07	5:56	6:09	5:09	8:09	22	12:59	1:29	7:17	7:41	5:44	7:26
23	12:22	1:00	6:49	7:04	5:10	8:08	23	1:52	2:19	8:07	8:35	5:45	7:25
24	1:17	1:53	7:41	8:01	5:11	8:07	24	2:45	3:10	8:57	9:31	5:46	7:23
25	2:12	2:47	8:33	8:58	5:12	8:06	25	3:41	4:04	9:50	10:28	5:48	7:21
26	3:08	3:41	9:26	9:57	5:14	8:04	26	4:39	5:00	10:45	11:29	5:49	7:19
27	4:06	4:37	10:21	10:57	5:15	8:03	27	5:40	5:59	11:44	-	5:50	7:18
28	5:06	5:34	11:17	11:59	5:16	8:02	28	6:44	7:00	12:31	12:46	5:51	7:16
29	6:08	6:32	-	12:15	5:17	8:01	29	7:46	8:00	1:33	1:47	5:52	7:14
30	7:11	7:31	1:01	1:14	5:18	8:00	30	8:43	8:55	2:31	2:43	5:53	7:12
31	8:13	8:27	2:01	2:13	5:19	7:59	31	9:33	9:43	3:22	3:33	5:55	7:11

Sources: U.S. Naval Observatory (tides) and National Oceanic and Atmospheric Administration (sunrise/sunset). Both tide and sunrise/sunset times are for Bar Harbor. Adjustments for other locations or elevations may be necessary.

## Protect Yourself

- Always carry water, a map, adequate clothing, a first aid kit, and a flashlight while hiking.
- Be sure to tell someone your plans—when you are leaving, where you are going, and when you will return.
- Be careful near cliff edges, especially if rock surfaces are wet.
- Remain in one place if you become lost or separated from your group.
- Always wear a helmet when riding a bike. Obey all traffic laws, including one-way signs.
- Be sure to check for ticks as Lyme disease can occur in this area. If walking through tall grass, consider wearing long pants and using insect repellent.
- Drive safely and wear your seat belt. The speed limit is 35 mph in the park unless otherwise noted. It is easy to get distracted by scenery—pay attention.
- Do not leave valuables in your vehicle.
- Yield to wildlife on roads. Give them plenty of room and remain at a safe distance.
- Remember: When in doubt, ask a park ranger first!



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