

## Cedar Grove Sauna's Surrounding Area

### Accommodation Options

Cedar Grove Sauna is in Montville, ME, a rural town. Hotels/motels can be found 25-minutes away in Belfast or Waterville. We recommend Belfast.

There are numerous options for overnight accommodation closer to Montville via:

<https://www.airbnb.com>

<https://www.hipcamp.com/en-US>

<https://www.tentrr.com>

### Grocery Stores

- Belfast Coop, Belfast (25 min, lots of local/organic)
- Hannafords, Belfast (25 min)
- Hannafords, Camden (40 min)
- Shop and Save, Unity (15 min away, but smallest selection)

### Pharmacy

- Walgreens, Belfast

### Local Gas

- Freedom General Store, 27 Belfast Road, Freedom
- Hilltop Store, 231 Belfast Road, Knox

### Attractions within 5 minutes

- Freedom Pond, Pleasant St, Freedom: boat launch access, and trails and swimming spot to the right. Also called Sandy Pond.
- The Lost Kitchen, 22 Mill St. Freedom: world-renowned farm-to-table eatery. Beautiful bridge over dam at historic mill building, and trails on parking-side of bridge to Freedom Pond. Worth visiting even if you don't eat!
- Hilltop Ice Cream
- Frye Mountain Wildlife Management Area, Route 220 (South from here): state-owned, roads/trails to walk/ride bikes on.

### Within 15 minutes Liberty, ME

- Liberty Tool, Main Street, Liberty: funky 3-story shop with used tools, interesting even if you don't use tools! Open Sat - Sun
- Liberty Graphics, Main Street, Liberty: local screen-print t-shirt shop, nature-themed. They sell seconds here! Open Wed - Sun
- Lake St George State Park, Route 3, Liberty: swimming and boating access
- John's Ice Cream, Route 3 Liberty,: homemade ice cream just past Lake St George. Open 12-9 daily

- Lake St. George Brewery, 4 Marshall Shore Road: excellent local beer, outside beer garden. Open Wed - Sun
- 51 Main St: sweet café in the center of town, outdoor seating available. Open Thur - Sun
- Liberty Craft Brewing, 7 Coon Mountain Ln, Outdoor seating, food. Open Thur - Sun

### **! Unity, ME**

- Community Market, Route 220: Amish-owned general store with many handy things. Fresh donuts on Wed/Sat. Closed Thursday/Sunday.
- Amish Charcuterie, Route 220: Amish-owned charcuterie, they cure lots of delicious meats and cheeses. Not sure of hours
- MOFGA grounds, 38 School St: Fairgrounds of Common Ground Fair
- RailCycle, 212 Depot St, scheduled tandem single-speed bike tours on the rails

### **Farm stores within 25 minutes**

- Misty Brook Farm, 295 Bog Road, Albion: dairy and meat products
- Full Fork Farm, 154 Dutton Road, China: vegetables, strawberries, and an assortment of other cheese/meat products
- Bahner Farm, 153 Augusta Road, Belmont: Vegetables, meat, cheese, bread etc. Fully stocked. Close to Belfast.

### **Nature places/hiking**

- Hills to Sea Trail: There are three trailheads on our road. Map should be located with the books.
- Sears Island, Searsport: Island with causeway out to it, walking trails, beach
- Coastal Mountains Land Trust: Many preserves along the coast
- Midcoast Conservancy: Many preserves in area
- Maine Coast Heritage Trust: Many preserves on the entire Maine coast

### **Localish beaches**

- Ducktrap Harbor, Lincolnville – rocky beach in beautiful location
- Lincolnville Beach – sandy roadside beach. Check out secret beach just beyond the ferry terminal
- Belfast Boathouse – small sand beach in town