

Local Attractions

Four Seasons of Adventure Await in the Bethel/ Newry/ Sunday River Area.

Whether you crave snowy thrills, splashy summer fun, or cozy fireside escapes, **there's no off-season here—just endless ways to play.**

In winter, carve through world-class ski trails, ride snowmobiles deep into the woods, or mush your way through the mountains on a dog sled. When the snow melts, it's time for world class golf, whitewater rafting, hiking to waterfalls, and paddling peaceful rivers. Fall brings a blaze of color, epic foliage drives, and Maine's most charming harvest festivals. And all year long? Think spas, breweries, bowling, stargazing, moose tours, museums, and more. Every season is packed with unforgettable experiences.

Perfect for families, retreats, adventurers—and anyone who loves discovering something new.

And that's *if* you can tear yourself away from everything waiting for you right at **The Glen House**.

 Explore activities by season below!

Sunday River Area Activities Guide

Year-Round Activities

| Activity | Description | More Info |
|----------------------------|---|---|
| Maine Mineral & Gem Museum | World's largest lunar meteorite collection and interactive exhibits. | Maine Mineral & Gem Museum |
| Personal Chef | Perhaps a make your own pizza night for the kids then a 5 course gourmet meal for the adults? Or a pool side traditional Maine Lobster Bake? Treat your group to a Glen House private chef! | See the Confirmed Guest Recommended Vendor List |
| Bethel Adventure Tours | Guided adventures year-round: hiking, mountain biking, paddling, snowshoeing, ski touring, winter fat biking, birdwatching, and nature trips | Bethel Adventure Tours |
| River Lanes Bowling | Bethel's bowling alley, arcade, billiard hall, and sports bar. | River Lanes Bethel |

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| The Gem Theater | Independent cinema w/ pizza & craft beer; first-run + classic films; occasional live events. | The Gem Theater |
| Local Craft Breweries | Sunday River Brewing & Steam Mill Brewing. | Sunday River Brewing Co. Steam Mill Brewing |
| Local Events | Check the local & resort events calendar. There is always something going on! | Sundy River Events Calendar Bethel Events Calendar Mt Abram Music Schedule Events |
| Oxford Casino | 24/7 slots & tables; dining; ~50 min from Bethel (easy evening trip). | Oxford Casino |
| Outdoor Guides | Hire an outside Guide for any outdoor activity you can imagine! From Fly fishing to Ice Fishing, Hiking waterfalls to Ice Climbing. They know the area and do it all. | Local Maine Guides Chamber Guide |
| Spas & Wellness | Yoga, massage, facials, mani/pedis, concierge spa services at Glen House and local Spas. | Jordan Spa at Sunday River See Confirmed Guest Vendor List for lots more |
| Fitness Gym | FREE 24/7 gym membership included with your Glen House rental | Peak Mtn Fitness |
| Shopping & Galleries | Boutique stores, art galleries, gifts. | Bethel Shopping Guide Sunday River Shopping North Conway Outlet Shopping Freeport Outlets and LL Bean |
| Valentine Farm Conservation Center | 150-acre oasis. 1.2 mile accessible trail that is perfect for all ages and abilities, and the Habitat For All Garden | Valentine Farm |
| Skeet & Trap Shooting | Skeet, trap, sporting clays at clubs in Fryeburg, Harrison, and Sidney. | Arnold Trail Gun Club Beaverbrook Sportsmen's Club Find a Shooting Range |
| Bethel Historical Society | Historical Museums and walking tours | Historical Society |



Winter Activities

| Activity | Description | More Info |
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| Skiing/Snowboarding at Sunday River | Ski 135 trails across 8 peaks with top snowmaking, terrain for all levels, and après-ski options. | Sunday River – Skiing & Snowboarding |

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| Skiing/Snowboarding at Mt. Abram | Smaller ski area with 44 trails, affordable tickets, and a friendly vibe. | Mt. Abram Ski Resort |
| Cross-Country Skiing | Groomed trails at Bethel Village Trails and Carter's XC. | Carter's XC Ski Center Bethel Village Trails |
| Snowshoeing | Trek Mt. Will, Valentine Farm, or go guided. | Bethel Adventure Tours Bethel Village Trails Valentine Farm Frenchmans Hole Trails Artist's Bridge trail |
| Snowmobiling | Access to over 1,000 miles of trails. | Northeast Snowmobile Trail Map |
| Dog Sledding | Mushing trips; learn to drive a team; scenic forest & lake routes. | Mahoosuc Dog Sled Trips Canton ME Dogsledding |
| Skijoring | XC skiing with dog power at Carter's or Bethel Village Trails. | Skijoring in Maine Carter's XC Ski |
| Snow Tubing & Sledding | Tubing park at Mt. Abram; sledding hills at the Glen House | Mt. Abram Tubing Bethel Rec / Town Info Black Mtn Tube Park |
| Ice Skating | Outdoor rink in Bethel (free). | Bethel Ice Rink |
| Ice Fishing | Heated shacks, gear & instruction; chase trout, salmon, bass on local lakes. | Orion Outfitters – Ice Fishing |
| Horse-Drawn Sleigh Rides | Group or private sleigh rides; also offered free from Bethel Inn on select evenings | Deepwood Farm Sleigh Rides |
| Snow Fat Biking | Fat Biking on Snow | Fat Biking Links Fat Biking Adventures |
| Apres and Night Life | Music and Fun | On Mountain Matterhorn Ski Bar The Igloo |
| Bethel WinterFest | Snow sculptures, sledding hill, music, and games. | Bethel WinterFest |
| Fireworks | All Season Long | Schedule |
| Ice Climbing | Guided | Equinox |

Spring/Summer Activities

| Activity | Description | More Info |
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| Hiking in Grafton Notch | Trails to waterfalls and summits like Table Rock and Old Speck. | Trail Links Sunday River Hiking Trails Mount Will – Nichole the Nomad Rumford White Cap – CassieMason Blog |

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| Golfing | Courses at Sunday River Golf Club (on which the Glen House is located) and Bethel Inn. | Sunday River Golf Bethel Inn Golf |
| Waterfalls & Swimming Holes | Cool off at Frenchman's Hole waterfall, cliff jumping, cascading falls & pools, gorges, scenic roadside geologic features | Swimming Holes Guide Frenchmans Hole Screw Auger Falls Step Falls |
| Golf (Mini & Disc) | Championship golf, mini-golf & disc golf courses. | Big Adventure Mini Golf Pine Acres Disc Golf |
| Mountain Biking & Rentals | Lift-served downhill and scenic cross-country trails. | Mt. Abram Bike Park Mtn Biking Links Woods & Trails Barker Mtn Bike Rentals |
| Whitewater Rafting | Family Class II-III (Androscoggin) to higher-octane Class IV (Rapid/Kennebec day trips). | Northern Waters Rafting Northern Outdoors |
| Canoeing & Kayaking | Canoe/kayak river trips, wildlife viewing; shuttle service on the Androscoggin. | Bethel Adventures Outdoor Adventures Maine River Runners Lake Umbagog Wildlife Refuge Kayak tours |
| River Tubing | Chill summer float in tubes; rentals & shuttle available. | River Tubing Info Maine River Runners |
| Mountain Biking | Chairlift accessed trails; bike rentals; mountaintop picnics or trail biking around Bethel Community Forest.. | Inland Woods + Trails Biking Mt. Abram Bike Park |
| Boating on Sebago Lake | Rent pontoon, ski, fishing boats, PWC, kayaks, canoes, paddle & inflatable fun on Maine's second-largest lake. | Sebago Lake Boat Rentals Dingley's Wharf – Pontoon & Jet Ski Sebago Lake Marina Rentals |
| ATV & UTV Riding | Rentals and guided rides into the backwoods. | Northeast ATV Rentals ATV Rentals in Berlin NH |
| Horseback Riding | Trail rides with Deepwood Farm. | Deepwood Farm |
| Moose & Wildlife Safaris | Evening tours to spot moose and wildlife or self guided | Gorham Moose Tours Nature Tours Where to see wildlife |
| Gem Sluicing & Rock Hounding | Choose a to sort, screen and wash. Gems in every bucket | Gem Sluice Dig Maine Gems Maine Mineral Museum |
| Ziplining & Aerial Parks | Canopy Tour at Bretton Woods. | Bretton Woods Canopy Tour |

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| | | Cranmore Aerial Adventure Park |
| Paddleboarding & SUP | Flatwater paddling and lake tours. | Maine River Runners |
| Axe Throwing & Archery | Target fun at Sunday River Outfitters. | Ax Throwing |
| Scenic Chairlift Rides | Chondola rides to North Peak; views, light hiking, summit snacks (dogs welcome). | Scenic Chairlift Rides |
| Stargazing | Clear dark skies ideal for Milky Way and occasional aurora borealis viewing. | Dark Sky Maine Stargazing in Maine |
| Farm Tours & Markets | Local farms and Bethel Farmers' Market. | Middle Intervale Farm Bethel Farmers Market Saturdays |
| Archery | Archery 60 min sessions | Archery |
| Rock Climbing | Guided | Equinox |

Fall Activities

| Activity | Description | More Info |
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| Foliage Drives | Scenic color drives on Route 26 and Grafton Notch. | Maine Fall Foliage Reports Scenic Drives More Scenic Drives The best views are right at the Glen House! |
| Fall Festival at Sunday River | Columbus Day Wknd: live music, craft fair, beer tent & Wife Carrying Championship | Fall Festival Info |
| Apple Picking | Sparrowhawk Orchard and others nearby. | Sparrowhawk Orchard Gibson's Apple Orchard |
| Scenic Fall Chairlift Rides | Chondola weekends during foliage; sweeping valley color views. | Scenic Chairlift Rides |
| Harvest Festivals | Mid-Sept town fest; artisan market; chowder tasting competition; live music & kids' fun. | Sundy River Events Calendar Bethel Events Calendar |
| Fryeburg Fair | Maine's largest agricultural fair. | Fryeburg Fair |
| Fall Hiking & Biking | Brilliant trails for leaf-peeping adventures. | Woods & Trails Network Barker Mtn Bike Rentals |
| Covered Bridge Tours | Artists' (Sunday River) Covered Bridge framed in peak color; easy access drive/photo stop | Sunday River Bridge Info |
| Antiquing | Visit area Antique shops | Steam Mill Antiques |

Day Trips (Within ~2 Hours)

| Activity | Description | More Info |
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| Oxford Casino | 24/7 gaming with slots, poker, and dining. | Oxford Casino |
| North Conway, NH | Outlet shopping, scenic railway, Cathedral Ledge, Echo Lake. | Visit North Conway Settlers Green Conway Railroad Echo Lake State Park |
| Amusement Parks – NH | Story Land, Santa’s Village, Canobie Lake Park, Kahuna Laguna. | Story Land Santa’s Village Canobie Lake Kahuna Laguna |
| Mount Washington | Auto Road, Cog Railway, summit trails & museum. | Mt. Washington Auto Road Cog Railway tickets/info Mount Washington |
| Whitewater Rafting (The Forks, ME) | Raft the Kennebec or Dead Rivers. | Northern Outdoors – Kennebec Rafting Crab Apple Whitewater Rafting Three Rivers Whitewater Northeast Rafting & Tubing |
| Sebago Lake Boating | Pontoon, ski boat, and jet ski rentals. | Sebago Rentals Dingley’s Wharf Sebago Lake Marina Rentals |
| Route 26 Scenic Byway | Drive through Grafton Notch with scenic stops and waterfalls. | Scenic Byway Info Grafton Notch |
| Top Hikes Near Bethel | Mount Will, Table Rock, Rumford White Cap, Step Falls. | Top Hikes Guide Rumford White Cap Step Falls Preserve |
| Covered Bridge Tour | Explore Artists' Bridge and scenic bridges. | Bethel Covered Bridges |
| Franconia Notch State Park | Tram ride, Flume Gorge, The Basin, Lonesome Lake Trail. | Franconia Notch |
| Portland & Cape Elizabeth | Visit Portland Head Lighthouse, wander the Old Port, enjoy seafood & cultural events. | Portland Observatory (landmark) Portland Food & Lighthouse Tours Fort Williams Old Port Self Guided Lighthouse tour |
| Bar Harbor / Acadia NP | Tour Cadillac Mountain, stroll Shore Path, take a lobster boat or whale-watching cruise in Bar Harbor. | Acadia National Park |
| Mount Desert & Lighthouse Cruises | Explore Bar Harbor or head offshore to Mount Desert Light Station aboard chartered boat. | Mount Desert Light Station |

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| Casco Bay Island Ferry to Peaks Island | Summer ferry rides to islands near Portland with beaches, trails, rentals. | Peaks Island |
| Cranmore Mountain | Summer alpine coaster, zipline, giant swing, scenic lift. | Cranmore Mountain Adventure Park |