



ADVENTURES
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SLACKPACKING MAINE

Trip Summary

HIGHLIGHTS

- Hiking part of the 100 mile wilderness in Maine, the last stretch of the Appalachian trail
- Returning to a comfortable bed and hot shower at the end of every day
- Summiting the majestic peak of Katahdin in Baxter Park, the northern terminus of the AT.
- Carrying only what you need for the day on your back

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TRIP AT A GLANCE

Location:	Millinocket, Maine
Activities:	Hiking
Arrive:	Arrive at the Bangor airport (BGR) by 2 pm on Day 1. If you are driving, plan to be at the hostel by 4 pm
Depart:	We will have you back to the airport by in time for flights out after 12:00pm on the last day

Trip Overview

The Appalachian Trail truly has mythic status and for many of us, hiking it is a dream. But then we look at the reality of it and find the prospect of carrying a 40-50 pound pack on our back and sleeping on the ground rather daunting. Solution? Slackpacking! We cover the same distance as backpackers, but at the end of the day we return to a comfortable hostel with beds and hot showers. In contrast to the Georgia section, this section is flatter, but the terrain and footing makes it more challenging. And we end the trip with climbing Mt Katahdin, a more significant climb than any we do in Georgia. Maximum group size: 10

Rating

Hiking from 7 to 17 miles a day (see the itinerary for daily mileage) with one 4,000 foot ascent, particularly on a trail with many rocks, stream crossings, and bogs - even if the terrain is flatter than most sections of the AT - requires being in excellent physical condition and prior hiking experience. If you need a down day, you can always choose to stay at the hostel and explore the town. This trip is rated 5 and requires a high degree of fitness. Adding some specific conditioning such as strength training, endurance training, and longer aerobic workouts is suggested. **Rating:** 1 2 3 4 [5](#)

What's Included

- 1 - 2 experienced AGC guides based on group size
- Seven nights lodging
- All meals from dinner on the first day through breakfast on the last with the exception of one dinner
- All transportation within Maine including round trip transport from the Bangor airport and daily shuttles
- Park entry fees

Not included: Transportation to and from Bangor ME, alcoholic beverages, guide gratuities, one dinner and travel insurance.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

We'll meet at the Bangor International airport at 2 p.m. We will be picked up by our shuttle and transported to 'hiker heaven' - the Appalachian Trail Lodge, our home for the next week. That evening we'll start getting to know each other and review everything we need to know for our upcoming adventure to keep us safe and healthy. (D)

DAY 2

Kokadjo B Pond Road to Jo Mary Road After a hearty breakfast we begin our day with a shuttle to Crawford Pond. As we wave goodbye to our shuttle driver, we can be assured that our shuttle will be waiting for us at the end of our hike to transport us back for that wonderful shower at the end of a satisfying hiking day! Our hike today is a great 'warm up' for the week and will take us through not only Crawford Pond but Cooper Brook Falls, a great swimming hole and an Appalachian trail shelter. Today's terrain is mostly level with approximately 300 feet of elevation loss, a great way to get the 'trail legs' ready and a wonderful beginning to our week.

Mileage: 7.0 miles. Elevation: beginning at 1,264 feet, ending at 624 feet. Highest: 1,285 feet (B, L, D)

DAY 3

So here's the drill - each day we will get dropped off where we left our hike the day before. Today we head back to Mary Jo Road and once again put on our packs, grab our poles, and head into the wilderness. As with much AT hiking in northern New England, the trails are challenging with many rocks and roots and require a "mind-full" approach to the day's hiking. Our hike today is definitely longer, with slightly rolling terrain and more lakes, streams, and picturesque footbridges. Northern Maine at its best and we'll be enjoying it as it was meant to be enjoyed - by foot!

Mileage: 14.9 miles. Elevation: beginning at 624 feet, ending at 636 feet. Highest: 624 feet (B, L, D)

DAY 4

The high point of today's hike will be Nesuntabunt Mountain complete with the first sighting of our goal – Katahdin! Known first by Native Americans as 'Kette-Adene' or the 'greatest mountain', that is exactly what it looks like, particularly from this perspective: a gray, granite monolith rising from the green Maine forest. After enjoying this spectacular view of not only Katahdin but of the land below us, we'll descend thru a beautiful stand of old growth red spruce and white pine trees (some at +140 years!) and pass by the Pollywog Gorge. A short side trail will give us great views of the Pollywog Gorge before we finish our day at the Pollywog Stream with more beautiful scenery! Tonight, we leave open for you to explore the culinary opportunities available in town, and our lodge host will be happy to make suggestions (there aren't that many choices so if your stomach is set on fine French cuisine, tell it to wait).

Mileage: 8.5 miles. Elevation: beginning at 636 feet, ending at 684 feet. Highest: 1,520 feet. (B, L)

DAY 5

Pollywog Stream to Abol Bridge Yes, today is our longest mileage day and we're glad it's not all up! Our terrain will include some flat and slightly ascending trail as well as more of the rolling terrain that the AT does so well! The Maine terrain has been described as appearing as though 'a mirror has been broken and scattered over the mantle of dark green spruce and fir forest cover, producing myriad lakes and we will see many of those lakes today. We'll hike past Murphy Lake outlet, continuing past Rainbow Lake and Rainbow Lake Dam as we make our way toward Abol Bridge over the west branch of the Penobscot River, a beautiful river that figured significantly in Maine's logging history. Our shuttle will indeed be a welcome sight and that end of the day shower will be calling.

Mileage: 17.2 miles. Elevation: beginning at 684 feet, ending at 578 feet. Highest: 1,144 feet (B, L, D)

DAY 6

By now we have a great routine going - good night's sleep, great breakfast, and then out the door and shuttle to the trail! This morning we will once again put in where we left off yesterday - at the Abol Bridge and head - which way? North of course, toward Katahdin. The beautiful northern spruce and fir forest continues to impress and our forward progress toward Katahdin is exciting. Several highlights of our hike today will include, yes! water features! This time not only ponds and streams but a couple of spectacular waterfalls, including Big and Little Niagara Falls. Both of the falls are located on the Nesowadnehunk Stream, originally used extensively by the logging industry in Maine. The forest has long since recovered from that era and there are few, if any traces of that endeavor now. Our destination for the day is a much-anticipated spot, Katahdin Stream Campground. Here is the place where you realize that the end of your hike is near! Tomorrow, 'the greatest mountain' awaits!

Mileage: 10.2 miles. Elevation: beginning at 578 feet, ending at 1,106 feet. Highest: 1,119 feet (B, L, D)

DAY 7

Climb Katahdin! Yes! The day has arrived, and the summit bid is at hand! We have had some strenuous hikes to prepare us for this day, but today will be our most strenuous with the ascent just as challenging as the descent - which means we have a long and challenging day ahead of us. While there are several options for our climb, we most likely will not take the AT on this final stretch; instead our likely approach starts with a 3.3-mile hike up Roaring Brook Trail to Chimney Pond. At Chimney Pond we will re-group to hydrate and eat a snack. From there we take the Saddle Trail which is a very steep 1.2-mile boulder scramble followed by another mile to the Katahdin summit. This is the most challenging part of our hike today and people with a fear of heights may choose to make Chimney Pond their final destination. For those that continue to the summit, we will take pictures at the famous Katahdin sign and then begin our long, careful descent down the mountain. Our chariot (OK, our shuttle) will be a welcome sight and will take us to the Lodge for our last dinner and a festive celebration of our week together.

Mileage: 10.4 miles. Elevation: beginning at 1,106 feet, ending at 1,106 feet. Highest: 5,268 feet (B, L, D)

DAY 8

Sadly, it's time to go home. You are free to leave anytime after breakfast. If you are flying out, we will have you back to the Bangor International airport by 11 a.m. You can plan on flying out anytime after 12:00 p.m. (B)

ADDITIONAL TRIP INFORMATION

Getting There

If you are flying into the Bangor International Airport (BGR) your guide and shuttle will meet you at **baggage claims near the Bangor Information Kiosk** at **2:00pm**.

If you are driving meet at the **Appalachian Trail Lodge** 33 Penobscot Avenue Millinocket, ME. (207)723-4321 at 4:00pm Millinocket is located 73.3 miles north of Bangor.

Driving Directions:

- Take I-95 North to Exit 144-244 (ME -157 toward Medway/Millinocket)
- Turn left onto ME-157 and travel west for 11.1 miles
- Turn left onto Penobscot Ave, Appalachian Trail Lodge @ 33 Penobscot Ave. will be on your left.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

We will be staying at the Appalachian Trail Lodge, <http://appalachiantrailodge.com/>, in the town of Millinocket. We will have the lodge to ourselves. There are 4 bedrooms on the 2nd floor of the lodge with 2 beds in each room, plus 2 bedrooms on the 1st floor. None of the rooms have bunk beds. There are 2 bathrooms in the lodge. One on the 2nd floor and one on the 1st floor. These are shared amongst the group. In order to get to the 1st floor bathroom from the 2nd floor you will go outside and back into the 1st floor. There is also a 3rd bathroom available in the next door apartment where the guides stay which is also available.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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