

APOGEE ADVENTURES

2025 Maine's Downeast Explorer

Summarized Itinerary

Trip Begins: Brunswick, Maine (flights into Portland, ME)
Trip Ends: Brunswick, Maine (flights out of Portland, ME)

- Day 1:** Our group will meet in Brunswick, Maine, this afternoon before transferring to the charming coastal village of Camden, Maine. Here, we will spend the rest of the day getting to know one another, playing games, and talking about our trip.
- Days 2-4:** We will start Day 2 by heading “downeast” to Acadia National Park, the Eastern Jewel of the National Park System. We will spend the next few days hiking in Acadia, swimming in the lakes on Mount Desert Island, and maybe even experience a sunrise hike under the stars to be among the first people in the country to watch the sun rise over the Atlantic.
- Days 5-9:** Leaving Mount Desert Island and the coast behind us, we will make tracks for the Great North. After getting outfitted for our time in the backcountry, we will transfer to our trailhead along the “100 Mile Wilderness” on the Appalachian Trail (AT). On the AT, we will hike towards Baxter State Park and Mount Katahdin, Maine’s highest mountain, cook tasty backcountry meals, and keep our eyes out for moose. After our three days and two nights on the AT, we will transfer by van to Baxter State Park. Baxter will mark our basecamp for three nights and, weather permitting, provide the perfect starting point for an attempt of Mount Katahdin.
- Days 10-12:** Feeling accomplished, we will head back to the coast on Day 10, setting our sights on Stonington, Maine. That night, our professional kayaking guides will facilitate a kayaking safety and skills orientation to help prepare us for our overnight paddling trip among the islands of Isle au Haut Bay. Bright and early on Day 11, we will load up our boats and paddle to one of the beautiful and remote islands included in the Maine Island Trail (MITA) system. During our trip, MITA will help facilitate an engaging service project, which might entail cleaning up the beaches of some of the islands we are exploring. The rest of our afternoon will be spent swimming, setting up our island camp, and exploring this amazing part of Maine by kayak.
- Days 12-13:** For our last full day together, we will paddle back to the mainland and make our way south, towards Portland, Maine. After getting cleaned up, we will spend the afternoon exploring Portland and celebrate our last night with a great meal in one of the Old Port’s many great restaurants. Our final morning will be spent saying goodbye and preparing for the arrival of parents, with promises to keep in touch with new friends.

Please note that we often run Maine’s Downeast Explorer with two groups in the field concurrently, an “A” and “B” group. Both groups’ itineraries will include the activities above but be in a different order. Students will be placed into groups and will receive their night-by-night itinerary a few weeks before the trip begins. All itineraries are subject to change.

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