

FOR IMMEDIATE RELEASE

For a review copy, contact: Laurie O'Reilly, Marketing Manager
Phone: 617-523-0655 x363 · Fax: 617-523-0722 · loreilly@amcinfo.org

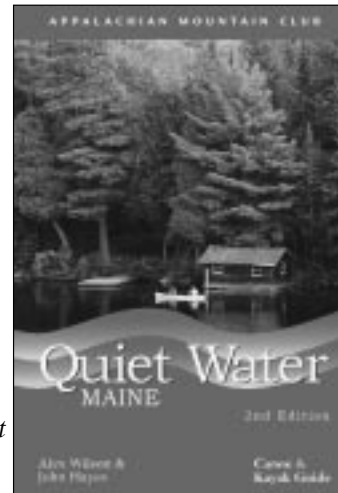


New from the experts at the Appalachian Mountain Club

Quiet Water Maine
Canoe and Kayak Guide, 2nd edition

by Alex Wilson and John Hayes

Paperback · \$18.95
320 pgs · 6 x 9 · ISBN 1-929173-65-2



In this completely revised and updated edition of AMC's best-selling *Quiet Water Maine*, authors Alex Wilson and John Hayes reveal Maine's hidden

paddling treasures—more 100 spectacular ponds, lakes, and rivers in the Pine Tree State ideally suited for canoeing and kayaking. From the marshy coves and inlets of out-of-the-way lakes and ponds to lazy, meandering rivers and estuary channels, this updated guide—the first and only detailed guide to Maine's calm-water—offers paddlers of all ages and abilities adventure and enjoyment on the water.

With its up-to-date descriptions and at-a-glance trip locator map, *Quiet Water Maine* lets paddlers spend more time exploring on the water and less time seeking out elusive put-ins. The authors have already done the hard part—searching out the most beautiful, serene, and accessible quietwater paddling areas in the state. “With quietwater paddling, you can focus on being there instead of getting there,” say authors Alex Wilson and John Hayes. “This guide will not only lead you to a body of water, but also describe why you might want to paddle it. We looked for destinations that have abundant wildlife, or extensive marshlands, or beautiful scenery; most trips have all three.”

Trips are grouped by region—Southern Maine, Midcoast, Downeast, Western Lakes and Mountains, Greater Moosehead Lake and 100-Mile Wilderness, and Northern Maine—and each regional section opens with a description of the area and highlights of featured trips. With *Quiet Water Maine* as your guide, you can experience the undeveloped landscape of the Mousam River; watch black terns at Carlton Bog; explore Acadia's Jordan Ponds; spot moose, osprey, and loons on Lake Umbagog; view old growth pine on Lobster Lake; retrace Thoreau's Maine paddles on Chesuncook Lake, and much more.

-MORE-

Sales of AMC books fund our mission of protecting the Northeast outdoors.

Appalachian Mountain Club Books · 5 Joy Street · Boston, MA 02108 · 617-523-0655
www.outdoors.org · 800-262-4455

AMC Books are distributed by The Globe Pequot Press. To order, call 800-243-0495 or fax 800-820-2329.

Contact: Laurie O'Reilly, Marketing Manager
Phone: 617-523-0655 x363 · Fax: 617-523-0722 · loreilly@amcinfo.org

Each tour description notes the key features of the pond, lake, or river and now includes new summaries that detail the habitat type, length, and natural features of each area—as well as notes on the flora and fauna you can expect to see along the way.

Beginners and experienced paddlers, birdwatchers and anglers, families with children and everyone in between will appreciate this user-friendly, comprehensive guide to Maine's best quiet water.

Special Features Include

Detailed descriptions and maps of 100 lakes, ponds, and rivers • Locator map for easy planning • New at-a-glance trip summaries that open each chapter for easy scanning of tour details • Driving, parking, and put-in directions • Local camping and picnicking spots • Photographs of plant life and places of interest

About the Authors

An avid canoeist and naturalist who lives in Dummerston, Vermont, Alex Wilson is the publisher of *Environmental Building News* and other publications about green building. John Hayes is a Dean of Arts & Sciences at Pacific University in Oregon, where he is enjoying exploring the waters of the Northwest. Together Alex Wilson and John Hayes have authored three other *Quiet Water* paddling guides, covering all of New England and New York.

Praise for AMC's Quiet Water Series

"Finally, a guidebook aimed at the forgotten canoeist: families, bird watchers, solo adventurers, seniors, and average human beings who don't need to run rapids or mount an expedition to enjoy their paddling experience."
—CANOE MAGAZINE

"The *Quiet Water* series is a special invitation to explore the close-at-hand while carefully dallying in the gems of the world near our own back door."
—GARRET CONOVER, AUTHOR OF *BEYOND THE PADDLE*

###

More from Appalachian Mountain Club's Best-Selling Quiet Water Series

- *Quiet Water Massachusetts, Connecticut, and Rhode Island*, 1-929173-49-0, \$16.95
 - *Quiet Water New Jersey*, 1-929173-52-0, \$15.95
 - *Quiet Water New Hampshire & Vermont*, 1-878239-94-5, \$15.95
 - *Quiet Water Canoe Guide: New York*, 1-878239-51-1, \$15.95
-

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.

Sales of AMC books fund our mission of protecting the Northeast outdoors.

Appalachian Mountain Club Books · 5 Joy Street · Boston, MA 02108 · 617-523-0655
www.outdoors.org · 800-262-4455

AMC Books are distributed by The Globe Pequot Press. To order, call 800-243-0495 or fax 800-820-2329.

Appalachian Mountain Club Books Review Copy Request Form

Quiet Water: Maine, 2nd edition

Name _____

Job Title _____

Publication _____

Street Address _____

City _____ State _____ Zip _____

PO Box _____ City _____ State _____ Zip _____

Phone _____ Fax _____

Email _____

Web Address _____

Please note:

- The address has changed.
- The contact name has changed.

For Shipping Purposes:

- This is my business address.
- This is my home address.

Please return to:

Publicity Department, Appalachian Mountain Club
5 Joy Street, Boston, MA 02108
Email: loreilly@amcinfo.org
FAX 617-523-0722

Sales of AMC books fund our mission of protecting the Northeast outdoors.

Appalachian Mountain Club Books · 5 Joy Street · Boston, MA 02108 · 617-523-0655
www.outdoors.org · 800-262-4455