



# 21 THINGS TO DO IN NEW ENGLAND WHILE YOU'RE ALIVE

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New  
England  
Vacations  
Guide

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New England Vacations Guide

# **21 Things to Do In New England While You're Alive!**

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As with any information you should apply common sense reasoning not only to this report but everything you read or hear.

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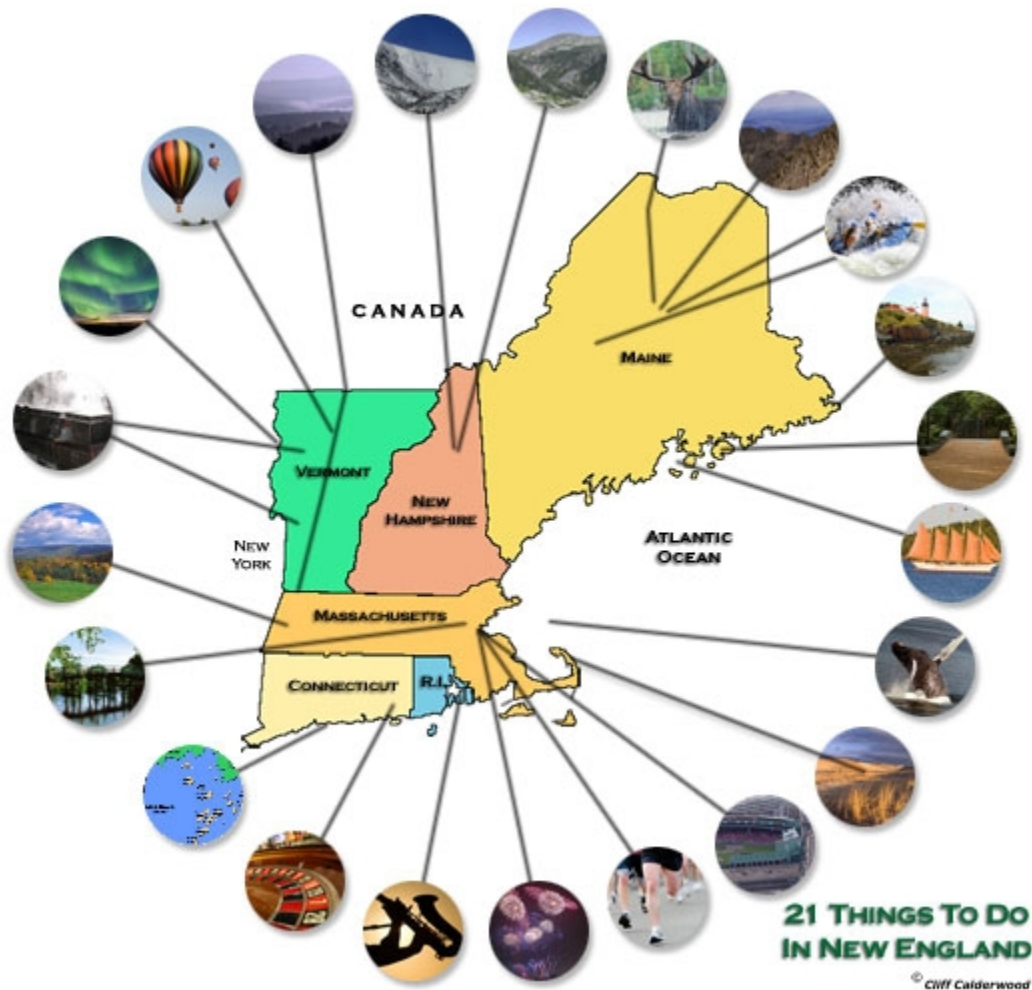
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## Introduction



You've seen those books and lists of "21 things to do before you die," or, rather, the way I see it, "21 places to visit while you're alive." Well here's my New England twist on that whole theme.

As you can see from the picture above my list includes things from all around New England and I've specifically chosen destinations and activities that showcase both the extremes and beauty of the region.

For those of you paying attention to numbers you'll notice there are more than 21 pictures on the image above. The fact is this book contains information on 23

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things to do in New England just because at the last minute I added in another activity to make it 22, and then I added in another activity to make it 23... and then I decided to stop and “get it out the door” so people could actually use it!

So I stopped at 23 things to do...

Obviously, this list reflects my own personal favorite of things I've done or plan to do while I still have breath in my body.

There's plenty things to see and do here for all levels of fitness, ability, and adventure, even if your idea of exercise involves just walking along a beach at a snail's pace searching for shells, or sitting in a meadow listening to one of the most renowned orchestra's in the world.

I've tried to provide a cross-section of things covering all six New England states, and stretch them out across the four seasons. But it's a fact that except for the skiers most people don't vacation in New England during the winter months. Late spring tends to be when most New Englanders come out of their “cabin” and “party” until the last of the leaves has dropped sometime after Halloween.

Then we stack the wood, shutter the windows, and wait for the ice age to return... or at least I do.

So forgive me if a lot of these activities require you waiting a few months before doing them, especially if you're reading this report during a chilly northern hemisphere winter. But at least you'll have time to plan and prepare.

Keep an eye out for click-able resource links that'll provide more details for you on the activity, the surrounding area, planning a visit with lodging and travel and further reading suggestions. Also, links under the New England Vacations Guide heading link back to information on my very own pages in New-England-Vacations-Guide.com.

These links are a goldmine and are the culmination of many years of my own research as I've helped others put their New England vacations together. I've

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sifted through hundreds and hundreds of web sites, as well as excellent (and mediocre) books to bring you a selection of the best resources I use.

Because the links are embedded within the eBook, it's best read with web access. But if you're anything like me, sometimes it's easier to just print the eBook out, grab your favorite beverage and read it in a comfy chair, and even scribble and take notes on it.

However, if you want to use the resources you'll need to bring it up on your computer, tablet or smartphone so the embedded links can be accessed.

All the resource links worked when I compiled this eBook but over time web sites move pages around (especially government maintained sites!) and so you may find some broken links. While I try and catch them myself, and update the version on the download page to keep it current, if you spot a link that's "broken" feel free to drop me a quick email and I'll correct it as quickly as I can.

The following list is in no particular order and just as they occurred to me as I was compiling them, and I found any attempt to put them into a logical order took the surprise element out and was artificial – and there's nothing artificial about any of the destinations and activities in this book.

So read and be surprised, and hopefully inspired to go do some or all of these activities in your lifetime.

My very best wishes for an enjoyable read.



## 1. Climb Mt. Washington in the White Mountains



At 6,288-feet this is the loftiest peak in the northeast and holder of the highest

### The Worst Storm Ever Recorded...

On a stormy day in **April 1934** The Mount Washington Observatory **recorded a wind speed of 231 mph**. This remains a *world wind speed record* for a surface observatory.

Here's an excerpt from the Observatory log the day before the storm hit:

*"Hardly did we realize as we were enjoying a fine view of the Atlantic Ocean that we were to experience during the next 48 hours one of the worst storms ever recorded in the history of any observatory."* - **Log Book entry, Sal Pagliuca.**

If you'd like to read the fascinating account of this historic event by the Mount Washington Observatory staff then [click here](http://mountwashington.org) (mountwashington.org).

recorded wind speed anywhere in the world at 231 mph. Make no mistake this is a hiking adventure. Clouds and fog cover the summit 55% of the time and its proximity to converging weather routes and legendary wind extremes rightfully earn it the reputation as having "the worst weather in the world."

But hikers come in droves to take on the challenge and good preparation and luck with the weather can provide the most captivating hike in New England.

There are numerous routes to the summit from all sides of the mountain but the popular ones leave from Pinkham Notch or on the Cog Railway area.

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The Tuckerman Ravine trail is the standard route and most direct to the summit from the Pinkham Notch Visitor Center. This is also the route taken by spring skiers to the top of the ravine to test their nerves and skills on Tuckerman.

The trip to the summit is an 8-9 hour round trip and takes you first to the floor of the ravine and then out to the Hermit Lake Shelter before ascending the challenging headwall, where it meets up with other trails for the final ascent to the summit.

Many hikers prefer to take the Lion's Head Trail down as an alternative as it's a quicker and easier descent.

Another popular trail from Pinkham is the Boott Spur. This trail offers stunning views into Tuckerman Ravine and around Mount Washington Valley. Once on Boott Spur you'll head towards timberline, and follow Davis Path when it crosses to push on with your ascent and then take the Lawn Cutoff Trail across the top of Tuckerman Ravine to join the final summit trail. At times this route is a bit of a scramble but not technically difficult.

The Ammonoosuc Ravine Trail traverses the western slope of Mt. Washington and starts just south of the Cog Railway depot, which is signposted from U.S. 302 and near Bretton Woods ski area. This trail offers great views and rough terrain and again is an 8-9 hour round trip if you're in good shape.

The Ammonoosuc trail takes you to the AMC Lakes of the Clouds Hut at 3 miles into the hike, and then follows the Crawford Path to the summit.

On this hike you'll experience steep grades and at times it'll be slick but will open out once you reach the AMC hut and enter the fragile alpine zone.

### Deadliest Mountain in N. America

Every year on Mount Washington in the White Mountains of New Hampshire, a hiker gets into difficulties and needs rescuing - some years more than others. On occasions the outcome is tragic.

Since 1847, **146 deaths** have been reported on and around the mountain - more lives claimed than on Mt. McKinley, the tallest mountain in North America.

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Above timberline on Mt. Washington means lots of rocks and boulders and the final ascent trail is always a scramble. For the descent take the Crawford Path back down to where it intersects with the Gulfside Trail and then follow Gulfside to the Jewel Trail which will take you back to the parking lot – on the way down you'll experience some staggering views.

All these directions are brief to give you a flavor of what to expect, but make sure you pick up a trail guide and map for those routes you want to tackle... and always keep an eye on the weather.

### Locations/Attractions

<a href="#">Mt. Washington State Park</a>	<a href="#">Reviews</a>	<a href="#">Mt. Washington State Park (nhstateparks.org)</a>
<a href="#">Mt. Washington Observatory</a>	<a href="#">Reviews</a>	<a href="#">mountwashington.org</a>
<a href="#">Tuckerman Ravine Trail</a>	<a href="#">Reviews</a>	<a href="#">Tuckerman Ravine (northeasthikes.com)</a>

### More About Featured Location / Lodging

<a href="#">North Conway</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Jackson</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Twin Mountain</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide

[Mt. Washington](#)

[New Hampshire](#)

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## 2. See the Fall Foliage in October



There are many places in the world that experience a magnificent and colorful fall. But nature saves the most dazzling display for the New England fall foliage event.

The climate of New England and the variety of trees makes for a unique combination that ensures a magnificent display of fiery reds, glowing oranges, golden yellows and rich browns that blanket the trees for weeks as fall sweeps north to south in the region. Maine usually reaches peak late September, Vermont and New Hampshire early to mid-October, with best viewing for Massachusetts and Connecticut averaging mid-late October.

### A Few of My Favorite Fall Things...

#### **Camden Hills State Park, Maine:**

Walk to summit of Mount Battie which overlooks one of the most picturesque harbors in Maine and in the fall its stunning.

#### **Killington Resort, Vermont:**

Killington is in the Green Mountain National Forest in central Vermont. On fall weekends they run the ski gondola to the top and you have to experience the view to believe it.

**Mount Greylock, Massachusetts:**

Mount Greylock is in the Berkshires, western Massachusetts, and is Massachusetts highest peak and one of its best views. Drive the nearby Mohawk Trail as well for a great day out.

**West Rattlesnake, New Hampshire:**

Hike the West Rattlesnake Trail to the summit for a panoramic view of Squam Lakes in the Lakes Region of New Hampshire. Nice and easy 45-minute walk to the top.

**Haystack Mountain State Park, Connecticut**

Located in West Norfolk, Connecticut, a short hike of 15 minutes from the parking lot gets you to a tower for a panoramic view of the countryside and Long Island Sound and The Berkshires.

**Sebago Lake State Park, Maine:**

You'll find this gem near Naples, in the southern region of Maine. Enjoy the blazing red maples here, and if you've got time take the cruise on nearby Long Lake on the Mississippi paddle boat Songo River Queen.

**Town of Peacham, Vermont:**

Peacham is deep in the Northeast Kingdom area of Vermont. A friendly Vermont village where time moves slowly and no better place to enjoy a walk through crunchy leaves on a crisp autumn day. Also visit Craftsbury village.

**Wachusett Mountain State Reservation, Massachusetts:**

Wachusett Mountain in Princeton, Central Massachusetts is a popular ski resort that runs its chair lifts to the summit in fall. Open views for great foliage vistas. Boston skyline visible on a clear day 60 miles away.

**Connecticut River, Connecticut:**

Take the combination steam train and riverboat cruise in Essex to experience New England's longest river and the riverbank's colorful display.

**Kancamagus Highway, New Hampshire:**

Mostly anywhere on the Kancamagus Highway between Lincoln and Conway in White Mountain National Forest. A sweet drive with plenty of photo opportunities.

## When to Go?

Exact timing can be difficult to predict because of the many factors that play into the burst of color. The amount of rainfall and range of daytime/nighttime temperatures in August and September all contribute to the speed or slowness of the change, and of course the all important color.

Generally, the first two weeks of October - especially around Columbus Day - sees the peak foliage time in many northern and central areas of New England.

But it helps to have a flexible vacation plan, and be prepared to spend time driving around to find the spots in full color. Although not perfect, one of the best resources on the web for predicting foliage can be found [here](#) (weather.com).

## Popular New England fall locations:

The most important choices for your trip will be where to stay and what type of accommodation. I've specifically picked out these villages and towns for you to check out as they're close to the best fall foliage areas in New England.

Fall is very popular to visit in New England so plan to book early – some of the more popular areas are booked one year in advance so you can never start too early!

### **Litchfield – Connecticut:**

Close to many of the hikes and summit views in Northwest Connecticut.

### **Lyme – Connecticut:**

Connecticut River Valley location for train and river ride in Central Connecticut.

### **Hartford – Connecticut:**

Largest city in Connecticut and within striking distance of many foliage-viewing spots.

### **Mystic – Connecticut:**

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On the coast in East Connecticut, Mystic is near popular woods and forests with leaf peepers.

### **Portland – Maine:**

Portland is close to Sebago Lake and the Saco Bay areas in South Coastal Maine.

### **Camden – Maine:**

Picturesque Maine harbor village and start of the Mt. Battie Trail.

### **Bar Harbor – Maine:**

Best access to Acadia National Park in Downeast Maine.

### **Millinocket – Maine:**

Closest large town to Baxter State Park in Maine North Woods.

### **Boston – Massachusetts:**

Gateway to New England and a great place to park yourself for a few days before fall touring.

### **Sturbridge – Massachusetts:**

Located in Central Massachusetts near Quabbin and Wachusett foliage hikes.

### **Springfield – Massachusetts:**

Largest city in Western Massachusetts with access to The Berkshires and Mohawk Trail.

### **North Adams – Massachusetts:**

Stay here for quick access to Mount Greylock and the Northern Berkshires.

### **Keene - New Hampshire:**

Keene is a large scenic town in Southern New Hampshire and close to many hikes including Mount Monadnock.

### **Meredith - New Hampshire:**

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Located on Lake Winnepesaukee in Central New Hampshire and near Squam Lakes and many hikes and drives.

### **North Conway - New Hampshire:**

Deep in the White Mountains well located for fall destinations and hikes, and shopping.

### **Jackson - New Hampshire:**

A popular alternative to North Conway for a more relaxed village atmosphere.

### **Providence - Rhode Island:**

Providence provides plenty of accommodation choice and close to all the state's popular fall foliage destinations.

### **Block Island - Rhode Island:**

The island can be reached by ferry from Point Judith and provides a fall retreat and haven.

### **Bennington – Vermont:**

Prime location for access to covered bridges and southern half of Green Mountain National forest.

### **Woodstock – Vermont:**

Charming town in Central Vermont near fall scenic drives and Killington Peak.

### **Middlebury – Vermont:**

Middlebury has excellent access to foliage hikes and walks in northern half of Green Mountain National Forest.

### **Stowe – Vermont:**

Located in Northern Vermont Stowe is picture perfect when it comes to peak foliage viewing.

### **St. Johnsbury – Vermont:**

Provides best access to Vermont's Northeast Kingdom and the beautiful villages of Peacham and Craftsbury.



## 21 Things to Do In New England While You're Alive!

### Locations/Attractions

<a href="#">Camden Hills State Park, ME</a>	<a href="#">Reviews</a>	<a href="#">Camden Hills State Park (maine.gov)</a>
<a href="#">Killington Resort, VT</a>	<a href="#">Reviews</a>	<a href="#">killington.com</a>
<a href="#">Mt. Greylock, MA</a>	<a href="#">Reviews</a>	<a href="#">Mt. Greylock (mass.gov)</a>
<a href="#">West Rattlesnake, NH</a>	<a href="#">Reviews</a>	<a href="#">West Rattlesnake Mountain (nhdf.org)</a>
<a href="#">Haystack Mountain State Park, CT</a>	<a href="#">Reviews</a>	<a href="#">Haystack Mountain State Park (ct.gov)</a>
<a href="#">Sebago Lake State Park, ME</a>	<a href="#">Reviews</a>	<a href="#">Sebago Lake State Park (maine.gov)</a>
<a href="#">Town of Peacham, VT</a>	<a href="#">Reviews</a>	<a href="#">Peacham (wikipedia.org)</a>
<a href="#">Wachusett Mountain State Reservation, MA</a>	<a href="#">Reviews</a>	<a href="#">Wachusett Mountain State Reservation (mass.gov)</a>
<a href="#">Kancamagus Highway, NH</a>	<a href="#">Reviews</a>	<a href="#">kancamagushighway.com</a>

### More About Featured Location / Lodging

<a href="#">Litchfield, CT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Lyme, CT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Hartford, CT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Mystic, CT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Portland, ME</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Camden, ME</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## 21 Things to Do In New England While You're Alive!

<a href="#">Bar Harbor, ME</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Millinocket, ME</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Boston, MA</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Sturbridge, MA</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Springfield, MA</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">North Adams, MA</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Keene, NH</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Meredeth, NH</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">North Conway, NH</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Jackson, NH</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Providence, RI</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Block Island, RI</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Bennington, VT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Woodstock, VT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Middlebury, VT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Stowe, VT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">St. Johnsbury, VT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### 3. Watch the Aurora Borealis Over Lake Champlain



Northern New England offers a number of wonderful locations to observe Aurora Borealis also known as the Northern Lights.

#### **What is an Aurora?**

Without getting too scientific and using terms I don't understand anyway, most auroras originate from our Sun as particles that travel on the solar wind, and if the conditions are right in the Earth's atmosphere they're attracted to the magnetic poles.

When the Sun's particles collide with those already in the Earth's magnetosphere the energy lost can be emitted as light usually as green and red, which are the most common colors seen in auroras.

One of the best is at the top of Mount Washington in New Hampshire, but it's not a place most of us can spend a night on in fall and spring when the dazzling light show is most likely to be seen. However, Lake Champlain in Northern Vermont is well located to spot this phenomenon and a much more hospitable environment to view it - even one of the lake cruise ships is called "Northern Lights."

There are no guarantees that come with being an Aurora Borealis spotter, but I'm told that once seen the experience remains with you

for the rest of your life.

And yes, I'm still waiting for my first observation of the Northern Lights and take every opportunity to visit the northern areas of New England in the hopes this time it's my turn.

Located in the northwest corner of Vermont and sharing its body of water with New York State and the Canadian border Lake Champlain is considered by locals and enthusiasts to be the long lost cousin of the Great lakes.

There was once a movement to get it recognized as the sixth Great Lake. The lake was formed when a huge ice plug backed up the surrounding glacier melt water.

At 120 miles in length and 12 miles across it's an impressive body of fresh water.

The Lake Champlain Islands offer outdoor recreation, historic villages, cycling, a coral reef, and wonderful dining and lodging. The connected Islands are Alburg, Isle La Motte, North Hero, Grand Isle, and South Hero, and visitors to these islands are greeted with seven state parks with an abundance of camping, swimming, and fishing opportunities.

On the shore of Lake Champlain is Burlington, a small city but definitely the hub in this region. Burlington offers Lake Cruises around the Islands, a scenic train ride through the Champlain Valley, and the world-class aquarium and science center at ECHO Leahy Center for Lake Champlain.

For the adventurous and diving certified the lake is considered to have the best collection of historic shipwrecks in North America, with eight preserved and accessible from the shores of Burlington.

**The Conversation  
Without Batteries...**

On the night of September 2, 1859 a conversation between two operators of the American Telegraph Line between Boston, MA and Portland, Maine – a distance of about 100 miles – was carried on for about two hours without the use of any battery power but just by power induced on the line by an aurora.

This was the first such recorded event.

## 21 Things to Do In New England While You're Alive!

### Locations/Attractions

<a href="#">Echo Leahy Center</a>	<a href="#">Reviews</a>	<a href="http://echovermont.org">echovermont.org</a>
<a href="#">Lake Champlain Ferries</a>	<a href="#">Reviews</a>	<a href="http://ferries.com">ferries.com</a>
<a href="#">Spirit of Ethan Allen Cruises</a>	<a href="#">Reviews</a>	<a href="http://soea.com">soea.com</a>
<a href="#">Lake Champlain Islands</a>	<a href="#">Reviews</a>	<a href="#">Islands</a> (vermont.org)

### More About Featured Location / Lodging

<a href="#">Lake Champlain</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Burlington, VT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Vermont](#)

## 4. Celebrate the Fourth of July at the Esplanade in Boston



Come early and stay late if you want a good spot to watch the free show over the Charles River in Boston, Massachusetts on 4th of July. This is the place to be in New England to celebrate the nation's birthday and while the fireworks can be seen from a number of vantage points up and down the river and nearby rooftops, you'll miss out on the music and party atmosphere if you forgo the Esplanade location.

### **Boston Harborfest Continues the Celebration**

Not to be outshone by the Esplanade event the weeklong Harborfest celebrates Boston's colonial and maritime heritage. Events are family-friendly, and many are free or low-cost.

Activities are centered in Boston's historic downtown and waterfront districts. For more details [click here](http://bostonharborfest.com) (bostonharborfest.com)

The entertainment is centered at the Hatch Shell on Boston's Charles River Esplanade, and features live performances by the Boston Pops and appearances by special guests. The finale to the festivities is the Boston Pops performing their classic Fourth of July rendition of Tchaikovsky's "1812 Overture," with cannons and ringing church bells, accompanied by a fantastic fireworks display. Word of advice – take public transportation as parking can be a nightmare.

Access to the Esplanade is close to the historic Beacon Hill and Boston Public Gardens areas

and Arlington Street where you'll find the Arthur Fiedler footbridge that crosses over Storrow Drive to the Hatch Shell park area.

You'll be pleased to know that though famous for hosting the 4th of July concerts the Hatch Shell is also well-known by the locals for showing free films on summer evenings after sunset.

Between mid-June and end of August every Friday evening you can see a popular family film under the stars for no cost. People grab a blanket, some lawn chairs, a picnic, and settle in for an evening of fun. You can even pick up a bag of popcorn (not free) from one of the many vendors catering for the audience.

The original shell was built in 1928 as a temporary structure but it wasn't until 1941 that a permanent building was constructed. In 1991 the Hatch Shell underwent major renovations in its interior paneling and modernization of its acoustics and that is the shell you see today and the locals love to visit.

The Hatch Shell is part of the Charles River Reservation - a 17-mile stretch of park with a paved path known to the locals as the Esplanade. It includes facilities for concerts, rowing, canoeing, sailing, boat tours, playgrounds, athletic fields, tennis courts, swimming pools, community gardens and picnic areas.

The park has become one of the primary playgrounds of Boston residents, offering 6 miles of walkways and bike paths, 5 miles of riverbank, 6 boating docks, 266 park benches and 1800+ trees. The area is also known as the Charles River Basin.

***"Love that Dirty Water"***

The *Charles River Basin* was once infamous throughout America as being one of the most polluted rivers in the northeast – a few may remember **The Standells** 1966 album and single called "**Dirty Water**" and its musical *finger-wagging* at the state of Boston's harbor and rivers at the time.

But in recent years the water quality has improved dramatically creating a better habitat for wildlife and attracting people back to the river for recreation. For more information on recreational activities [click here](#) (mass.gov)

## Locations/Attractions

<a href="#">Boston River Esplanade</a>	<a href="#">Reviews</a>	<a href="http://esplanadeassociation.org">esplanadeassociation.org</a>
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## More About Featured Location / Lodging

<a href="#">Boston</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
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## Save \$\$

### [GO Boston Card](#)

Get unlimited access at over 40 Boston attractions and tours, and savings of up to 20% at shops and restaurants around the city. The Go Boston Card includes admissions to such best of Boston activities as: the Duck Tour, Museum of Science, N.E. Aquarium, JFK Library & Museum, MFA, Children's Museum, and many more. The more you do the more you save!

More about how to get the most out of the [GO Boston Card](#) (new-england-vacations-guide.com).

## New England Vacations Guide

[Boston, MA](#)

[Massachusetts](#)



## 5. Ride in a Hot Air Balloon Over the Green Mountains



While hot-air balloons can take off from most open spaces and be navigated by an experienced pilot through diverse terrains and conditions, there's certainly some places in the world that provide an ideal location as regards both

### **The Trapp Family Lodge**

Stowe is home to the Trapp Family Lodge. Though the family fled Austria in 1938 they did not settle in America until 1939, finally purchasing some land in Stowe in 1942. Today the lodge is not only a resort but also a major tourist attraction.

Maria F. Von Trapp was the third child of her father and was portrayed by Heather Menzies in the "Sound of Music" film as the character Louisa. More details on the lodge [click here](http://trappfamily.com) (trappfamily.com)

atmospheric conditions and birds-eye views. In New England one of those ideal spots is the Stowe and Lake Champlain area of Vermont.

The annual summer festival in Stowe at the Stoweflake Resort offers views of Vermont's highest peak, Mount Mansfield, and the majestic Green Mountains as a beautiful backdrop for the festival.

Hot-air balloon rides over Lake Champlain provide vistas of the Adirondacks in New York and sometimes as far as Canada, but it's the unique sensation of floating

peacefully, and drifting with the winds over trees, streams, and the farms and fields of Vermont that create the memories.

At times you feel part of the wind and don't even realize you're moving.

Stowe is the quintessential New England mountain village and ski resort area.

Nestled in a valley between two mountain ranges with a much-photographed white steeple church Stowe exudes an Alpine feel to it.

The valley is a four-season resort area, famous for its skiing on nearby Mount Mansfield, off-season romantic getaways, and summer activities of hiking, and the attractions of Smugglers Notch, Burlington, Lake Champlain, and the Northeast Kingdom.

Many of the Ski Resorts turn into activity parks for families in the summer and provide a mountain resort experience with recreational activities of walking, horse riding, swimming, alpine slides, mountain biking, golfing and tons more fun including a breathtaking Gondola Skyride.

The village and town host many festivals during the winter and summer seasons, and it seems whenever I visit there's always a fun event scheduled. Stowe publishes a magazine for each season listing events and what to see and do and the area association has an active website at [www.gostowe.com](http://www.gostowe.com)

I tend to look at Stowe as two distinct districts. There's the town itself, which has everything you'd expect with banks, and stores, and the commercial aspects of a community, then there's the mountain village, a short drive from the town on Route 108.

#### **Shipwrecks of Lake Champlain**

Lake Champlain has probably the best historic site of shipwrecks available for diving on the east coast of America.

Though the War of 1812 is responsible for a few at the lake's bottom, most have been caused by accidents due to the heavy use of the lake as a waterway between New York and Vermont, and the U.S. and Canada.

For more information on these wrecks and the necessary qualifications to dive [click here](http://lcmm.org) (lcmm.org)

## 21 Things to Do In New England While You're Alive!

The resort village has a different feel to it with its sophisticated restaurants and world-class spa resorts and lodging and many well-heeled designer shops.

For those taking a balloon ride over Lake Champlain then many choose Vermont's largest city of Burlington as their base. Burlington is on the shores of Champlain and it not only offers a central spot to tour the wonderful islands of South and North Hero and the Alburgs and Isle La Motte on Lake Champlain, but the city has a rich source of attractions of its own for such a small city – roughly 55,000 people.

Attractions in and around the city include lake cruises, the Maritime Museum, Ethan Allen's Homestead, scenic train rides, the must-visit Shelburne Farm and Museum, and the experience that's the Church Street Marketplace.

### Locations/Attractions

<a href="#">Above Reality (Ballooning)</a>	<a href="#">Reviews</a>	<a href="http://balloonvermont.com">balloonvermont.com</a>
Balloons of Vermont	<a href="#">Reviews</a>	<a href="http://balloonsofvermont.com">balloonsofvermont.com</a>
<a href="#">Stowflake Mountain Resort and Spa</a>	<a href="#">Reviews</a>	<a href="http://stowflake.com">stowflake.com</a>
<a href="#">Mt. Mansfield</a>	<a href="#">Reviews</a>	<a href="#">Mt. Mansfield</a> ( <a href="http://summitpost.org">summitpost.org</a> )
<a href="#">Lake Champlain Maritime Museum</a>	<a href="#">Reviews</a>	<a href="http://lcm.org">lcm.org</a>
<a href="#">Ethan Allen Homestead</a>	<a href="#">Reviews</a>	<a href="http://ethanallenhomestead.org">ethanallenhomestead.org</a>
<a href="#">Shelburne Farms</a>	<a href="#">Reviews</a>	<a href="http://shelburnefarms.org">shelburnefarms.org</a>
<a href="#">Church Street Marketplace</a>	<a href="#">Reviews</a>	<a href="http://churchstmarketplace.com">churchstmarketplace.com</a>

### More About Featured Location / Lodging

<a href="#">Green Mountains</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Stowe</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Burlington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Vermont](#)

## 6. See a Tanglewood Concert in the Berkshires



Since 1937 the Boston Symphony Orchestra has summerved in the rolling hills of The Berkshires in western Massachusetts on the estate of Tanglewood. Located

### The Tanglewood History...

The BSO gave their first concert at Tanglewood in the summer of 1936 – just a series of 3. But by 1938 the **Koussevitzky Music Shed** was built and summer at Tanglewood was on its way to becoming a tradition.

In 1994 the **Seiji Ozawa Hall**, and the **Leonard Bernstein Campus**, were constructed on land purchased in 1986.

Today over 350,000 attend the summer concert series which includes orchestral and chamber music given by the BSO and guests, and contemporary festivals by popular artists.

in Lenox, the Tanglewood Music Festival and the Tanglewood Jazz Festival attract music lovers in a dreamlike pastoral setting of afternoon picnics or dinner under the stars, and all while enjoying live music. While the BSO program is a large portion the Tanglewood program, the likes of James Taylor, and the always-popular “Boston Pops” give summer intimate concerts.

But while the music is always important at Tanglewood it's the location that's really the star performer.

Spread out your picnic blanket on the Tanglewood lawn on a Sunday afternoon – now lay back, close your eyes, and drift away while listening to the BSO play your

favorite piece of classical music. Can it get any better?

In recent years The Berkshires has become one of the major cultural destinations in New England. Nestled in Massachusetts's western mountain ranges the area is a haven for visitors wishing to enjoy rural beauty but stay close to fine dining and lodging and the arts.

There are over 15 world-class and unique museums located in the Berkshires, which include: The Norman Rockwell Museum at Stockbridge, Massachusetts Museum of Contemporary Art (Mass MoCA), and The Berkshire Museum.

The rolling Berkshire Hills support diverse cultural and recreational activities, including nature walks, arts and festivals, golfing, fishing, horseback riding, hiking, biking, canoeing, kayaking, and rafting.

The Berkshires has a well-deserved reputation as a rich source of hiking in deep woods by day, and exquisite dining, lodging, and cultural entertainment by night. Although the area offers four-season activities, the summer and fall months see the most visitors as the area opens up to a multitude of outdoor cultural events.

In addition to Tanglewood the town of Lenox also hosts Shakespeare & Company performances May – October.

The Williamstown Theatre Festival from mid-June through August attracts lovers of live performances and a chance to see Broadway and Hollywood stars come to small-town America. The festival offers cultural arts in one of New England's picturesque villages surrounded by mountains, farmlands and hiking trails.

Stockbridge was home to Norman Rockwell for many years and the Norman Rockwell Museum located in town is the only museum bearing his name

#### The Pioneer Spirit Visited...

The first frontiersmen in this region of Massachusetts were met with impenetrable mountains and settled in the hills and farmed. But the constant threat of attacks from the natives sent them scurrying back east to safer areas until later in 1700s when permanent settlements were established.

The original Mohawk Trail was most likely constructed by the native **Pocumtuck** tribe as a means to raid their bitter enemies the **Mohawk's** on what is now New York land.

Eventually the Mohawk's wiped out the Pocumtuck's after a truce was broken.

## 21 Things to Do In New England While You're Alive!

sanctioned by the Rockwell family. The museum houses the world's largest collection of his original art.

The town itself is like walking into a Rockwell street scene. Charming shops, museums, galleries, and restaurants line the streets of downtown Stockbridge making for a perfect Sunday-afternoon atmosphere any day of the week.

For nature lovers and hiking enthusiasts the region abounds in state parks and forests, and of the course the Appalachian Trail passes through the region. Special mention should be made of the Western Gateway Heritage State Park, North Adams, with model rail display, and railroad memorabilia, and where you can view the Natural Bridge formed when glaciers melted leaving a natural boulder-type arch.

Other outdoor activity destinations include the Mount Everett State Reservation, Mount Washington State Forest, Mohawk Trail State Forest, and the Mount Greylock State Reservation near North Adams, with trails leading to the 3,491-foot summit for panoramic views of the Berkshires and Taconic Mountains.

The Mohawk Trail is a wonderful scenic drive running through the Berkshires from Greenfield to North Adams passing many attractions and country stores and antique shops on the 40-mile ride. In fall this becomes one of the most popular scenic drives in New England.

## 21 Things to Do In New England While You're Alive!

### Locations/Attractions

<a href="#">Tangelwood</a>	<a href="#">Reviews</a>	<a href="#">Tanglewood</a> (wikipedia.org)
<a href="#">Boston Symphony Orchestra</a>	<a href="#">Reviews</a>	<a href="#">bso.org</a>
<a href="#">Norman Rockwell Museum</a>	<a href="#">Reviews</a>	<a href="#">nrm.org</a>
<a href="#">Museum of Contemporary Art</a>	<a href="#">Reviews</a>	<a href="#">massmoca.org</a>
<a href="#">Berkshire Museum</a>	<a href="#">Reviews</a>	<a href="#">berkshiremuseum.org</a>
<a href="#">Shakespeare and Co.</a>	<a href="#">Reviews</a>	<a href="#">shakespeare.org</a>
<a href="#">Williamstown Theatre</a>	<a href="#">Reviews</a>	<a href="#">wtfestival.org</a>
<a href="#">Western Gateway Heritage State Park</a>	<a href="#">Reviews</a>	<a href="#">Western Gateway Heritage State Park</a> (mass.gov)
<a href="#">Mt. Washington State Forest</a>	<a href="#">Reviews</a>	<a href="#">Mt. Washington State Forest</a> (mass.gov)
<a href="#">Mowhawk Trail State Forest</a>	<a href="#">Reviews</a>	<a href="#">Mowhawk Trail State Forest</a> (mass.gov)
<a href="#">Mt. Greylock State Reservation</a>	<a href="#">Reviews</a>	<a href="#">Mt. Greylock State Reservation</a> (mass.gov)

### More About Featured Location / Lodging

<a href="#">Berkshires</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Stockbridge</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Great Barrington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Lenox</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">North Adams</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Pittsfield</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Williamstown</a>	<a href="#">Map</a>	<a href="#">Lodging</a>



## 21 Things to Do In New England While You're Alive!

<a href="#">Greenfield</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
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### **New England Vacations Guide:**

[Massachusetts](#)

[Berkshires](#)

## 7. Canoe the Allagash Wilderness Waterway



Situated deep in the northern Maine woods the Allagash Wilderness Waterway is 92-miles of interconnected lakes streams and rivers running from the northwest corner of Baxter State Park north to the confluence of the St. John

River - over 90 miles in total. Maine Locals saw fit to protect this river trek and preserve the lakes, and the wood-lined inlets and marshes, rocky islands, and in places steep cliffs that provide one of the last great wilderness experiences in the northeast.

### **The King's *Broad Arrow* Mark**

At one time the forests of the northern reaches of New England were thick and dense and impenetrable. Very few settled until the lumbermen came.

The forests contained tall and staggering white pines and the King of England laid claim on them for his navy. A one-piece mast could be extracted from these giants.

So prized were these trees they were identified by the King's mark "a *broad arrow*." It's said that in the most remote areas you may still come across one of these marked trees.

The Allagash is one of the few remaining places in the northeast where you can still experience the essence of the great north woods and a more primitive time.

The diversity of the forests in this region is staggering and a multi-day trip offers opportunities to experience a Bog Forest, a Northern Swamp Forest and near the shores of Eagle Lake three Old-Growth

Forests where stands of white pines stretch up to the sky at 130-feet tall and 3-feet in diameter.

One of the most common trips on the Allagash is a weeklong canoeing adventure from Telos Landing to Allagash Village. A number of local outfitters offer guided trips through the region. The trek involves a lot of open water canoeing so get those arms and technique in shape, and be prepared for an adventure of a lifetime.

The Allagash waterway includes the Allagash River and stream, and a string of large and deep lakes, such as Churchill, Eagle, and Chamberlain. In total there are eight lakes and four ponds within the waterway and a year could be spent exploring all the tributary brooks and streams that feed the lakes and river.

Because of its remoteness the area is best visited over a long stretch such as 7-10 days. There are few marked trails and campsites away from the waterway, so visitors tend to focus their activities to the lakes and rivers and not hiking or

backpacking out in the deep woods themselves. Lumber companies privately own much of the woods that surround the waterway.

In the spring run-off in May the St. John and Allagash Rivers are wild and wonderful, and offer experienced canoeists and kayakers class III and II runs. But for those seeking calmer waters and during the summer, there's plenty a gentle stretch to enjoy and still get your exercise. On some of the larger lakes strong winds can be a factor for progress in the afternoon.

The lure of this area is the sense of remoteness and an utter wild beauty. Days spent in these woods along the waterway where moose, eagles, osprey, loons,

**Once a Warmer Past...**

In the harsh winters that cover this land it's difficult to imagine that once it was sub-tropical and covered by warm ancient seas.

The river current exposes volcanic rock and slate ledge that contains fossils of organisms that lived hundreds of millions of years ago in warm tropical waters.

Today the average winter temperature in this part of the northeast is 20 degrees Fahrenheit, and annually an average of only 40 degrees.

## 21 Things to Do In New England While You're Alive!

and blue herons offer frequent sightings, create what I call “smile memories” for the rest of your life. Taking a few pictures with your camera is not a bad idea either.

### Locations/Attractions

<a href="#">Allagash Canoe Trips</a>	<a href="#">Reviews</a>	<a href="http://allagashcanoetrips.com">allagashcanoetrips.com</a>
<a href="#">Northwoods Outfitters</a>	<a href="#">Reviews</a>	<a href="http://maineoutfitter.com">maineoutfitter.com</a>
<a href="#">Allagash Wilderness Waterway</a>	<a href="#">Reviews</a>	<a href="#">Allagash Wilderness Waterway</a> (maine.gov)
<a href="#">Baxter State Park</a>	<a href="#">Reviews</a>	<a href="http://baxterstatepark.org">baxterstatepark.org</a>
<a href="#">Eagle Lake, Acadia National Park</a>	<a href="#">Reviews</a>	<a href="#">Eagle Lake</a> (acdiamagic.com)

### More About Featured Location / Lodging

<a href="#">Eagle Lake</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Millinocket</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## 8. Walk the Great Beach on Cape Cod

*“There I had got the Cape under me, as much as if I were riding it bare-backed. It was not as on the map, or seen from the stage-coach; but there I found it all out of doors, huge and real, Cape Cod.”*

**Excerpt from Cape Cod – Henry David Thoreau**



A famous stretch of the Cape Cod National Seashore is Coastguard Beach at Eastham – the start of the so-called Great Beach named by Henry David Thoreau, and where the Mayflower first made landfall in the New World. The Great Beach is an unbroken seashore of over twenty miles characterized by a wide expanse of beach from the ocean to high sand cliffs on the eastern side of the Cape's forearm.

The area also includes the Outer Beach made famous by Henry Beston in his book “Outermost House” - a real cottage, but sadly destroyed in the massive storm of 1978. The book described a year of his life lived on the Great Beach of Cape Cod.

The expansive connecting beaches, and the natural give-and-take process of erosion provides not only one of the greatest beach walks in the world but also a step through history – and off-season you'll probably have it all to yourself.

As impressive as the great prairies and heartlands of America are to me, I fear I would wither and disappear if I could not feel the pulsing of an ocean. And many of my best years so far were spent on Cape Cod and near to some of its magnificent beaches on the National Seashore.

The Cape Cod National Seashore is a 4,308-acre park 60 miles south of Boston, Massachusetts. It was set aside by an act of congress in 1961 to

## 21 Things to Do In New England While You're Alive!

preserve and protect a unique geological area and wild life habitat of New England. Cape Cod was formed when the last of the great glaciers melted about 12,000-years ago leaving a large lake, which eventually drained exposing the sediment and deposits left by the glaciers from earlier times.

Here is a map of the seashore park so you can follow along with the rest of the description:



The National Seashore has two visitor centers: the Salt Pond Visitor Center in Eastham and Province Lands Visitor Center on the tip of the Cape at Provincetown. The Salt Pond Center will orient you to the park, and provides short films, a museum, and free maps for hiking and biking trails. The salt pond itself is a glacial kettle pond that was once freshwater but the ocean has seeped through. Take time to discover the easy-walking trails near the pond, and learn about the varied birds and plants the area supports.

The second of the visitor centers in the National Seashore Park is in Province Lands off Route 6 and on Race Point Road. This is the northern extremity of the park.

The Visitor Center has an observation deck where you can view the ocean, Province Lands forest, and the towering dunes. Province Lands are jam-packed with swimming beaches, a bike trail, a walking trail, and a beautiful lighthouse at Race Point.

In addition to the already mentioned Coastguard Beach with its lighthouse, the Nauset Light Beach is another of my favorite ocean walks. It can be reached from Brackett Road also off Route 6. Overlooking the beach is the red and white picturesque Nauset Lighthouse. Originally built in Chatham in the late 19th century, it was moved here shortly after, and moved again in 1996 when erosion of the cliff threatened to collapse the lighthouse. This beach is popular for the imposing and towering cliffs.

Other popular activities in this section of Cape Cod include cycling on the plentiful bike paths leading to other beaches and ponds, along with hiking trails and nature walks around swamps and marshes.

The fearsome New England storms of winter change the beach and dune landscape dramatically, but they provide a sense of awe and helplessness as you watch from the safety of the cliffs. A cold but calm winter's day on a frozen Nauset Beach in Orleans is about as close as you can get to nature.

Cape Cod is a popular vacation destination in the summer months but you can avoid the crowds and high beach parking fees by visiting before Memorial Day or after Labor Day, and I prefer the off-season months anyway.

#### **The Carns Archaeology Site**

In 1990 archaeologists were alerted to an ancient Native American site exposed after erosion along the Coastguard Beach region of the National Seashore.

Over the next decade major discoveries were made at the site that provided scientists with information about the tools they used and the make up of Cape Cod two to three thousand years ago. For example the forests at the time included oak and hickory as well as the pine of today.

Perhaps the most important link though is that it connects the Cape's present day Native people with those of the more distant past. The battle to complete the excavation against the ever-encroaching ocean continues.

## Locations/Attractions

<a href="#">Coastguard Beach</a>	<a href="#">Reviews</a>	<a href="#">Coastguard Beach</a> (nps.gov)
<a href="#">Chatham Light</a>	<a href="#">Reviews</a>	<a href="#">Chatham Light</a> (wikipedia.org)
<a href="#">Nauset Light</a>	<a href="#">Reviews</a>	<a href="#">nausetlight.org</a>
<a href="#">Nauset Light Beach</a>	<a href="#">Reviews</a>	<a href="#">Nauset Light Beach</a> (nps.gov)
<a href="#">Highland Light</a>	<a href="#">Reviews</a>	<a href="#">highlandlighthouse.org</a>
<a href="#">Race Point Light</a>	<a href="#">Reviews</a>	<a href="#">racepointlighthouse.org</a>
<a href="#">Wood End Light</a>	<a href="#">Reviews</a>	<a href="#">Wood End Light</a> (lighthousefoundation.org)
<a href="#">Long Point Light</a>	<a href="#">Reviews</a>	<a href="#">Long Point Light</a> (wikipedia.org)
<a href="#">Cape Cod National Seashore</a>	<a href="#">Reviews</a>	<a href="#">Cape Cod National Seashore</a> (nps.gov)
<a href="#">Salt Pond Visitor Center</a>	<a href="#">Reviews</a>	<a href="#">Salt Pond Visitors Center</a> (nps.org)
<a href="#">Province Lands Visitor Center</a>	<a href="#">Reviews</a>	<a href="#">Province Lands Visitor Center</a> (nps.org)

## More About Featured Location / Lodging

<a href="#">Cape Cod</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Provincetown</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Eastham</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## New England Vacations Guide:

[Cape Cod National Seashore](#)

[Cape Cod and Islands](#)



## 21 Things to Do In New England While You're Alive!

### [Massachusetts](#)

## 9. Kayak in the Thimble Islands



About mid-way up the Connecticut coast and off-shore from the quiet town of Stony Creek is an archipelago of 365 islands called the Thimble Islands, many of which are only visible at low tide. 32 of the islands are large enough to be

### Know Where You Can Land...

“The inter-tidal zone in Connecticut (Between high & low tide marks) is public property. However, landing in front of someone's house for lunch will still cause a law enforcement encounter that you do not need. Try to land in areas that are known public access, or out of sight of private property. ”

*Excerpt from Connecticut sea kayakers paddle planning guidelines - [click here](#) (connyak.org)*

habitable but as they're all privately owned visiting them is reserved for invited guests only. But you can admire them offshore and from the deck of a tour boat... or from a kayak.

Because the islands are so close to the shore, and to each other, kayaking is a perfect mode of transport around the island channels. These easy-to-paddle craft are suited to quietly explore the island's tranquil nooks and crannies, and

## 21 Things to Do In New England While You're Alive!

because they can navigate shallow waters you get to go to places the larger boats can't cruise.

In a kayak, birds and wildlife are easy to observe, and you feel connected to nature in an intimate way. Kayaks can be rented locally in Stony Creek and surrounding towns, and consider taking lessons if you're new to kayaking.

A topographical map of the islands and channels should be on your preparation list as well, as it not only makes for a safer passage but also makes the kayaking fun as you pick out the various islands. Check conditions before heading out and avoid taking to the channel if high wind or fog is prevalent or expected.

The Stony Creek Indians named the islands for the thimbleberry, a lesser cousin of the gooseberry. The largest island is Horse (17 acres) and the smallest is Dogfish (0.75 acre).

Because the islands are mostly summer homes many do not have heating, electricity, or running water. The islands are predominately one or two house locations with Money Island being the closest to resembling a village with over 30 structures and a library.

### Treasure Hunters Beware...

Folklore suggests that **Money Island** is where the pirate **Captain Kidd** buried treasure – hence the name.

Alas this island is one of many places along the Connecticut coast where a pirate's bounty is rumored to be hidden. And up until now all treasure remains firmly hidden.

Some interesting facts about the islands include: Bear Island has a granite quarry which provided stone to the Lincoln Memorial, Grant's Tomb, and the base of the Statue of Liberty. Horse Island is owned by Yale University and maintained as an ecological laboratory by Yale's Peabody Museum of Natural History.

Outer Island is used by Southern Connecticut State University for ecological studies and is part of the Stewart B. McKinney National Wildlife Refuge. And at one point during the Revolutionary War the trees on all the islands were felled to stop British Navy ships from hiding.

## 21 Things to Do In New England While You're Alive!

Because of the exclusivity of the islands, owners tend to be from families who've handed down the land over the generations, or wealthy individuals who've bought islands or homes.

### Locations/Attractions

<a href="#">Thimble Islands</a>	<a href="#">Reviews</a>	<a href="#">Thimble Islands</a> (wikipedia.org)
<a href="#">Peabody Museum</a>	<a href="#">Reviews</a>	<a href="#">peabody.yale.edu</a>
<a href="#">Stewart B. Mckinney National Wildlife Refuge</a>	<a href="#">Reviews</a>	<a href="#">Stewart B. Mckinney National Wildlife Refuge</a> (fws.gov)
<a href="#">Thimble Islands Cruise</a>	<a href="#">Reviews</a>	<a href="#">thimbleislands.com</a>
Connyak		<a href="#">connyak.org</a>

### More About Featured Location / Lodging

<a href="#">Branford, CT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Guilford, CT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">New Haven, CT</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Connecticut](#)

## 10. Run the Boston Marathon – Or Cheer Along



I know this is not for everyone – I’ve run in a couple of marathons myself and finished one and got to 20-miles in the other. But before you dismiss it entirely at least read about it, and if your ambitions don’t extend to entering it, then you can always join the thousands that throng the route cheering along.

### How Was “Heartbreak Hill” Named?

The term “Heartbreak Hill” is supposedly coined for the “*heartbreak*” effect it had on two-time winner **Johnny Kelley** who was defeated in the race after catching the leader at the hill only to have his opponent surge away and *steal* the race from him.

The oldest marathon in existence attracts thousands of runners from around the world who’ve met the time qualifications to be an official runner in the race. On Patriot’s Day in April over 20,000 runners line up to complete the 26-miles 365 yards from rural Hopkinton to Boston’s Back Bay - – the record is 38,708 entrants for the Centennial in 1996.

The marathon passes through the towns of Hopkinton, Ashland, Framingham, Natick, Wellesley – the half-way point – Newton – where the infamous Heartbreak Hill is located - Brookline and into Kenmore Square – where the final one-mile marker is located – and finishing near the John Hancock Tower in Copley Square.

## 21 Things to Do In New England While You're Alive!

But the real test for most is surviving the cruel late-in-the-race Heartbreak Hill, the steep culmination of a 5-mile uphill stretch starting at mile 16.

To many runners it seems sadistically saved for the spot when after you've already given the race your all... the course demands that extra drop from you.

A larger-than-life-size sculpture dedicated to John Kelley stands at the base of landmark Heartbreak Hill. Johnny Kelley passed away in 2004 at the age of 97 – a legend and inspiration to runners all over the world.

The temperature and weather on Patriots Day in New England is notoriously difficult to predict. I've known it cold enough to snow, and warm enough to sun bathe – that's New England for you!

According to the National Weather Service the average temperature in Boston for April ranges from a high of 56F degrees to a low of 40F degrees. For runners it makes not much difference once they get warm, but for spectators it begs them to dress in layers.

### **Why the Odd Distance?**

The current marathon distance (26 mi., 385 yds.) was set for the 1908 London Olympics so that the course could start at Windsor Castle and end in front of the Royal Box.

Not until 1921, however, was that distance adopted as the "official" Marathon distance by the IAAF – and for a record to be accepted the course has to meet certain IAAF standards.

Qualifying times to be an official runner are age related and have to be done after a specific date to be eligible and must be verifiable. The qualifying conditions are posted at the official web site here: [bostonmarathon.org](http://bostonmarathon.org)

Of course many of us have no more a loftier goal than just being one of the million spectators to the race who line the 26-mile course providing enthusiastic encouragement to both the racer and the adventurer which lays in each of us but dormant in most.

## Locations/Attractions

<a href="#">Kenmore Square</a>	<a href="#">Reviews</a>	<a href="#">Kenmore Square</a> (wikipedia.org)
<a href="#">John Hancock Tower</a>	<a href="#">Reviews</a>	<a href="#">John Hancock Tower</a> (wikipedia.org)

## More About Featured Location / Lodging

<a href="#">Hopkinton</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Ashland</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Framingham</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Natick</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Wellesley</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Newton</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Brookline</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Boston</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

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More about how to get the most out of the [GO Boston Card](#) (new-england-vacations-guide.com).

## 21 Things to Do In New England While You're Alive!

### **New England Vacations Guide:**

[Boston](#)

[Massachusetts](#)



## 11. Eat Sugar-On-Snow in Maple Season



When the New England winter begins to loosen its grip on the frozen land and the nights are not so cold, and the days begin to warm, and the tree sap begins to run, then it's maple syrup making time. The season is brief and the maple farmers use traditional buckets or inter-connected plastic tubing to capture the maple gold as it runs from the taps they drill.

Vermont is the largest producer and the sugarhouses are easy to spot in the leafless rural areas, with the telltale smoke from the shack and the sweet aroma

### **Not Just Any Ol' Maple Will Do!**

It's true - the sap only comes from a special type of maple tree called a **sugar maple**, and it takes about *40 gallons* of sap to make *one gallon* of **pure maple syrup**.

Sap is only taken from mature trees of forty years or older, and then only a fraction is extracted each season to ensure the tree remains strong and healthy.

of sugar in the air. Most sell their freshly made products on their property, and many offer a place to sample their wares at weekends.

The traditional delicacy of "sugar-on-snow" comprises of freshly made maple syrup poured over crushed ice, which hardens the syrup and allows it to be eaten with a fork. Pure sugar buddy... pure sugar.

Maple syrup production goes on all over New England and Canada in the spring, and not just in Vermont. But for whatever the

## 21 Things to Do In New England While You're Alive!

reason Vermont sets the standard. Maple Syrup is only produced in the small Northeast corridor of North America, and nowhere else in the world.

In the reverse of the fall foliage migration from north to south, maple-sugaring time starts first in Connecticut and then moves northwards as the spring progresses.

More than 200 years ago Native Americans showed early Vermonters the secrets of the sugar maple, and how to extract the sap and boil it to make syrup. Except for some equipment modernization the process hasn't changed that much since those first lessons.

Briefly, here's how the whole process works...

Just about sometime in March when winter in the northeast is loosening its vice-like grip, and when the days get up in the 40's but the night still freezes and the wind is from the west, the sap in the sugar maples begins to run.

If the day stays too cold or gets too warm and the wind is from the south then the sugar makers know its wasted effort to try and tap. It used to be the sap was collected in buckets, and when full, emptied into a large tank and horse drawn to the sugarhouse. Today most sugarhouses use the more modern plastic tubing in the tap holes rather than buckets. This allows a more elaborate network of tubing to be inter-connected and makes collection of the sap to large tanks easy and cost effective.

The tendency for maple producers today is to reduce the amount of sap they take from each tree each season. A number of years ago the Maples began to show signs of distress due to over tapping, and rather than run the risk of destroying the golden goose, farmers have cut back.

### Different Shades of Grade

Vermont has four grades of Maple Syrup, which must be identified on the outside bottle label.

The grade of Vermont maple syrup reflects the stage in the season it was tapped.

So "**Grade A Golden Color**" is made from sap early in the season and "**Grade A Dark**" towards the end.

## 21 Things to Do In New England While You're Alive!

The sap once collected in the large tanks is dispersed to the tanks in the Sugarhouse. There's just no time to delay in getting the sap to the house – it's best turned to syrup within the first 24 hours.

The sap is flowed into large trays with different compartments where the water is boiled off and eventually the syrup moves down the trays to the final tray where it's syrup. The expert Maple producers can tell by just scooping up a ladle of the syrup and letting it flow back in whether the consistency is ready for it to be bottled.

It's no accident that the sugar maple is the official State Tree of Vermont. Maple sugar making is a Vermont heritage and the state has led the nation in the production of maple syrup for more than two centuries. The Vermont Legislature was also the first in the Union to pass a Maple Grade Law. The grade must be labeled on each container and consists of: Grade A Golden Color with Delicate Taste – a delicate maple flavor and light in color, preferred as a gourmet choice for candies and other maple specialties. Grade A Amber Color with Rich Taste is the most popular choice for all around use especially pancakes. Grade A Dark with Robust Taste has a heartier flavor, but still a popular choice for the table. Grade A Very Dark with Strong Taste has the darkest color and strongest maple flavor, and mostly used for cooking.

So if you're traveling in New England during early spring and smell the scent of maple sugar, and see the smoke rising from a sugarhouse then it's time to take a break, and see maple syrup being made in a way that hasn't changed much in over 200 years.

### Locations/Attractions

<a href="#">Sugarbush Farm</a>	<a href="#">Reviews</a>	<a href="http://sugarbushfarm.com">sugarbushfarm.com</a>
<a href="#">Morse Farm Maple Sugarworks</a>	<a href="#">Reviews</a>	<a href="http://morsefarm.com">morsefarm.com</a>
<a href="#">Bragg Farm Sugar House</a>	<a href="#">Reviews</a>	<a href="http://braggfarm.com">braggfarm.com</a>
<a href="#">Green Mountain Sugar House</a>	<a href="#">Reviews</a>	<a href="http://gmsh.com">gmsh.com</a>

### More About Featured Location / Lodging

<a href="#">Bennington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Burlington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">St. Johnsbury</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Middlebury</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Rutland</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Stowe</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Woodstock</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Vermont Sugarhouses](#)

[Vermont](#)

## 12. Ski Down Tuckerman Ravine on Mt. Washington



There is no ski chair lift to the top of Tuckerman's Ravine on Mount Washington, or cozy ski lodge at the bottom to rent equipment or relax with a favorite

### The Cold Facts....

The lowest temperature ever recorded on the summit of Mt. Washington was -47F in 1934. January is the coldest month, averaging only 5.2F. One of the results of such cold temperatures is permafrost at 6 m deep year-round.

The maximum snowfall recorded in a season was 566.4 inches in 1968-69 – the average is 314.8 inches.

Snow and Hurricane force winds can happen on all twelve months of the year... and have! More information [click here](http://mountwashington.org) (mountwashington.org)

beverage - this outing is only for hardened thrill-seeking expert skiers. Skiers must hike with boots and poles through snow-covered challenging trails for hours and for what are typically one or two adrenaline-filled runs a day. The season lasts just a few weeks during the spring thaw in March - May, and when avalanches are a constant threat.

Despite all these deterrents and difficulties there's no shortage of takers on a sunny spring day to feel the rush and the challenge of the ravine. And what's it like you ask?" Well you're just going to have to

do it to find out.

Compared to your typical ski resort winter and spring is a very different environment on Mount Washington. It's a world of avalanches and bitter cold, and danger for the inexperienced hiker. In fact skiing in Tuckerman Ravine is only a spring event. In winter the threat of avalanches are too great.

But if you want to ski Tuckerman, then you'd better be prepared to hike and expend some serious energy. You're going to be carrying everything you need with you – ski equipment, food, and cold weather gear from Pinkham Notch visitor center.

Pinkham Notch visitor center is on Route 16, 15 miles north of North Conway.

Remember this is natural skiing with no grooming and no chair lifts or toe ropes.

So why do it?

Well, take another look at the picture of "The Bowl." There's nothing else like it in the Northeast. And the fact is when most resorts for New Hampshire skiing have closed their doors for the season... Mount Washington has just "opened" hers. And for extra benefit it's FREE and there's no lift line!

There are a few basics you should know...

To ski this area you should be comfortable taking any trail on a regular lift-serviced area. This isn't a place to let your ego show through or kid yourself about your skiing ability.

Above all be fit.

You'll be carrying everything you need for protection and skiing, and sustenance in (and out) with you, on your back. And you'll be hiking for on average three hours before you do any skiing. Be prepared to hike the trail you ski so you know the terrain.

#### **The Upper Reaches Of the Mountain**

The upper region of Mt. Washington has a climate similar to that of northern Labrador over 1,000 miles to the north.

And the alpine tundra found towards the summit includes plants particular to the Presidential Range or areas located hundred of miles farther north.

## Locations/Attractions

<a href="#">Tuckerman Ravine</a>	<a href="#">Reviews</a>	<a href="http://timefortuckerman.com">timefortuckerman.com</a>
<a href="#">Mt. Washington</a>	<a href="#">Reviews</a>	<a href="http://nhstateparks.org">Mt. Washington</a> (nhstateparks.org)

[Prepare for your trip](#) (timefortuckerman.com)

[Topographical map of the area](#) (timefortuckerman.com)

## More About Featured Location / Lodging

<a href="#">North Conway</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Jackson</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Twin Mountain</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## New England Vacations Guide:

[New Hampshire](#)

[Mt. Washington](#)

### 13. See a Red Sox Game at Fenway Park



Between opening day in April and end of season September, Boston becomes obsessed with baseball – especially if the Yankees are in town. Boston is a fanatical sports-loving city and residents take their teams very seriously, and in the case of the Red Sox, fans love Fenway Park, almost as much as the team. After all, players in a Red Sox uniform come and go but Fenway Park remains the same.

#### Famous Players for the Red Sox...

In addition to **Cy Young**, other famous players to have donned a Red Sox Uniform include **Babe Ruth**, *Ted Williams*, **Jimmie Foxx**, *Lefty Grove*, **Dom DiMaggio**, *Carl Yastrzemski*, **Jim Rice**, and **Roger Clemens**.

And more recent heroes include *Pedro Martinez*, **Johnny Damon**, *Curt Schilling*, and the sluggers **David Ortiz** and *Manny Ramirez* – and my own personal favorite – **Mike Lowell**.

The park is the oldest of all current Major League Baseball stadiums and opened in 1912 as the home of the Boston Red Sox. Perhaps the most well-known feature of the stadium today is the famous Green Monster, which was first constructed in 1934 and rebuilt in 1976.

But Fenway Park wasn't the first home of the Red Sox nor was Red Sox the first name of the team. In 1901 the Boston Americans began their first season as an inaugural member of the American League. A pitcher called Cy Young was on the roster. During the

years leading up to building Fenway Park the team grounds were at nearby



Huntingdon Avenue, and around 1906 both fans and media started to call the team the Red Sox – a name that stuck and eventually became official before the move to Fenway.

If you're a baseball fan then you know all about the 2004 come-from-behind team that beat the New York Yankees in a thrilling AL Championship race, and went on to win the World Series. This broke a World Series championship drought since 1918 and gave Terry Francona a World Series in his first year as manager.

The Red Sox repeated the World Series crown feat in 2007 – this time coming from behind against the Indians and then going on to sweep the Colorado Rockies.

There's just something about seeing a baseball game at Fenway Park that's incomparable to any other stadium in the country. The larger and more recently built stadiums have better viewing and amenities and plenty of parking, but inside the atmosphere is just missing something.

Fenway Park is an intimate baseball stadium whose walls reek of history, hard fought games, heart-breaking losses, and brilliant plays. This is an exciting park to watch a baseball game on a Sunday afternoon.

Because Fenway is a small stadium seat availability has long been an issue and tickets are extremely difficult to come by... and expensive. But if you're a rabid baseball fan then seeing the Red Sox at Fenway Park is akin to a high religious experience and money isn't an obstacle to seeing a game.

#### **"The Curse of the *Bambino*"**

In 1919 the Boston Red Sox sold **Babe Ruth** (known as the "*Bambino*") to the **New York Yankees**. The owner at the time was looking to raise money for a business project he wanted to invest.

Up until that time the Red Sox were one of the most successful baseball teams of the times winning a number of World Series championships, and the Yankees were a struggling team.

After 1919 the Yankees went on to win many World Series titles but the Red Sox had to wait until 2004 – **86 years** - to win the World Series again. During this "*drought*" the joke was that Boston had been *curled* for selling **Babe** to the Yankees.

## 21 Things to Do In New England While You're Alive!

The other big spectator sport in New England is football, and the team on everyone's lips is the New England Patriots – or the “Pats” as they're known. The engine for this hugely successful franchise – multiple recent Super Bowl championships - runs out of nearby Gillette Stadium in Foxboro. The season is short just running in the fall months – but have you seen what they do to each other? No wonder it's brief! Tickets sell out months in advance so planning is vital.

Boston is also home to the basketball giants Celtics and the town's hockey team of the “Bruins.” Both these teams play at TD BankNorth Garden arena. The season is long and runs from October through April.

And finally, also playing at Gillette Stadium is the Major League Soccer New England Revolution team. The season mirrors baseball starting in mid-April and running through early October with playoffs in October and November. The New England Revolution is consistently one of the top MLS teams – and here's one sport to which you can always get tickets at a very reasonable price.

### Locations/Attractions

<a href="#">Fenway Park</a>	<a href="#">Reviews</a>	<a href="#">Fenway Park</a> (wikipedia.org)
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## 21 Things to Do In New England While You're Alive!

### Ticketscheap.com

Boston Red Sox	Baseball!	<a href="#">Check Prices/Availibility</a>
New England Patriots	Football!	<a href="#">Check Prices/Availibility</a>
Boston Celtics	Basketball!	<a href="#">Check Prices/Availibility</a>
New England Revolution	Soccer!	<a href="#">Check Prices/Availibility</a>
Bruins	Hockey!	<a href="#">Check Prices/Availibility</a>

### More About Featured Location / Lodging

<a href="#">Boston, MA</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
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### New England Vacations Guide:

[Boston](#)

[Massachusetts](#)

## 14. Take a Windjammer Cruise



Tall ships and New England seem to be joined at the hip. In the 19th century these awe-inspiring sailing vessels left New England ports bound for whaling waters halfway around the world, and to deliver cargo to the trading ports of the

### What's a Windjammer?

Most Windjammers tend to be a **schooner** or **sloop** which are technical terms used to describe the type and number of masts available. Most Windjammers had between three and five main masts.

Because the hull was made of iron or steel they could be made larger than ships with wooden hulls, and were cheaper.

Today these ships usually have an auxiliary engine for calm days and maneuvering in ports – after all, you wouldn't want to end up becalmed in the beautiful Maine coastal waters for days on end with no promises to keep... *or would you?*

Far East. Windjammers continued to be used commercially right up until the 1950s and they were a unique breed with their magnificent three to five masts and square sails.

Today you can take a 2-hour cruise or a six-day vacation on one of these beauties experiencing the scenic coast and islands of Maine or Southern New England. Many of the companies operating today offer special pre-season rates during May and early June, with high season lasting from mid-June to early October. October cruises tend to be focused on Maine fall foliage.

In Southern New England Windjammers tour Long Island Sound and visit Newport, Block

## 21 Things to Do In New England While You're Alive!

Island, Cuttyhunk, Martha's Vineyard and Nantucket. These are all great destinations in New England anyway, but on a Windjammer each day's journey is as important part of the vacation as time spent at port.

Most of the Maine Windjammers are based out of Camden/Rockland area and tour the Penobscot Bay region. Thousands of wild and pristine islands dot the Maine coast, providing unlimited anchorages for the windjammers, and making each sailing vacation unique. Wildlife abounds, with bald eagles, porpoises and seals sighted on every cruise. If you're looking to get off the beaten path, to explore where the big ships can't go, a Maine windjammer can get you there.

Make no mistake, some of these sailing vessels are luxury modern yachts, for example the Arabella is a 40 passenger tall ship with deluxe accommodation making trips out of Newport, R.I. and Maine during the summer months. Other Windjammers are more basic and this is reflected in the vacation price.

Life on board these Windjammers tends to be relaxed and laid-back, and the journey to the day's destination can be filled with snoozing on deck, catching-up on that summer novel, or helping the crew with hoisting or lowering the sails... or if you're lucky taking the helm and steering the ship - but this is what makes these trips fun and a different type of New England vacation.

### Locations/Attractions

<a href="#">Schooner Stephen Taber</a>	<a href="#">Reviews</a>	<a href="http://stephentaber.com">stephentaber.com</a>
<a href="#">Schooner Olad Windjammer Cruise</a>	<a href="#">Reviews</a>	<a href="http://maineschooners.com">maineschooners.com</a>
<a href="#">Eastport Windjammers</a>	<a href="#">Reviews</a>	<a href="http://eastportwindjammers.com">eastportwindjammers.com</a>
<a href="#">Schooner Appledore II</a>	<a href="#">Reviews</a>	<a href="http://appledore2.com">appledore2.com</a>

#### Visit a Tall Ship Museum

If you want to add a few days to your vacation and tour a museum where you can see more of these ships then include **Mystic Seaport** on your schedule.

whaling village in Mystic, Connecticut, and includes some wonderful examples of tall ships you can tour and discover how they were built. More info. [click here](http://new-england-vacations-guide.com) (new-england-vacations-guide.com)

## More About Featured Location / Lodging

<a href="#">Newport</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Block Island</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Martha's Vineyard</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Nantucket</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Camden</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Rockland</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Penobscot</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## New England Vacations Guide:

[Martha's Vineyard](#)

[Newport](#)

[Mystic Seaport](#)

## 15. Hit the Tables at Foxwoods Casino



With six casinos, Broadway shows, championship boxing, two pro-designed golf courses, and many international artists and stars to entertain, Foxwoods Resort and Casino is much more than just slot machines – although it has 7,200 of those as well.

Foxwoods is operated, and on land owned, by the Mashantucket Pequot Tribal Nation and located in Mystic County, Connecticut. The casinos are all under one

### **Staggering Facts About Foxwoods...**

Foxwoods opened in 1986 as a bingo hall and in 1992 gaming tables were added. Today the gaming area covers 340,000 sq. ft. making it the largest casino by gaming floor space in the world.

The entire resort area comprises 1,416 hotel rooms and covers an area of 4.7 million sq. ft. And in 2008 it got even bigger with the opening of MGM Grand Resort!

roof and feature 380 different games including Blackjack, craps, or pai gow, and they have a state-of-the-art World Poker Room with 250+ tables. Sports fans can bet on anything from thoroughbreds and harness to greyhounds and jai-alai, and if Bingo is your game then you can play in their High Stakes Bingo Hall.

And if the late night makes you feel sleepy or hungry, then you can spend the night at one of Foxwoods three on-property hotels or choose from one of the 34 restaurants at your service.

## 21 Things to Do In New England While You're Alive!

I can't confess to being much of a gambler myself but it's fascinating to hit the tables at Foxwoods if only to watch others play and try to beat the odds. But I do enjoy the top-rated performers and shows, and I just love to hear the noise of the crashing coins when the machines payout the jackpot!

Nearby Mohegan Sun is operated by the Mohegan Tribe on land they own and together with Foxwoods forms the largest casino complex in the world – Las Vegas eat your heart out!

Mystic County is in the easternmost corner of Connecticut's coastal area and apart from the casino complexes it also includes the Museum of America and the Sea in Mystic Seaport, a recreated New England seaport with tall ships and a village; and the nearby Mashantucket Pequot Museum, considered by many to have the largest collection of Native American artifacts in the world.

Two of my personal favorite destinations are the Mystic Aquarium & Institute for Exploration in Mystic town where in addition to the fine indoor exhibits it has excellent outdoor tanks with Beluga whales and Northern Fur Seals, and the village of Stonington right on the coast, which has an impressive array of 18th and 19th century buildings built on the wealth of the whaling industry.

### **Sorry - Julia Doesn't Serve at Mystic Pizza Anymore!**

While the 1988 movie *Mystic Pizza* that starred Julia Roberts was inspired by the actual **Mystic Pizza** restaurant, if you visit it Julia will not serve you.

After the movie the place became so popular in 1991 they opened a **Mystic Pizza II** in nearby *North Stonington*.



## 21 Things to Do In New England While You're Alive!

### Locations/Attractions

<a href="#">Foxwoods Casino</a>	<a href="#">Reviews</a>	<a href="#">foxwoods.com</a>
<a href="#">Mohegan Sun Casino</a>	<a href="#">Reviews</a>	<a href="#">mohegansun.com</a>
<a href="#">Mystic Seaport</a>	<a href="#">Reviews</a>	<a href="#">mysticseaport.org</a>
<a href="#">Mashantucket Pequot Museum</a>	<a href="#">Reviews</a>	<a href="#">pequotmuseum.org</a>
<a href="#">Mystic Aquarium</a>	<a href="#">Reviews</a>	<a href="#">mysticaquarium.org</a>
<a href="#">Mystic Pizza</a>	<a href="#">Reviews</a>	<a href="#">mysticpizza.com</a>

### More About Featured Location / Lodging

Foxwoods – The Fox Tower (Hotel)	<a href="#">Map</a>	<a href="#">Lodging</a>
Foxwoods – Great Cedar Hotel	<a href="#">Map</a>	<a href="#">Lodging</a>
Mohegan Sun	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Mashantucket</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Mystic</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Stonington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Connecticut](#)

[Mystic Seaport](#)

## 16. Walk the Knife Edge on Mt. Katahdin



The 5,267-foot Mount Katahdin in Maine is the majestic northern terminus for the 2,000-mile Appalachian Trail and the highest point in Maine. After weaving its way from Georgia and through five New England states and scaling the Presidential range in New Hampshire, this famous trail comes to rest in what many consider the single most outstanding mountain in all the Appalachians. Rising 4,000 feet from the Penobscot River, Mount Katahdin in Baxter State

### What's in a Name?

The name **Katahdin** means "*The Greatest Mountain*" and comes from the Penobscot Indians who inhabited the region when settlers first pushed to the interior of Maine.

The Native American's believed that the mountain was inhabited by the storm god **Pomola**, and therefore avoided the area.

In the 1840s, Henry David Thoreau climbed Mt. Katahdin and wrote about it in his famous book "*Maine Woods*."

Park, offers a number of hiking trails to its peaks and summit - each rugged and strenuous.

But one climb is reserved for the hiker with nerves of steel – the spectacular saw-toothed Knife Edge, a serrated crest dropping thousands of feet on either side.

Not for the faint-of-heart the trail leading to the Knife Edge, and beyond, is for experienced hikers and climbers. And when those hikers have made it across the trail and look back, invariably they gape

and wonder if an angel was really walking with them that day.

## 21 Things to Do In New England While You're Alive!

The 9.3-mile Knife Edge Loop Trail begins as the Chimney Pond Trail at the Roaring Brook Campground about 8 miles from the southern gatehouse park entrance. At Chimney Pond itself take the Cathedral Trail where you'll make a steep climb and see the rock formations giving the trail its name. When the Saddle Trail interconnects take it to Baxter Peak the main summit peak and the terminus for the Appalachian Trail.

But you're not done yet.

From the summit take the Knife Edge Trail that narrows as it runs its way over to Pamola Peak. The hike to Pamola is the most intimidating after you traverse South Peak as it's a narrow ledge with sharp drops either side before you reach Chimney Peak and then have to make a scramble down a vertical walled ridge and up the other side to reach Pamola Peak.

From Pamola Peak take the Helon Taylor Trail for 3.1-miles to pick up the Chimney Pond Trail again and back to the Roaring Brook Campground. This is a strenuous 8-9 hour hike over some of the most rugged terrain in New England, and is for experienced and fit hikers, and not for a casual walker. There are easier trails to Katahdin's Peaks.

The further north you venture in Maine, the more remote it becomes until the roads seem to disappear into dense forests and you begin to worry if you'll make it to the next gas station before being marooned. And then you hit Baxter State Park.

### The Facts About Maine...

1. At a total area of **33,215** sq. miles the state is almost as large as the other five New England states combined.
2. **West Quoddy Head** is the most easterly point in the United States.
3. About 40 millions pounds (almost 90 percent) of the nation's **lobster** supply is caught off the coast of Maine.
4. Maine produces 99% of all the **blueberries** in the country making it the single largest producer of blueberries in the United States.
5. Portland is the birthplace of poet **Henry Wadsworth Longfellow**.

## 21 Things to Do In New England While You're Alive!

To mention that at Baxter you can hike is like saying that in the Himalayan's you can climb. Well yes, both are true, but they leave out so much of the juice!

Governor Baxter bequeathed to the state of Maine the original segment of land that now bears his name in 1930. Subsequent gifts from him and additional purchases made by the state increased the size of the park to over 300 square miles.

Baxter State Park does include some of the finest wild country you'll ever experience in New England. And in addition to Mount Katahdin contains over 40 peaks with many above 3,000 feet, so a day in the park's boundary provides plenty of opportunity for hiking and exploring.

The popular south entrance to the park gets crowded during the season, as it's the closest gateway for those wanting to climb Mt. Katahdin. By comparison the northeast entrance at Matagamon Gate is quiet and provides a great starting point if you're here for an extended period. Just follow the Perimeter Road south for your trip period where you'll find stopping points for canoeing, swimming, camping, and hiking trails. Grand Lake Matagamon offers canoeing and Trout Brook Farm Campground just inside the gate.

Popular trails in the park include: Freezeout Trail, Wassataquoik Trail, South Branch Falls Trail, and Russell Pond Trail. All these trails end at or are close to campgrounds.

## 21 Things to Do In New England While You're Alive!

### Locations/Attractions

<a href="#">Mt. Katahdin</a>	<a href="#">Reviews</a>	<a href="#">Mt. Katahdin</a> (summitpost.org)
<a href="#">Baxter State Park</a>	<a href="#">Reviews</a>	<a href="#">baxterstatepark.org</a>
Baxter State Park Campgrounds	<a href="#">Reviews</a>	<a href="#">Baxter State Park Campgrounds</a> (baxterstatepark.org)
<a href="#">Knife Edge Trail</a>	<a href="#">Reviews</a>	<a href="#">Knife Edge Trail</a> (northeasthikes.com)
<a href="#">Matagamon Wilderness Campgrounds</a>	<a href="#">Reviews</a>	<a href="#">matagamon.com</a>

### More About Featured Location / Lodging

<a href="#">Millinocket</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Patten</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## 17. Take a Whale Watch Cruise to Stellwagen Bank



Stellwagen Bank is a large underwater plateau at the mouth of Massachusetts Bay, and was designated as a National Marine Sanctuary in 1992. It is one of the most important fish habits in the North Atlantic as it attracts a wide variety of fish species and marine mammals. Popular among the mammals are the largest living ones on earth – whales. Whale watch cruises leave from many ports and harbors along the coast such as Plymouth, Provincetown, Boston, Newburyport, and Gloucester... and they all head for Stellwagen Bank.

## 21 Things to Do In New England While You're Alive!

Here's a map showing Stellwagen Bank and its location in Massachusetts Bay:



The whale-watching season lasts from April to October, with summer being the most crowded. Many of the cruise ships offer “guaranteed sightings” which means if you don’t get to see any whales you get a “rain check” ticket to return another day.

### What to Take on a Watch...

- A camera and plenty of film or memory cards and batteries.
- Binoculars.
- Sunscreen and Sunglasses.
- Hat with chinstrap.
- Wear rubber-soled shoes for extra grip on a slippery deck.
- Sweatshirt or windbreaker.
- Motion sickness preventative.

The arrival of the whales in spring signals the warming trend in New England, and after the long winter months the return of our whales to Massachusetts waters warms our hearts.

It's like a gathering of old friends who've come to feast for the season.

Marine scientists who study the whales of Stellwagen Bank can recognize the mammals by their unique markings and scars. The fact is these whales consider

Stellwagen their “home” as well and so return year after year. A “missing” whale brings sadness to our hearts because it usually means something has happened to the mammal.

The fact of the matter is, there's only a handful of places left in the world where you can see these gentle, but monster-sized creatures, in their natural habitat. And the coast of New England offers incredible sightings for whale watch enthusiasts.

I don't think I've ever felt so humbled as watching a 40-ton majestic Humpback dance and play on sparkling water, and wondering... who's having the most fun.

Whales have been synonymous with New England for hundreds of years. The natives showed the early settlers how to hunt them close to shore and extract oil and other whale by-products.

Whole towns and communities around Massachusetts were built on the fortunes of the whaling industry. These included Cape Cod, Nantucket, Martha's Vineyard, and eventually New Bedford - now home to the whaling museum. Tour these islands and communities today and you can still see the magnificent mansions these fortunes funded.

Nowadays, whale watching is a passive pastime. New Englanders revere whales rather than hunt them down for profit. Whale watch trip boats are as natural a sight in Massachusetts's waters as sailing boats and cruise ships. You're most likely to see the following whales on your whale watching trip: Humpback, Finback, Minke, and if you're really... really... really lucky you may see a rare Right Whale.

It's a fact that whales move around. They follow the food and so some days finding them can be a challenge.

### The Art of Scrimshaw

Scrimshaw is considered by many to be the only art form originating from America, because it was first practiced by sailors on whaling ships out of New England.

The sailors discovered that whale's teeth were a form of **ivory** and could be carved, and the art of scrimshaw was born.

The height of the art was in the 1800's and was most recognizable by ships and other scenes scratched into the surface of the ivory.

Today with whales protected and the sentiment against making anything from wildlife the market for scrimshaw is shrinking daily.



## 21 Things to Do In New England While You're Alive!

The captain uses a combination of knowledge, experience, and sophisticated equipment in locating them. The whale watch boats are in constant communication with each other, and so sightings quickly make the rounds of the boats and help point a tour to a good location.

But, you can expect it to take a few hours to locate whales. I've been on trips that have been out for over three hours. Remember you'll be in open water, and at times it can be choppy. You need to take that into account if you, or a member of your family, suffers motion sickness.

### Locations/Attractions

<a href="#">Dolphin Fleet Whale Watch</a>	<a href="#">Reviews</a>	<a href="http://whalewatch.com">whalewatch.com</a>
<a href="#">New England Aquarium Whale Watch</a>	<a href="#">Reviews</a>	<a href="http://New England Aquarium Whale Watch (neaq.org)">New England Aquarium Whale Watch (neaq.org)</a>
<a href="#">Seven Seas Whale Watch</a>	<a href="#">Reviews</a>	<a href="http://7seaswhalewatch.com">7seaswhalewatch.com</a>
<a href="#">Newburyport Whale Watch</a>	<a href="#">Reviews</a>	<a href="http://newburyportwhalewatch.com">newburyportwhalewatch.com</a>

### More About Featured Location / Lodging

<a href="#">Provincetown</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Plymouth</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Boston</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Gloucester</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Newburyport</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

**New England Vacations Guide:**

[Whale Watching](#)

[Massachusetts](#)

[Cape Cod](#)

[Martha's Vineyard](#)

[Nantucket](#)

## 18. Cycle the Carriage Roads in Acadia National Park



Acadia National Park in Maine is the only national park in New England, and the

### The Other Acadia...

While Mount Desert Island attracts the bulk of visitors to Acadia, the park also includes the **Schoodic Peninsula** and **Isle au Haut**.

On the eastern side of *Frenchman Bay* the **Schoodic Peninsula** is less traveled than Mount Desert Island but just as scenic and wildly beautiful. This is the only section of the park on the mainland and an hour's drive from Bar Harbor.

Ten miles out to sea **Isle au Haut** sees less than 10,000 visitors a year compared to Mount Desert Island's 3 million. Getting to it involves taking the 45-minute mail boat ride from *Stonington*. Most visitors to the Park area spend an overnight at **Duck Harbor campground**. Reservations are a must and for more information [click here](#) (nps.gov)

first designated one east of the Mississippi. The bulk of the park is on Mount Desert Island, and includes mountains, a fjord, lakes, ponds, towns, hundreds of miles of hiking trails and the scenic Loop Road. But one of most enjoyable ways of seeing the park is cycling along some of the 57-miles of broken-stone carriage roads established by John Rockefeller, Jr., between 1913 and 1940.

The web of gravel roads are interconnected and pass some of the most popular and scenic areas in the park east of Sommes Sound in the Jordan's Pond and Eagle Lake areas.

Bikes can be rented locally and in Bar Harbor.

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Originally built for horse-drawn carriages and walkers by local craftsmen using crushed-gravel the roads blend into the hills making them seem a natural part of landscape.

Today most of the traffic on the carriage roads is cyclists. Trips can run the gamut from flat short rides crossing the wonderful examples of stone bridges over streams and gorges, to day-long steep climbs that offer spectacular views of the surrounding lakes and bays.

The western side – or “quiet side” - of the island has dirt fire roads which offer a different experience altogether for cyclists, taking you into thick boreal forests of spruce and fir, and secluded coves which seem so distant from the Loop Road or busy Cadillac Mountain.

In the summer months the park attracts visitors like a magnet. But by fall quiet space is easier to find especially if you're prepared to camp and hike in the park.

It's a special place on America's Atlantic coast and famous for its rocky and breathtaking coastal terrain. The park is home to more than 500 species of plants, 300 species of birds, and the tallest mountain, at 1,530 feet, on the east coast of U.S.

Hiking is the most popular form of recreation for visitors, followed closely by biking, and paddling the quiet inland waters in a canoe or kayak. Most recently sea kayaking has also become a popular activity.

Most people make a trip to the summit of Cadillac Mountain – the tallest peak on the east coast – either in the car, or through one of the hiking trails. The Cadillac Mountain South Ridge Trail starts close to a campground and is a 7.4-mile

### **Please Do Not Feed the Cairns**

Cairns are cone-shaped piles of rocks used to mark hiking trails above treeline. On open summits such as found in Acadia they play an important role in keeping hikers on the trail and away from fragile soil areas and protected plants.

But visitors find it irresistible to add a rock to the pile as they pass. This is understandable and seems harmless.

But the park authority urges people to resist. Taking rocks from a trail can encourage erosion and make the trail more difficult to detect for others, especially in bad weather.

## 21 Things to Do In New England While You're Alive!

roundtrip hike through forests and to the summit with marvelous scenic views at the top. The Acadia Mountain Trail is on the opposite side of Sommes Sound and offers stunning views of the Sound, and Southwest Harbor.

Trail maps and park information can be picked up at Hulls Cove Visitor Center located on Route 3 on Mount Desert Island and open from May through October.

### Locations/Attractions

<a href="#">Acadia National Park</a>	<a href="#">Reviews</a>	<a href="#">Acadia National Park</a> (nps.gov)
<a href="#">Jordan Pond</a>	<a href="#">Reviews</a>	<a href="#">Jordan Pond</a> (wikipedia.org)
<a href="#">Eagle Lake</a>	<a href="#">Reviews</a>	<a href="#">Eagle Lake</a> (acadiamagic.com)
<a href="#">Schoodic Peninsula</a>	<a href="#">Reviews</a>	<a href="#">Schoodic Peninsula</a> (nps.gov)
<a href="#">Cadillac Mountain</a>	<a href="#">Reviews</a>	<a href="#">Cadillac Mountain</a> (acadiamagic.com)
<a href="#">Hulls Cove Visitor Center</a>	<a href="#">Reviews</a>	<a href="#">Hulls Cove Visitor Center</a> (acadiamagic.com)
<a href="#">Acadia Bike</a>	<a href="#">Reviews</a>	<a href="#">acadiabike.com</a>

### More About Featured Location / Lodging

<a href="#">Isle Au Haute</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Bar Harbor</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Ellsworth</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## 19. Hike Vermont's Long Trail



The 272-mile Long Trail runs the length of Vermont's Green Mountains, from the Massachusetts border in the south to the Canadian border in the north. It's commonly referred to as Vermont's "footpath in the wilderness" and in many sections it still retains a remoteness and ruggedness that captivated hikers in the early days of the trail.

### The Monroe Skyline

In 1916 and 1917 Professor Monroe relocated a northern section of the trail from the lower slopes of mountains to their upper ridgeline, and this section has become known as the **Monroe Skyline**.

The skyline encompasses some of the most dramatic views in all of the Long Trail and covers a multi-day **50-mile hike** from *Middlebury Gap* to *North Duxbury*. Included in the hike are the two 4,000 footers of **Mt. Abraham** (4,006ft) and **Camel's Hump** (4,083ft).

Vermont's Long Trail was America's first long trail and shares its first southern 100 miles with the Appalachian Trail and the Green Mountain Club (GMC) still maintains the bulk of the Long Trail with sections being under the upkeep of the Green Mountain National Forest department.

The creation of the Long Trail was the brainchild of one man – James Taylor, who was frustrated at the inadequate trails in the Green Mountains where he organized hiking trips for his pupils. In 1910 he helped form the Green Mountain Club (GMC) to build a more comprehensive trail system, and by the end of

the 1911 hiking season its members had successfully completed the first 29 miles of trails between Camel's Hump to Smugglers' Notch in the northern section of the mountain range.

By 1916 the bulk of the trail down to Killington Peak and to Bennington and the Massachusetts border was completed.

The final section of the trail was cut and completed to the Canadian border in 1931.

The Long Trail includes the four highest peaks in Vermont: Killington Peak (4,241ft), Mt Ellen (4,135ft), Camel's Hump (4,083ft), and the tallest peak in Vermont – Mt Mansfield (4,393ft). Many of the peaks in the range have side trails and can be hiked as a day trip.

The trail itself is split into twelve divisions from south to north, as that is the orientation most people hike

the trail and while there is no set time to hike from end-to-end most people take between 3-4 weeks. End-to-end hikers normally hike in summer and avoid Vermont's mud season during the spring when it can be difficult to negotiate some of the trails and where hikers can cause erosion damage.

For overnight stops there are about 70 primitive huts maintained by the GMC for through hikers but no places to get supplies, and the trail is rugged, rocky, and steep in places, and while the mountains may not be as high as neighbors to the east they can be every bit as challenging.

The northern section of the trail includes some of Vermont's most challenging and rugged peaks such as Camel's Hump, Mount Mansfield, Jay Peak, and the famed Monroe Skyline. The southern sections, though easier hiking, still afford

#### **A Room for the Night**

*"There are about 70 GMC overnight sites spread no more than a moderate day's hike apart along the Long Trail System. They range from fully enclosed lodges to three-sided lean-tos and tent sites. All sites, although primitive, have a water source (purity and reliability cannot be guaranteed) and privy. Availability is first come first serve. A moderate fee is charged at overnight sites with caretakers." Excerpt from Green Mountains web site. For more info. [click here](http://greenmountainclub.org) (greenmountainclub.org)*

## 21 Things to Do In New England While You're Alive!

walks through gorgeous woods, scenic ponds and occasional summits with outstanding views.

Keep in mind that at the end of the northern trail – aptly named the Journey's End Trail – there are no buses waiting to haul you back to where you began – so make plans to be picked-up.

Many people prefer to do this hike as an alternative to the full Appalachian Trail from Georgia to Maine, or in preparation for that longer hike.

If spending a month hiking through Vermont is just not in your plans – or your family's – then there are plenty of opportunities to do day walks or multi-day hikes such as the previously mentioned Monroe Skyline hike. However much time you get to spend hiking in the Green Mountains of Vermont is time well spent and worth doing in your lifetime.

### Locations/Attractions

<a href="#">Green Mountain Club</a>	<a href="#">Reviews</a>	<a href="http://greenmountainclub.org">greenmountainclub.org</a>
<a href="#">Camel's Hump</a>	<a href="#">Reviews</a>	<a href="http://vtstateparks.com">Camel's Hump</a> (vtstateparks.com)
<a href="#">Mt. Mansfield</a>	<a href="#">Reviews</a>	<a href="http://summitpost.org">Mt. Mansfield</a> (summitpost.org)
<a href="#">Jay Peak</a>	<a href="#">Reviews</a>	<a href="http://jaypeakresort.com">jaypeakresort.com</a>

### More About Featured Location / Lodging

<a href="#">Manchester</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Bennington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Arlington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Dorset</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Vermont](#)



## 20. See the Sun Rise at West Quoddy Lighthouse



If you want to be one of the first persons to see the sunrise in the U.S. then you need to be in Downeast Maine – the village of Lubec, Maine specifically - and at

### **The *Old Sow* Whirlpool**

Located off Eastport, Maine lays “*Old Sow*” the second largest whirlpool in the world and the largest in the western hemisphere with a **diameter** of approx. **250ft.**

The whirlpool can be seen from the shore and is caused by the extreme tidal ranges between *Passamaquoddy Bay* and the *Bay of Fundy* and the unusual topography of the sea floor in the region.

Despite its massive size most boats with engines can navigate the area safely. Kayaks are another matter!

the most easternmost point in the U.S. - West Quoddy Lighthouse. The distinctive red and white stripes on the outside of the lighthouse are the first to feel the sun’s rays each dawn as it breathes life into the nation for another day.

The lighthouse is situated about four miles from Route 189 in Lubec, and though you can’t climb the tower there is a Visitor Center and Museum you can tour.

While the lighthouse is the most distinctive scene in Quoddy Head State Park it offers many other sights and sounds along 4.5 miles of hiking trails, and the 530 acre park

includes large forests, rare bogs, diverse collection of plants, and stunning coastal landscapes.

Take some time to walk the 2-mile coastal trail from the lighthouse and which offers dramatic views out to the ocean from its 150-foot high cliffs.

If you're lucky you'll get to see harbor seals and whales. The trail will take you to Carrying Place Cove and then onto a peat bog that has been designated a National Natural Landmark due to an extremely rare erosion action that has exposed the internals of the bog.

You'll find this area close to the Canadian border refreshing in its lack of souvenir shops and t-shirts and plastic lobsters and an enticing change after the southern Maine coast of shopping outlets and tourist havens. Here the main attraction remains the landscape and wildness of the ocean.

This extreme eastern tip of Maine delights in bays and inlets containing parks and wildlife refuge areas. A side trip to Eastport – a drive around Cobscook Bay back on coastal Route 1 - will take you close to Cobscook Bay State Park where if you're an experienced kayaker you can soak up some of the best sea kayaking opportunities in Maine or view some of the highest tides in the U.S.

The dramatic tidal changes of 25-feet can be seen most evidently at Reversing Falls where the tidal drop causes the water flow to reverse direction!

Popular among visitors touring this area is the International Quoddy Loop, which consists of island and coastal communities along and within the western Bay of Fundy and Fundy's numerous bays in Charlotte County, New Brunswick, Canada, and Washington County, Maine, U.S.A. — the greater Passamaquoddy Bay area - for more information and maps of this tour click [here](http://quoddyloop.com) (quoddyloop.com).

#### The First International Park

The town of **Lubec** is connected to **Campobello Island** (Canada – passport required) by a bridge, which will take you to *Roosevelt – Campobello International Park*.

The park is owned, funded, staffed, and administered by the peoples of both Canada and the United States,

here and his cottage and grounds are open as a museum during the vacation season. The island itself is best visited between U.S. Memorial and Labor Days, although walking and nature trails are open year round. For more info. [click here](http://fdr.net) (fdr.net)

## 21 Things to Do In New England While You're Alive!

If a trip across to Canada and back is not in your plans then consider the scenic coastal drive on Route 1 to Lubec from Ellsworth just north of Acadia National Park and Bar Harbor. Follow the stunningly beautiful coastal road and take a break just over mid-way at Machias.

Machias is situated at the mouth of the river with the same name, and a walk around this small town conveys its prosperous past with handsome 19th century old homes built on the profits of the lumber trade. The town also has a waterfall in its center and a museum at the historic Burnham Tavern.

To the southwest of Machias is Roque Bluffs State Park, which has a pond for swimming, a beach, and picnic spots.

And if you can't get to Lubec, then if you climb to the summit of Mt. Cadillac in Acadia National Park just about 100 miles to the south, then because it's over 1,500-feet above sea-level you'll get to see the sun before Lubec.

### Locations/Attractions

<a href="#">West Quoddy Lighthouse</a>	<a href="#">Reviews</a>	<a href="#">West Quoddy Lighthouse</a> (wikipedia.org)
<a href="#">Quoddy State Park</a>	<a href="#">Reviews</a>	<a href="#">Quoddy State Park</a> (wikipedia.org)
<a href="#">Cobscook Bay State Park</a>	<a href="#">Reviews</a>	<a href="#">Cobscook Bay State Park</a> (maine.gov)
<a href="#">Reversing Falls</a> (Canada)	<a href="#">Reviews</a>	<a href="#">Reversing Falls</a> (wikipedia.org)
<a href="#">Burnham Tavern</a>	<a href="#">Reviews</a>	<a href="#">burnhamtavern.com</a>
<a href="#">Roque Bluffs State Park</a>	<a href="#">Reviews</a>	<a href="#">Roque Bluffs State Park</a> (maine.gov)
<a href="#">Cadillac Mountain</a>	<a href="#">Reviews</a>	<a href="#">Cadillac Mountain</a> (acadiamagic.com)
<a href="#">Acadia National Park</a>	<a href="#">Reviews</a>	<a href="#">Acadia National Park</a> (nps.gov)

### More About Featured Location / Lodging

<a href="#">Lubec</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Eastport</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Ellsworth</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Machias</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## 21. Visit Historic Concord and Lexington, Massachusetts

*"By the rude bridge that arched the flood,  
Their flag to April's breeze unfurled,  
Here once the embattled farmer's stood,  
And fired the shot heard 'round the world."*

**Ralph Waldo Emerson**



Concord, Massachusetts is known as the small town with the big history. Together with Lexington just 5 miles down the road it's considered the birthplace of the American Revolution because of the events that took place in the area on April 19th, 1775.

### **Concord Grape**

The Concord grape is a robust and aromatic grape whose ancestors were wild native species found growing in the rugged New England soil.

The grape was developed in 1849 by *Ephraim Wales Bull* and the original vine can still be seen growing at his former home in Concord, Massachusetts.

British Redcoats marched on Concord after rumors that rebellious colonists had hidden munitions in the village. The first confrontation actually happened in Lexington on what is now Battle Green, where eight militias perished. As the fighting colonialists retreated the 5 miles to Concord they were pursued by the redcoats who marched to the town along the route now designated Battle Trail.

As the British Companies of soldiers continued the search for hidden arms in Concord and patrolled the North Bridge, they were confronted by the regrouped militia and minutemen from the surrounding towns, and were driven back towards Boston, an event immortalized as the "Shot Heard Round the World."

By the end of the day two British soldiers lay dead and the revolution that created the United States was underway.

Concord remains a quietly unassuming place to visit – small, peaceful, and filled with trees, squares and historic buildings to visit - even the Old North Bridge where it all began still stands, or at least a fine replica. In the 19th century, Concord was the home of such writers as Henry David Thoreau, Ralph Waldo Emerson, Louisa May Alcott, and Nathaniel Hawthorne. Concord's Walden Pond was made famous by Thoreau's writings, and in the 1850s, the town was a stop on the Underground Railroad, a route for runaway slaves heading north.

Options to visit the historic sites include self-guided walking tours and the Liberty Ride tour that operates between the National Heritage Museum in Lexington and the North Bridge site in Concord. If early American history is what you're after then you'll be in heaven touring these two towns in Massachusetts. Between the two town sites and the Battle Trail route you can spend a week visiting all the historic places and houses. And here's just a sample to help you plan:

**National Heritage Museum** – located in Lexington the museum contains permanent exhibits covering American history from Colonial times to present day.

**Battle Green** – the place in Lexington of the first encounter with British troops and the site of seven graves of the eight colonial casualties that day.

**Minute Man National Park & Visitor Center** – A 900-acre park straddling both Lexington and Concord with a visitor center that includes a battle mural and a multi-media show.

**Sleepy Hollow Cemetery** – burial site in Concord for many of the literary figures from the area, including: Ralph Waldo Emerson, Henry David Thoreau, Louisa Alcott, Nathaniel Hawthorne, and sculptor Daniel Chester French.

#### Walden Pond

Henry David Thoreau spent two years from July 1845 to September 1847 living on Walden Pond in Concord and it remains a major magnet for visitors to the area. His book *Walden, or, Life in the woods* was based on his thoughts and experiences while living there.

The cabin that Thoreau built was on land owned by his friend and mentor Ralph Waldo Emerson. The pond itself is a 102-foot deep glacial kettle pond and is surrounded by a 400 acres state reservation. More information [click here](#) (mass.gov)

## 21 Things to Do In New England While You're Alive!

**Emerson House** – visit the Concord house that Ralph Waldo Emerson called home from 1835 onwards and see original furnishings and memorabilia.

**Concord Museum** – see many treasured relics and historic artifacts of the American Revolution including the lantern used by Paul Revere.

**North Bridge and Visitor Center** – the scene in Concord of the attack by colonists on the British regulars that most historians agree sparked the start of the American Revolution.

Less than a 30-minute car ride from downtown Boston (outside commuting hours of course) the Lexington/Concord area can be visited as part of a trip to Boston and makes a worthy compliment to the historical Freedom Trail.

### Locations/Attractions

<a href="#">Old North Bridge</a>	<a href="#">Reviews</a>	<a href="#">Old North Bridge</a> (nps.org)
<a href="#">Walden Pond State Reservation</a>	<a href="#">Reviews</a>	<a href="#">Walden Pond State Reservation</a> (mass.gov)
<a href="#">Liberty Ride</a>	<a href="#">Reviews</a>	<a href="#">Liberty Ride</a> (tourlexington.us)
<a href="#">National Heritage Museum</a>	<a href="#">Reviews</a>	<a href="#">srmml.org</a>
<a href="#">Minute Man National Park</a>	<a href="#">Reviews</a>	<a href="#">Minute Man National Park</a> (nps.gov)
<a href="#">Sleepy Hollow Cemetery</a>	<a href="#">Reviews</a>	<a href="#">Sleepy Hollow Cemetery</a> (wikipedia.org)
<a href="#">Ralph Waldo Emerson House</a>	<a href="#">Reviews</a>	<a href="#">Ralph Waldo Emerson House</a> (nps.gov)
<a href="#">Concord Museum</a>	<a href="#">Reviews</a>	<a href="#">concordmuseum.org</a>

### More About Featured Location / Lodging

<a href="#">Concord</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Lexington</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Boston](#)

[Massachusetts](#)



## **Bonus Activities**

When I really thought about how many to include in this book 21 seems such an arbitrary number at which to stop... so here are a few bonus things to do that should be on any list...

## 22. Attend the Newport Jazz Festival



Since the first gathering of the “First American Jazz Festival” came roaring into the Newport Tennis Casino, Rhode Island on a mid-July weekend in 1954, the Newport Jazz Festival added a much-needed “shot in the arm” for the jazz world. Today this annual festival is held on an August weekend and the opening concert on the Friday is always at the historical International Tennis Hall of Fame in Downtown Newport, and the Saturday and Sunday shows venue is across the harbor at the scenic Fort Adams State Park.

### The Occupation of Newport

Newport was known by the British to be a “**hotbed**” of revolutionary activity, and so the British occupied the town from 1776 to 1779.

Despite a number of attempts to rout the British from Newport during the occupation period, it wasn't until October 1779 they finally left the area and as they withdrew they destroyed most of the buildings they had occupied – some of the finest 18<sup>th</sup> Century homes in Newport.

Over the years the festival's immeasurable influence and international reach has attracted jazz greats such as Miles Davis, Duke Ellington, Billie Holiday, Bill Evans, Ahmad Jamal, Archie Shepp, and many more who have given memorable performances, with some of those captured on their best-selling live recordings.

In the five decades since its inception history was made repeatedly at Newport, in moments great and small. Miles Davis revived a flagging career there in 1955, as

did Duke Ellington the following year. And virtually everyone else in jazz came to

grace the Newport stage, reaching some of the largest and most receptive audiences of the era.

Despite location and crowd challenges in the 1970's The Newport Jazz Festival has evolved into an institution of immeasurable influence and international reach.

The Jazz Festival venue of Fort Adams State Park made its history over two hundred years before any saxophonist improvised on its grounds. Newport RI sits on the east side of Narragansett Bay, and while nature has presented the area with one of the best natural harbors in the world it's also one of the most difficult to defend because of the multiple entrances into the Bay.

During the 18th century and 19th century wars coastline fortifications were vital as enemy fleets posed the most danger to Newport. Fort Adams opened on 1799 and remained in operation until the threat shifted from enemy fleets to intercontinental ballistic missiles. Like many of the forts it was closed and put to use as a state park.

Nowadays vacationers enjoy the park for picnicking, and its athletic and sailing facilities, Museum of Yachting, and of course the site of the Newport Jazz Festival, which is usually held in late July or early August. Fort Adams itself conducts daily guided tours from 10:00am – 4:00pm Mid-May through October.

But Newport's main attraction continues to be the Mansions.

The mansions were affectionately called "summer cottages" by the original owners because they were only used 6–12 weeks of the year during the

### Marble House

While there are many examples of opulence in Newport's "**summer cottages**" of the wealthy, Marble House takes some beating.

Built during 1888 – 1892 by William Vanderbilt at a cost of around \$11 million it was given to his wife as a birthday present.

Marble House gets its name from the fact there is **500,000 cubic feet** of marble in the mansion, which at the time cost \$7 million to purchase, which in today's value is about **\$72 million**.

The mansion was gifted to the Preservation Society of Newport County in 1963 from the estate of the **Prince's** – the then owners.

## 21 Things to Do In New England While You're Alive!

summer season. These are 70 and 80 room houses, and showpieces right down to the last brick – or marble!

The owners hired some of the most talented architects alive at the time, and spared no expense on interior design and furniture.

The most Newport Mansions I've ever visited in a day are three, and that was a stretch - if you're really keen on doing nothing else than you could probably manage four!

There are 13 mansions in all to visit in Newport RI, with most located on or in the vicinity of Bellevue Avenue. The Preservation Society of Newport County operates ten of these.

In addition to Fort Adams and the Mansions, other attractions include the Cliff Walk, the 10-mile Ocean Drive, and scenic Newport harbor with its alleys of shops and restaurants next to moorings that can berth a million dollar yacht or a working fishing vessel.

### Locations/Attractions

Newport Jazz Festival	<a href="http://newportjazz.org">newportjazz.org</a>
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<a href="#">International Tennis Hall of Fame</a>	<a href="#">Reviews</a>	<a href="http://tennisfame.com">tennisfame.com</a>
<a href="#">Fort Adams State Park</a>	<a href="#">Reviews</a>	<a href="http://fortadams.org">fortadams.org</a>
<a href="#">Newport Mansions</a>	<a href="#">Reviews</a>	<a href="http://newportmansions.org">newportmansions.org</a>
<a href="#">Marble House</a>	<a href="#">Reviews</a>	<a href="#">Marble House</a> ( <a href="http://newportmansions.org">newportmansions.org</a> )
<a href="#">Bellevue Ave.</a>	<a href="#">Reviews</a>	<a href="#">Bellevue Ave.</a> ( <a href="http://wikipedia.org">wikipedia.org</a> )
<a href="#">Cliff Walk</a>	<a href="#">Reviews</a>	<a href="http://cliffwalk.com">cliffwalk.com</a>
<a href="#">Ocean Drive</a>	<a href="#">Reviews</a>	<a href="http://oceandrivenewport.com">oceandrivenewport.com</a>

### More About Featured Location / Lodging

<a href="#">Newport</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Narragansett</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Middletown</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

### New England Vacations Guide:

[Newport](#)

[Rhode Island](#)

## 23. Run the White Water on the Penobscot River



When you think of White Water sports in New England the ultimate adventure playground for adrenaline junkies is Maine's Penobscot River. The Class 5 Upper Gorge section of the river is the most challenging in Maine, and set in the shadow of mile high Mt. Katahdin and on the perimeter of Baxter State Park. This is a notorious turbulent river with boulder-choked rapids and a river wide waterfall where rafts plummet wildly over the edge into the froth below.

### Ice - The Unlikeliest of Exports...

In the 1830s icehouses could be found all along both banks of the **Kennebec River**. The Kennebec competed with ice from the Penobscot River but had brand recognition as ice from the river was known as "*Kennebec Diamonds*" and commanded premium price.

In 1886 the Kennebec shipped a million tons of ice south mostly to New York, but by the 1900s the age of refrigeration was upon the country, and the last sea shipment of ice left the Kennebec in 1919.

In the gorge section you'll negotiate the Class V Exterminator, Staircase and Cribwork rapids through the first 2 miles, and then the excitement continues as you journey 14 miles through a series of steep drops and calmer stretches.

Be warned: You will get excited and you will get wet! But that's why you're doing it right?

People of all abilities and fitness negotiate the river and you shouldn't be concerned if you're not a strong swimmer - the outfitters will provide you with Type V life jackets.

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River trips are full days starting early and finishing late afternoon and on the Penobscot the suggested minimum ages are 15-years-old for the upper section – where the first 2 miles is Class 5 rapids – and 10-years-old on the lower sections of Class 3 and 4 rapids.

During high season you should book your trip well in advance as Maine limits the number of rafters to under a thousand per day per river. All trip guides have to be registered Whitewater Guides and licensed by the State of Maine. Because the trips start early most people elect to stay at the outfitters base area where lodging and camping is available. I'll provide a list of outfitters in the resource section below.

Other rivers in Maine providing white water runs include the Kennebec and the 16-miles of continuous whitewater on Dead River. The suggested ages on the Kennebec are 10-years-old on the upper section and 8-years-old on the lower section, and for Dead River the minimum age is 15-years-old.

The Kennebec River is a great introductory whitewater experience and the most popular with young families in the northeast. From its source at Moosehead Lake the river carves its way through deep and wild gorges along big roller coaster waves on a breathtaking journey to The Forks.

Dead River whitewater adventures begin at Grand Falls and the next 16-miles to the confluence with the Kennebec River is just one continuous heart pounding ride through turbulent waves and Class II to V rapids.

### What is the Class Scale for Rapids?

So you see mention of class numbers for rapids and the question is often - what do the number signify?

The **International Scale** denotes degree of difficulty by the following:

- Class I – Very Easy.
- Class II – Easy.
- Class III – Medium.
- Class IV – Difficult.
- Class V – Very Difficult
- Class VI – Life Threatening.

The **Addison Scale** in the U.S. is used to bring a level of more refinement and detailed description to the International Scale.

For more information [click here](#) (wikipedia.org)

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The white water rafting season is late April through October with a number of local outdoor companies operating organized trips on all the white water rivers. Expect to pay between \$80 - \$150 for a full day rafting trip excluding lodging and meals.

And when you're looking for a gentle pastime then you're also in one of the best fishing spots in New England. The Kennebec River has long had the reputation for world-class fishing with plenty of remote and beautiful stretches where you can boat the finest smallmouth bass all day long.

Other outdoor organized activities to pursue in the region include Lake Kayaking touring – a relaxing form of kayaking – canoeing, rock climbing, hiking, golf, and perhaps the ultimate wilderness experience... just watching the wildlife – there's plenty of it! Spend a few days in the Maine Highlands and its difficult not to spot a Moose – especially if you sign-up for a Moose tour.

If you're looking to rekindle your spirit of adventure while getting a healthy dose of the outdoors then take a White Water rafting trip on any of Maine's wild rivers and rejuvenate your thirst for the wilderness.

\*Please note the minimum ages given here are suggested and when you book with an outfitter be sure to double-check as they may have different age requirements.



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### Locations/Attractions

<a href="#">Baxter State Park</a>	<a href="#">Reviews</a>	<a href="http://baxterstatepark.org">baxterstatepark.org</a>
<a href="#">Mt. Katahdin</a>	<a href="#">Reviews</a>	<a href="#">Mt. Katahdin</a> ( <a href="http://summitpost.org">summitpost.org</a> )
<a href="#">Grand Falls</a>	<a href="#">Reviews</a>	
<a href="#">New England Outdoor Center</a>	<a href="#">Reviews</a>	<a href="http://neoc.com">neoc.com</a>
<a href="#">North Country Rivers</a>	<a href="#">Reviews</a>	<a href="http://northcountryrivers.com">northcountryrivers.com</a>
<a href="#">Northern Outdoors</a>	<a href="#">Reviews</a>	<a href="http://northernoutdoors.com">northernoutdoors.com</a>
<a href="#">Northeast Whitewater / Maine Moose Watching</a>	<a href="#">Reviews</a>	<a href="http://northeastwhitewater.com">northeastwhitewater.com</a>
<a href="#">Moose Country Safaris</a>	<a href="#">Reviews</a>	<a href="http://moosecountrysafaris.com">moosecountrysafaris.com</a>

### More About Featured Location / Lodging

<a href="#">West Forks</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">The Forks</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Millinocket</a>	<a href="#">Map</a>	<a href="#">Lodging</a>
<a href="#">Bingham</a>	<a href="#">Map</a>	<a href="#">Lodging</a>

## The Last Word...

I do hope you've found in this collection of New England events and activities, ideas for memorable vacations and trips, and it'll help you enjoy the magnificent scenery and history of New England.

This is just a small selection of places to see and things to do and for many more ideas and suggestions check out [new-england-vacations-guide.com](http://new-england-vacations-guide.com).

The more people that experience the wonderful things to do in New England the better as far as I'm concerned!