

MAINE



GLOBAL EDUCATIONAL CONCEPTS



For more information about MAINE, click here: www.maine.gov

MAJOR CITIES:

Middle Maine	Bangor, Augusta
West Maine	Andover
East Maine	Littleton, Bridgewater
South Maine	Kennebunkport, Portland

MAINE – CLIMATE

Maine has a humid continental climate (Köppen climate classification *Dfb*), with warm and sometimes humid summers, and long, cold and very snowy winters. Winters are especially severe in the Northern and Western parts of Maine, while coastal areas are moderated slightly by the Atlantic Ocean, resulting in slightly milder winters and cooler summers than inland areas. Daytime highs are generally in the 75–80 °F (24–27 °C) range throughout the state in July, with overnight lows in the high 50s °F (around 15 °C). January temperatures range from highs near 30 °F (–1 °C) on the southern coast to overnight lows averaging below 0 °F (–18 °C) in the far north.

The state's record high temperature is 105 °F (41 °C), set in July 1911, at North Bridgton. Precipitation in Maine is evenly distributed year-round, but with a slight summer maximum in northern/northwestern Maine and a slight late-fall or early-winter maximum along the coast due to "nor'easters" or intense cold-season rain/snow storms. In coastal Maine, the late spring and summer months are usually driest—a rarity across the Eastern United States. Maine has fewer days of thunderstorms than any other state east of the Rockies, with most of the state averaging less than 20 days of thunderstorms a year. Tornadoes are rare in Maine, with the state averaging fewer than four per year, although this number is increasing. Most severe thunderstorms and tornadoes occur in the Sebago Lakes & Foothills region of the state. Maine

rarely sees the effect of tropical cyclones, as they tend to pass well east and south or are greatly weakened by the time they reach Maine.

In January 2009, a new record low temperature for the state was set at Big Black River of -50°F (-46°C), tying the New England record.

Annual precipitation varies from 909 mm (35.8 in) in Presque Isle, to 1,441 mm (56.7 in) in Acadia National Park.

CULTURAL ACTIVITIES

Click on this site for more cultural activity ideas:

<https://visitmaine.com/things-to-do>



- **[Acadia National Park](#)**

The rugged and beautiful stretch of coastline that is set aside as Acadia National Park also surrounds a large inland region of lakes, streams, and forests. It provides a playground for locals and visitors who enjoy the outdoors. The scenic Park Loop Road winds its way through the park past the main attractions and is the best way to tour the park by car.

The handy Island Explorer buses also connect the various attractions, while cyclists and walkers can follow the network of unpaved carriage roads, part of the more than 100 miles of hiking trails for all levels of ability. These include trails to the summit of 1,530-foot Cadillac Mountain, the park's highest point, from which there are views of the coast and islands.

Other highlights in the park are Bass Harbor Head Lighthouse and the dramatic chasm of Thunder Hole. A second and little-visited portion of Acadia National park is farther north, on the Schoodic Peninsula, where there are more hiking trails, coastal views, and opportunities for kayaking. There are two large campgrounds in the park and a number of picnic areas.

<https://www.nps.gov/acad/index.htm>



- **[The Old Port and Portland Head Lighthouse](#)**

Tourists arriving at Maine's largest city, Portland, invariably head straight for its harbor district, the Old Port. There, along with fishing boats, busy docks, and seafood restaurants, they may find a cruise ship or see the tall masts of a sailing ship, for Portland is still an active port. The narrow streets that climb from the dockside Commercial Street are lined by the brick and stone buildings that supported one of the East Coast's busiest ports from colonial times through the 19th century.

Shop for maritime souvenirs in a ships' chandlery, eat seafood on the wharf, and if you're there early enough, watch the fishing boats unload and local chefs choose the menu at the city's restaurants. Fore Street, which parallels Commercial, is where you'll find several of these. At the docks, you can board a cruise of Casco Bay or a ferry to visit its islands.

A landmark of Casco Bay and the Portsmouth harbor is Portland Head Lighthouse, which marks the entrance to the harbor. It is one of the most beautiful along the coast, and from its promontory, you can see the city and Old Port, as well as the passing ships and boats.

The museum in the former Keeper's Quarters illustrates the lighthouses and their keepers, showing how these bastions of maritime safety have changed over the years with advances in technology. Along with historic photos, artifacts on display include Fresnel lenses and exhibits on how they work.

Address: 1000 Shore Road, Cape Elizabeth, Maine

Official site: www.portlandheadlight.com



- **[Marginal Way and Ogunquit Beaches](#)**

The paved walking path along the shore from Ogunquit's long sandy beach to Perkins Cove is a beautiful way to see the rocky coast and its crashing surf. Among the rocky cliffs are a series of small sandy coves that offer a more intimate beach experience than Ogunquit Beach. The path is for walkers only (no bikes, no dogs from April to October) and runs about a mile and a half from the end of the village to the scenic wharfs of Perkins Cove.

Here, a slender peninsula shelters a small bay, creating a safe haven for small craft. Originally a small fishing port, today the harbor is overlooked by restaurants and small shops, but you'll still see plenty of fishing boats.

All along the path there are benches conveniently placed, both on the path and on overlooks above the sea. You can return to town on the Marginal Way, walk back along the shady Shore Road or take the trolley.

Ogunquit Beach has a gentle slope to the sea and comparatively warm water, which makes it popular with families. The town's shops and restaurants are busy in the summer, and the thriving arts scene brings more tourists to the nationally known Ogunquit Playhouse and the Ogunquit Museum of American Art.



- **[Farnsworth Art Museum](#)**

No other museum has such a complete collection of works by artists connected with Maine, and its Wyeth Center is one of only two in the country dedicated to the work of the three generations of Wyeths — N.C., Andrew, and James.

The museum's collections include some of America's most prominent late 19th- and early 20th-century landscape painters. Along with the earliest known work by Thomas Cole, you can see paintings by George Bellows, Rockwell Kent, John La Farge, George Inness, Childe Hassam, and maritime artist Fitz Henry Lane.

A separate building, a former church on Union Street, exhibits works of James Wyeth and N.C. Wyeth. The Farnsworth also arranges tours of the Olson House, made famous in several works by Andrew Wyeth, the best-known of which is his 1948 painting *Christina's World*.

The museum is in Rockland's historic downtown, lined with nicely maintained 19th-century brick mercantile buildings. This old seaport town is worth a stop for several other attractions, including Owl's Head Light and the Owl's Head Transportation Museum; Rockland is one of the home ports for the Maine Windjammer Fleet, whose historic sailing ships you can often see moored here.

Address: 6 Museum Street, Rockland, Maine

Official site: <http://www.farnsworthmuseum.org>



- **Main Maritime Museum**

On the site of a 19th-century shipyard, the Maine Maritime Museum preserves and interprets Maine's seafaring, shipbuilding, and lobstering heritage. Along with the extensive collection of artifacts and materials that make up exhibits on everything from the clipper ships and lighthouses to maritime art, the 20-acre campus includes a blacksmith shop, a hands-on lobster exhibit, and more than 140 Maine-built or Maine-related boats. Among these is an antique birchbark canoe. The Mary E, the oldest fishing schooner built in Maine, is part of the floating collections.

Address: 243 Washington Street, Bath, Maine

Official site: www.mainemaritimemuseum.org

GROCERY SHOPPING

Andy's IGA Foodliner Hannaford's Food City Shaw's Osco	Shaws Sure Winner Foods Thriftway Tradewinds Marketplace
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Click on this site for more grocery stores in Maine:

<http://supermarketpage.com/state/ME/>

SHOPPING

Malls in Maine

1	Aroostook Centre Mall	Presque Isle, ME (North ME)	23 stores
2	Bangor Mall	Bangor, ME (Bangor / central ME)	58 stores
3	Freeport Maine Outlets	Freeport, ME (North of Portland)	63 stores
4	Kittery Premium Outlets	Kittery, ME (South ME - Kittery)	50 stores
5	Marketplace at Augusta	Augusta, ME (Bangor / central ME)	48 stores

	Merrymeeting Plaza	Brunswick, ME (North of Portland)	6 stores
	The Kittery Outlets	Kittery, ME (South ME - Kittery)	91 stores
	The Kittery Outlets	Kittery, ME (South ME - Kittery)	91 stores
	The Maine Mall	South Portland, ME (North of Portland)	118 stores

Click here for more information on shopping:

<https://mallseeker.com/mainemalls.aspx>

PHARMACIES

Walgreens
 Hannaford Brothers Pharmacy
 CVS Pharmacy
 Medicine Shoppe
 Target
 Shaws
 Sams Club
 Wal-Mart

Click here for locating other pharmacies in Maine:

<https://www.goodrx.com/pharmacy-near-me/all/me>

POST OFFICES/SHIPPING



Click here for more information:

<http://www.postofficehours.net/state/ME.html>



Click here for more information:

<http://local.fedex.com/me/>

MINIMUM WAGE

State	2021 Minimum Wage	2021 Tipped Wage
ME	\$12.15	\$6.08

Click here for more information:

<https://www.dol.gov/agencies/whd/minimum-wage/state#me> or
<https://www.dol.gov/agencies/whd/state/minimum-wage/tipped#Maine>

WORKERS' COMPENSATION

Click here for more information:

<https://www.maine.gov/wcb/>

TRANSPORTATION SERVICES

Metro Bus
ShuttleBus/ZOOM
Maine State Ferry Service
Greyhound Bus Lines

Click here for more information:

<https://thesunriseguide.com/buses-trains-and-ferries-public-transportation-in-maine/>