

GLEN HOUSE White Mountains Day Trip



White Mountains

Visit the top of *Mt. Washington* then outlet shop in North Conway or visit *Story Land* with young ones or hike



I highly recommend visiting *Mount Washington* for absolutely incredible views. The highest peak in the northeastern U.S, it attains an elevation of 6,288 feet above mean sea level. The 52-acre Mount Washington State Park surrounds the summit, where visitors will find a multitude of old and modern buildings, once known as the 'City Among the Clouds'.

- Before leaving, check visibility at the top of Mt. Washington. It could be sunny at the haus and cloudy at the top of the mountain. <https://www.mountwashington.org/experience-the-weather/current-summit-conditions.aspx>
Pack a jacket or sweater for the top (the average wind chill in July is 27 deg F. In April of 1934, observers measured a wind gust of 231 mph, which remains a world record for a surface station).
- Leave the House in the morning. Take Rt 2 West into Gorham, NH (perhaps stopping at the antique stores along the way). Make a left onto Rt 16 S. Take this to the Mt. Washington Auto Road. It is about a 40 minute drive from the Haus.
- Note that while the Auto Road is a lot of fun and allows you to stop along the way, it can be an intimidating drive on a road with cliff on one side without guardrails. Timid drivers or passengers should take the guided van or the Cog Railway instead. This also allows the driver to take in more of the scenery.
- Drive or ride to the top, stopping at the vistas along the way, and tour the Mt. Washington Observatory.
- Have lunch in the Lodge at the base of the mountain or in the quaint village of Jackson 10 minutes down the road.
- Continue on Rt 16 S to either: Jackson for lunch (we like the Red Fox), or Story Land (great fun for around 10 and younger), or one of the many Mt Washington hiking trails, or to North Conway for some great outlet shopping in a gorgeous Mountain Valley setting (there are some very good restaurants there as well).
- Have dinner at Salt and Libbys in Gorham on your way home. <https://www.libbysbistro.org/>

Mount Washington General Info:

Mount Washington, the highest point in the U.S. east of the Mississippi River and north of the Carolinas, is located in northern New Hampshire about 40 minutes from the haus.

Mount Washington itself can be reached via the Cog Railway on the west side and the Auto Road on the east side, or by foot on the vast network of hiking trails. The Cog Railway climbs directly to the summit (more or less) on its 3.1-mile track, while the 8-mile Auto Road winds its way up Chandler Ridge on the east side of the mountain.

The summit campus consists of the Sherman Adams Summit Building (which houses the Mount Washington Observatory), the newly-restored Tip Top House, the Yankee Building, WMTW-TV Station & towers, and the Stage Office at the end of the Cog trestle. Below the summit, two large parking lots mark the end of the Auto Road.

Cog Railway – Is a further drive from the house, as you have to drive around the mountain to get to its starting point. The cost is \$49/pp for adults. The round trip cog ride takes approximately three hours, including a 20 minute stop at the summit. Advance ticket purchases are strongly recommended. Call toll free 1-800-922-8825 . It is located on Rt 302, Bretton Woods, Mt Washington, NH 03589

Auto Road - Opened in 1861, the Mount Washington Auto Road is America's oldest manmade tourist attraction and one of the most popular destinations in New Hampshire. As soon as the snow clears in May, the Auto Road opens and guests can travel up to the summit of the highest peak in the Northeast, 6,288-foot Mt. Washington. Take a guided tour in an Auto Road van with an experienced and knowledgeable stage driver and learn about the mountain's ecology, history, legends and lore - or take your own vehicle and receive a free informative audio tour on cassette or CD. Cost is \$18 for car and driver + \$7 for each additional adult. The van tour is \$24 adults, \$10 children 5-12, free under 5. Senior discount

North Conway – A beautiful outlet shopping mecca. Shopping map is located in Berner Haus Guide book.

Story Land – Brochure located in Berner Haus Guide book. Loads of fun for ages 1 – 10 (in my opinion, maybe older kids too).

Mt. Washington Hiking Trails – they are everywhere, but you must purchase a trail permit to park at any of the trail heads. I recommend stopping at the Tuckerman's Ravine base lodge for more info on the area and trails.



GLEN HOUSE

Portland/Light House Tour Day Trip

Portland

Lighthouse tour, lunch on rocky coast, shop/explore the Old Port, dinner on the lobster docks

- Head out in the morning around 8 am for Portland retracing your steps from your trip here.
- Begin the lighthouse tour (directions and info on following pages)
- Go back to the Two Lights State Park when you are ready for lunch, for a great lunch in a romantic yet Steven King like setting on the rocky Maine coast line at the Lobster Shack.
- After lunch and your lighthouse tour, head to the Old Port. Cross back over the Casco Bay Bridge, make a right onto York Street, Make a right onto Fore Street. Go up a few blocks and park.
- Have fun exploring the Old Port. If time allows before dinner, head to the Arts District along Congress Street (see map on following pages). If you have young children with you, you may want to spend the afternoon at the Children's museum.
- When you are ready for dinner, head to Jay's Oyster House on the Portland Pier on the water. It is on a small alley way next to DiMillo's Floating Restaurant. It looks like a hole in the wall, but is a favorite among locals for good reason. You can get a great seafood dinner for under \$30 while eating on the water watching the lobstermen bring in their catch for the day. If you want something more upscale, Street & Co. (33 Warf St *Mediterranean seafood bistro-style restaurant*) has a reputation as the best restaurant in Portland. Perfettos (28 Exchange St *Mediterranean with a new world flair, fresh seafood, inviting pasta & a superior wine list*) is a another favorite of mine. Another is Walter's (15 Exchange St. *An eclectic menu makes this trendy Portland restaurant very popular*).
- After dinner, head home for a nightcap in the hot tub.



The Portland Headlight - Viewable across the bay from The Lobster Shack. The Headlight, first lit in 1791, is considered to be the most photographed lighthouse in the world.

How To Visit Five Lighthouses Near Portland, Maine

The Portland area is lucky to have five lighthouses within 20 minutes of the City. Here's a driving tour to see all five.

Difficulty: Easy

Time Required: 2 hours

Here's How:

1. Take Rt 26 south as you came, to the Maine Turnpike.
2. Take exit number 7- toward I-295/ SO. PORTLAND/ US-1/ ME-9. 0.75 miles . Merge onto MAINE TURNPIKE AUTHORITY APPROACH RD. 0.50 miles. Merge onto I-295 N toward PORTLAND. 1.83 miles. Take the US-1 N exit- exit number 4- toward PORTLAND/ WATERFRONT. 0.64 miles. Stay straight to go onto US-1 N/ BLUE STAR MEMORIAL HWY. 0.62 miles. Enter next roundabout and take 1st exit onto US-1A N. 0.86 miles . Turn LEFT. 0.22 miles . Turn SLIGHT RIGHT onto CASCO BAY BRIDGE/ ME-77.
3. Take the Casco Bay Bridge and follow Route 77 South towards Cape Elizabeth.
4. Approximately one mile south of Cape Elizabeth's town center (you'll see an IGA store on your right in town center), turn left at the sign for Two Lights State Park and follow to the lighthouse.
5. Retrace your steps back to Route 77 in Cape Elizabeth, turn right on Route 77 and follow to the town center, then turn right onto Shore Road.
6. Follow Shore Road approximately 3 miles, turn right at the sign for Fort Williams, and follow the road to the end, to Portland Head Light, the most photographed lighthouse in the country.
7. Before leaving, observe Ram Island Light at the entrance to Portland Harbor off Portland Head.
8. Retrace your route back out to Shore Road and turn right, then veer right again onto Preble Street (at the Irving Station).
9. Follow Preble Street through Willard Square approximately 1/2 mile, turn right onto Fort Road, and follow to the campus of the Southern Maine Technical College.
10. Drive through the campus to the Portland Harbor Museum and walk along the granite wall to Spring Point Light.
11. Retrace your route through campus, turn right at the campus stop sign, and right at the stop sign at Spring Point Marina.
12. Continue past the industrial section of town, keeping the breakwater on your right, to Bug Light at the end of the road.
13. To return to Portland, follow Broadway from Bug Light back into town.

Tips:

1. Take your camera. You'll have some great photo opportunities.
2. Take your binoculars.
3. Plan for lunch at the Lobster Shack at Two Lights State Park and have a lobster meal within view of the lighthouse and the sound of crashing surf.

Portland Head Lighthouse

Most Photographed Lighthouse in America



The coast of Maine is riddled with rocky outcroppings, reefs, ledges, and small islands, making navigation dangerous and challenging. For hundreds of years, lighthouses on the mainland have helped guide ships safely into harbors, and those on barren rocks in the ocean have helped ships avoid treacherous shoals and ledges. Portland Head Light is the oldest of Maine's 66 lighthouses. It was built during the presidency of George Washington and is the oldest operating and most photographed lighthouse in America. The grounds of the lighthouse provide all you could ask for: an historic lighthouse in a spectacular setting, crashing surf, an old fort, a beach, and the ruins of an old stone mansion can all be found at Fort William Park, home to Portland Head Light.

The park offers something for everyone: history buffs can explore the fort's remains; nature buffs can walk along the cliffs that drop to the sea; families can picnic on grassy hills, play frisbee, or fly kites; lighthouse buffs can visit the lighthouse, museum, and gift shop; and everyone can enjoy the breathtaking views of Portland Harbor and Casco Bay. Even in winter, the park draws people who cross-country ski, sled, or ice skate on the pond. On a windy day at high tide, the surf pounds the rocky ledges surrounding the lighthouse, churning into white foam. Photography buffs will find many different perspectives from which to photograph the lighthouse and the rocky promontory on which it sits.

If you'd like to get a different perspective on Portland Head Light, try taking one of the cruises offered around town, like Bay View Cruises' Casco Bay/Portland Headlight/Seal Watch Cruise (June through September) from Fisherman's Wharf on Commercial Street.

Fort Williams Park, just four miles from downtown Portland in Cape Elizabeth, is open from sunrise to sunset, year round. There is no admission fee. The former Keepers' Quarters is now an award-winning museum that contains several lighthouse lenses and interpretive displays. Next to the lighthouse is a shop that sells gifts related to Maine and lighthouses. Both the museum and the shop are open in season.



Lighthouses of Maine: Quoddy Head Light

The bold, beautiful section of Maine coast known as Downeast is often referred to as the Sunshine coast because Lubec is the first spot in the US to see the rising sun. This area is just a few hours' drive from Portland and southern Maine, and well worth the trip. Lubec, "where America greets the day," is home to the much photographed West Quoddy Head Light, with its distinctive cylindrical red and white [candy striped tower](#) which overlooks the Bay of Fundy. If you stepped into the water below the lighthouse, you'd be in another time zone (Atlantic time zone).

In 1858, the existing lighthouse replaced the original lighthouse, which was built in 1808. The tower is 49 feet high and sits on a cliff 34 feet above the crashing sea, placing the lighthouse's 3rd Order Fresnel lens 83 feet above sea level, where it can be seen for 18 nautical miles.

Lubec is located on Route 189, 11 miles off Route 1. It's well worth the short drive from Lubec over the Canadian border to Campobello Island, home to the summer "cottage" of former US president Franklin Roosevelt and his wife Eleanor. You can take a self-guided tour (free) of the house and the exquisitely maintained grounds with their breathtaking view of the Bay of Fundy.

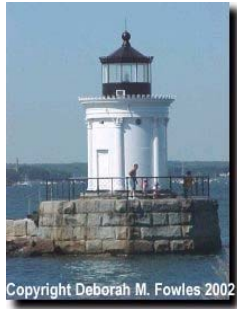
At the end of Campobello Island, just a few minutes by car, is [East Quoddy Head Light](#), which sits on a stunning point of land where bald eagles soar overhead and the emerald green of spruce-covered islands is offset by the brilliant blue waters of the Atlantic. At low tide, you can climb down a steel ladder attached to the rocky cliff and walk across rocks that are on the ocean floor when the tide is high. Be sure to check local tide tables to prevent being stranded on the island.

West Quoddy Head Light is on the grounds of Quoddy Head State Park, a 480 acre park with picnic areas, a trail along the rocky coast, and a trail through unique Quoddy Head Bog. Whales and seals can be seen cavorting in the waters off Quoddy Head, and bald eagles nest nearby.

The Lubec Narrows is a constricted passage between Lubec and Campobello Island. During the changing of the tides, billions of tons of water pass through the Narrows, creating what's referred to as the "World's Largest Flush Toilet" as the incoming and outgoing tides collide.

If you have time on your return trip back down the coast, drive along the Schoodic Peninsula, a primitive and rocky peninsula that is part of Acadia National Park. Other places worth visiting on the return trip include Bar Harbor and Cadillac Mountain in Acadia National Park.

Lighthouses of Maine: Bug Light This Unique Lighthouse Resembling a Greek Monument Sits Along a Scenic Waterfront Walkway



If you like walking, jogging, biking, or rollerblading, and you enjoy being near the ocean, try the scenic Spring Point Shoreway, which runs from Fisherman's Point to Bug Light Park in South Portland, and includes Willard Beach, the remains of Fort Preble, and the Spring Point Lighthouse.

The Shoreway connects to the South Portland Greenbelt, a three-mile paved walkway that hugs South Portland's waterfront and winds through several neighborhoods. The Greenbelt in turn connects to Portland's Harbor Walk Trail over the Casco Bay Bridge and along the Portland waterfront to East End Beach on the Eastern Promenade.

One of the highlights of the Spring Point Shoreway is the Portland Breakwater Light, affectionately referred to as Bug Light due to its small stature. The lighthouse was built in 1875 of cast iron with a brick lining on a granite block foundation. The light was discontinued in 1942 when all the lighthouse beacons were dimmed for security reasons during World War II, and was never relit until 2002, when the Coast Guard added a solar-powered light.

The lighthouse is unique because it's believed to be the only lighthouse in the world shaped like a fourth-century Greek monument. Four Corinthian columns held up the lens. The keeper's quarters were removed in the 1930s.

The lighthouse now sits in a town park at the site of a former shipbuilding complex where Liberty ships were once built. You can park your car (free) and stroll the walking path, enjoy salt water fishing, walk to the lighthouse at the end of a short granite breakwater, or just relax on a bench and view the activity in Portland's bustling harbor. Restrooms and a boat launch are available at the park.

To reach Bug Light from Portland, go over the Casco Bay Bridge (off State Street) and go straight at the set of lights at the end of the bridge. You'll be on Broadway. Follow Broadway East and turn left onto Pickett Street. Continue past an industrial area and turn right just before the boat launch booth. Follow the road until you come to the parking lot next to the lighthouse.

For a different perspective, take a cruise out of Portland Harbor and cruise past several lighthouses, ruins of old forts, islands, beaches, and other scenic sites.

The Old Port

Portland's Historic Waterfront District

Portland's Old Port is one of the most successful revitalized warehouse districts in the country. Seamlessly connected to the waterfront, the Old Port is both working waterfront and a chic shopping, dining, and entertainment district.

Taking a walk at the water's edge along Commercial Street provides a window into the working waterfront. Just steps from the water, one can stroll the cobblestone streets and experience the quaint charm of this district. The boutique shopping, one-of-a-kind stores, restaurants serving Maine's famous lobster dishes or the latest nouveau cuisine, and a vibrant nightlife are all unparalleled to any other New England city.

The smell of the sea air, the sound of a foghorn, and the chatter of seagulls add to an atmosphere that is undeniably Portland, undeniably Maine.

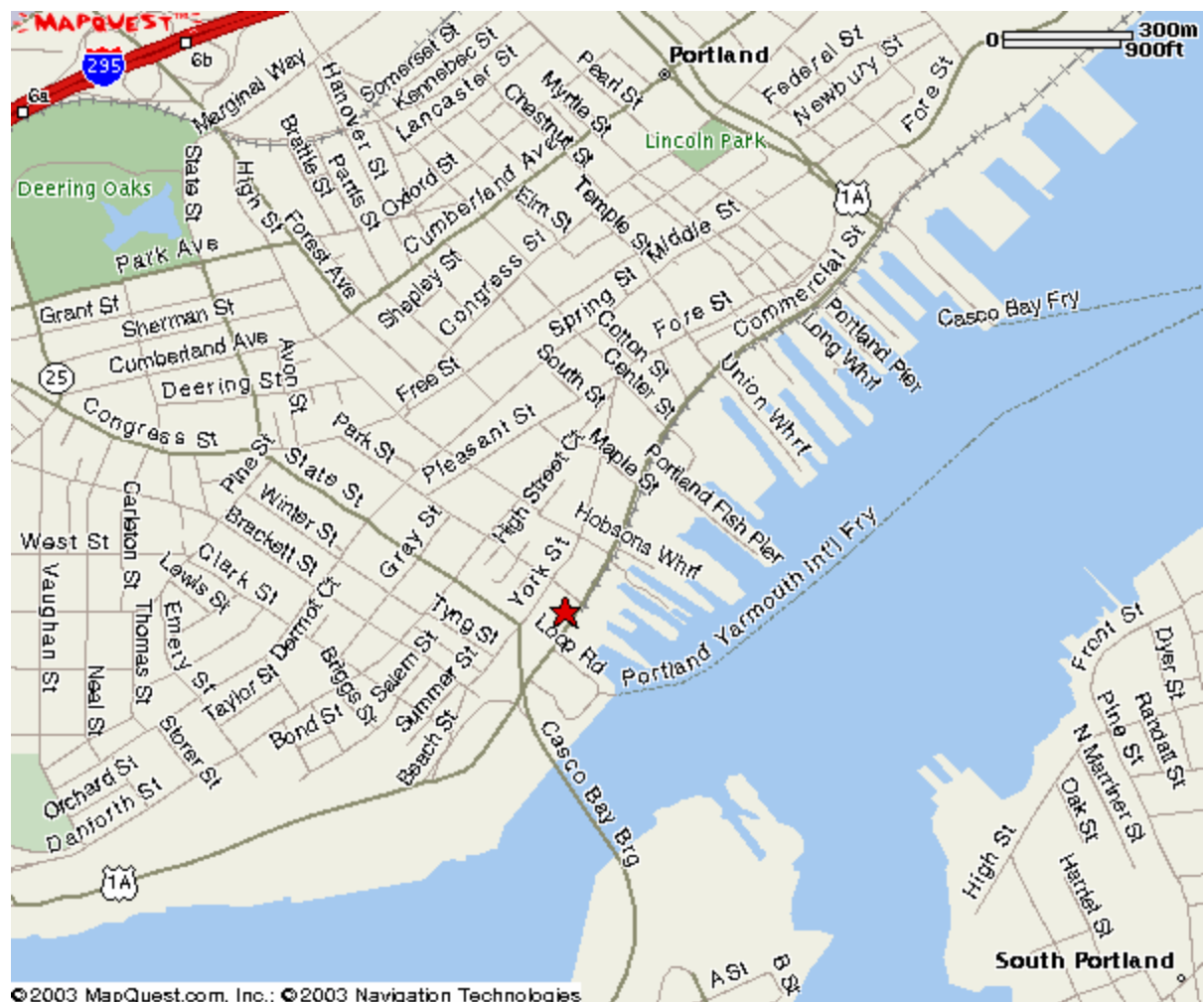
The Arts District

Portland's Cultural Center

Uptown, a few blocks from the waterfront, is Portland's secret treasure—the Arts District. With Congress Street as its spine, this once traditional shopping street has turned into a mecca of art galleries, antique shops, and artist studios. The world class Portland Museum of Art, the Children's Museum of Maine, the Institute of Contemporary Art at the Maine College of Art, the Center for Cultural Exchange, the State Theater, the Portland Stage Company, the Center for Maine History, and the stunningly-renovated Merrill Auditorium all line Congress Street.

Walking Congress Street provides a glimpse of office buildings intermingled with historically preserved buildings. The Wadsworth-Longfellow House is the 19th century childhood home of the poet. The First Parish Church has an original cannon ball from the revolutionary war as a chandelier. Portland's City Hall was built by Carrere and Hastings, best known for their design of the New York Public Library. And, Portland High School is the oldest standing high school in the country. If you listen closely, you can hear history continuously in the making.







Glen House
www.SundayRiverRentals.com
Day Trip #4



Rangeley
Hike, lunch at waterfall, swimming, moose watching

- Call the Good Food Store to order sandwiches for lunch or pack your own picnic lunch. Pack a bathing suit and towel, beach shoes and walking/hiking shoes.
- Start out in the morning to Coos Canyon.
- Take Rt 2 east to Rumford. Follow the signs for Rt 2 through Rumford/Mexico and make a left onto Rt. 17 N.
- Take this windy road 10.5 miles to Coos Canyon. Here, the Swift River carved a 1500-foot long, 25-foot deep canyon from the bedrock, and polished the rock in a unique fashion. For a close look, walk down to the canyon from the parking area. Panning for gold is a popular activity here. There have reportedly been some sizable chunks found!
- Continue north through Houghton several miles to the pullout at Beaver Pond, where a two-mile hike through hardwood forest will take you to the cascading, 90-foot Angel Falls, the tallest waterfall in Maine. This 1.25-mile hike is of easy to moderate difficulty and good for the whole family. My almost 2-yr-old did most of the trail by himself, just needing help climbing on some of the rocks crossing the stream.
- To get to Angel Falls: continue on Rt 17 N approximately 3 miles (very approx. going by memory). Just after a long field on the left, make a left onto a dirt road (Bemis Rd). 3.8 miles down, you will see a slightly washed out dirt road on your left. Take this road to the end and park. The trail for Angel Falls is marked with red paint on the trees. Bring your lunch to enjoy on the rocks at the falls.
- Several miles north of Beaver Pond, you enter an area known as Township D. The road climbs higher and higher and curls around Spruce Mountain to a spot where the trees fall away to reveal a breathtaking panorama below. This is one of the most dramatic scenic turnouts in the State, known as Height of Land, overlooking Mooselookmeguntic Lake, which stretches from the north to south in the foreground and joins Cupsuptic Lake in the distance. Bald Mountain rises 1000 feet to the north and Upper Richardson Lake sparkles to the south.. Many maps don't show this spot, but DeLorme's Maine Atlas does. With or without a map, you'll know when you've reached this spot, which is near the Appalachian Trail marker.
- Continue north on Route 17 turning east on Route 4 to explore the town of Rangeley, which sits at an altitude of nearly 2000 feet, then either stay downtown at the Lakeside Park (beach with dock & slide & changing area) or head south on Route 4 to the turn-off for South Shore Drive at Greenville Cove. South Shore Drive will take you to Rangeley Lake State Park. The park has a sandy beach with views of surrounding mountains and sparkling Rangeley Lake, children's play area, changing

area and hiking trails. If you didn't have lunch at Angel Falls, the beach is also a good spot.

- Have dinner at one of the great restaurants in Rangeley, leaving 2 hrs before sunset to begin your moosewatching tour.
- Leave Rangeley via Rt 16 W. Keep your eyes out for moose the whole trip home. You are bound to see some. Dusk is the best time to see moose, and swampy areas along the side of the road are prime locations so slow down in these types of areas. The moose often come to the ponds to feed on potassium rich aquatic plants in the early evening. They often take a late afternoon dip to get a break from the bugs, too!
- Continue on Rt 16 approximately 40 miles from downtown Rangeley.
- In Errol, NH, make a left onto Rt 26 S.
- Once you enter Grafton Notch State Park, pay particularly close attention to moose. They are abundant here at dusk.
- Stop at Screw Auger falls for a quick view of the gorgeous bedrock carvings left by icebergs long ago. It is a roadside stop with no hiking involved and definitely worth the stop!
- Continue on Rt 26. At the end make a right on Rt 2. You are almost home now!
- Make a right at the Sunday River Brewing Company. You know the way from here.