

EAT SMART BE FIT LIVE WELL

# Cooking Light

JUNE 2005

enlightened traveler



## DAY ONE: COMING INTO LOBSTER LAND



Your first stop is the Maine Maritime Museum (243 Washington St., Bath; 207-443-1316, [www.mainemaritimemuseum.org](http://www.mainemaritimemuseum.org)), which tells just enough about the art and science of boatbuilding to help you appreciate the variety of vessels in the harbors. You'll see how timbers are transformed into vessels of all types and learn to distinguish the lines of a humble peapod rowboat, a lobster boat, or a sleek racing sloop.

U.S. Route 1 is the main highway for this trip, with detours along the way that meander the peninsulas and lead to jumping-off points for islands dangling off the coast. For your first crustacean, follow U.S. Route 127 south to the wharf at Five Islands Lobster Company (1447 Five Islands Rd., Five Islands; 207-371-2990). As fishermen unload their catch at the dock, relish your lobster and contemplate Hendricks Head Light on the north end of the harbor. The next stop is the iconic white tower of Pemaquid Point Lighthouse, two peninsulas north at the end of U.S. Route 130, where scrambling over the shore boulders will help work off lunch.

Rockland calls itself the lobster capital of Maine, and the Maine Lighthouse Museum (One Park Dr., Rockland; 207-594-3301), which opens this month, overlooks the harbor where the catch comes ashore. The highlight of its collection is a 10-foot-high, one-ton Fresnel lens from Petit Manan, which hosts the tallest of Maine's 65 lighthouses.

The Maine Lobster Festival takes over the waterfront on the first full weekend in August, but fabulous food is served May through January 1 at Primo (Two S. Main St., Rockland; 207-596-0770, [www.primorestaurant.com](http://www.primorestaurant.com)).

Whatever Chef Melissa Kelly doesn't grow in her organic gardens usually comes from local farms or fishermen.

**Where to stay:** The Limerock Inn (96 Limerock St., Rockland; 800-546-3762, [www.limerockinn.com](http://www.limerockinn.com)) recalls Rockland's 19th-century heyday in coastal shipping. Summer rates of \$120 to \$215 include breakfast.

Rockland's In Good Company restaurant offers an array of wines and light dishes (top left). The Maine Maritime Museum immerses visitors in the lore of the sea (top right). Pemaquid Point Lighthouse sits atop streaks of granite (left).