

# The seaside allure of Maine's Southern Coast, part 1

**Maine's Southern coast** is at its summertime peak right now with plentiful lobster, ripe blueberries, colonial-era villages basking in sunlight and salty harbors bringing in a fresh catch every morning. The beaches and sea pine forests are prime for exploration this time of year. A destination worth flying to from anywhere in the US, -especially with today's low airfares from the West Coast- it's also a supreme sojourn for day-trippers from anywhere in the Boston area.

**Two seasoned beauties** well worth the journey are Ogunquit and Kennebunkport. Ogunquit, whose Indian name means "beautiful place by the sea," boasts a three-mile stretch of white sand beach, framed by grassy dunes. About an hour from Boston, Ogunquit's tranquil seaside enclaves are a world apart. Long an artists' haven, several galleries line Shore Road as it winds into the village center



**What to do:** Walk the one-mile Marginal Way from the center of town, a winding foot path, lined with wild rose bushes that wanders high above the ledges overlooking the Atlantic. Superb vistas of the ocean and shoreline tidal pools follow the path as it crests the 100-foot peak of Bald Head Cliff and then meanders into the tiny fishing port of Perkins Cove, a welcome hodge-podge of lobster shacks and craft shops

**The Ogunquit Summer Playhouse**, the oldest in Maine, stages a different play each week well into October each year. Started half a century ago in a local garage, it has become one of the premier summer stock theaters on the East coast with its drama school attracting students from around the country. The schedule includes both evening and matinee performances...[www.ogunquitplayhouse.org](http://www.ogunquitplayhouse.org)

Golf, sailing, sea kayaking, biking and whale watching are favorite pastimes. In fact, Money Magazine and Family Fun have both honored the Ogunquit region as one of the top destinations in North America for vacations



**Where to stay:** **The Cliff House Resort & Spa** with sea views from most rooms. Excellent packages provide visitors with the opportunity to indulge in spa treatments and dine in the resort's full service restaurant.

**Spa services:** The resort's spa treatments feature "state of the art" rejuvenating services such as their Beyond Botox facials and several slimming therapy exfoliating body treatments. Massage therapists are highly trained specialists who cater to individual needs while offering romantic couples' massages, immune enhancing and relaxation massages. The Spa area features a 75-foot indoor lap pool and outdoor vanishing edge pool, indoor and outdoor whirlpool and individual steam and sauna rooms.

**The Cliff House Resort & Spa** is one of the only resorts in the area where guests can bring their dogs along with them on vacation. A special section of the resort has been set aside to accommodate guests who would like to have their family pet stay at the resort

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