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- ↑ The Beehive Trail connects with the Gorham Mountain Trail and Ocean Path to form an excellent 9.4 km (5.8 mi) loop.
- The sunrise over the Atlantic Ocean as seen from Cadillac Mountain.
- ↗ Bass Harbor Head Lighthouse.



**ABOUT THE TRAIL**

- **DISTANCE** 7.1 km (4.4 mi); *add 2.3 km (1.4 mi) if you return via Gorham Mountain and the Beehive Trail*
- **DURATION** 2 to 3 hours; *4 to 5 hours if you add Gorham Mountain and the Beehive Trail*
- **LEVEL** Easy to moderate

Acadia National Park is Maine in a nutshell. With its spectacular coastline, dense forest, granite-topped peaks, and picture-postcard lakes, it embodies all of the natural wonders for which the Pine Tree State is renowned. Open to explore all year round, it’s a park that can be enjoyed by outdoor lovers of all ages and fitness levels, but it’s especially suited to early risers. Why? Because not only is Acadia the easternmost national park in the United States, it’s also one of the first places in the country from which you can take in the sunrise over the Atlantic Ocean.

Established in 1916, Acadia National Park occupies approximately 190.2 sq km (47,000 acres) of real estate across Maine’s Mount Desert Island and the Schoodic Peninsula. As one of America’s most beloved national parks, it has long been a magnet for generations of outdoor-loving New Englanders looking to escape the hustle and bustle of urban life. From a hiker’s perspective, Acadia contains more than 193 km (120 mi) of well-maintained trails within its ocean-rimmed boundaries. There is something for everyone, from family-friendly lakeside strolls and coast-hugging meanders to steep and exposed scrambles. And what sets Acadia’s trail system apart from many of the country’s larger national parks is that its natural wonders are easily accessible within one to six hours of walking—no need to carry heavy packs laden with tents, sleeping bags, and multiple days of food supply. Acadia may well be the day-hiking capital of America’s National Park System.

One of the most scenic of Acadia’s wayfaring options is the Ocean Path. An out-and-back affair between Sand Beach and Otter Point, it measures 7.1 km (4.4 mi) in total and showcases