

FAIRFIELD COUNTY

# LOOK

Go to...



## Maine Your Way



Photo by Maine Huts & Trails

By SUSAN FAREWELL

Talk to anyone who has vacationed in Maine and chances are, you'll find that it's part of their family tradition.

But that tradition means different things to people. For many, it's all about the coast. For others, a special cabin on a lake they return to year after year. For some, like my own family, the tradition is to go back year after year to discover something new (along with our annual traditions of having our lobster rolls and plunging into an icy cold lake).

Here are some experiences to consider this summer or fall.



## Yoga Retreats on Tall Ships

Photo by Susan Farewell

Total bliss for yoga lovers, a few of the historic windjammers that sail throughout Maine’s coastal islands offer yoga and wellness retreats. One example is the Yoga & Wellness cruise aboard the 95-foot Windjammer Angelique. It’s a three-day sailing in August, departing from Camden. Professional yoga instructors teach on deck as well as secluded island beaches (and on standup paddle boards). It’s for all levels of yoga, meditation, breath work and sailing experience. Punctuating

each day are organic pescatarian or vegetarian meals.

## Hut-to-Hut Hiking

Photo by Maine Huts & Trails

There’s no better wilderness therapy than getting out and hiking through the backcountry. Maine Huts & Trails makes it all the more desirable with its network of eco-lodges that offer hot showers, creative home-cooked meals and comfortable beds. The “huts” (pictured here is one of the huts, Flagstaff) are spread out over 80 miles of backcountry trails in Western Maine. Come winter, the trails and huts are open for cross-country skiing.



## Loving the Lake Life

Photo by Migis Lodge

Always happy in a place where the biggest challenge of the morning is deciding whether to take out a Sunfish, get in a set of tennis or read a book on your porch. That’s vacation. You find this at Migis Lodge, which is set on the shores of Sebago Lake in Southern Maine. Pronounced “MY-giss” with a hard G, Migis is an Abenaki word that means a “place to steal away to rest”. Indeed, in addition to a classic Maine main lodge, there are wonderful private cottages for staying. All are exquisitely furnished and have fireplaces and porches overlooking the water. Some have cathedral ceilings, and some have as many as four bedrooms and four baths. Three almost-too-good meals a day are served and there’s unlimited use of all the lodge’s boats, beaches, tennis courts, you name it.

## Kennebunkport Chic

Photo by Tides Beach Club

You don’t have to travel far up the Maine coast to find all the makings of a great vacation. Once you cross the border from New Hampshire into Maine, it’s less than 30 miles to Kennebunkport, where you’ll find several outstanding boutique hotels, a great mix of restaurants, historic houses and neighborhoods, art galleries and the Maine coastline just as you pictured it.