

The Concierge

TIPS FOR TOURING HERE AND ABROAD

CHECK IN

BOUTIQUE IN BAR HARBOR AMID BAY, CLUB, AND ACADIA

BAR HARBOR, Maine — Rise early at West Street Hotel and wander up Cadillac Mountain for the first glimpse of sunrise in the United States. Or sleep in. At this boutique hotel, which opened last July and already has a Four Diamond AAA rating, the latter's not a bad option.

I hadn't seen Bar Harbor in 35 years. Gone are the low-slung businesses at the corner of West and Main streets. In their place is the four-story, 85-room hotel, open through October. Its many features include the adults-only heated infinity rooftop pool, said to be the only one in Maine, with comfy rattan lounge chairs and covered cabana seating. Before you sprawls Frenchman Bay, dotted with boats, behind you, Acadia National Park.

Waterfront rooms with balcony rockers are the best. Decor is decidedly nautical, bright and breezy, with Tommy Bahama Lexington furnishings, deep-blue leather chairs, king beds, iPod docking stations, free Wi-Fi, and spacious bathrooms with rain-head showers.

Dine at Paddy's Restaurant downstairs, with all things Irish, from imported, hand-crafted millwork to Irish cuisine and libations such as the rustic Irish stew of coastal shellfish and an Irish bloody Molly.

Guests also have privileges at a sister property, the Bar Harbor Club, an easy walk to get a massage at the spa there and where you'll also find a family-friendly pool with views of Bar Island just offshore.

WEST STREET HOTEL 50 West St., 207-288-0825, www.theweststreethotel.com, \$299-\$1,079

PAUL E. KANDARIAN



WEST STREET HOTEL



JAMES JAY FORTIN

THE TIP

ENGINES OF MAINE FARM HISTORY

Whether you are heading to or from Maine, make the 18th Annual Antique Tractor & Engine Show a stop. Just a few miles inland from Kittery, the show is held at the historic Raitt Homestead Farm Museum in Eliot on July 26-28. The event features exhibits and vendors focused on tractors, vintage agricultural apparatus, and dozens of century-old agricultural “make or break” engines. This large slice of Americana includes a shingle mill demonstration, auction, live music, a ladies’ skillet toss, strawberry shortcake, “pulls” to test mechanical muscles from kids on lawn tractors to full-size adult machines — even a Colonial encampment.

www.raittfarmmuseum.org

ALAN EARLS

THE LIST

SEE EVIDENCE OF EARLY LIFE IN NORTH AMERICA
At Smithsonian magazine, Guy Gugliotta shares places to find evidence of the continent's original settlers. www.smithsonianmag.com/travel

1
MASTODON STATE HISTORIC SITE
IMPERIAL, MO.
Pleistocene ice age fossils, including bones of giant mastodons. Interpretive trails, picnic site, and museum of Clovis culture. Year round. www.mostateparks.com/park/mastodon-state-historic-site

2
MEADOWCROFT ROCK SHELTER
AVELLA, PA.
Archeological site with prehistoric artifacts dating 16,000 years. Visitors center, exhibitions, and tours. May-October. www.heinzhistorycenter.org/meadowcroft.aspx

3
MURRAY SPRINGS CLOVIS SITE
SIERRA VISTA, ARIZ.
Rugged one-third-mile interpretive loop trail offers 10 exhibits on life in the late ice age. Year round. www.blm.gov/az/st/en/prog/cultural/murray.html

4
BLACKWATER DRAW NATIONAL HISTORIC LANDMARK
PORTALES, N.M.
One-mile walking trail explores excavation of early Paleoindian cultures. April-October. Nearby university museum exhibits site artifacts. Year round. www.enmu.edu/services/museums/blackwater-draw/index.shtml



ISTOCKPHOTO

5
LUBBOCK LAKE LANDMARK, TEXAS
Archeological and natural history preserve contains evidence of 12,000 years of occupation by people on the Southern High Plains. Visitors center, hiking trails, and exhibits. Year round. www.depts.ttu.edu/museumttu/ll/visitrus.html

NECEE REGIS

HERE

‘SEE’ AND SAVE RHINOS AT FRANKLIN PARK ZOO

Go on a virtual high-speed chase through Africa at a new state-of-the-art ride at Boston's Franklin Park Zoo. The attraction, called Rhino Rescue, takes you on a crazy, fast-paced ride alongside park rangers as they attempt to stop rhino poachers. Encounter elephants, wildebeest, and other wildlife along the way. Sit in a motion simulator seat and experience wind, motion, sight, and sound. Tickets for the four-minute ride cost \$4 for members, \$5 nonmembers. Ten cents from each ticket purchase goes to the International Rhino Foundation.



to benefit rhino conservation. 617-541-5466, www.zoonewengland.org

BOSTON'S FAMILY-ORIENTED HOTEL PACKAGES

Head for The Fairmont Copley Plaza this summer and take advantage of packages that offer admission for families to the Museum of Science Boston, Franklin Park Zoo, Boston Children's Museum, and New England Aquarium. The science museum and aquarium packages, good through Dec. 31, include accommodations and admission tickets for two adults and two children. A small portion of the Swimmin' with the Fishes Package supports the care of one of the aquarium's species for a year. Rates start at \$239 for the science museum package, and \$299 for the aquarium package, based on availability. 800-441-1414, www.fairmont.com/copley-plaza-boston

THERE

VISIT WALDORF ASTORIA'S NEW YORK ROOFTOP GARDEN

Stay at the Waldorf Astoria New York and enjoy a spa treatment, a dinner entree, and a creative cocktail all made with ingredients from the property's rooftop garden. The hotel's outdoor oasis opened last year with six beehives. It now includes fig and apple trees, and nine raised garden beds where executive chef David Garcelon grows edible flowers, alpine strawber-

ries, eight ball squash, and eight varieties of basil that are used in the hotel's restaurant and spa. Enjoy a pedicure that incorporates rooftop honey and rosemary, a Rooftop Ramble cocktail made with fresh basil leaves, and tagliolini pasta with rooftop kale. Visit the garden on Thursdays or Saturdays during regularly scheduled tours of this grand Art Deco-style hotel. Room rates start at \$319, double occupancy. 800-925-3673, www.waldorfnewyork.com



NEIL BURGER

TRUMP HOTELS PUT FOCUS ON HEALTHY EATING

Stay at a Trump hotel worldwide and enjoy tasty snacks and meals that help keep you healthy on the road. The luxury hotel group has launched three new wellness programs: Nourish, the in-room dining program, provides vegan, gluten-free, and organic offerings. Local farms in Hawaii, for instance, provide the hydroponic lettuce

and organic vanilla bean ice cream for the Trump International Hotel Waikiki Beach Walk. Quick Bites offers healthy in-room options that are guaranteed to be delivered in 15 minutes max. The Travel Fit program provides yoga mats, stretch bands, and light weights for in-room use. Guests can also borrow fitness clothing, running shoes, and pre-loaded iPod shuffles for free. 855-878-6700, www.trumphotelcollection.com

ROYAL TEA FOR TWO IN LONDON

The Athenaeum Hotel celebrates the coming birth of a royal baby and the queen's coronation anniversary by hosting a photo exhibition called “The Royal Child,” and afternoon tea for those 8 years and older on weekends through Aug. 31. The exhibit features 40 rarely-seen images of the queen and her children from Victorian times to present. Don't miss the image of 4-year-old Elizabeth building sandcastles on the beach in Sussex. The Athenaeum's Royal Summer Afternoon Tea includes honey roast ham, arugula, and red onion marmalade sandwiches, and scones with clotted cream and homemade jam. Rates: \$93 per person; reservations required. 800-335-3300, www.athenaeumhotel.com

EVERYWHERE

MINI CHARGERS PACK LOTS OF POWER

Jackery's new travel-sized chargers don't just refuel flashlights, phones,

and game consoles. The super portable and lightweight Jackery Mini, and the bigger Jackery Bar, can recharge your cellphone, MP3 player, game console, and iPad or other tablet on the fly. The small rectangular mini weighs just 2.7 ounces, measures 3.7 by .09 by .08 inches, and provides up to 50 hours of charge time. The Jackery Bar weighs twice as much and measures an extra inch wider, but offers up to 120 hours of charge time. Both easily tuck into a pocket or the corner of a bag. Currently \$29.95-\$39.95 at Amazon.com. www.jackeryusa.com

PORTABLE DEVICE MAY HELP YOUR GOLF GAME

Practice your golf swing while traveling using GolfSense, a small and unobtrusive motion-sensing device that attaches to the Velcro strap of your glove and wirelessly transmits swing data to your iPhone, iPod, iPad, and Android device by Bluetooth. The gadget, made by Zepp Labs, records real-time, three-dimensional motion analysis of acceleration, tempo, velocity, and body position. The device doesn't just capture info. It also provides tips and recommendations to help you improve each swing. Your stats get stored in the GolfSense Cloud, which gives you the ability to sync data with other mobile devices. \$129.99 at Apple.com or GolfSense. www.golfsense.me

KARI BODNARCHUK

