

APOGEE ADVENTURES

2023 Maine's Downeast Explorer

Summarized Itinerary

TRIP BEGINS: Brunswick, Maine (flights into Portland, ME)

TRIP ENDS: Brunswick, Maine (flights out of Portland, ME)

- Day 1:** Our group will meet in Brunswick, Maine, this afternoon before transferring to the charming coastal village of Camden, Maine. Here, we'll spend the rest of the day getting to know one another, playing games, and talking about our trip.
- Days 2-4:** We'll start Day 2 by heading "downeast" to Acadia National Park, the Eastern Jewel of the National Park System. We'll spend the next few days day-hiking in Acadia, swimming in the lakes on Mount Desert Island, and maybe even hiking under the stars to see the sunrise from the top of Cadillac Mountain.
- Days 5-8:** Leaving Mount Desert Island and the coast behind us, we'll head for the Great North. We'll get outfitted for our time in the backcountry before transferring to our trailhead along the "100 Mile Wilderness" on the Appalachian Trail (AT). On the AT, we'll hike towards Baxter State Park and Mount Katahdin, Maine's highest mountain, cook tasty backcountry meals, and keep our eyes out for moose. We'll rest for a day and then, weather permitting, we'll attempt to summit Mount Katahdin on our last full day in Baxter State Park.
- Days 9-11:** On Day 9, we'll head back to the coast, setting our sights on Stonington, Maine. Upon arrival at our campground, we'll have a kayaking safety and skills orientation in the afternoon with our professional guides to help prepare us for our three-day paddle among the islands of Isle au Haut Bay. Our mornings on the water will be spent paddling from island to island and clearing marine debris from these remote spaces in coordination with the Maine Island Trail Association. Our afternoons are for swimming, setting up island camp, and exploring this amazing part of Maine by kayak.
- Days 12-13:** With a fond farewell to our sea kayaking guides, we'll point our van south and head towards Portland, Maine. In Portland, we'll explore the city and celebrate our last night with a great meal in one of the Old Port's many great restaurants. Our final morning will be spent saying goodbye and preparing for the arrival of parents, with promises to keep in touch with new friends.

Please note that we often run Maine's Downeast Explorer with two groups in the field concurrently, an "A" and "B" group. Both groups will include very similar activities but might be in a different order. Students will be placed into groups and will receive their night-by-night itinerary a few weeks before the trip begins. All itineraries are subject to change.

Apogee Adventures, PO Box 505, Brunswick, ME 04011
207.725.7025 or info@apogeeadventures.com