



## Relax, Rejuvenate, & Reconnect in the Historic Bethel Region

Visitors have been coming to Bethel for over a century to refresh both body and soul. The region's forested mountain landscape provides many opportunities for outdoor recreation and is the perfect natural setting for enjoying a range of alternative healing therapies. This three-day itinerary requires very little automobile travel and is best undertaken June through October. Check map (reverse side) for locations.

### Day One

#### Activities

- ❖ Start your day at the Bethel Area Chamber of Commerce Information Center to learn about all the great things to do and see.
- ❖ Stop by the Bethel Historical Society to take a tour of the regional history center and/or enjoy a walking tour of the historic district.
- ❖ Enjoy all the tranquility Bethel has to offer. Go for a swim at either the Artists' Covered Bridge, the most photographed covered bridge in Maine, or Angevine Park, a kid-friendly ½ acre pond.

#### Overnight in Bethel

- ❖ Dine at SS Milton for American cuisine with a down-home touch. They always have Maine lobster and if you are lucky, you may get locally-harvested fiddleheads.
- ❖ Rivendell House B&B offers afternoon tea and full country breakfast in a recently updated farmhouse or Austin's Holiday House B&B offers WIFI and made-to-order amenities in a renovated Victorian home. The Bethel Area Chamber of Commerce has a full list of local lodging.

### Day Two

#### Activities

- ❖ Head out to Wight Brook Nature Preserve for a child-friendly walk to the base of the falls that flows over granite criss-crossed with veins of milky quartz or try Mt. Will, a 3 ¼ mile "carry in-carry out" foot trail intended to raise awareness of the natural resources and beauty of the Androscoggin River Valley.
- ❖ Who says shopping isn't exercise? Bethel village offers many opportunities such as Wild Rose, Linda Clifford - Scottish and Irish Merchant, Maine Line Products, and much more.
- ❖ Unwind with Bethel's fine alternative therapy providers. Enjoy two massage therapists -- work out your stress at Many Hands Massage or indulge in compassionate healing services such as Reiki at SpiritWings.

#### Dinner in Bethel

- ❖ Settle in at the Jolly Drayman English Pub at the Briar Lea Inn for a diverse menu including British and American food in a warm and inviting atmosphere.

### Day Three

#### Activities

- ❖ Call ahead to Sun Valley Sports and Guide Service to arrange a guided wildlife tour, ATV ride, kayak trip, or fishing trip. (Or arrange equipment rentals and make your own adventure.)
- ❖ On your way home on Route 26, stop at Poland Spring Preservation Society and Park. Visit the Poland Spring Museum, housed in the former bottling plant, to learn about the healing history of Poland Spring Water. There are 5 miles of recreation trails to enjoy, the All Soul's Chapel, and one of the last 5 existing buildings from the Chicago World Fair in 1893.

#### Fun Facts

- ❖ Bethel holds the World's Tallest Snowman and SnowWoman records in the Guinness Book of Records.
- ❖ Mollyockett, a Pequawket healer and herbalist, once saved the life of baby Hannibal Hamlin. He grew up to be Vice President under Abraham Lincoln.

#### Local Food

- ❖ Bethel Farmers' Market for healthy, local foods on Saturday mornings.
- ❖ Good Food Store for natural food and gourmet specialties.

#### Local Products

- ❖ Mt. Mann Jewelers features lovely jewelry made from locally mined gemstones.
- ❖ Timberlake's Home Store for award-winning Shaker chairs, tables, handmade gift items and more.

#### Get Outdoors

- ❖ Sunday River Scenic Chairlift offers incredible views of the Mahoosuc Mountains.
- ❖ Androscoggin River Recreational Trail, 1.5 mile trail in a serene wooded setting.
- ❖ Bethel Recreational Path, 1 mile multi-use paved trail that ends at a park.

#### For the Kids

- ❖ Visit Piglet, Eeyore, Roo, and Rabbit and meander through the garden center at Pooh Corner Farm.

#### Photo Opportunities

- ❖ Route 26 National Scenic Byway is a 21-mile drive that passes through the Grafton Notch State Park and offers pristine views.

#### Mileage

- ❖ From Portland  
73.34 miles (1 hour 43 minutes)
- ❖ From Bangor  
132.31 miles (2 hours 48 minutes)
- ❖ From Boston  
171.83 miles (3 hours 22 minutes)

For a local events calendar, a complete listing of the lodging and food options, and other activities in the region, visit [www.bethelmaine.com](http://www.bethelmaine.com) or call Bethel Area Chamber of Commerce at (800) 442-5826.