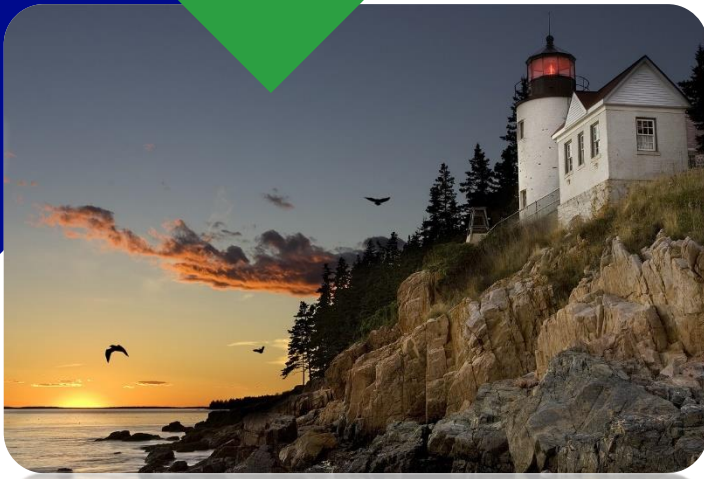


# MAINE



For more information about MAINE, click here:  
[www.maine.gov](http://www.maine.gov)



## MAINE – CLIMATE

<https://www.britannica.com/place/Maine-state/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.

## MAJOR CITIES:

Middle Maine

West Maine

East Maine

South Maine

Bangor, Augusta

Andover

Littleton,

Bridgewater

Kennebunkport,

Portland

# CULTURAL ACTIVITIES

Click on these sites for more cultural activity ideas:

- <https://www.visitmaine.net/things-to-do-in-maine-attractions/>
- <https://newenglandwithlove.com/things-to-do-in-maine/>
- <https://roamingtheamericas.com/things-to-do-in-maine/>



**The Desert of Maine - Freeport**

<https://www.desertofmaine.com/>

**Wild Blueberry Land – Columbia Falls**

<https://wildblueberryland.com/>

**Battery Steele - Portland**

<https://www.peakislandlandpreserve.org/>

**Fawcett's Antique Toy and Art Museum -  
Waldoboro**

<https://maineantiquetoymuseum.com/>

**Old Sow Whirlpool - Eastport**

<http://www.oldsowwhirlpool.com/>

**Seashore Trolley Museum - Kennebunkport**

<https://trolleymuseum.org/>

**Penobscot Narrows Bridge and Observatory –  
Verona Island**

<https://www.maine.gov/mdot/pnbo/>

**West Quoddy Head Lighthouse - Lubec**

<https://westquoddy.com/>

**Umbrella Cover Museum - Portland**

<https://www.umbrellacovermuseum.org/>



# GROCERY SHOPPING

Andy's IGA Foodliner	Shaws
Hannaford	Sure Winner Foods
Food City	Thriftway
Shaw's Osco	Tradewinds Marketplace

Click on this link for more grocery stores:

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



# SHOPPING MALLS

Click on this link for a list of shopping malls:

<https://mallseeker.com/maine-malls.aspx>

# PHARMACIES

Click here to locate other pharmacies:

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



# POST OFFICES / SHIPPING



## United States Postal Service

Click here for more information:

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

## FederalExpress

Click here for more information:

<https://local.fedex.com/en-us/me>

## UPS

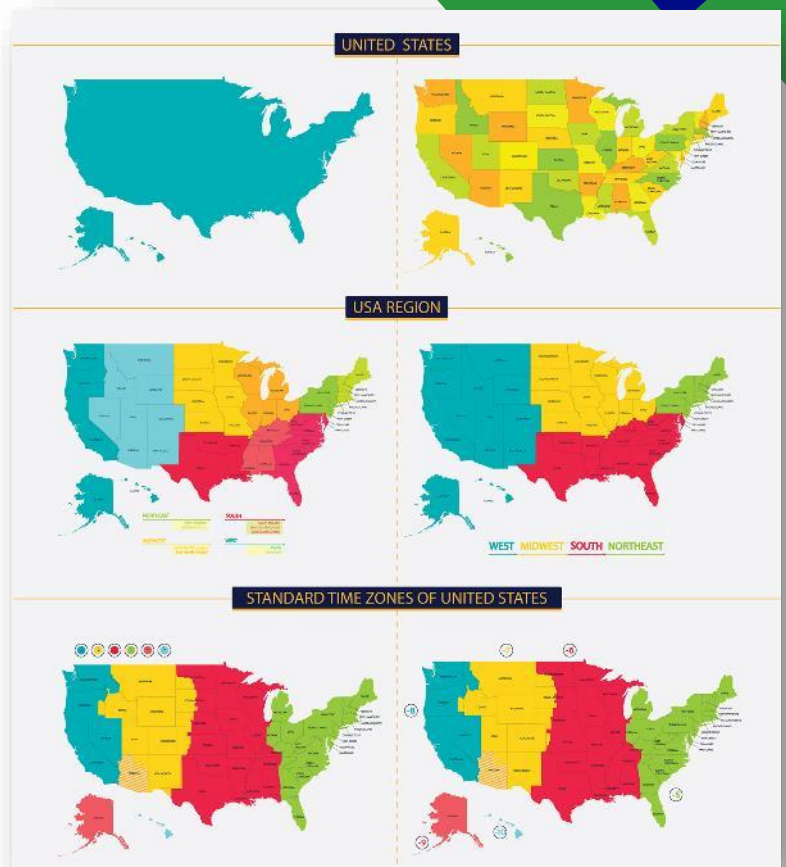
Click here for more information:

<https://locations.theupsstore.com/me>

# TIME ZONES

Click here for more information:

<https://www.timeanddate.com/time/zone/usa/maine>







## TRANSPORTATION SERVICES

Click here for more information:

<https://www.maine.gov/dot/programs-services/transit/public-transit>

Ride Sharing:

[www.uber.com](http://www.uber.com)

[www.lyft.com](http://www.lyft.com)

