



## Acadia National Park: Hike, Kayak & Coastal Views

**DURATION** | 5 Days

**TRIP LEVEL** | Level 3 - Dynamic

# Trip Overview

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Discover the wild beauty of coastal Maine on this immersive journey through Acadia National Park, where rugged shorelines, pine forests, and ocean breezes set the stage for connection and adventure. From scenic hikes and e-biking historic carriage roads to kayaking through working oyster farms, each day blends active exploration with meaningful local experiences. Stay in elevated glamping accommodations under the stars and share unforgettable moments with like-minded women. Whether watching sunrise from Cadillac Mountain or spotting puffins offshore, this is a trip designed to awaken your senses, deepen your perspective, and celebrate the joy of adventure together.

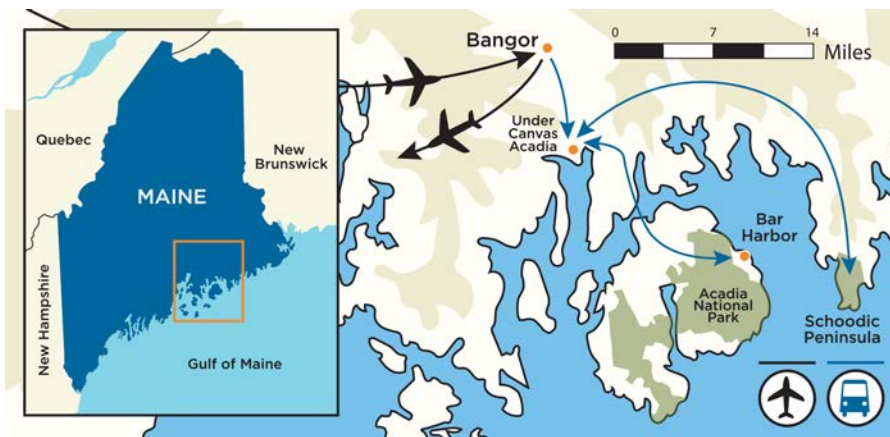
# Trip Highlights

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- Explore Acadia from every angle; hike rocky coastlines and forested trails, enjoy a relaxed e-bike ride, and visit the Abbe Museum offering insight into the heritage and living culture of the Wabanaki people.
- Paddle through calm, wildlife-rich waters to a woman-owned oyster farm, where you'll glide directly through the working aquaculture site.
- Catch a legendary sunrise from the summit of Cadillac Mountain and spot Atlantic puffins in their natural habitat.

# Map View

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Arrival: Arrive at Bangor Airport (BGR) by 2:00 PM on day 1  
Departure: Depart from Bangor Airport (BGR) after 5:00 PM on day 5



# Trip Itinerary

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## Day 1

### Welcome to Acadia

Arrive at Bangor Airport (BGR) by 2:00 PM, where your guides welcome you for a scenic transfer to Mount Desert Island. En route, pause for sweeping coastal views and a quick stop for any last-minute essentials before settling into your stylish glamping retreat. This evening, gather for a relaxed welcome dinner—your first opportunity to connect, unwind, and share the excitement of the adventure ahead. Together, toast the journey and savor the sense of place that defines this unforgettable Acadia escape from the very start.

Meals: dinner | Overnight: Under Canvas Acadia



### Under Canvas Acadia

Under Canvas Acadia offers a glamping experience just minutes from Acadia National Park on Maine's stunning Mount Desert Island. Nestled among towering pines and the rugged beauty of the Maine coast, guests stay in safari-inspired canvas tents outfitted with plush bedding, wood-burning stoves, and private en-suite bathrooms. Instead of traditional electricity, tents are equipped with rechargeable battery packs that power fans and provide USB ports. You can choose between a King-Size Bed or a Queen-Size Bed-Sofa.

Amenities: complimentary toiletries, private bathrooms, rechargeable battery packs. Please note that there is no Wi-Fi



# Trip Itinerary

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## Day 2

### Hike & E-Bike Acadia

Today reveals Acadia from every angle. Start with a guided coastal hike, tracing rugged shoreline and forested paths while your expert shares insights into local wildlife, geology, and the region's rich human story. After a relaxed group lunch, switch gears and set out by e-bike along the park's famed carriage roads, effortlessly covering scenic terrain. This afternoon, return to Bar Harbor for a docent-led visit to the Abbe Museum, then enjoy a flexible evening with dinner at your leisure, wherever inspiration leads. Typical Hike: 1.9 miles, Elevation Gain/Loss: 272 ft. E-bike along flat carriage roads for approx. 2 hours with opportunities to stop along the way. NOTE: Hikes are tailored to each group and subject to change.

Meals: breakfast, lunch | Overnight: Under Canvas Acadia



# Trip Itinerary

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## Day 3

### Hike, Kayak, and Taste the Coast

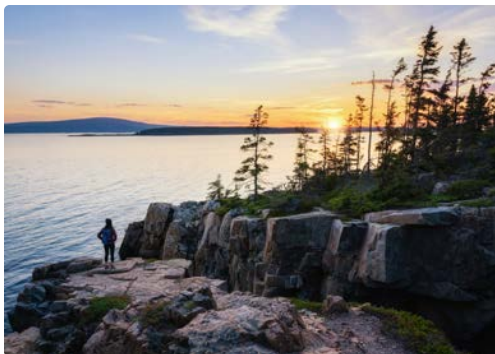
Begin with a scenic morning hike in Acadia, then ease into an unforgettable afternoon on the water. Paddle through calm, wildlife-rich coastal waters, glowing in the shifting light, en route to a woman-owned oyster farm. Kayak right through the working beds for a rare, immersive look at sustainable aquaculture. Enjoy freshly shucked oysters served from your kayak as you hear firsthand stories of life on the water. Lunch with your group will be separate to accommodate any allergy or specific dietary preferences. Return inspired, with the evening free to dine wherever you choose. Typical Hike: 1.6 miles. Terrain may include steep granite slabs, iron rungs and ladders. Elevation Gain/Loss: 508 ft. NOTE: Hikes are tailored to each group and subject to change.

Meals: breakfast, lunch | Overnight: Under Canvas Acadia



# Trip Itinerary

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## Day 4

### Schoodic's Wild Beauty

Today, venture to the Schoodic Peninsula—Acadia's quieter, more untamed side—where granite cliffs rise above the open Atlantic and the crowds fall away. Hike through fragrant spruce forest and along dramatic shoreline, with time to reflect, connect, and fully absorb the power of this landscape. It's a day to slow down and savor the moment. This evening, gather for a memorable farewell dinner, celebrating the journey and the bonds formed along the way. Typical Hike: 3.8 miles. Terrain may include forested slopes, rocky ledges and open summits. Elevation Gain/Loss: 561 ft. NOTE: Hikes are tailored to each group and subject to change.

Meals: breakfast, lunch, dinner | Overnight: Under Canvas Acadia



# Trip Itinerary

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## Day 5

### Sunrise, Puffins, & Farewell

Rise before dawn for a breathtaking start atop Cadillac Mountain, where the first light in the U.S. paints the sky in soft hues over the Atlantic. Afterward, enjoy lunch before boarding Maine's original puffin boat for a scenic cruise toward Petit Manan Island. Scan the waters! You may see puffins, seals, and seabirds as a historic lighthouse rises from the sea. This afternoon, transfer to Bangor Airport (BGR), departing with lasting memories, deep connections, and a renewed sense of adventure. Please do not book a flight earlier than 5 PM ET. Typical Hike: 3.3 miles. Terrain is mostly flat mix of gravel paths, boardwalks and uneven shorelines. Elevation Gain/Loss: 131 ft. NOTE: Hikes are tailored to each group and subject to change.



# What's Included

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## What's Included

- Accommodations as per itinerary based on double occupancy
- One airport group transfer on scheduled arrival and departure days
- All meals, as listed in the itinerary
- Activities as indicated in the itinerary
- English-speaking guide(s) throughout the trip
- Guided sightseeing and activities as indicated in the itinerary
- An alcoholic drink at the Welcome and Farewell dinner
- All ground transportation
- Entrance fees

## Not Included

- Domestic airfare
- Items of a personal nature
- Meals not specified in the itinerary
- Fees for passports, visas, immunizations
- Travel Insurance: cost of medical expenses, hospitalization, evacuation
- Alcoholic beverages (unless otherwise specified)
- Optional activities
- Gratuities

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

