



Maine Fall Foliage Hiking Trip

Additional Trip Details

Below you'll find more information about this trip and what you'll need to know in order to prepare for your adventure.

Activity Description

On this trip there will be three days of hiking. A description of what to expect on each day is listed below:

- **Day 1:** There will be approximately 2 to 3 hours available for a guided hike once arriving at the lodge. This will be an easy to moderate hike which will vary based on weather, group interest or other conditions.
- **Day 2:** This day will involve guided hiking along the Gulf Hagas gorge, which will include a route that will cover approximately 8 miles of moderate terrain. This terrain will involve rough footings at times, as well as some steeper sections. The entire hike is expected to take between 6 to 7 hours with stops to explore the gorge, take photos and have lunch.
- **Day 3:** There will be approximately 2 to 3 hours available for a guided hike before leaving to return to Freeport. This will be an easy to moderate hike which will vary based on weather, group interest and other conditions.

Each day the hikes will have a relaxed pace and be appropriate for someone with beginner to intermediate hiking experience and in good health, with an average level of fitness.

Destination/Travel Time

The trip kicks off in Freeport, Maine at our Paddling Center. Once you've met with your guides and fellow travelers, you will travel together to Greenville which is approximately a 4 to 4-½ hour drive from the Paddling Center (including stretch breaks and a stop for lunch).

Accommodations

The lodging will be at the Appalachian Mountain Club's Gorman Chairback lodge and cabins in Greenville, Maine. The main lodge has a dining area, communal gathering spaces, as well as the central bathroom facilities which include composing toilets, hot showers, sinks and an available wood-heated sauna.

The private cabins can sleep one to five people. Only people who are traveling together will be assigned to the same cabin (unless selecting the "Solo Traveler Option – see the "Pricing and Cancellation Policy" link on webpage for more information). Each cabin has a woodstove and gas lamps. There is no running water in the cabins.

Connectivity

This is an unplugged adventure. After leaving the Paddling Center, there is no WiFi and limited to no cell phone coverage.

Clothing Considerations

Dressing in layers is the key to staying comfortable in the outdoors. Multiple layers allow flexibility to respond to your activity level and changing weather conditions.

Please avoid bringing all-cotton clothing. When wet, cotton rapidly robs the heat from your body and takes a long time to dry. Synthetic fabrics are best because they don't absorb water, and they also dry quickly.

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For an outer layer, we recommend waterproof/breathable outer shell. This gear will protect you from the wind and rain and help keep you dry.

Luggage

Each guest should plan on having two bags with them for the duration of the trip. One bag should be a day pack to be carried while hiking. This can be used to carry a water bottle, extra layer, hat, camera, sunglasses, etc. The second bag should be a medium sized duffel to carry your personal items listed on the bring list.

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Equipment Provided/Bring

What to Bring:

- Day pack
- Waterproof jacket (with hood) and waterproof pants
- Fleece jacket or wool sweater
- Warm hat and gloves (preferably waterproof)
- Synthetic hiking pants
- Hiking boots (with ankle support)
- Lightweight shoes to wear at the end of the day
- Synthetic or wool socks
- Underwear
- Blaze orange article of clothing (hat, vest or other)
- Sunglasses
- Lip balm with sunscreen
- Insect repellent
- Sunscreen
- One-quart water bottle or hydration system
- Personal prescriptions such as EpiPen or inhaler
- Personal toiletries (travel size)

Optional:

- Camera and accessories
- Binoculars
- Bathing suit (for wood-fired sauna)

What We Provide:

- Trekking poles
- Headlamp
- Linens including pillowcases, sheets, and towels
- Dry bags for packing
- First aid kit

Questions

If you have any questions about this packing list, please call one of our Adventure Consultants. Also, if you'd like to purchase any L.L.Bean clothing or gear for this trip, our Adventure Consultants can offer suggestions.

Phone: 1-888-615-9979

Email: odprograms@llbean.com

Thank you for choosing to spend your time outdoors with L.L.Bean. We look forward to seeing you soon!