

Getting to Maine via Public Transportation

There is dependable bus transportation from Boston's Logan International Airport. Scheduled buses run every hour to the bus station in Portland, ME and twice daily to Damariscotta, ME. Amtrak operates the Downeaster train service from Boston's North Station to the Portland station (www.thedowneaster.com), where it is possible to catch a bus (or a ride, see below).

From Logan Airport:

Concord Trailways bus service will pick up and drop off passengers from each terminal en route to Portland or the coastal towns of Maine. The latter makes a stop in Damariscotta, the closest town to Walpole, where our classes are held. Look for buses marked "Maine Coast." A complete schedule is available at www.concordtrailways.com or by calling (800) 639-3317. *Note:* You can only buy bus tickets by presenting a photo ID.

Mermaid Transportation is a van service that runs between the Logan and Portland airports. Handy if you already have a ride from Portland arranged. Their website is www.gomermaid.com or call 800 696-2463.

From Portland Jetport:

Midcoast Limousine, is a reservation-based limo service from Portland to Damariscotta, www.midcoastlimo.com, or (800) 937-2424. Concord Trailways (see above) is also an option, but requires a short taxi ride from the airport to the bus terminal.

Kinesis is a three hour ride from Boston, an hour and half from Portland, and about 15 minutes from Damariscotta.

Transportation Assistance in Maine.

Kinesis can also arrange to meet you in Portland for a small fee, but you need to give us advance notice.

Kinesis also can arrange to meet you in Damariscotta at no charge. Salt Bay Taxi: 207 563-7331 can be arranged for local transportation and also bring you to Walpole. To use either service you need to arrange it in advance.

The Kinesis office will be happy to send someone to meet you and drive you to Walpole (8 miles). Please call us toll-free at 888 546-3747. Once you have arrived and settled, you will find there is always someone coming or going from town to give you a ride. Some students also share the rental of a car.

The Kinesis classroom and office are located in Walpole, eight miles south of Damariscotta. There is no public transportation between the two points.

Manchester Airport

Manchester, NH also has an airport that serves many airlines. Like Logan airport, it is a three hour drive from Kinesis. There is no bus service and car rental is the only option.

Around Town

Damariscotta has many popular restaurants on its Main Street as well as a well-stocked bookstore and café. It sports two full service grocery stores and a health food coop. For true ethnic food you will have to travel to Brunswick or Portland.

Local Accommodations

Here is a compilation of local accommodations known to us. Rates are subject to change! Students are responsible for making their own arrangements. Except for lodging in the Clarks Cove Farmhouse, Kinesis cannot make arrangements for students.

Motels

Oyster Shell Motel (efficiency suites)	Damariscotta	(207) 563-3747
Sea Acres Cottage Motel (efficiency suites)	Pemaquid	(207) 677-2693

Bed and Breakfasts

Bristol Inn	New Harbor	(207) 563-1125
Downeaster Inn (approx. 5 miles)	Damariscotta	(207) 563-5332
Oak Gables B&B (approx. 8 miles)	Damariscotta	(207) 563-1476
Brannon Bunker Inn (approx. 2 miles)	Damariscotta	(207) 563-5941

Rooming Houses

Clarks Cove Enterprises Farmhouse .7miles from classroom – water access and community atmosphere <i>Four available bedrooms for \$45/bedroom per night</i>	Walpole	(207) 563-7121
Jennifer Wais <i>House with 2 bedrooms 1/8mile from classroom for \$40 / bedroom per night Family has happy toddler and friendly dog: Separate bath for 2 guests to share</i>	Walpole	(207) 563-6039
Linda Bulmer <i>One bedroom apartment, \$600/week or \$100/night Approximately 7 miles from classroom</i>	New Harbor	(207) 677-3322
Pris Donham <i>Approximately 15 miles from classroom</i>	Alna	(207) 586-6507
Laura Tuttle <i>Two available bedrooms, 8 miles from classroom for \$40 a room/night Shared bath, kitchen and other common areas – 2 cats</i>	Bristol	(207) 563-1590
Linda Brunner <i>Two rooms available for approx. \$35/night. Retired couple with several cats and dogs Next to farmhouse, .8 miles from classroom</i>	Walpole	(207) 563-3915

Campgrounds

Damariscotta River Campground <i>\$20/night or \$100/week based on 2 people per site. Bath facilities included. 1.5 miles from classroom</i>	Walpole	(207) 563-3585
Pemaquid Lake Campground	Damariscotta	(207) 563-5202
Pemaquid Point Campground	New Harbor	(207) 677-2267
Sherwood Forest Campsite	Pemaquid Beach	(207) 677-3642
Duck Puddle Campground	Nobleboro	(207) 563-5608

Local Rental Cottages

Clarks Cove Enterprises <i>.7 miles to classroom. Quiet spot on the Damariscotta River June \$700/week; July \$ 900/week; August \$900/week; Sept \$700/week</i>	Call Kinesis at	(207) 563 7121
Jody Telfair <i>One large bedroom apartment on 2nd floor above Jody's home. Eight minute drive from classroom</i>	Bristol	(207) 563-7484
Joy Vaughn <i>Spacious studio with kitchen 3 miles from classroom. Reduced rates for Kinesis students</i>	Walpole	(207) 644-8267
Barbara Warner <i>For rooms approximately \$50/night; 6 miles from classroom</i>	Pemaquid	(207) 563-5329
Jane Solar <i>Guest house which sleeps 2-3 people; June – September \$800 / week; short distance to dock and shore Approximately 5 miles from classroom</i>	South Bristol	(781) 259-9475
Libby Collins <i>Small 2 bedroom cottage on water, 1 bath, open living room and kitchen \$85 - \$100 per night</i>	South Bristol	(603-654-9627)