



# VISIT PORTLAND

## ECO-WELLNESS GUIDE



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Download the guide to your smartphone or mobile device to click through the links.



Use Google Lens to help you explore more about each of the photos.



This guide uses descriptive text on photos and high contrast typography. It is optimized for assistive devices.



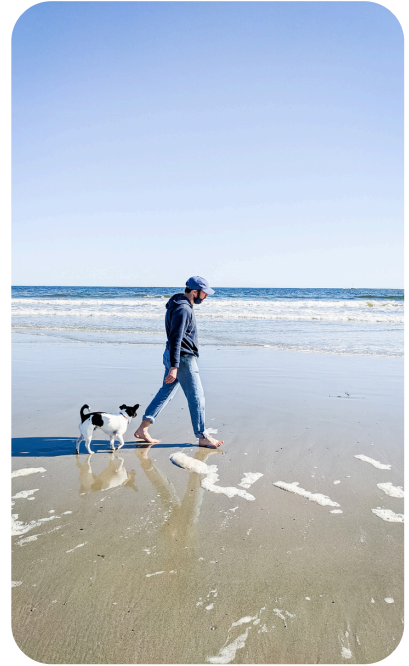
# GREATER PORTLAND

ECO-TRAVEL | RICH HISTORY | COMMUNITY CONNECTION  
MAINE MAKERS | INNOVATIVE CUISINE  
HARMONY WITH NATURE | WHOLE BODY WELLNESS





## Visit Portland Eco-Wellness Guide



## Greater Portland

Portland, Maine's tourism scene is grounded in something more profound than just comfort or luxury—it's shaped by a commitment to community, the environment, and a sense of well-being that's both personal and collective.

Across the city, hotels, restaurants, experiences, and wellness spaces are weaving sustainability into their everyday operations. Some buildings are LEED-certified or use renewable energy; others source food from nearby farms and fisheries, compost their kitchen scraps, or tend rooftop beehives. It's not about trend—it's about responsibility and a genuine connection to the place they call home.

Wellness shows up in quiet ways, too: yoga studios that meet you where you are, salt cave meditations, and spa treatments rooted in the rhythms of the natural world. You'll find spaces that invite rest and reflection, not just activity. It's less about escape and more about grounding.

Perhaps what's most distinct is how Portland's tourism industry stays local—intentionally. The chefs, innkeepers, artists, and guides are committed to their partnerships with neighbors, support small producers, and welcome visitors with a spirit that feels genuinely personal.

In Portland, tourism isn't just about serving guests—it's about sustaining the people and the place together.

**[VISITPORTLAND.COM](https://www.visitportland.com)**



# Visit Portland Eco-Wellness Guide

Getting there



## Driving

- From New York City, NY  
5.25 hours (about 315 miles)
- From Boston, Massachusetts:  
1.45 hours (about 108 miles)

## Airport

- Portland Westbrook Maine (PWM)  
All major airlines supported

Portland's vibrant streets are highly walkable, especially in areas like the Old Port and Arts District, making it easy to explore on foot. For destinations further afield, readily available bus, taxi and rideshare services like Uber and Lyft offer convenient and quick transportation options throughout the city.

Learn more at [Visit Portland](https://www.visitportland.com).





# Maine Sustainability Tips



Portland, Maine champions sustainable living through smart transportation, abundant green spaces, and a focus on community wellness. The city encourages alternatives to driving, supporting EV cars and numerous charging stations across town, including at parking garages and Payson Park.

Their fantastic bike trails network, managed by **Portland Trails**, offers scenic routes for cycling and walking, reducing reliance on cars.

Portland also prioritizes community well-being, providing access to parks and health initiatives. The **One Climate Future** plan highlights efforts to build complete neighborhoods and foster an inclusive approach to sustainability, benefiting all residents.

Learn more about Portland's sustainability initiatives and EV charging options **[here](#)**.





# where to stay



## INN BY THE SEA

Nestled in picturesque Cape Elizabeth, Maine, **Inn by the Sea** defines eco-luxury, weaving sustainability into every thread of its guest experience. As a proud member of the Beyond Green collection, the Inn meticulously adheres to over 50 rigorous sustainability indicators, all of which are aligned with the United Nations Sustainable Development Goals. It isn't just a label; it's a profound commitment to environmental stewardship.

Their dedication to sustainability is evident in their efforts on Green Building and Renewable Energy. The property proudly holds Silver LEED certification, showcasing features such as construction with recycled materials, water-saving dual-flush toilets, and efficient heat exchangers that minimize energy consumption. Further shrinking its carbon footprint, the Inn harnesses the sun's power with on-site solar panels.

The Inn's commitment extends to its stunning grounds through sustainable landscaping and wildlife conservation. The property is thoughtfully landscaped with indigenous plants, which foster local biodiversity and naturally reduce water consumption. Beyond aesthetics, they've actively restored crucial habitats for the endangered New England cottontail rabbit and maintain a certified Monarch Watch butterfly waystation, vital for pollinator health.



# INN BY THE SEA

In an innovative twist, even goats are part of the team, tackling invasive Japanese knotweed and eliminating the need for harsh chemicals.

**Educational Programs & Community Engagement** are core to Inn by the Sea. Guests can explore local ecosystems through beach ecology walks, garden tours, and wildlife programs, including children's *Bug's Life Garden Tours* and *Animal Encounters* with the Center for Wildlife. Beyond environmental education, the Inn champions animal welfare by fostering shelter dogs from the Animal Refuge League of Greater Portland. For six years, they've housed, cared for, and helped adopt over 170 rescue dogs.

**Culinary Sustainability** is a highlight at their Sea Glass restaurant. The menu champions local and seasonal ingredients, actively partnering with the Gulf of Maine Research Institute's "Out of the Blue" program.





# Visit Portland Eco-Wellness Guide



This collaboration allows them to feature underutilized, yet delicious, fish species, simultaneously supporting marine biodiversity and local fishermen. Imagine savoring a dish knowing it directly contributes to healthier oceans and local livelihoods.

**Inn by the Sea's** unwavering dedication to sustainability has garnered significant Recognition & Awards. They proudly received the 2025 GIFTTS Pineapple Award for Sustainability from Preferred Hotels & Resorts and were recognized as one of USA Today's 10 Best Eco-Friendly Resorts. These accolades underscore their leadership in sustainable tourism.

By seamlessly blending luxurious comfort with profound environmental responsibility, Inn by the Sea offers guests an exceptional experience that truly honors Maine's breathtaking natural beauty and champions a more sustainable future for the tourism industry.

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EACH ROOM AT INN BY THE SEA OFFERS LUXURIOUS COMFORT ~ A PERFECT WAY TO RELAX AFTER A BUSY DAY OF ADVENTURING AROUND PORTLAND

**PRO TIP:** MAKE SURE TO TAKE A DIP IN THE POOL AND TAKE IN THE SPECTACULAR VIEWS FROM CRESCENT BEACH.



## THE PRESS HOTEL + UNION

Housed in the former Portland Press Herald building, **The Press Hotel** blends boutique luxury with the soul of Maine's journalistic history. Each thoughtfully designed guest room channels a 1920s newsroom vibe, featuring vintage-style desks, ample natural light, and curated local artwork. From cozy king rooms to spacious suites—like the Penthouse with its rooftop terrace and vintage Royal typewriter—the hotel invites guests into a space that's as inspiring as it is comfortable.

Wellness and sustainability are woven throughout, from Frette linens and deep soaking tubs to a 24/7 fitness center with Peloton bikes and LEED-certified design. Rooftop beehives, locally sourced materials, and partnerships with Maine artisans and farmers reflect a deep commitment to the environment and the community.

Anchoring the hotel is **UNION**, a modern and welcoming restaurant led by Executive Chef Christian Bassett. With a menu driven by an "altogether local" philosophy, UNION celebrates Maine's seasonal bounty in creative, flavorful ways. Signature dishes include truffle beet pot roast, roasted Casco Bay cod with littlenecks and soy broth, and duck pâté with apricot mostarda.

Morning offerings like lemon-ricotta pancakes and a pork belly BLT on a grilled English muffin are just as memorable. A chef-curated tasting menu rounds out the experience for those looking to dive deeper.

The **Press Hotel and UNION** offer a stylish, deeply rooted taste of Portland—where storytelling, design, and local flavor come together with purpose.



Sustainable Food + Drink

UNION FEATURES A UNIQUE TWIST ON SCALLOPS WRAPPED IN BACON WITH CRISPY TASSO HAM AND SEARED LOCAL SCALLOPS, TOPPED WITH PEARLS MADE FROM HONEY COLLECTED FROM THE ROOFTOP HIVES.



## Visit Portland Eco-Wellness Guide



EXECUTIVE CHEF CHRISTIAN BASSETT AND HIS CULINARY TEAM CAN BEEN SEEN HARD AT WORK AT UNION'S OPEN KITCHEN.



## THE PRESS HOTEL + THE INKWELL

VISIT THE INKWELL AT THE PRESS HOTEL - A UNIQUE BAR SERVING UP INSPIRED COCKTAILS. THE DRINK MENU ROTATES SEASONALLY AND INCLUDE DRINKS MADE WITH THE ROOFTOP HONEY





## LUKE'S LOBSTER PORTLAND PIER: A TASTE OF MAINE'S HEART

At Luke's Lobster Portland Pier, a meal is more than something to eat—it's a glimpse into Maine's coastal way of life, where fishing isn't just an industry but a tradition passed down through generations. Situated on Portland's active working waterfront, the restaurant gives guests a front-row seat to the rhythms of the harbor. You might watch one of the lobstermen who supplies Luke's haul in crates of fresh catch just steps from where you're sitting.

Among the team welcoming you is Rosie Train, one of the restaurant's managers and a lifelong part of Maine's fishing community. Her father, Steve Train, is a seasoned lobsterman based on Long Island, Maine. Working year-round aboard his boat, Steve hauls 800 traps daily and is a strong advocate for Maine's working waterfront and the long-term sustainability of the lobster industry. Rosie brings that deep-rooted knowledge and care into her role at Luke's—bridging sea and table with warmth, intention, and authenticity. On many days, you'll find her engaging with guests or introducing curious young visitors to local marine life at the touch tank.

"I like to let people know more about what they are eating and the environment around them. So many people who visit here have never seen lobster or crab up close, and it's great to give them an introduction," states Rosie.





## Visit Portland Eco-Wellness Guide

Inside the restaurant on the Portland Pier, the menu stays true to the region's roots, offering signature lobster, crab, and shrimp rolls served Maine-style. Chilled meat is topped with just a touch of lemon butter, a hint of mayo, and Luke's secret seasoning—all tucked into a buttered, split-top bun toasted to golden perfection.

Each bite is clean and flavorful—designed to let the freshness of the seafood shine. For a heartier twist, the lobster BLT layers sweet lobster meat with thick-cut bacon, crisp lettuce, and tomato, finished with a swipe of herbed mayo on toasted bread—a rich, smoky-sweet take that balances indulgence with freshness.

Classic whole steamed lobsters, New England clam chowder, fried haddock, and steamed Maine clams round out the offerings, giving guests a wide variety of ways to experience Maine's bounty.

All seafood is sourced directly from Maine and Canadian fishermen and co-ops, with Luke's operating its processing facility in Saco to ensure quality and connection every step of the way. Their environmental commitments go deep. The restaurant is powered by 100% renewable energy, incorporates solar power, and continually works to reduce its carbon footprint.

Through partnerships with organizations like the Maine Coast Fishermen's Association, Luke's helps promote sustainable practices, highlight lesser-known species, and support a more resilient seafood system. That includes educational tastings and events as well as community programs like Fishermen Feeding Mainers, which provides healthy, local fish to food-insecure families.

The community focus doesn't stop there. Through their *Lift All Boats* student lobster mentorship program, Luke's creates pathways for local students without traditional access to the working waterfront—helping to build a more inclusive future for coastal work in Maine's lobster industry.

At Luke's Lobster Portland Pier, everything comes together: the people, the place, and the purpose. Whether you're arriving by foot or sailing in for a dockside meal, you'll find more than just incredible seafood—you'll experience a living part of Maine's story.





## Visit Portland Eco-Wellness Guide



MANAGER, ROSIE TRAIN GREETES GUESTS ON THE DECK OF LUKE'S LOBSTER ON THE PORTLAND PIER.



# ALLAGASH BREWING



**Allagash Brewing Company**, founded in Portland, Maine, in 1995 by Rob Tod, is widely recognized for its award-winning beers. However, the brewery's influence extends far beyond its craft, demonstrating how a business can champion community engagement, sustainability, and employee well-being.

Allagash's dedication to its community is a core tenet. The company annually donates 1% of all sales to local nonprofits, contributing to a wide array of efforts like combating food insecurity, improving healthcare, supporting LGBTQ+ rights, and preserving clean water. Furthermore, employees receive 16 hours of paid volunteer time annually, fostering a culture of civic participation. The onsite

Allagash Beer Garden extends this commitment, serving as a welcoming "third space" for connection, relaxation, and work, inviting everyone to feel a sense of belonging.

Sustainability is deeply embedded in Allagash's operations. Over 600 onsite solar panels generate approximately 18% of the brewery's electricity. Water conservation is paramount, with a highly efficient usage of 3.4 gallons of water per gallon of beer produced—significantly below the industry average. The brewery also diverts an impressive 98% of its waste from landfills through composting, recycling, and creative reuse. Allagash actively supports local agriculture, brewing with over 1.6 million pounds of Maine-grown grain in 2024 alone.

Supporting its employees is another key value. Allagash provides comprehensive health benefits, retirement contributions, and paid time off. Employees also have access to wellness programs, including yoga and mental health resources, as well as a "Gear Library" that offers outdoor equipment such as paddleboards, snowshoes, and more to promote an active lifestyle.



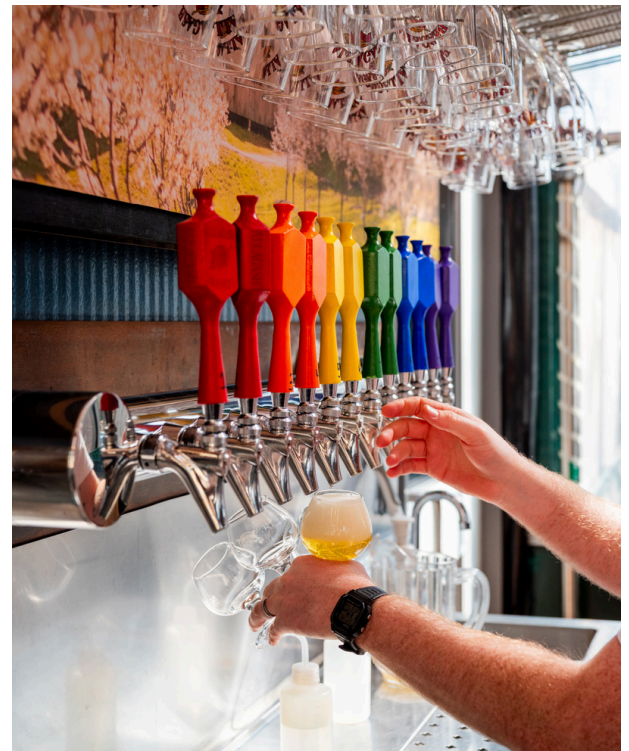
## Visit Portland Eco-Wellness Guide



The brewery prioritizes inclusion through intentional hiring practices and partnerships that support underrepresented communities, striving for a diverse and welcoming workforce. As proof of its efforts, Allagash employees have voted the brewery as one of the Best Places to Work in Maine for 11 years running.

Allagash's impactful efforts have garnered significant recognition. The company became a Certified B Corporation in 2019, meeting rigorous standards for social and environmental performance. Allagash openly shares its sustainability metrics, setting a benchmark for other businesses.

It's deeply rooted in a Maine community that takes pride in crafting products with care, purpose, and integrity—an ethos that helped Allagash founder Rob Tod win a prestigious James Beard Foundation Award for Outstanding Wine, Beer, or Spirits Professional in 2019.



- **[Listen to the Allagash Podcast](#)**
- **[Learn about its beers](#)**
- **[Visit the Allagash Brewery](#)**





Maine



*Lager*  
Beer Selection

*Allagash White*  
Beer Selection

*Ouao Cherry*  
Beer Selection

*Dark*  
Beer Selection

YOU PICK 4 TASTING FLIGHT

ALLAGASH

THE COMPANY

FROM MAINE, WITH LOVE. FROM





# The Ecology School

Nestled along the tranquil Saco River, **The Ecology School** at River Bend Farm offers breathtaking views and a profound connection to nature. It offers numerous avenues for public engagement, inviting individuals and groups to connect with nature, sustainability, and community through its programming.

### Community Events and Workshops:

Throughout the year, The Ecology School hosts a variety of public events. These include educational workshops, seasonal festivals, and collaborative events with local organizations. For example, the school has partnered with Maine Beer Company for community pizza nights,

where a portion of the proceeds supports environmental education initiatives. Additionally, the school collaborates with North Spore to offer mushroom-themed weekends featuring foraging, cultivation, and cooking activities.

### Family and Youth Programs:

Families can participate in day and overnight camps designed to foster a love for the outdoors and environmental stewardship among children. These programs offer hands-on experiences that explore Maine's diverse ecosystems, engage in outdoor games, and introduce participants to the science of ecology.



# connect with nature

Adults interested in deepening their understanding of ecology and sustainability can attend retreats and workshops. Programs such as the Teacher Institute for Watershed Science and Conservation offer immersive experiences that combine ecological education with practical applications.

Organizations seeking meaningful retreat experiences can collaborate with The Ecology School to design customized programs tailored to their specific needs. These retreats focus on team-building, sustainability practices, and environmental education.

During your stay, you can select dorm or yurt accommodations and eat in the large dining hall that features foods from local farms and producers. Relax on the grass outside overlooking the river and take in the views of the greenhouses and gardens.

The Ecology School extends its educational mission beyond the campus through outreach programs. Educators can bring interactive, hands-on environmental science lessons to their classrooms from TES, fostering nature centered experiential learning.



**Learn more about  
THE ECOLOGY SCHOOL**









# Sustainable Self-Care

**Ashley Flowers Yoga**, based in Portland, Maine, offers a truly welcoming and joyful approach to yoga that welcomes everyone, regardless of their experience level. Ashley's philosophy, "Yoga is for everyone," shines through in her diverse class offerings. You'll find traditional sessions alongside one-of-a-kind experiences like goat yoga, serene stand-up paddleboard (SUP) yoga, and deeply relaxing restorative yoga in a salt cave.

Imagine finding your flow amidst the playful presence of friendly goats at Smiling Hill Farm in Westbrook – that's Ashley's goat yoga, designed for a lighthearted and fun connection. For a unique twist on relaxation, she partners with **SaltMind™ Studio**

to lead restorative yoga and Yoga Nidra sessions inside a therapeutic salt cave, where the atmosphere naturally deepens your calm and mindfulness. Ashley is genuinely committed to making yoga accessible and inclusive. She is a pleasure to be with. Her teaching focuses on creating a safe and inviting space that encourages exploration, self-awareness, and pure joy in every practice.

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*Pictured Above:* The Seaweed Mask at Adeline at the Westin. The **Adeline Wellness Spa** offers a serene escape in downtown Portland. Enjoy personalized massages, rejuvenating facials, and seasonal treatments in a luxurious, tranquil setting.



**Ashley Flowers Yoga: Joyful Movement for Everybody**





# Visit Portland Eco-Wellness Guide



<p>WELCOME TO ASTRAEA ·A WELLNESS SPA·</p> <p>MENU:</p> <p>ASTRAEA SIGNATURE MASSAGE 90/120MIN. \$245/335</p> <p>NEOLIFTING FACIAL MASSAGE 90 MIN. \$275</p> <p>MINDFUL DREAMS MASSAGE 60/90MIN. \$165/235</p> <p>CUSTOM MASSAGE 60/90MIN. \$165/235</p>	<p>FEATURED SERVICE:</p> <p>GROUNDING EARTH SESSION 60 MIN. \$165</p> <ul style="list-style-type: none"><li>·GUIDED BREATHWORK</li><li>·FACE &amp; SCALP MASSAGE</li><li>·FOOT MASSAGE</li></ul> <p>HERBAL COMPRESS MASSAGE 90 MIN. \$245</p> <p>MAMA TO BE: PRE-NATAL MASSAGE 60 MIN. \$165</p>
<p>PRIVATE SAUNA SUITES</p> <p>60 MIN. \$100</p> <p>90 MIN. \$150</p> <p>120 MIN. \$200</p> <p>GIFT CERTIFICATES AVAILABLE</p>	<p>TREATMENTS</p> <p>SEAWEED WRAP 90 MIN. \$285</p> <p>HERBAL SLEEP COCOON 60 MIN. \$175</p> <p>FACIALS</p> <p>60 MIN. CUSTOM \$185</p> <p>90 MIN. CUSTOM \$245</p>



**Astraea Wellness Spa**, located at Portland's Longfellow Hotel, offers a tranquil escape rooted in holistic wellness. Signature treatments include the Seaweed Leaf Wrap and Mindful Dreams Massage, both designed to restore balance and calm.

Guests can also enjoy the Grounding Earth Session, combining breathwork, reflexology, and massage for deep relaxation.

The spa's private infrared sauna suite features an invigorating cold water plunge shower, enhancing circulation and recovery. With a serene meditation room, vibro-acoustic Mind-Sync chairs, and a commitment to organic products and personalized care, **Astraea** is a peaceful retreat in Portland's historic West End. Stop in the boutique to pick up a luxurious body product from their bespoke selection



# Eco-Friendly Activities

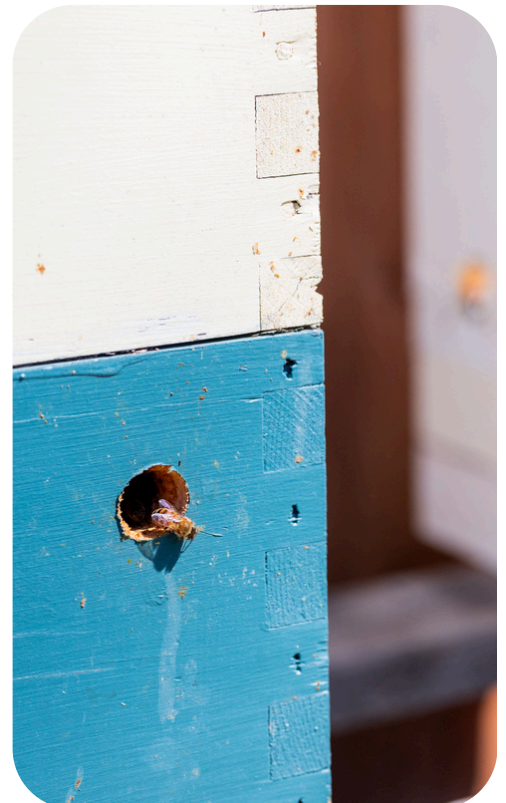


**The Honey Exchange** on Stevens Avenue isn't just a store; it's a vibrant community hub for bees and beekeepers. Founded by Phil and Meghan Gaven, this family-run spot offers beekeeping supplies, local honey, and beeswax products.

**It's also a welcoming center for bee education.**

Their outreach programs bring the world of honeybees to life for students and groups, highlighting pollinators' vital role. They even help maintain hives for local partners, including rooftop hives at **Union Restaurant at The Press Hotel**, ensuring bee populations thrive.

Whether you're a seasoned beekeeper or just curious, The Honey Exchange makes learning about bees approachable and inspiring.





# Creative Portland



In Portland, Maine, the arts aren't just a feature of the city — they're part of the fabric. At the heart of it all is Creative Portland, a nonprofit organization that works quietly and steadily to ensure the city's creative community is visible, supported, and connected.

One of their most recognizable efforts is the First Friday Art Walk. It's a monthly ritual — studios and galleries throw open their doors, musicians and street performers spill onto the sidewalks. The whole downtown buzzes with people meandering from show to show. It's free, it's fun, and it's been part of the city's rhythm for years.

Creative Portland also runs a city gallery on Free Street, where local artists are regularly featured in themed, juried shows. Past exhibitions have explored themes such as resilience and acceptance — ideas that resonate beyond the walls of a gallery. The organization makes a point of inviting fresh voices into the conversation, regularly issuing open calls for new artists.

Public art is another big focus. A standout project has been the installation of artist-designed bus shelters across Portland — a combination of beautification and urban placemaking. These colorful shelters don't just provide a place to wait for the bus; they bring artwork into everyday life.

In warmer months, Creative Portland organizes free concerts — often timed with First Friday — to spotlight local musicians and performers.







There's also the "Hear, Here!" series, which gives stage time to emerging artists in live performances that are as eclectic as the city itself.

If you're new to Portland, or even if you've been around a while, the **Creative Portland app** is a helpful pocket guide. It maps out murals, performance venues,

and cultural landmarks — a great way to get a sense of the city's creative footprint.

Beyond events and exhibitions, the organization serves as a network for the arts community. They host annual summits, send out regular updates, and stay attuned to opportunities that can benefit artists and makers.



# TERRARIUM

Step into **Terrarium**, nestled in downtown Portland, and discover a serene oasis for plant lovers and city dwellers alike. This cozy shop and workshop space specializes in handcrafted terrariums—those enchanting miniature gardens that bring a slice of nature right into your home. Whether you're looking for a beautifully pre-made glass garden or all the bits and bobs to build your own, Terrarium has you covered.

**They also host hands-on workshops where you can learn to create your own lush, self-contained ecosystem.**

Locally owned and operated by the duo Anna and Rob Sinnott, Terrarium opened its doors in 2022. Rob, with his horticulture background from Southern Maine Community College, brings the green thumb, while Anna's two decades in restaurants and event planning ensure a warm, welcoming vibe.







Together, they've crafted a space where you can unwind, enjoy a drink and a snack, and let your creativity bloom as you design something extraordinary.

Pop in anytime- walk-ins are welcome. If you're coming with a larger group, reservations are recommended, Terrariums start at just \$28, which includes all the necessary instructions and materials. Do you have a favorite jar? Bring it along—pricing is based on volume. The shop offers a vast selection of plants in various sizes and can help you pack your terrarium for travel.

Just a heads-up: outside food and drinks aren't allowed, though pre-approved celebratory desserts are welcome. Plan to spend about an hour on your build, and you'll leave with your very own piece of sustainable, living art.



# Portland Schooner Co.

**Portland Schooner Co.** isn't just offering boat rides—they're keeping Maine's maritime legacy alive. By restoring and sailing historic wooden schooners, they connect locals and visitors alike to the state's seafaring roots. Their fleet includes the *Bagheera*, *Wendameen*, and *Timberwind*—all Maine-built and listed on the National Register of Historic Places. Most recently, they brought the 99-foot *Ruth* back to life, now cruising Casco Bay on scenic lighthouse sails.

These wind-powered schooners offer two-hour trips that are both relaxing and rooted in tradition.

Every voyage is a chance to experience authentic sailing aboard beautifully restored vessels. Their commitment to craftsmanship and sustainability helps preserve a proud part of Maine's working waterfront.



Portland Schooner Co.: Sailing Maine's Heritage into the Future





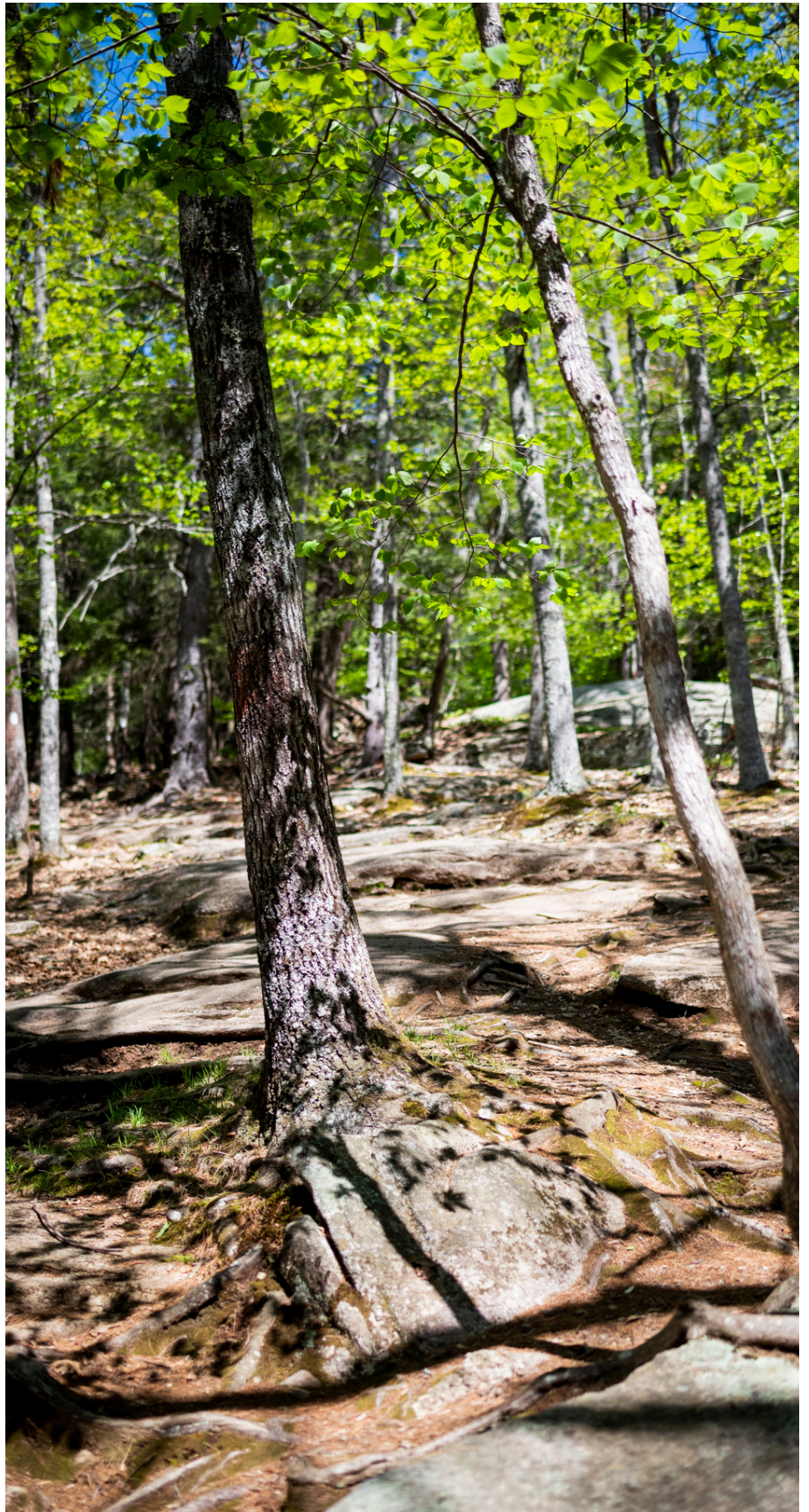
## Embracing the outdoors

Just minutes from the bustling Old Port, the **Fore River Sanctuary** invites you into peaceful wetlands and woods, leading to **Jewell Falls**, Portland's only natural waterfall. This gem is part of the **Portland Trails** network, a fantastic nonprofit organization that maintains over 70 miles of trails in and around the city.

For iconic city views, the **Back Cove Trail** gracefully circles a tidal basin, ideal for a run, bike ride, or stroll. It connects seamlessly to the **Eastern Promenade**, where expansive lawns and historic forts meet a winding trail hugging the beautiful Casco Bay.

Venture a bit further to Falmouth and discover **Mackworth Island**, a charming state park. Its gentle loop trail winds through spruce forests and along rocky shores, providing stunning ocean vistas.

South of the city, **Scarborough Marsh** is a haven for paddlers and birdwatchers, boasting a vast saltwater estuary teeming with wildlife. Or, for a quieter forest walk near the sea, explore **Robinson Woods** in Cape Elizabeth.



**Get the Visit Portland Trail Map**







## More to explore in-and-around Portland

**The Nonantum Resort** offers a personalized approach to wellness woven into your stay, emphasizing natural, unhurried, and restorative experiences. Includes activities like waterfront yoga, biking, massages, collaboration with Blackrock Farm, and a floating sauna.

[nonantumresort.com](http://nonantumresort.com)

**Portland by the Foot Historical Walking Tours**. Dugan Murphy, head guide and owner, provides accessible, well-paced walking tours of Portland. The company focuses on historical stories and encourages slowing down and engaging in conversations about the city's past, including marginalized communities.

[portlandbythefoot.com](http://portlandbythefoot.com)

**Maine Harbor Club ~ House Island**, is an authentic Maine experience on a private island in Casco Bay. The company provides oceanfront homes and island rentals, promoting a slower and more peaceful experience away from the city.

[maineharborclub.com](http://maineharborclub.com)

**Casco Bay Custom Charters** offers private charter experiences on historic Maine-built wooden vessels. The company provides tailored trips for small to medium groups, including dining, island stopovers, and transportation around Casco Bay.

[cascobaycustomcharters.com](http://cascobaycustomcharters.com)

**Portland Museum of Art** offers mindfulness sessions in the galleries, self-guided slow looking, and an Art & Medicine program for wellness and healing through art experiences.

[www.portlandmuseum.org](http://www.portlandmuseum.org)

**The Regency Spa** features full-service spa amenities, including saunas, steam rooms, a Jacuzzi, a fitness center, and personal training sessions. Offers various treatments and a private spa lounge for groups.

[theregency.com](http://theregency.com)

**Portland Paddle** provides sea kayaking lessons, guided tours, and paddling programs. Aims to inspire a sense of wonder for the natural world and make kayaking accessible to all, promoting environmental stewardship.

[portlandpaddle.net](http://portlandpaddle.net)

**Nine Stones Spa** offers holistic treatments in an urban sanctuary setting. Provides massages, body treatments, skincare, and natural nail services, along with infrared saunas and showers.

[ninstonesspa.com](http://ninstonesspa.com)



## More to explore in-and-around Portland

**The Docent's Collection** offers boutique hospitality with luxury lofts in historic buildings in Portland's Old Port. Focuses on slow travel and local immersion with curated art and handcrafted furniture.

[thedocentscollection.com](http://thedocentscollection.com)

**Spruce Point Inn** provides a Maine coast experience focused on slowing down and enjoying simple pleasures. Offers activities like yoga, hiking, tennis, a spa, and an eco-conscious package with 4ocean.

[sprucepointinn.com](http://sprucepointinn.com)

**Fortland** offers eco-friendly camping on an island, with compostable dishware, solar power, and a focus on slow travel and disconnecting in a historic fort setting.

[fortlandmaine.com](http://fortlandmaine.com)

**Sunday River** offers a place to slow down and reconnect in the Mahoosuc Mountains. The resort provides outdoor activities, a spa, and a focus on sustainability with a goal of net-zero emissions.

[sundayriver.com](http://sundayriver.com)





# VISIT PORTLAND MAINE



# MAINE.

VISITMAINE.COM

This guide features inspiring ideas to help plan your visit to the Greater Portland & Casco Bay region of Maine. It showcases many highlights of the region, and is by no means exhaustive, nor meant to be exclusive.

Learn more about lodging, activities, and dining at [Visit Portland](#).

We welcome your ideas, hidden gems, and tips.

Guide created by:

**CAPSHORE**  
*Photography*

kristin f. simmons  
*digital media*

This guide was researched and produced on the unceded ancestral lands and waters of the Wabanaki Nation.

We are grateful for their historic stewardship of these lands and waters.