

Boothbay Harbor with Kids

A Printable Family Adventure Itinerary from The Helm House



Day 1: Welcome Aboard!

- Arrive at The Helm House - unpack and explore.
- Take a short harbor walk for your first peek at the water.
- Dinner in town: Boothbay Lobster Wharf, Mine Oyster, or Boathouse Bistro.
- Evening: Ice cream from Downeast Ice Cream Factory + games at The Helm House.

Day 2: Trains, Trolleys & Timeless Fun

- Morning to Early Afternoon: Visit the Boothbay Railway Village Museum.
- Ride a real steam train, explore vintage cars and hands-on exhibits.
- Return to The Helm House for downtime and porch play.
- Evening: Dinner in or takeout, then enjoy sunset views.

Day 3: Sea Creatures & Salty Air

- Morning: Maine State Aquarium - touch tanks + lobsters.
- Afternoon: Harbor cruise, seal-watch, or visit Burnt Island Lighthouse.
- Evening: Walk to the footbridge and enjoy the harbor lights.

Day 4: Trolls, Trails & Treasures

- All Day: Coastal Maine Botanical Gardens - troll hunt + Children's Garden fun.
- Picnic or dine at the on-site café. Bring comfy shoes and water bottles.

Optional Adventures

- Barrett Park (tidepooling and water play).
- Kayaking, paddleboarding, or souvenir shopping.
- Relax at The Helm House and enjoy playing games on the deck

Favorite Family-Friendly Spots

- Ice Cream: Downeast Ice Cream Factory
- Lobster Rolls: Shannon's Unshelled
- Laid-back Lunch: Kahler's
- Sweet Treats: Orne's Candy Store

Why Families Love The Helm House

- ✓ Quiet, walkable location
- ✓ Room to spread out, indoors and out
- ✓ Full kitchen for easy meals
- ✓ Games, puzzles & books for kids

Packing Tips

- Bathing suits + water shoes
- Rain jackets (just in case!)
- Binoculars + daypack
- Sunscreen + bug spray
- Pajamas and sweaters for porch mornings

Final Thought

- Let the kids stay up late.
- Let them skip rocks, eat too much ice cream, and make salty, sandy memories.
- At The Helm House™ - we're here to help you make it magical.