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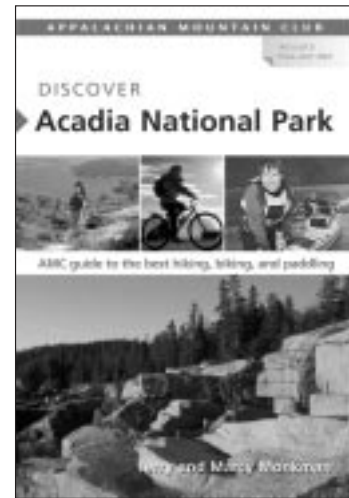
*AMC releases updated edition of best-selling guide to
Maine's spectacular national park*

Discover Acadia National Park

AMC Guide to the Best Hiking, Biking, and Paddling

by Jerry and Marcy Monkman

Paperback · \$17.95
280 pgs · 6 x 9 · ISBN 1-929173-58-X



With the publication of its first edition five years ago, *Discover Acadia National Park*, by writers and photographers Jerry and Marcy Monkman, quickly became *the* must-have guide for adventurous hikers, bikers, and paddlers exploring this magnificent park. In this updated and expanded edition, outdoor enthusiasts will find everything they've come to expect from this best-selling guide—including 50 of the best hikes, bike trips, and paddling trips on Mt. Desert Island, Isle au Haut, and the Schoodic Peninsula, and a unique pull-out map for taking on the trail—plus exciting new features that make it the only guide they'll need to plan and enjoy their next visit to Acadia.

Discover Acadia National Park is the ideal guide for families, first-time visitors, and experienced adventurers alike. Inside you'll find hiking trails ranging from easy ocean-side walks to steep cliff-side climbs up iron ladders; biking trips that lead riders along the Park's famous gravel carriage roads and on less-traveled fire roads; and paddling trips, from quietwater canoe trips on the Park's glacial lakes to sea kayak tours of the bays and narrows around the Island, that promise dramatic scenery and wildlife sightings. Each trip description includes detailed step-by-step directions, as well as a summary of trip time, distance, and difficulty. New to this edition, each trip is keyed to the guide's handy pull-out map, making route planning quick and easy.

Rounding out these 50 detailed trip descriptions are appendices that describe more than 80 additional hikes, plus opportunities for rock climbing, birding, whale watching, and more. You'll also find lists of outfitters and campgrounds, and suggestions for rainy day activities including local museums, garden tours, and theaters. The guide also offers highlights of the region's history, as well as fascinating natural history sidebars, from notes on whale watching to tips on how to tell a loon from a cormorant. Trip descriptions and sidebars are complemented by the Monkman's stunning photography, making this guide as much fun to read off the trail as on.

—MORE—

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Also updated is the guide's pull-out, full-color topographic map, which shows the entire Park on one side and features a close-up of eastern Mount Desert Island on the other. This GIS-rendered map features trails, carriage roads, and boat launch sites, and now includes, on one side, mileage between trail segments. The map also shows stops on the Park's easy-to-use Island Explorer Bus system, making it easy for visitors to leave their car behind and avoid the headache of searching for parking spots at crowded trailheads.

Special Features Include

Three guidebooks in one: hikes for all abilities; mountain and road biking; quietwater paddles and sea kayaking • Detailed, topographic map of the Park, with trails, carriage roads, boat launches, and shuttle stops • Estimated time, distance, and level of difficulty for each trip • Sidebars on natural features, local history, and wildlife • Quick-reference chart for selecting the perfect trip • Extensive lists of resources, outfitters, and other activities

About the Authors

Jerry and Marcy Monkman photograph and write about the wild places of New England. Their work has been published in many magazines, including *Outdoor Photographer*, *Backpacker*, *Natural History*, *Canoe & Kayak*, and *Yankee*. They are the authors of *Discover Southern New Hampshire* and *Discover the White Mountains of New Hampshire* (AMC Books). They live in Portsmouth, NH.

Praise for AMC's Discover Series

"One of America's leading guidebook publishers now gives us *Discover Acadia National Park*, continuing AMC's tradition of distinction in the guidebook genre. This guide to hiking, biking, and paddling is family-friendly, like Acadia itself. The Monkmans have produced an authoritative source book for harvesting the fruits of an incomparable public resource while leaving it intact."

— W. Kent Olson, President, Friends of Acadia

"Difficulty gradings, maps, and straightforward information make *Discover Acadia National Park* the perfect guide to learn which trails are best for the interests of every reader."

— *The Midwest Book Review*

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Founded in 1876, the Appalachian Mountain Club is the oldest conservation and recreation organization in the United States. With 90,000 members throughout the Northeast, the nonprofit AMC promotes the protection, enjoyment, and wise use of the mountains, rivers and trails of the Appalachian region. To find out more about the AMC, visit us online at www.outdoors.org or contact us at 5 Joy Street, Boston, MA 02108, 617-523-0655.

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