



[www.HistoricInnsOfRockland.com](http://www.HistoricInnsOfRockland.com)

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**PENOBSCOT BAY: NO PLACE LIKE IT FOR BOATERS,  
ISLAND HOPPERS. KAYAKERS, WINDJAMMERS & HIKERS**

Rockland, ME – They say the islands of Penobscot Bay rise from the sea like secrets waiting to be explored. No one is more acutely aware of the lure of the sea than the innkeepers of Historic Inns of Rockland. Guests rarely come to stay in Rockland’s historic inns without partaking in some activity on what local sailors refer to as “Pen Bay”. Whether it’s an island hopping excursion or a sail aboard Maine’s historic windjammers, the appeal of the Bay – Maine’s largest – is undeniable. The bay is as much a part of the history of each inn and the town as it is a notable coastal landmark.

Penobscot Bay is approximately thirty miles long by thirty miles wide. In it are many Midcoast islands including Vinalhaven, North Haven, Islesboro, Deer Isle, and Isle au Haut. These five large islands and hundreds of smaller ones provide protection from the open sea, making Penobscot Bay a very popular sailing, pleasure boating, and sea kayaking destination. The bay’s numerous harbors, coves, estuaries, and islands offer solitude, plentiful opportunities to view bird and wildlife, and miles of coast to explore.

There is ready transportation for those who seek an island-excursion. After a hearty breakfast offered by any of the Historic Inns of Rockland, jump aboard your choice of ferries, charter boats, windjammers or even private airplanes for a scenic tour. For those who’d rather do the boating themselves, Rockland offers a choice of sea kayak outfitters and guides for both instruction and an insider’s explanation of wildlife facts and scenic harbors. Sail and powerboat charters are available for the experienced boaters. For many, the allure of the past comes alive aboard one of the many historic windjammers that make Rockland their home. Whether it’s for a day-sail or a longer trip combined with a stay at any of the Historic Inns of Rockland, this combination of living history preserved on both land and sea simply can’t compare to anywhere else in the country. (*more...*)

The Maine Windjammer Association ([www.sailmainecoast.com](http://www.sailmainecoast.com)) offers a nice place to start researching opportunities for sailing Maine's coast , windjammer- style.

For those who prefer to view the bay from land rather than by sea, The Rockland Harbor Trail is a public four-mile footpath along the historic waterfront of Rockland Harbor. The Harbor Trail connects Rockland's waterfront points of interest including Snow Marine Park, Harbor Park, Rockland Fish Pier, Coast Guard Pier, Maine State Ferry Service Terminal, North End wharves, Marie H. Reed Memorial Park, and the Rockland Breakwater Lighthouse. To access the Rockland Harbor Trail, walkers simply follow the signs from Snow Marine Park leading along the streets, parks, pathways and sidewalks of Rockland.

Prefer to go a little farther outside town? Historic Inns of Rockland innkeepers, many of whom are also avid hikers, can offer great insight into other trails offering spectacular views of the bay from the hills surrounding Rockland.

Those who come to Rockland find time on Penobscot Bay inextricably a part of their stay at the Historic Inns of Rockland. Whether by land or by sea, time spent on "Pen Bay" is a key part of every Rockland getaway. The Historic Inns of Rockland, including LimeRock Inn, Captain Lindsey House, and Berry Manor Inn can provide guests with all the ways to get the most out of "sitting on the dock of the bay", to coin a popular song. For more information, online availability, packages, events and photos visit [www.HistoricInnsOfRockland.com](http://www.HistoricInnsOfRockland.com) or call 1-877-ROC-INNS (877-762-4667).

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