



JAN 2025

MONTHLY NEWSLETTER



THE BEST SKIING IN THE MAINE HIGHLANDS

VANESSA LEMANSKI

If you're in the market for an exciting and unique skiing experience, the Maine Highlands might be the perfect destination for you. Maine is known for having some of the best skiing in the Northeast United States. With its long winters and record-breaking snowfalls, Maine produces ideal skiing conditions for many months every year. Ski season starts as early as November and runs through late April, with January tending to be the best month to venture out onto the slopes. The Highlands region in particular offers a range of ski adventures. Whether you're looking for small-town family fun or expert-level thrill, you can find it in the Maine Highlands.

Big Moose Mountain, formerly known as Squaw Mountain, is a smaller-scale ski area in Greenville, Maine. Despite its size and lesser-known reputation, it offers an array of activities for locals and visitors alike. Since the 1960s, this ski area has been a destination for skiers looking for a more personal, rustic experience. Big Moose is a great place to start as a novice skier or brush up on your skills if you're more advanced. The ski area offers beginner, intermediate, advanced, and expert slopes, as well as uphill routes and Nordic trails. It has lessons for first-timers, plenty of rental equipment, season passes, and an on-site dining hall. The trails continue to be revamped, and the rates are more affordable than the bigger ski resorts, making Big Moose Mountain a must-visit for everyone around.

Hermon Mountain is another hidden gem in the Maine Highlands ski scene. Located in Hermon, Maine, the ski area is known for its family-oriented experience. The ski area is family-owned and operated and has been for over three decades, making it the perfect place to bring your loved ones to make memories and have some fun. Hermon Mountain has easy and expert slopes to cater to every level of skier. It also offers lessons and fun events such as night skiing! It offers all of this and more at affordable prices. Hermon Mountain truly offers fun for every member of your family.

Sugarloaf Mountain is the biggest and best ski resort in the state of Maine. Located in Carrabassett Valley, Maine, the ski resort encompasses everything you'd imagine in the quintessential New England ski experience. While not technically in the Highlands region, Sugarloaf is worth the extra bit of drive if you are a die-hard skier. The resort is built on top of a 4,237-foot mountain. It has the most challenging slopes in the state. The ski area originated in the 1950s and has gained quite a reputation for offering everything you could possibly want on your ski vacation. Alongside the renowned slopes, Sugarloaf also offers competitions, events, and highly rated lessons. Sugarloaf Mountain is a can't-miss Maine adventure for ski enthusiasts.

Saddleback Mountain is Maine's third biggest ski destination. It is in Rangeley, Maine, very close to Sugarloaf. This ski area has been around since the 1960s and has been named "Maine's Best Mountain" by Down East Magazine three years in a row. Sitting atop a 4,120-foot mountain, Saddleback offers premier skiing, alongside other winter activities like ice skating, snowshoeing, and snowmobiling. Additionally, the surrounding areas offer great dining and places to explore.

If downhill skiing isn't something you're up for, some cross-country style skiing might be more your speed. **Friends of a Fierce Chase Cross Country Ski Trails** is located right in Monson, Maine. Don't let the fierce name fool you, this network of groomed trails involves nothing but peace and tranquility. Miles of trails await to be explored by not only cross-country skiers but also snowshoers and hikers.

From leisurely winter activities to adrenaline-pumping adventures, the Maine Highlands have a little (or a lot) to offer every skier so dust off your skis and book your stay at The Guilford Bed & Breakfast for a complete, and exciting winter get-away.



REMEMBERING THE PAST

JOHN MCNAMARA

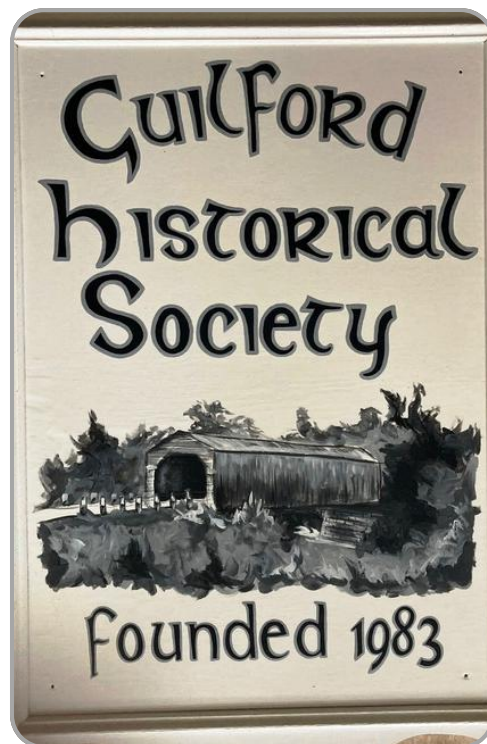
Since moving to Maine, I have been impressed with the preservation of the past. In a big city like Atlanta, where we lived at the start of 2024, it was more common to tear down an old building to make way for something newer and more modern. Every corner seemed to have a place for you to trade in your old clothes for cash to use for new clothes. Everywhere you looked, everything was new. Very little was preserved, giving way to the wealth of waste.

In Maine, however, the past is quite beautifully preserved. It is part of the history, part of one's legacy. **The Guilford Bed & Breakfast** is a great example of the preservation of Maine. Built in 1902, the Guilford Bed & Breakfast is on the National Register of Historic Places and has been meticulously maintained by previous owners for generations. We are honored to be the latest wards of this property, and it is through the generous help and support from the Guilford Historical Society that we have been able to learn so much more about the house and the town.

This got me thinking about the important role that historical societies play in the process of preservation and what a treat it would be for locals and guests alike to explore and learn all about Maine through the stories and museums of the historical societies scattered throughout Maine. I learned quite quickly that almost every town, no matter how small, has a group of people committed to ensuring that the history of this great state—their wonderful town—is maintained and passed on to future generations.

Each month we will be highlighting some historical significance of each of the towns in the Maine Highlands and introducing you to the historical society that helps maintain the voice of those towns all in the hopes that locals and guests go out and explore the wonder and history of Maine. You may discover something new about the town you grew up in, or moved to, or fell in love with after visiting.

Without these historical societies, we are left with the older generations remembering to pass on stories, left with the younger generation caring enough to listen. There are so many wonderful family stories that have been passed down through my family over the decades, but I do not remember them all—no one does. No one captured those moments in words or pictures. The historical societies and their amazing staff have done just that. So, next time you are in a small town in Maine, or anywhere, stop by the local historical society and say hello, and learn something fascinating.



FOR YOUR SPECIAL VALENTINE ...

Celebrate Valentine's Day with your loved one in style with a romantic weekend in Maine. Our two-night, weekend getaway includes deluxe accommodations, hot breakfast each morning, wine and a charcuterie board, wine and dessert and high tea. Space is limited so call to book your room for this special \$550 deal.

NO WINTER BLUES HERE

VANESSA LEMANSKI

Most people disregard Maine once the summer season ends, but boy are they missing out. While the coastal cities are packing up and closing down, the smaller towns in Piscataquis County are ramping up for the winter. These year-round towns know how to keep the winter scares away. There are plenty of snowy adventures and indoor activities to keep you entertained on those chilly days. With less people crowding around, fun things to try, and plenty of local charm, Maine might be the winter wonderland you need. If you're looking for a unique vacation, or if you're a local Mainer looking for something new to do this winter, check out these ideas:



Snowmobiling is an exciting experience for people of all ages. Maine has an extensive network of trails, including both local and state trails. There are thousands of miles of trails to explore. You can stay local and still never get bored, or you could venture into different towns. You can even hop from restaurant to restaurant. You can get to about anywhere through the snowmobile trails. The trails tend to be well-groomed and taken care of by the local snowmobile clubs, and signs are posted, so it is easy to stay safe. There are local companies that rent snowmobiles and supplies, such as **Northwoods Outfitters** in Greenville. You can grab a sled, grab a map, and hit the trails to take in some breathtaking views of the Maine wilderness.

Ice fishing is a popular Maine winter pastime. You can fish by yourself for some peace and quiet or bring company for more fun. A few lakes in Piscataquis County that offer great ice fishing are Moosehead Lake, Sebec Lake, and Lake Hebron. Many towns even host ice fishing competitions during the wintertime.

Ice skating is a great winter activity because you can skate outdoors, or you can go to an indoor facility. The **Piscataquis County Ice Arena** is a newer rink in Dover-Foxcroft. They offer skating open to the public and equipment rentals. They occasionally have pick-up ice hockey games and ice-skating lessons as well!

If you don't want to be outside at all, you should visit our local breweries. **Turning Page Farm Brewery** in Monson, **Two Knights Brewing Company** in Sangerville, and **East Outlet Brewing** in Cambridge are a few breweries that are very close to The Guilford Bed & Breakfast. They all offer unique brews and yummy food. Checking out the breweries is also a good way to meet fun people or catch events like trivia nights or live music. If you want to venture out a little further, head south and hit a few of the bigger-name operations. **Mason's Brewing Company in Brewer**, Bangor Beer Co. in Bangor, and **Marsh Island Brewing** and **Orono Brewing Company** in Orono would all be fantastic options. Hit one or hit all of them. You're bound to have a good time either way.

If you need to exhaust some energy or simply just want to enjoy Maine's beauty, give **snowshoeing** a try. Many outdoor sports businesses offer rental equipment, as well as some local libraries. With an abundance of hiking trails, you're sure to be in for an adventure. Just make sure to bundle up first!



When all else fails, there are always a number of local events going on in the winter that are open to residents and visitors. Swing by the farmers market at the **Piscataquis County Ice Arena** on Saturday mornings for handmade treasures and organic goods. See what live productions or movie showings are taking place at the **Center Theatre** in Dover-Foxcroft or stop by **Pat's Pizza** in Dover-Foxcroft for live music or The **Lakeshore House** in Monson for open mic night. And for fun times and good food near The Guilford Bed & Breakfast, there is always **Red Maple Inn**, **Spenser's Bakery** and **Whittle Bird Cafe**.

Whatever you do, don't sit at home this winter and wait for the cold to go away. Venture out and have some fun. Piscataquis County has plenty to offer to keep the winter blues far, far away. You might just like Maine more in the winter.

FROM OUR KITCHEN

These treats are the perfect, hardy breakfast dessert any time of the year. We make these in the summer/fall months when we harvest fresh raspberries from our garden, but we also make them with fresh berries from the market. You can make large or small batches and they freeze well for later consumption.

RASPBERRY OAT CUPS

INGREDIENTS

- 2 Cups of Quaker Oats
- 1/2 Cup of Pure Maple Syrup
- 2/3 Cup of Creamy Peanut Butter
- 1 Cup of Fresh Raspberries
- 1/2 Cup of Chocolate Chips

INSTRUCTIONS

- Preheat oven to 350 degrees
- Mix the oats, maple syrup and peanut butter in a large bowl
- Generously spray a mini muffin tray with butter spray
- Fill each muffin mold with the oat mixture, filling 3/4 of the mold
- Use your thumb or a spoon to create an indentation in the center of each mold to form a cup/bowl shape with the mixture
- Bake for 12 minutes or until golden
- Remove from oven and let cool 15 minutes
- Mash the raspberries in a medium bowl with fork or spoon
- When the cups are cool, fill the center with the mashed raspberries
- Melt the chocolate chips over low heat or in the microwave and pour over the top of the molds
- Freeze for 20 minutes
- Yields 20 mini cups



HAPPY HOUR

The Guilford Bed & Breakfast offers an afternoon Happy Hour to local residents all year.

Join us by the fire in our library for lite bites, wine, beer and cocktails from 4-6PM each Monday - Wednesday.



THE GUILFORD BED & BREAKFAST

24 Elm Street, Guilford, ME 04443 | 207-876-3477 | www.guilfordbnb.com