Cliff House is a Southern Maine resort that has offered vacationers hospitality for over 150 years. It has been completely re-imagined and transformed into one of New England’s most stunning seafront hotels. Everyone from couples in search of a romantic getaway to families is warmly welcomed, so the appeal is broad based and the vibe inclusive. If you’re seeking a year-round refuge from the hurried pace of metropolitan life, look no further.

**THE DIGS**

Great room with a view the 132 luxurious rooms all have terraces and mesmerizing seascape views. The bed cradles you in high thread count linens so silky you may attempt to sneak a pillowcase home in your suitcase. Listen to the waves crash and you’ll feel so close to the water, you might as well be on a ship.

Cliff House is dedicated to shrinking its environmental footprint. They have implemented single-stream recycling and utilize solar panels; you won’t find plastic water bottles in your room. Instead, each floor is equipped with a station where you’ll find pour-it-yourself hot and cold beverages, fresh fruit, newspapers and other goodies. These stations add to the resort’s convivial feel. You won’t be the only guest poring morning coffee while wrapped in the resort’s signature black-and-white checked robes.

**THE SCENERY IS AS MAJESTIC AS ANY EDWARD HOPPER PAINTING.**

**THE SEVENTY WINDSWEPT ACRES SIT ATOP BALD HEAD CLIFF, BOLDLY OVERLOOKING THE OCEAN’S EDGE.**

**COMBINE MILLION-DOLLAR VIEWS WITH POSH DIGS AND YOU’RE IN FOR THE ULTIMATE NATURE-MEETS-NURTURE WEEKEND GETAWAY.**

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**CONTINUED ON PAGE 9**
THE TILLER
Upscale contemporary design meets charming rustic elements at The Tiller – a bright and inviting dining destination surrounded by ocean views. Seasonal breakfast, lunch, and dinner menus are prepared with farm-fresh produce, line-caught fish, locally raised steaks, and homemade recipes passed down from generation to generation.

OPEN 7 DAYS
BREAKFAST
6:00 a.m. – 11:00 a.m.
LUNCH
11 a.m. – 2 p.m.
ALL DAY BAR SERVICE
2 p.m. – 5 p.m.
DINNER
SUNDAY – THURSDAY
5 p.m. – 9 p.m.
FRIDAY & SATURDAY
5 p.m. – 10 p.m.

THE TILLER BAR & TIDEMARK TERRACE
The Tiller Bar & Tidemark Terrace offer handcrafted cocktails along with fresh regional dishes. The terrace celebrates Cliff House’s exceptional location in Maine with breathtaking views and locally inspired refreshments.

SUNDAY - THURSDAY
11 a.m. – 10 p.m.
FRIDAY & SATURDAY
11 a.m. – midnight

NUBB'S CRAB CAKES
2 lbs crab
1/8 cup panko
1/4 red pepper, minced
1/2 cup mayonnaise
1/4 tsp cayenne pepper
2 tsp old bay
Juice of 1/2 lemon
2 tbsp chopped parsley
3 tsp granulated garlic
1 tsp onion powder

1. Drain crab and place in bowl.
2. Mix all seasonings with mayonnaise.
3. Fold in crab and panko.
4. Form cakes into desired size.
5. Fry on each side until golden.

NUBB’S LOBSTER SHACK
Nosh on lobster rolls, indulge in seafood favorites, and sample local craft beers while watching the game or playing in our complimentary arcade.

PLEASE SEE CONCIERGE OR THE TILLER HOST FOR EXPANDED SUMMER HOURS.

GUEST ROOM DELIVERY
Enhance your visit to Cliff House with private in-room dining. Enjoy the culinary delights of our coastal Maine restaurants from the comfort and privacy of your guest room, just a phone call away.

BREAKFAST
6:30 a.m. – 11 a.m.
ALL DAY DINING
11 a.m. – 10 p.m.
DINNER
5 p.m. – 10 p.m.
LATE NIGHT
11 p.m. – 6 a.m.

BALD HEAD COFFEE CO.
Start your morning with a hot cup of joe and end the day with a cold beer. Light snacks will also be available.

OPENING THIS SUMMER

SNACKS & SIPPS

COASTAL YOGA FLOW
Saturday  9 a.m.
An energizing and dynamic practice that focuses on movement with breath, building endurance, strength, and flexibility. Thoughtful sequencing will balance the body, quiet the mind, and nourish the soul. This class is fulfilling for all levels of practice as it is tailored for the needs and abilities of the students.
Cost: $20
Location: Movement Studio

FITNESS CENTER
Open 24/7 with room key
Whether you want to get an intense workout in or just get your muscles moving, our well-equipped gym caters to all fitness levels. We offer a wide variety of exercise equipment to increase your strength, cardio, and even conditioning.
Located next to our hard working gym is our movement studio. This is a space devoted to helping expand people’s workouts here at Cliff House. The space is perfect to jump rope, stretch, lunge, and any other movement that requires additional space. The studio is also home to our yoga class on Saturday mornings.

For the most up to date fitness class schedule inquire with our concierge or the adventure center.

MEET LANA
CLIFF HOUSE’S YOGA INSTRUCTOR
Lana Vogestad, 500 RYT/200 E-RYT, has taught regularly in Reykjavik, Iceland; The Hague, Netherlands; Atlanta, GA; Portland, ME; and Newburyport, MA. She has completed 500 hours of teacher training with Jimmy Barkan in Fort Lauderdale and has extensively studied with many other influential teachers from different lineages of yoga. Lana is also a teacher in the Yoga and Cancer Program in the Seacoast, providing free yoga classes for those affected by cancer. She was raised in New York and holds a MFA from the School of Visual Arts in New York City and a BA from Bates College.
FAMILY ACTIVITIES

This area is full of amazing things for you and your family to do during your stay! The towns, the beaches, our pools, our excursions, hiking, conservation regions and so much more will certainly fill up your stay. However, the resort offers a myriad of options on property to fill up your day. Below is just a brief sampling of all that we offer right here at our beautiful property.

For the most up to date schedule of all that we offer head over to our Adventure Center located opposite the Reception Desk.

CREW CLUB
The place where children and families can go to let their creative side free. Activities such as crafts, artwork, and games can be found here. Popular activities such as Bear factory, wilderness crafts, message in a bottle, and bird house building are just a sampling of all the fun you will have at Crew Club.
*Note this is not a drop off.

CORN HOLE TOURNAMENT
Toss your team’s way to victory in this classic New England bean bag toss game. This event is wildly popular among guests and groups alike. Join us for the fun.

GAME NIGHT
Family game night, Cliff House style!

MOVIE NIGHT
Sometimes you just want to sit down and watch a good movie! This family friendly event features popular recently released family movies in our theatre or at an outside location.

CARDIO & BIKE

CARDIO
A pure cardio class that will burn off all those unwanted calories. Our instructor will lead you through an endurance based cardiovascular workout that will leave you feeling accomplished.

Cost: $20
Location: Movement Studio

BOOTCAMP
A heart pumping high energy class. Our talented instructor will work you hard until you get an excellent workout in during your stay. Strength and intensity are the main focuses here!

Cost: $20
Location: Movement Studio

PIRATES
Pirates is a system of exercises that target engaging the mind and body. Strength and flexibility is the focus that will lead to improved posture, energy boosts, stress reduction, and better balance. This class will build upon the basic series of exercises in which Pilates is built. This class also has an emphasis on improving core strength because a strong core leads to better fitness.

Cost: $20
Location: Movement Studio

AQUA ZUMBA
Zumba is a blast on dry hard surfaces but even more fun in the pool! This high energy, low impact class is perfect for all levels and a refreshing workout that will get the heart pumping!

Cost: $20
Location: Indoor Pool

GUIDED RUNS
Lace up your running shoes, grab your water bottle and hit the pavement with our recreation team. A qualified member of our recreation team will lead you on a guided run of property. All abilities welcome but we ask that if you are under 18 a parent needs to join the run as well.

Cost: $15
Location: Meet in Lobby

LOCAL RUNNING GUIDE
For most, vacation is a time to rest, recover, and relax. However, if you want to take in the area through a scenic run or perhaps you want to maintain your weekly mileage, this guide will serve you well!

INDOOR: Treadmills in our fitness center are a great option for when the weather is bad.

TRACK: York High School has an excellent 400 meter track

TRAIL: Mount Agamenticus has many great running trails. We recommend “Ring Trail.”

BEACH: Ogunquit Beach or Long Sands Beach are excellent beaches to run on. The sand is soft and the beaches are long.

LOCAL BIKING GUIDE
Looking to pedal in all the sights of the area? Look no further, this guide will outline all the information you will need for a great two wheel adventure.

RENTALS: Cliff House has Trek bike rentals in our Adventure Office located off the main lobby. Ogunquit, York, and Wells all have additional places to rent bicycles as well.

CASUAL: The Short Sands area in York are great spots to ride a bike with the kids.

TRAIL: MOUNTAIN BIKING: Mount Agamenticus has many excellent mountain bike trails. Just make sure to read the trail head sign to see what trails are mountain bike friendly.

HIKE
Take in the beauty of summer while hiking through the woods at the local Mount Agamenticus. This is a mountain tailored to all abilities and has excellent 360 degree views from the top, including the Boston skyline and White Mountains of New Hampshire.

LAWN/OUTSIDE GAMES
Enjoy breathing in the fresh ocean air while playing some classic outdoor games like Giant Chess, Viking Bowling, Corn Hole, Kan Jam, Spike Ball, Bocce Ball, Giant Checkers, and Polish Horse Shoes. Make your way outside to see what games are available that day!

POOL GAMES
Like swimming and splashing in the pool? If so, you will love participating in one of our pool games. Great way to beat the summer heat and have fun at the same time!

Recreation’s Top 5 Things To Do.
1) Help our fishing guide pull in a lobster trap.
2) Watch the sun rise from the summit of Mount Agamenticus.
3) Meet Henry the porcupine from The Center For Wildlife.
4) Get a 360 view of Nubble Light on our scenic cruise charter.
5) Take a super-scenic stroll along Marginal Way in downtown Ogunquit.
The property's libations showcase native ingredients at their peak, paying homage to early rum distillers of New England and regionally based spirits.
SIGHTS

NUBBLE LIGHT HOUSE
Perched atop a rocky “nub” of land is the historic Nubble Light House. Built in 1879 to protect mariners against the unpredictable rocky Maine coast this lighthouse has been ingrained in the local community since its founding. Throughout the years it has seen many changes but it is still very true to its original roots. Today the lighthouse is said to be the most photographed lighthouse in America, whether that is true or not remains for debate. One thing is for sure though, it is a must see during your stay at Cliff House.

PERKINS COVE
Nestled in a quaint cove of Maine’s rugged coastline is Perkins’ Cove. The cove began as far back as the 1800s where it wasn’t much of a cove at all. Various companies dug out the cove over the years to make it deeper so that boats could eventually harbor in it. It quickly turned into a hub for lobster fishermen and today it is a beautiful and extremely photogenic cove. In the height of summer, one will see the cove full of foot traffic, bustling shops, and lobster boats as far as the eye can see.

MARGINAL WAY
Winding along the coast is Marginal Way. This coastal scenic walking path was generously donated to the town of Ogunquit and now serves as one of the top attractions in the area. The mile long path starts near downtown Ogunquit and ends by the Onweed restaurant in Perkins’ Cove.

BEACHES

OGUNQUIT BEACH
This beach is the most famous and the most popular beach in the area. It is just a short ride from the resort. Restaurants, food, rentals, and facilities are all close to this beach.

SHORT SANDS
The beach with the most going on! The beach is not as big as the other two but it has the most shopping and food options along with a beach side bowling alley, an arcade, a playground, basketball courts, facilities, and is walking distance to York’s Wild Animal Kingdom.

LONG SANDS
This mile long beach is located in the neighboring town of York. It is a great alternative to Ogunquit beach and on a clear day you can see the Nubble Light House. A surf shop, great food options, and lots of beach space at low tide make this a wonderful beach.

Cliff House provides shuttle service from 9 a.m. until 10 p.m., every half hour, that picks up and drops off at Cliff House and goes to both Perkins Cove in Ogunquit or Short Sands in York Beach.

GOLF

CAPE NEDDICK COUNTRY CLUB
This 18 hole semi-private course has been around since the early 1900s and been deemed “Southern Maine’s finest golf course.” The famous course architect, Donald Ross designed the course’s original 9 holes and his original vision can still be seen today.

RATES EXCLUSIVELY FOR CLIFF HOUSE GUESTS*
Off-Season (Opening-June 18th & September 25th thru Closing)
- 9-Holes = $40
- 18-Holes = $75
In-Season (June 19th thru September 24th)
- 9-Holes = $55
- 18-Holes = $100

THE LEDGES GOLF CLUB
York, Maine
The Ledges is a more challenging course. You can make tee times up to 90 days in advance. For groups of 20 or more the green fees including cart would be $60.

ON SITE EXPERIENCES

TREK BIKE RENTALS
Hourly: $10 per hour
Full Day (9 a.m. - 5 p.m.): $50 for the day
Rental price includes bike, helmet and a lock available from 9 a.m. - 4 p.m. All bikes must be returned no later than 5 p.m.

TRAILS
With over 70 acres, Cliff House has first-hand access to beautiful wetland and wooded areas right here on property! Explore the peaceful woods of our nature trail. The trail loop starts and ends near the large open area left as you drive from the front drive to the stone entrance gate. The 3/4 of a mile trail is a great peaceful walk while staying right here on property.

*All fees include a golf cart, a complimentary course guide, a bottle of water, 10% discount in pro shop & pub for all guest purchases at CNCC, half price on any club rentals, and free range balls on arrival for all guests who booked tee times.

*Book tee times in through our concierge or in our adventure center.

HAPPY FOURTH OF JULY

TRADITIONS

JULY 4TH CELEBRATION & FIREWORKS
On this day of red white and blue, participate in the resort’s first July 4th celebration where we will have many fun activities to beat the July heat and fill your day until the fireworks light up the sky!
SCENIC LOBSTERING CRUISE
Provided by Breton's Fishing Charters
This trip will include all that the lobstering has to offer with some additional time to take in the sights. Southern Maine has some of the most spectacular coastline on the east coast as well as some famous landmarks all within a short distance. After pulling lobster traps you will take a cruise to take in some of these landmarks which include Baldhead Cliff, Nubble Light, Walkers Point and Boone Island Light.

FISHING AND LOBSTERING TRIP
Provided by Breton’s Fishing Charters
This trip will do it all! You will haul lobster traps, learn about Maine lobster fishing, see the sights of the coast, and get some quality fishing in. You will be aboard one of Southern Maine's premier inshore charter boats with Captain Phil Breton as you hunt for mackerel, striped bass and bluefish.

INSHORE FISHING TRIP
Provided by Breton’s Fishing Charters
This trip follows the coastline from Kennebunkport to York stopping along the way to fish. Our local fishing charter partner uses several methods of fishing including live lining, casting, trolling, drifting, and even fly fishing. This trip is suited for every level of angler from the expert to the novice. This experience is family friendly so encourage the kids to come along to make memories that will last a lifetime!

SEA KAYAKING
Provided by Harbor Adventures
One of the most popular excursions around the world comes to Maine. Paddle your way in our estuaries or our picture perfect ocean. You will be transported into the beauty of the raw rugged coast of Maine. This adventure is truly one of a kind and one that you will sure not want to miss.

SUNSET KAYAK TOUR
Provided by Harbor Adventures
Sunsets mark the end of your day in the most beautiful of fashions. Paddle with the Registered Maine Guide until you reach the best vantage point for the beautiful sunset. Need we say more!

STAND UP PADDLEBOARD (SUP)
Provided by Liquid Dreams Surf Shop
This sport a go, so jump on a SUP and begin paddling. Provided by Liquid Dreams Surf Shop, instructors that are stoked to get you up and riding.

SURFING LESSONS
Provided by Liquid Dreams Surf Shop
Whether you are a beginner looking to ride your first wave or an experienced surfer looking to progress in the sport of surfing this experience will give you the coaching you need. Expert instructors from Liquid Dreams Surf Shop will guide you on a truly memorable riding experience.

LOCAL BREWERY TOUR
Provided by Best Brew Tours
Hop on board the Best Brew Tours bus and begin exploring the best local breweries that the coastal region has to offer. The tour will pick you up at Cliff House and once aboard you will travel to the best local breweries and distilleries. At each stop you will tour the brewery and of course get a generous tasting. This experience is not your typical brewery tour experience and whether you are a beer connoisseur or just want to taste what the region has to offer, this tour is for you. Hop on and drink local!

AERIAL ADVENTURE CHALLENGE COURSE
Provided by Take Flight
Come dare yourself on Maine's largest high ropes aerial adventure challenge course! Take Flight has over 65 activities and elements including multi-vines, cat walks, burma bridges, tube nets, swinging tires, swinging platform and our Super Swing. With over a dozen different types of cargo nets to climb up, on, across, over and through you will want to come back again and again.

ADVENTURE ZIP TOUR
Provided by Take Flight
Take Flight’s Adventure Zip Tour consists of traveling through Maine's beautiful woods on 6 zip wires connected to trees and utility poles where you can zip from platform to platform. Zip Lines are 75'-400' long, and in between some zip wires there will be bridges and cargo nets that you will use to traverse to your next zip ride. There are also 3 climbing elements involved with this adventure!

TRAIL RIDING EXPERIENCE
Provided by Surf Point Stables
Ride along the beautiful roads and fields in the stable’s private coastal community with the background sound of waves crashing the Eastern shore. This experience will offer a 1 or 2 hour experience with one of an A-rated instructor who will guide you on a truly memorable riding experience.

BASIC LESSON EXPERIENCE
Provided by Surf Point Stables
* English/Western Riding Lessons
Step into an indoor or outdoor riding ring with an A-rated instructors. Whether you’re a beginner or have had riding experience, you’ll be taught proper balance and riding techniques to direct a horse with confidence. You will experience teamwork and the joy that comes from being part of a family friendly horse riding stable. The program offers healthy horses with a caring and knowledgeable staff who provide instruction in good horsemanship. The quality of care and attention given to the riding program make it an excellent part of Surf Point Stables' offerings. Includes tack-up, instruction and un-tack.

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The newly constructed, 9,000-square-foot Spa at Cliff House offers a variety of services inspired by the natural environment and the “wild and free” elements of coastal Maine. Our intuitive therapists use only the finest natural and organic products that are sure to enliven the body and mind, so you can relax and focus on the joys of the season.

An oasis where you can rejuvenate and recharge, the spa features a spectacular design of saunas and eucalyptus-infused steam rooms around the sun lounge sanctuary, where floor-to-ceiling windows frame the magnificent Atlantic. In the signature couple’s suite, side-by-side tables offer similarly breathtaking panoramas of the ocean and the cliff’s edge.

“It’s naturally healing,” says Spa & Wellness Director Dawn Page. “To me, there is no better location than these cliffs, and that’s a ritual in itself that we highlight at every level we can.”

Along with an array of elegant, nature-focused treatment rooms, the spa houses the nail salon featuring natural and vegan polishes, a state-of-the-art fitness center, and a movement studio featuring fitness classes.

Give yourself a gift you’ll really appreciate—a rejuvenating, transformative experience designed to connect you to nature and the breathtaking beauty of Maine. Whatever your individual needs may be, our spa services will help you take better care of your body during this busy time of year.

MONDAY - SUNDAY
8 a.m. – 8 p.m.

LOCKER ROOM
8 a.m. – 8 p.m.

SAUNA & STEAM ROOM
8 a.m. – 8:30 p.m.

$15 Facility Usage Fee for hotel guests.

Something Special for Men at The Spa at Cliff House!

COMING SOON! GENTLEMEN’S GROOMING BAR

Ancient alchemy meets advanced green biochemistry to create the first skin care line to take men’s skin challenges serious. Sixteen core products in four skin-type specific regiMENs: (Sensitive, Oily, Normal and Dry), can be combined to create custom systems that address the skin conditions that concern you most while intercepting free radical damage that can age the skin prematurely. Ethically sourced food grade, natural, organic and wild crafted ingredients are “micro-blended” with the same pride and attention to detail a brew master takes to craft a fine Belgian ale. OM4 products are eco-friendly, cruelty-free, world-conscious, and free of parabens, SLS and harmful chemicals.

“The science of skin care exists within nature and requires minimal human intervention!”

Michael Bruggeman Founder, Formulator and CEO

BEST PRACTICE SHAVE 4 MEN

STEP 1: HYDRATE & SOFTEN THE BEARD
This is best done by cleansing the face in the shower before shaving. The natural steam of the shower combined with the OM4 face wash/cleanser for your skin type, is a winning combination for softening the beard and preparing to shave.

STEP 2: PREPARE THE FACE
While in the shower if possible, apply OM4’s Soothing Herbal Shaving Emulsion, to further soften the beard and create a microscopic layer of protection. Let it rest 3-5 minutes.

STEP 3: GO WITH THE FLOW
Start with a sharp blade and gently stroke in the direction of your beard growth. For best results pull the skin taught before each stroke. Rinse blades frequently to remove excess shave product and hair.

Note: Although not recommended, if a closer shave is desired stroke against the grain after completing one pass with the grain. If your skin is at all sensitive apply a second layer of Soothing Herbal Shaving Emulsion before shaving against your natural hair growth.

Shaving against the grain cuts the hair at a 45 degree angle leaving a sharp point. If your hair is curly it will more easily grow back into the follicle causing an ingrown hair.

STEP 4: RINSE & SPLASH
Rinse your skin thoroughly with warm water to remove residual shaving products and debris. Splash the face with cool water to close pores before finishing your skin conditioning program. Use a skin type specific: Step 2: splash pH balancer to regulate the skin and calm post-shaving skin irritation. Finally finish with your skin type specific serum and moisturizer to prevent aging & achieve healthy great feeling skin.

REMEMBER
· Shave in the shower when possible for optimal effectiveness & results.
· Allow at least 3-5 minutes (in shower if possible) for cleanser and/or shave emulsion to prepare the skin before shaving.
· Rinse your razor frequently throughout your shave for best results.
· Use particular caution while shaving around the chin and lips to avoid nicks and cuts.
· Shaving against the grain is the #1 cause of ingrown hairs.
Cliff House is dedicated to the practices and programs of eco-friendly hotels that lessen our footprint on the changing environment.
What are Tinctures?

Concentrated remedies made from medicinal botanicals extracted in an alcohol and water base, tinctures are the original US Pharmacopeia method for extracting herbs and supporting overall health. Tinctures are known to help nurture chronic conditions or more acute imbalances.

NATUROPATHICA

Spring Renewal.
Rediscover revitalized, rejuvenated skin.

We’ve been faved!

O
OPRAH’S FAVORITE THINGS
CONTINUED FROM COVER

GET OUTDOORS
Cliff House schedules guided nature walks and beach runs.

The resort is just minutes from Ogunquit’s famed Marginal Way, one of Maine’s most beautiful footpaths. The charming town of Ogunquit is a magnet for artists and the quaint shops offer Maine-made art and crafts.

Each afternoon, guests gather on the lawn for old-fashioned games such as beanbag toss. Indoor and outdoor swimming pools and hot tubs add refreshment. The fire-pit is just the spot to make S’mores under the stars. Weekend yoga is an energizing option.

If the Maine weather is a tad chilly, relax by the fireplace in the common area and watch the tide roll in.

THE EATS
The on-site dining options present an evocative way to experience the flavors of the Atlantic.

Nubb’s is an authentic New England lobster shack in the classic Maine tradition. Savor just-caught lobster, sweet fried clams and creamy chowder served in a casual setting with a frosty locally brewed IPA in hand. Arcade games such as pinball and darts add to the low-key, casual feel. For a more upscale experience, the Tiller showcases seasonal ingredients, handcrafted cocktails and a dynamic global wine list.

THE SPA
The Spa at Cliff House is garnering rave reviews for a very good reason. The extensive menu leans local, inspired by the surrounding elements. Choose the pampering 80-minute Seacoast Rose Massage and every inch of you will be enveloped by the fragrance and healing properties of this rejuvenating coastal flower. Ask for gifted massage therapist Joanne, like your dream lover, she intuitively listens to exactly what your muscles need. It’s a blissful, soul-nourishing escape.

Take the time to relax in the sun lounge before and after your treatment, and you’ll enjoy dramatic views of the cliff and cove. The steam and sauna are available to all hotel guests.

HIKING & WALKING GUIDE
Hiking is deeply ingrained in Maine Culture. From the coastal mountains of Southern Maine to the tall rugged mountains of Northern Maine, one thing is for sure, you must hike while you are here in Maine.

EASY: Rachel Carson Animal Preserve
MODERATE: Mount Agamenticus, Bauneg Beg Middle Mountain
STRENUOUS: Acadia National Park, Mount Major (NH)

APALACHIAN TRAIL: Mount Katahdin is the last stop on the Appalachian trail. This mountain is very strenuous, very long, and far away from the resort. However it is a great mountain to say you conquered while here in Maine.

Beaches: Long Sands in York is a great beach to walk, especially with your dog. Keep in mind that the beach prohibits dogs during the daytime; therefore, early morning or evening is a great time to walk you dog on this beach.

COASTLINE: Marginal Way walk in Ogunquit or Cliff Walk in York are your best bets.

CONSERVATION REGIONS: Rachel Carson Animal Preserve has many peaceful woodland walks. Also if you drive to the top of Mount Agamenticus you can walk and explore the summit with great ocean views.

WELLS RESERVE AT LAUDHOLM
The Wells Reserve at Laudholm is open every day. Come enjoy the site’s trails, diverse habitats and historic buildings.

PLANNING YOUR VISIT
We’re located at 542 Laudholm Farm Rd. just off Route 1 and 9 near Wells-Kennebunk line. The public entrance is off Skinner Mill Road. The Wells Reserve is 50 min. from Portland.

GROUP VISITS
If you are visiting with a group of 10 or more, please arrange your visit in advance by calling 207 644-1555 ext. 110.

ADMISSION/FEES
Members - Free
Under 6 - Free
Ages 6 to 16 - $1
Over 16 - $5

VISITOR CENTER AND EXHIBIT HOURS
Monday to Friday
10 a.m. to 4 p.m.

CENTER FOR WILDLIFE’S FEATURED AMBASSADOR
HENRY (NORTH AMERICAN PORCUPINE)
Henry came to the Center in 2014. He had been picked up as a baby, by well-meaning rescuers who thought he was orphaned. He had no natural fear of humans; and despite the Center’s best efforts (including stamping and clapping), he never gained a fear of predators. Henry is among the most beloved ambassadors, and definitely a crowd favorite.

The Spa at Cliff House combines the region’s distinctive culture and tradition with culinary innovation.

RELEASE YOUR WILD + FREE SPIRIT
CALL EXT. 6290 TO SCHEDULE YOUR TREATMENT

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SUMMER 2017 · ACTIVITIES GUIDE
CLIFFSIDE CROSSWORD PUZZLE

ACROSS
5. Maine state insect.
8. State capital.
10. Evil Stephen King dog.
11. L.L. Bean’s hometown.
12. Handsome actor from Maine.

DOWN
1. Maine state flower.
2. Actual color of a lobster.
3. Discovered Maine first.
4. Once called “poor man’s chicken.”
5. Maine state berry.
7. Name of our cliff.

Celebrating 85 YEARS of WORLD CLASS THEATRE

FOR TICKETS, please visit our Concierge who can help you choose the best seat in the house, purchase tickets and print them for your convenience.
Maine's waters are too cold for most people to stay in for long. Only the hardiest of swimmers can spend much time in the ocean off northern New England without a wetsuit.
The Front Porch epitomizes Ogunquit nightlife. Since 1960, the piano bar in the heart of the bustling village has sounded a welcoming note to passersby of all persuasions. “It’s everyone’s happy place,” said new owner Scott Vogel. The relaxed, anything-goes vibe of this community of song, where a chorus singer from Broadway might join a local lobsterman in a duet, compelled Vogel to work here as a college student five years ago. Those convivial, Cheers-like memories leapt to Vogel’s mind two years ago in the winter of 2016. Taking a break from a software job in Manhattan to see his parents in Maine, he noticed a “for sale” sign on the white and yellow facade. A flash went off in his head. “I was not planning to be in the restaurant business. It’s the actual place itself that interests me,” said Vogel, recalling waves of eccentric international visitors flooding The Front Porch on sultry summer nights giving the establishment a cosmopolitan, cruise ship vibe. Far from an impulsive buy, Vogel mulled over the idea of buying the entertainment establishment for months. Ready for a career change, the Brooklyn native put in an offer and eventually purchased the iconic piano bar in March. He started as general manager in October. “It’s very unique. People walk in and they get something they don’t get anywhere else,” said Vogel. “It’s a destination.”

The Front Porch, which opened in the Reagan era as a gathering spot for gay couples to feel welcome, will remain unchanged in spirit and outlook. “Part of the success here is to continue to appeal to everybody,” he said. “With three spots — a lounge, restaurant and piano bar — under one roof the living here is easy. Upstairs in the lounge you can hear everything from the traditional ‘Piano Man’ to ‘The Sound of Music’ to John Legend, he said. “There are very few places left in the country that have been able to hold on to this sing along piano bar format.”

Inheriting an accomplished staff, many who have worked here for six, eight, 10 years, helps. “They connect with people instantly, serve innovative and excellent cuisine inspired by the locals,” he said. “You can come here and have many different experiences.”

As only the third owner in The Front Porch’s history, Vogel is making subtle updates. A new cabaret lineup and brunch three days a week are the biggest changes. As the season kicks in, brunch is served on Saturday and Sunday. Come July, Friday is added for those convivial, Cheers-like memories leapt to Vogel’s mind two years ago in the winter of 2016. Taking a break from a software job in Manhattan to see his parents in Maine, he noticed a “for sale” sign on the white and yellow facade. A flash went off in his head. “I was not planning to be in the restaurant business. It’s the actual place itself that interests me,” said Vogel. “It’s a destination.”

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While Frank Sinatra may not have crooned here, it sure feels like it. Amid the ice cream shops and outdoor cafes lining the strip, the corner of Beach Street and Shore Road swings with an uptown beat. Piano favorites like Michelle Currie and Robert Dionne will still be tickling the ivories, but Vogel is introducing big names from Palm Springs and Puerto Vallarta Mexico to add some spice.

“I’m looking to make sure we build on what makes us everyone’s happy place. Every day we are focused on taking things to the next level,” said Vogel. “Once people step inside here they often forget about things happening outside these walls.”

At The Front Porch life is always a cabaret. For more information visit thefrontporch.com
About a month ago, we ran a story on the Dictionary of American Regional English, a collection of the colorful and varied words used in Americans’ everyday lives, across the country, organized by region — including Maine and New England. We included a short but eclectic list of some of words specific to Maine, and asked readers to submit their own suggestions for Maine words.

We received an excellent response, and have since compiled them all and done a little research (to the best of our ability) to weed out the words used elsewhere in the country from the more strictly Maine ones. We’ve come up with our own, revised list of Maine vernacular words and phrases, a little dictionary containing words ranging from the obvious, well-known “dooryard” and “wicked” to lesser-known gems such as “laury” or “sprills.”

Our thanks to our reader contributors, including Sarah Harriman of Canaan, Nessa Ref-snyder of Bar Harbor; Sandra Brennan of Linneus, Virginia Fitzgerald of Bangor, Laurie Larkin of Baileyville, Erin Burr of Newport, Jude Gagner of Bangor, Dana Sawyer of Millbridge, Chandler Barbour of Belfast, Mary Beth Judy of Blue Hill, Sharon Hall of Islesboro, Sandra Smith of Perry and Linda Preston of Roques Bluffs.

**DOORYARD** The area immediately adjacent to the front door of a house; “Take your boots off and leave them in the dooryard.”

**WICKED** Synonym for ‘very,’ to a high degree, extremely, exceedingly; “That movie was wicked cool,” or “That guy that cut me off is a wicked jerk.”

**AYUH** Yes, affirmative; “Ayuh, it’s spring in Maine — 35 degrees and cloudy.”

**STOVED OR STAVED** To be in disarray or fundamentally messed up; “That lawn mower doesn’t work, it’s all stoved up.”

**CUNNING** Cute, adorable; “Her daughter is wicked cunning.”

**CUSSID** Cursed, obstinate; “That cussid car won’t start up.”

**DUB** A stupid person, plural, dubbers; “Those guys are a bunch of dubbers.”

**TEEMING** Heavy rain; “It was teeming wicked hard last night.”

**SPLEENY** Feeling nervous or anxious about something; “I’m too spleeny to run right into the lake.”

**YEE YAW** To wiggle something to make it work; “You’ve got to yee yaw the handle after you flush.”

**GLOB AROUND** To relax, or chill out; “We went up to camp and just globed around all weekend.”

**GLOM** To grab, or be greedy; “She gloomed up all the leftover candy.”

**LAURY** Referring to overcast weather; “It’s been laury out all week.”

**NUMB** Stupid; “What, are you numb? Put it down.”

**JEEZUM CROW** Mild expletive; “Jeezum crow, I thought you were gonna hit that other cat!”

**YOW UN** Young person; “Get those yow’uns out of the kitchen.”

**ORTS** Scraps left at a table, to be given to pigs; “I’ll gather up the orts and throw them out back.”

**RIG** Flamboyant personality; “His grandfather was a bit of a rig, always the flamboyant showman.”

**PREGNANT FOR** To be pregnant, as opposed to ‘pregnant with’; “When I was pregnant for Shawn, all I wanted was whoopie pies.”

**SCRID** Tiny portion; “All that was left of the soup was the scrids. What a ripoff!”

**DROVE RIGHT UP** Busy; “At Christmas we drove right up, so it may take longer.”

**TIPPING** To pick fir boughs for wreaths; “We went tipping last weekend out in the woods.”

**YARD ON IT** To pull hard; “Just grab hold and yard on it ‘til it comes out.”

**SPRILLS** Dropped tree needles; “The roof’s all covered in sprills.”

**RILEY** Used to describe the color of the ocean after a big storm; “The bay was all riley this morning.”

**STIVERING** To walk unsteadily; “She was stivering down the street, so I got out of the way.”

**DARKER THAN A POCKET** No light; “Jeezum, it’s darker than a pocket in this attic!”

**NO BIGGER THAN A FART IN A MITTEN** Tiny; “Aww, look at her, she’s no bigger than a fart in a mitten!”

**NUMBER THAN A HAKE** More colorful way to say someone is stupid; “I tell you, that kid across the street is number than a hake.”

**CULCH** Any kind of trash or rubbish; occasionally used of a person held in low esteem; “I’m gonna clean all that culch of the basement if it’s the last thing I do!”

**GAUMY** Awkward, inept, stupid; “Look at him singing karaoke, what a gaumy dub he is!”

**LARRIGAN** A type of long-legged moccasin or boot; “Throw on those larrigans and grab your gun!”

**BARVEL** A fisherman’s apron made of leather or oilcloth; “They measured the lobsters, water splashing against their barvels.”

**FINEST KIND** Used variously, as a general indication of approval; also used ironically; “That was an awesome dinner; finest kind.”

**MONEY CAT** A calico cat, especially one with at least three colors; “Aunt Kathy’s new kitten is a money cat; she’s good luck.”

**PULL-HAUL** to argue, contend; “They pull-hauled the issue over all night.”

**TIDE WALKERS** A log floating, often with only one end at the surface, in coastal waters; “A couple of tide walkers collected down in the cove.”

**SHORT** An illegal, undersize lobster; “They got fined for not throwing the shorts back.”

**EIGHTEEN-HUNDRED-AND-FROZE-TO-DEATH** the period of 1816-17, one of the worst winters Maine ever experienced; “Jeezum, it ain’t been this cold since Eighteen-hundred-and-froze-to-death!”

**PUTTY** also with around; to occupy oneself with trifles, to idle; “He was puttying around with the engine all weekend.”

**SLIP ONE’S WIND** to give or receive a beating; “You kids settle down or you’re all getting a good larrup!”

**FOG MULL** A heavy, stationary fog bank; “That fog mull rolled in wicked fast, darker than a pocket.”

**FOG MULL** A type of salting and preserving codfish; “We had beans and coffee and a traditional Acadian buckwheat pancake; “Ployes with butter and maple syrup are totally delicious.”

**NO BIGGER THAN A FART IN A MITTEN** Tiny; “Aww, look at her, she’s no bigger than a fart in a mitten!”

**LARRUP** to give or receive a beating; “You kids settle down or you’re all getting a good larrup!”
1. BRIEFLY, WHAT IS YOUR BACKGROUND AND WHAT LED YOU TO CLIFF HOUSE?
Cliff House is only my third job ever. My first was at a Chinese Food restaurant when I was 16 and my second was at a factory. This will be my 17th year at Cliff House.

2. WHAT FIRST SPARKED YOUR INTEREST IN HOSPITALITY?
Former employee Kathy Hamilton got me a job at Cliff House after the factory [I was working at] closed. I immediately fell in love, and the rest is history!

3. WHAT ARE THE SIGNATURE TRADEMARKS OF A CLIFF HOUSE EXPERIENCE THAT YOU AND YOUR TEAM MEMBERS STRIVE TO BRING TO OUR GUESTS?
A clean resort with clean rooms delivered with friendly, Maine service.

4. IN HOSPITALITY, WE DISCUSS KEY ELEMENTS OF THE “SURPRISE AND DELIGHT” METHOD, AS WELL AS ANTICIPATING GUESTS’ NEEDS. WHAT ARE YOUR FAVORITE WAYS TO DO THIS?
Because I have been here for so long, I can recognize several guest’s names, as they usually visit every summer, and know exactly how they would like their room (extra towels, cups, etc.). I like being able to fulfill all of their needs before they even ask.

5. WHAT’S BEEN YOUR FAVORITE CLIFF HOUSE MOMENT SO FAR?
Working with a team that is like my family.

6. WHAT ARE YOU MOST EXCITED ABOUT AS THE PROPERTY ENTERS ITS FIRST FULL HIGH SEASON?
Having worked at Cliff House for so long, I am most excited to see the difference from the Cliff House 17 years ago, to the Cliff House now. I remember when laundry was on level 2, when there was another building with guest rooms (and a shared bathroom) in between Oceanscape and Cliffscape where the fire pit is now, when the spa was built, and even when the old “Ledges” was a motel. To see the new generation of Cliff House is very exciting.

7. WHY HAVE YOU STAYED IN MAINE AND AT CLIFF HOUSE FOR SO LONG?
My friends and family.

GIFT CARDS
Escape and spend time at Cliff House. Whether it’s a relaxing afternoon at The Spa, dinner with friends at The Tiller, catching the game at Nubb’s Lobster Shack or a luxurious overnight stay. To purchase a gift card today, stop by and visit our Front Desk, call 207 361-1000 or purchase online at cliffhousemaine.com
Toss you team's way to victory in this classic New England bean bag toss game. Join us for the fun.