Welcome to Maine and the Bangor Region!

Although Maine is often called Vacationland, we know it as a beautiful state and a great place to live and work. Bangor is located in the center of Maine, providing easy access to the coast, the mountains, larger cities to the south, and farmland and forestland to the north. Bangor has been recognized as a great small city and as a safe place to live – with plenty of activities and resources no matter what your needs and interests. In this section we will give you just a glimpse into life in Maine and in Bangor. We have included websites whenever possible so you can do some Internet exploring of items that particularly interest you. An especially good overview can be found at the Greater Bangor Convention & Visitors Bureau, www.visitbangormaine.com. Enjoy!

Coast in Southern Maine near Sebasco Harbor.
Welcome to the Bangor Region! Bangor, with a population of about 33,000, is the service center for central, coastal, and northern Maine. Twenty-one communities comprise the Greater Bangor Region: from Old Town and Hudson in the north, Winterport and Orrington in the south, Levant and Kenduskeag in the west, and Eddington and Dedham in the east, each has its own history and unique character. The Bangor Region Chamber of Commerce website is a wonderful resource for information about the area (www.bangorregion.com).

Bangor, the County Seat and one of the largest cities in Maine, is home to District and Superior Courts and Federal Court. It is also the County Seat and home to the Sheriff's Department and the County Jail. The Margaret Chase Smith Federal Building has recently undergone a 4 year multimillion dollar renovation and the State of Maine has recently completed a new District Court building in Bangor.

The region's financial and industrial sectors are served by several statewide and national accounting, law, insurance, and securities and investment firms. Three hospitals offer extensive health and psychiatric care. The local schools are some of the best in the State, receiving recognition for academic excellence, athletic achievement, and creative art and drama programs. This region’s natural beauty is enhanced because we benefit from four wonderful seasons. Our winters provide snow for winter enthusiasts and cold clear nights for star-gazing. Spring’s warmer temperatures bring the region’s woodlands into full bloom with green being the dominant color. Summer days in Maine are the best in the nation with plenty of warm sunshine and not too much humidity. Autumn is one of our most spectacular seasons as Maine comes alive with the vibrant colors of fall foliage.
Natural Resources

Maine and the Bangor Area abound in clear air, clean water, and unspoiled woods, most of which are open and available for public recreation. You could spend a lifetime exploring all of Maine's lakes, rivers, streams, woodlands and Coast. Many of these natural wonders are only a short drive from Bangor.

The Penobscot River, one of Maine's major rivers, passes through Bangor on its way to Penobscot Bay and the Atlantic Ocean. Bangor is situated at the head of the tide and has long been a gateway to and from the sea for Native Americans, early explorers, loggers, shipbuilders, travelers, and fishing and boating enthusiasts. The river also has excellent fishing.

Within Bangor city limits, many striking parks and miles of hiking trails provide for varied and extensive recreational pursuits. The first, founded in 1834, is Mount Hope Cemetery, which was designed to have two sections, one for a cemetery and the other for horticulture, (bangorinfo.com/Focus/focus_mount_hope_cemetery.html). Another popular area is the Bangor City Forest (http://cityforest.bangorinfo.com/), a network of footpaths and bike trails, crowned by a boardwalk through a black spruce and peat bog, the Orono Bogwalk. (www.oronobogwalk.org/). Bangor is also a city of many smaller neighborhood parks such as Broadway Park, Chapin Park, and Cascade Park (site of many weddings). Please see the city's web site, (www.bangormaine.gov) or the Bangor Land Trust website, www.bangorlandtrust.org for maps and more information.
Fields Pond, an affiliate of Maine Audubon, is located in Holden. It includes a nature center, pond, fields, and forests, and offers many educational programs for young people and adults (https://www.maineaudubon.org/visit/fields-pond/). In Herman, Ecotat provides trails and gardens to explore, and access to a library created by the Bangor Nature Club (www.ecotat.org/). Many trails are available for hiking, running, and cross country skiing at the University of Maine in the town of Orono (https://umaine.edu/campusrecreation/facilities/trails/).

**Cultural Resources**

For a small city, Bangor has many wonderful museums, music venues, and theaters of which to be proud. The Penobscot Theater’s Historic Bangor Opera House, Husson’s Gracie Theatre and the Collins Center for the Arts at the University of Maine in Orono, as well as the new Cross auditorium and Convention Center, provide venues for a wide variety of indoor performances by the Bangor Symphony Orchestra, Penobscot Theater Company, University of Maine performers, and many nationally known performers. Performances by nearby smaller theatre companies, local dance companies, and high schools are enjoyed as well.

Outdoor venues include the Bangor waterfront and the park at the Cross Center. The annual American Folk Festival is a three-day event that is held at the Waterfront. It was created after
Bangor very successfully hosted the National Folk Festival for three years. In late August it is the place to be, drawing performers and audiences from around the world.

- Collins Center for the Arts - [http://www.collinscenterforthearts.com](http://www.collinscenterforthearts.com)
- Waterfront concerts hosts well known and popular music groups- [http://waterfrontconcerts.com](http://waterfrontconcerts.com)

The Bangor Region is home to several fine museums, including the University of Maine’s Hudson Museum and the Museum of Art, and the Bangor Historical Society Museum. The Maine Discovery Museum is the largest children’s museum north of Boston – a wonderful place for children to explore and learn. Many surrounding towns have historical societies, museums, and Leonard’s Mills in Bradley provides living history days that include a working sawmill, blacksmith, and other attractions. The Paul Bunyan Statue, Stephen King’s home, and the Bangor Standpipe are local landmarks that are often visited by tourists and locals alike.

- Bangor’s Thomas Hill Standpipe – [http://bangorinfo.com/Focus/focus_standpipe.html](http://bangorinfo.com/Focus/focus_standpipe.html)

![Paul Bunyan – Bangor](image)
Education

Public and private elementary and secondary schools in the Bangor Region vary in their size and facilities. Many of the Bangor Schools have won awards for excellence and are strongly supported by the community. Information about many of the schools in the area is available at www.bangorschools.net

Choices for higher education in the Region are numerous including:

- University of Maine – www.umaine.edu/
- University College of Bangor – http://www.uma.edu/about/campuses/bangor/
- Husson College – www.husson.edu/
- Eastern Maine Community College – http://www.emcc.edu/

In addition a new dental school will be opening soon in Bangor.

Services and Businesses

There are three hospitals in Bangor that provide physical and mental health care. Eastern Maine Medical Center is the region’s major care facility, serving all of central, eastern, and northern Maine. Saint Joseph’s Hospital is a full service community hospital run by the Felician Sisters, which was founded in 1947. Acadia Hospital is a community-based mental health and substance abuse treatment facility.

- Eastern Maine Medical Center - http://www.emmc.org
- St. Joseph’s Hospital –http://stjoeshealing.org
- Acadia Hospital – http://acadiahospital.org/default.htm

The Greater Bangor area has long been a community of readers and they are well served by the Bangor Public Library. The Bangor Public Library (www.bpl.lib.me.us/) is a wonderful resource. Interlibrary loan systems connect BPL with other libraries in the area, including town and school libraries and the University of Maine’s Fogler Library. (http://www.library.umaine.edu/).

In 2017, the BPL has completed a major renovation project which includes a new copper roof, and over $4,000,000 in interior renovations. Funds for this work were raised locally which shows the support the library enjoys from the community. Local author Stephen King and his wife Tabitha are major supporters of the library and have lent their support to many other Bangor projects as well.
Bangor International Airport (http://www.flybangor.com/) and Concord and Greyhound Bus Lines provide alternatives to driving to destinations outside the region. The local Bangor Area Transit (Community Connector) buses (http://www.bangormaine.gov/content/318/332/683/default.aspx) connect several towns and the University of Maine to Bangor.

There are many shopping venues in the Bangor Region, from Downtown Bangor, which is experiencing a renaissance (http://www.downtownbangor.com/index.php?area=contact) to shopping malls and to shops in local towns. Discount and salvage stores such as Reny’s and Marden’s offer a unique shopping experience. Restaurants are varied, from fast food to fine dining, including pubs and ethnic foods. Bangor has seen a phenomenal growth in its downtown restaurants, pubs, and small shops. It seems that every day a new business is opening in one of the downtown’s historic buildings.

Sustainable, organic, living and locally grown produce have really taken center stage recently. In addition, for most of the year there are a number of excellent farmers’ markets in the Bangor area. Locally raised meats, vegetables, and baked goods are all available. Check www.getrealmaine.com for more details on the many area farmers’ markets. In addition, for those who wish to grow their own, Bangor has a community garden where you can be assigned a plot of your own to produce whatever you want to grow. For more information go to https://www.facebook.com/BangorCommunityGarden/.

For the sports enthusiast, both participant and spectator, there are many options to choose from. The University of Maine’s hockey, basketball, football, and field hockey programs are widely known and enthusiastically supported. Area high school athletic teams are competitive at the state level as well as engaging in local rivalries that make for great drama as the seasons’ progress.

Outdoor recreation is a year-round activity in Maine, with opportunities for hiking, biking, canoeing, kayaking, skiing, snowmobiling, swimming, hunting, and fishing within a few minutes’ walk or drive.
Bangor also has an excellent YMCA (www.bangory.org) with both therapeutic and Olympic pools, classes from yoga to swimming and weight lifting to Tai Chi the Bangor Y has facilities and services for all.

Hiking in the western mountains

Deer in the backyard
Picnicking at Schoodic Point

Housing

The Bangor area has a great selection of housing from historic homes to new ecofriendly passive houses. There are fixer uppers and move in ready homes. You can live in the city of Bangor or a few miles away and be in the country. A web site that is good to check is [www.zillow.com](http://www.zillow.com) as well as any of the national real estate firms.
The State of Maine

Natural Resources

Maine is rich in natural beauty, with each region of the state offering something unique. From rugged coast to sandy beaches, mountains to rolling hills, and farmland to forestland – there is something for everyone. Here are a few of our favorite spots:

The wild downeast coast begins near Acadia National Park (http://www.nps.gov/acad/) and is known for its rocky headlands and pounding surf. From Bangor it is an easy drive to the Park, especially during less congested months. Autumn is spectacular when the colors are bright and the raptors are migrating south, taking advantage of the thermals created by the mountains.

Eighty miles north of Bangor lies Baxter State Park (http://www.baxterstateparkauthority.com/) and Mount Katahdin, the terminus of the Appalachian Trail and “the 100 mile wilderness,” the final and perhaps the wildest part of the trail. To be in the park or to stand on Katahdin is for many a spiritual experience. And, as a Maine resident, you get priority reservations at the campsites!

While these are the best known and busiest of Maine’s natural landmarks, there are many other beautiful places to explore including State parks, the Rachel Carson National Wildlife Refuge, the Allagash Wilderness Waterway, and the Moosehead Region, just to name a few. And there is a lifetime of lesser hiking trails, lower summits, smaller rivers, back road bike routes, and winter ski trails to satisfy your need for adventure, solitude, or beauty.

For more information, explore these websites:

Cultural Resources

As you move out of the Bangor Region to explore the rest of Maine, the abundance of cultural resources quickly becomes apparent. Museums abound, including such gems as the Abbe Museum in Bar Harbor (http://www.abbemuseum.org/) that explores the culture of Native American people in Maine, and the Farnsworth Museum in Rockland (http://www.farnsworthmuseum.org/) that features an outstanding collections of the works of the Wyeth family. Artisans and crafters display their work in many shops, boutiques, and galleries, and hone their techniques at places like Haystack Mountain School of Crafts (http://www.haystack-mtn.org/) on Deer Isle.

The Roosevelt Campobello International Park is located on Campobello Island, New Brunswick, Canada just across the international border from Lubec on the easternmost tip of Maine. The focal point of the Park, the Franklin D. Roosevelt summer cottage, and the Park’s Visitor Centre open the last Saturday in May and remain open twenty weeks. The Park grounds and Natural Area are open year round. (https://www.nps.gov/roca/index.htm)

Musicians and music lovers can choose from a year-long menu of concerts, workshops, jams, and cafes. Classical, rock, jazz, folk, country – you name it, you can find it happening in Maine. Dance is alive and well, too. From ballet to tap, contra dance to modern dance, we are moving to the beat. One way to explore what is available is to go to the Maine Public Broadcasting Network’s Community Calendar (http://events.publicbroadcasting.net/mpbc/events.eventsmain) and start searching … by location, by event, by date … have fun!
Educational Resources

We are fortunate in Maine to have many colleges and universities available to us. The University of Maine System ([http://www.maine.edu/](http://www.maine.edu/)) has six campuses in addition to the flagship campus, University of Maine located just north of Bangor in Orono. The Maine Community College System ([http://www.mccs.me.edu/](http://www.mccs.me.edu/)) also has seven campuses across the state, as well as many satellite learning centers.

In addition, there are a variety of private colleges and universities with excellent reputations:

- College of the Atlantic ([http://www.coa.edu](http://www.coa.edu))
- Colby College ([http://www.colby.edu/](http://www.colby.edu/))
- Bates College ([http://www.bates.edu/](http://www.bates.edu/))
- Bowdoin College ([http://www.bowdoin.edu/](http://www.bowdoin.edu/))
- University of New England ([http://www.une.edu/](http://www.une.edu/))

Services and Businesses

It is hard to know where to begin in describing the services and businesses that are available beyond the Bangor Region in the state. Specialized medical care, specialty shops, connections to airports and rail stations, sports events, ski resorts … most are available in Maine somewhere! If the bright lights of the big city are needed, Boston is within easy reach. Of course, this section would not be complete without referring to one of our best known retailers, LL Bean ([http://www.llbean.com/](http://www.llbean.com/)), located in the town of Freeport ([www.freeportusa.com/](http://www.freeportusa.com/)).