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Dive In!

No vacation is complete without a dip in the water. Luckily, you don't need a super yacht to enjoy Maine's waterways. Our guide to aquatic adventure will help you plunge into the best Maine summer yet.

FROM STAFF & WIRE REPORTS

(PARA)SAIL AWAY

If you spend a day on the busy shore of Old Orchard Beach, cast your eyes beyond the bright patchworks of beach towels and bathers and you may spot a trio of squealing passengers being hauled through the air beneath a giant parasail canopy emblazoned with 855-FLY-2SKY. That's the trademark of **Old Orchard Beach Parasailing**, the exclusive provider of sky-high rides in OOB. At \$80 for a ten-minute ride, is this sky-high trip really worth the hype? "It's only the best view in town!" says a guide. "You can see 40 miles in every direction. You can actually see the White Mountains on a clear day." For those with a fear of heights, stay closer to the surface and take a spin on a Banana Boat for a more purse-friendly \$20 per person. Old Orchard Beach Parasail and Ski, Saco, oobparasail.com, (855) FLY-2SKY



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DISCOVERY

STAND BY ME

“When you’re on a paddle board you feel like you’re standing on the surface of the ocean. It’s a surreal sensation, it’s almost spiritual,” says SOPOSUP owner Rafael Adams, who’s shop in South Portland has an array of stand up paddle boards, or “SUPs,” for you to try. The enormous boards (10-12 feet long) allow you to paddle easily along waterways and present a unique vantage point to gaze at your surroundings. You can even catch a wave or practice SUP yoga from your board. “Paddle boarding is relatively easy, so it makes the water super accessible to everyone. You can get out on rivers, lakes, and the ocean at very little cost,” says Adams, who bought his first SUP in 2010 “when I accepted I couldn’t afford a boat.” Rent a board for \$55 per day or take part in a group lesson for \$25 per person.

SOPOSUP, South Portland, sopusup.com, 317-0425

Kayaking and canoeing are two easy ways to get family members on the water together. **Sebago Trails Paddling Co.** owner Katelyn Allen attributes the sport’s enduring appeal to its accessibility and inclusiveness. “Kayaking and canoeing are really easy to get into. It’s very safe and you don’t need a lot of experience, so it gets people out on the water who maybe aren’t as confident.” It also stuns you with silence and the beauty of your surroundings. Based on the shores of Sebago Lake, the company rents out their fleet of boats at \$40 per day for a kayak and \$50 for a canoe. They also offer kids kayaks, fishing gear, and even a doggie life jacket, so no family member need be left behind. “For a lot of people it’s a nostalgic trip. It reminds us of when we were growing up,” says Allen. Create your own memories.

Sebago Trails Paddling Co., 4 Whites Bridge Rd,
Windham, sebagotrails.com, 894-4696

Surf Camp at Scarborough Beach provides lessons and fun for kids and adults. surfcampme.com





Participants reach up into triangle pose during a SUP yoga session at Willard Beach in South Portland.

SURF'S UP

While Maine may not boast the rolling, glassy barrel waves of California or Hawaii, we still have a few spots along the coast that will satisfy your need to rip. "We've had buoys recording swells of over 20-feet in winter! But summer surfing in Maine tends to be very calm—it's the perfect place to learn," says Andy McDermott of **Black Point Surf Shop** in Scarborough. With the beach breaks of Higgins, Scarborough, and Old Orchard in near convergence, beginners and skilled surfers alike can chase the perfect wave. "The surf shop is like a hub for all kinds of people and their stories," says Andy. His main advice for beginners? "Just give it a try. You can only be given so much instruction with surfing. A lot of it is just spending time in the ocean." Rent a variety of different boards for \$15 for half a day or get a 90-minute lesson starting at \$80, and be sure to check the surf report before you head out.

Black Point Surf Shop, Scarborough,
blackpointsurfshop.com, 939-6016

SPEED MACHINES

If you happen to prefer horsepower to man-power on the water, a jet-ski trip will provide the adrenaline fix you crave. Sure, you may be the bane of all other ocean users, but with top speeds of 55 mph you'll be moving too fast to care. Located in Wells Harbor, **Ocean Jet Ski Rental** keeps eight jet skis ready and waiting on the water, yours to rent for \$90 an hour. "The oldest client ever to visit us was 93 years old. She came two years ago with her family,

FROM TOP: MEAGHAN MAURICE; DUSTIN TURIN



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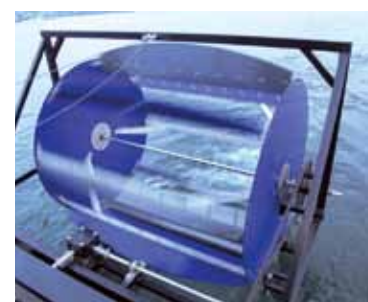
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DISCOVERY

and she went out fully dressed. She absolutely loved it!"

Ocean Jet Ski Rental, Wells, oceanjetskirental.com, 396-0559

ALL ABOARD

Whether you're a certified sea captain or a complete beginner, you too can be skipper for the day without purchasing your own multi-million-dollar yacht. From his spot in Southwest Harbor, Chuck Watson of **Mansell Boat Rental** has been offering the chance to explore the Mount Desert coastline and the breathtaking beauty of the Somes Sound fjord for over 43 years. Put the wind in your sails and charter a 19-foot Rhodes sailboat for \$295 per day. Or, if you prefer, sit back and relax in a rented 21-foot Boston Whaler motorboat for \$100 more. Watson also offers lessons for beginners on the ways of the water (Sailing lessons \$295/2-3 hours). "It's an odd business," he says. "You take people who don't know what they're doing and turn them loose on the ocean." Thankfully, you'll be in expert company.

Mansell Boat Rental, Mt. Desert Island, mansellboat-rentals.com, 244-5625 ■



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