



www.HistoricInnsOfRockland.com

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LOBSTER 101:

HOW TO CATCH, EAT AND ENJOY A LOBSTER LIKE A MAINER

Historic Inns of Rockland combine lobster hauling, with lobster eating and lobster hats, all wrapped around a lobsterishious getaway to luxury Mid-coast Maine



Rockland, ME: It's a close tie between lobsters and lighthouses as to which holds more appeal for guests of the [Historic Inns of Rockland](http://www.HistoricInnsOfRockland.com), Maine. Luckily, Historic Inns of Rockland have made sure there's no need to choose. This year, celebrate Maine Lighthouse Week throughout the month of June by taking advantage of the **Historic Inns of Rockland's Lobster 101: Lobsters, Lighthouses & Luxury package**. Learn everything you need to know about lobstering in the true Maine tradition. Try your hand at everything from catching your own lobsters to a step-by-step instruction on the best way to eat a lobster, along with a tour of a lobster wharf and shipping

company. Add on self-guided lighthouse tours and a visit to the Gateway Center and Maine Lighthouse Museum, displaying the largest collection of lighthouse lenses and artifacts in America. By the end of this getaway, those from "away" will be indoctrinated "Mainah's"! Packages start at \$395 per couple.

The all-inclusive Lobster 101: Lobsters, Lighthouses & Luxury package offers a two- or three-day itinerary including accommodations at four of Rockland's premier inns,

[LimeRock Inn](#), [Berry Manor Inn](#), [Granite Inn](#), and [Captain Lindsey House](#), each offering the luxury component of the package. In addition, the package includes:

- Two tickets to Maine Lighthouse Museum for a self-guided tour or a special guided tour with docent of the museum on Tuesday or Thursday throughout the month of June;
- Special guided tour of Rockland's Historic Breakwater Lighthouse every Wednesday (weather permitting) and copy of book *The Lighthouse at Rockland Breakwater Then and Now* by the author Ted Panayotoff;
- Official Lighthouse Map to all of Maine's lighthouses and a driving map to 6 local area lighthouses;
- *Lighthouse Book of Maine* - Lighthouses filled with history and fun facts;
- Two tickets to Captain Jack's Lobster Adventure Cruise – learn the lore of the lobster from a true Maine lobsterman and pull traps like a true “Mainah”.
- Two “Got Lobster” t-shirts;
- An afternoon tour of a working lobster pound followed by guided instruction in the best way to eat a lobster, complete with a freshly caught lobster dinner for each person;
- Gourmet Chocolate Seascapes hand made by a local chocolatier;
- Two whimsical Lobster Hats – sure to make you smile!

Two-night packages are \$395-725 (plus tax, double occupancy). Book early in the month to take advantage of low season rates (high season rates begin June 15).

Want to make this the ultimate in lobster and lighthouse celebrations? Ask your innkeeper to help make arrangements for a sunset lobster dinner aboard a windjammer, a scenic plane ride to see remote lighthouses, or a romantic lobster picnic. To make it easier, let Cape Air provide the flight from Boston and your innkeeper will provide airport pick-ups. Once in Rockland, all package components are within walking distance or a short cab ride.

Rockland is well known as the Lobster Capital of the World, not only during its nationally known Lobster Festival in August (www.maine lobster festival.com) but year-round, too. Guests can plan to dine at everything from casual “wear-the-bib-and-dig-in” lobster shacks to fine gourmet restaurants featuring lobster luxuriously prepared.

Throughout Rockland, lobster lovers will find jewelry, souvenirs, apparel, food items, and artworks featuring the mascot of Rockland, the ever-enchanted lobster. For those who are drawn to the region by the allure of historic lighthouses, Rockland is the perfect place to start. Maine has 63 lighthouses, 14 of which are in Knox County. The Rockland area contains the only Knox County mainland lighthouses accessible by car and foot. Visitors are drawn to the region's lighthouses because they represent art, history and

culture. Each is unique in its design and offers its own tale of shipwrecks, heroic rescues, romantic legends and ghosts. It's easy to take a self-guided tour of the region's lighthouses in a day. Innkeepers from Historic Inns of Rockland will be happy to offer directions, and share their favorites with guests.

For lovers of lobster, lighthouses and luxury, there is no better choice for lodging than the Historic Inns of Rockland, a collection of four gracious inns, offering everything from casual to elegant accommodations. Each distinctly different in its features, the four Historic Inns of Rockland will provide the ideal base from which to enjoy Mid-coast Maine's bounty with an emphasis on eco-tourism and sustainable exploration of Maine's coastal beauty.

For more information about Historic Inns of Rockland, please visit www.HistoricInnsOfRockland.com, call the central reservation number at 877-ROC-INNS (877-762-4667), or consult each participating inn's website for more specific pricing and details of this package: LimeRock Inn (www.LimeRockinn.com), Captain Lindsey House (www.lindseyhouse.com), Berry Manor Inn (www.BerryManorInn.com), or Granite Inn (www.oldgraniteinn.com).

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Did you Know?

According to researchers, lobster makes you pretty too! In addition to offering a good, low-fat source of protein (key for healthy hair growth), shellfish contains high amounts of zinc, a mineral which may help prevent acne and boost your immune function, says N.Y.C. nutritionist Keri Glassman, author of The O2 Diet. Shellfish also contain pantothenic acid, a B vitamin that makes hair look shinier.