



A scene from the beach by the Stage Neck Inn in York, Maine.

# Another snapshot of Maine

By Mike Cohen  
The Suburban

YORK, MAINE — From our base in Dover, New Hampshire recently, we spent a day in York Harbour, Maine ([www.gatewaytomaine.org](http://www.gatewaytomaine.org)) – a mere 30 minute drive and moved over to Perkins Cove in the Ogunquit area for the evening.

York is considered the Gateway to the Maine Beaches. We were there a few years ago to visit their wonderful zoo –York's Wild Kingdom. This time we decided to spend the day at the Stage Neck Inn ([www.stageneck.com](http://www.stageneck.com)), a complete boutique resort in the New England tradition. The Inn is situated at the mouth of the York River, with breathtaking ocean and harbor views at every turn. Resort facilities include a fitness room with sauna, indoor atrium pool with Jacuzzi, sandy beach, oceanside fresh-water pool with snack bar, seasonal clay tennis courts, spa treatments at The Spa at Stage Neck and 18-hole golf privileges at two of the area's finest courses: the Ledges and the Links at Outlook. Other renowned courses are nearby.

Stage Neck Inn is on the ocean's edge, adjacent to York Harbor Beach. This is a beautiful sandy beach with a gradual incline, making it ideal for wading. The tides vary throughout the day. You'll enjoy the sound of the waves on the sand, as well as on the rocky peninsula upon which the Inn is situated. The crannies and nooks of the cliffs are an excellent spot for



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well as on the rocky peninsula upon which the Inn is situated. The crannies and nooks of the cliffs are an excellent spot for beach combing for shells and for other treasures. Beyond the beach is a scenic cliffwalk which takes you past the "summer cottages" of York Harbor. About a mile from the Inn is Long Sands Beach which offers a long expanse of sandy beach with views of the Nubble Lighthouse. York is also home to Short Sands beach, which offers a beach-resort atmosphere with an arcade, band stand, playground as well as restaurants and shops.

The Stage Neck Pool and Tennis Club features a gorgeous, oceanside fresh water swimming pool. It is open in the summer months only. The area includes lounge chairs and tables with umbrellas for those who don't want to get too much sun. The pool offers harbor views, ocean views, and views of the Inn and stately seaside "cottages." They also have a nice lunch menu, with a unique ordering formula. All you need to do is take a red flag and stick it in the ground near your poolside spot. A server then comes over and takes your order. This is one place my family and I hope to explore more of at a future date.

Perkins Cove (<http://www.ogunquit-maine.com/Perkins-Cove.html>) is a small but popular artist colony and tourist area

in Ogunquit, with shops, restaurants, lodging facilities and breathtaking views of the ocean. It is also known for its historical trail known as the Marginal Way. Once recognized as a fishing village, Perkins Cove is now an outdoor mall of shops and boutiques. It has been a favorite place for artists, painters and tourists for generations and represents a great place to spend a day and or evening strolling the shops, the Marginal Way and having fresh seafood at area restaurants. It's even better to spend a few days or a week exploring the entire area, including Ogunquit and nearby towns like Wells and other nearby coastal towns. Somehow I never even stepped foot in the area during my last visit.

I must confess that during my previous trip to Ogunquit I never even knew Perkins Cove existed. It was my neighbor Chaim who sang the area's praises, insisting that we visit the next time we travelled to Maine.

We had an amazing dinner at MC Perkins Cove ([www.mcperkinscove.com](http://www.mcperkinscove.com)), which I must recommend as "the spot" to dine there. It offers spectacular ocean views with contemporary American food created by James Beard Award winning chefs Mark Gaier and Clark Frasier of Arrows Restaurant. The upscale casual setting offers a raw bar, lounge, two bars, two

beautiful dining rooms, and a private dining room all overlooking the crashing waves of the Atlantic Ocean. MC offers lunch and dinner as well as a bar menu throughout the evening, a full bar and extensive wine list.

Hats off to their manager, Norman Dufour. On the night we visited the lineup to get in was out the door. Despite the hectic pace, Norman handled the anxious diners with style and made sure everyone got seated and served. Members of our party started off with the Caesar Jai Lai Palace Salad and an amazing clam and haddock chowder, with potatoes, yams, saffron and tomato cream. For the main course there was so much to choose from: shrimp, lobster, fish (rainbow trout, plank roasted Atlantic salmon, swordfish brochette), chicken, steak and hamburgers. Well two of us had the steamed whole Maine lobster, served completely out of the shell in garlic butter with delicious jasmine rice on the side. The other order was an MC lobster "mac and cheese" elbow macaroni with cheddar, lobster and herb bread crumbs. We had just enough room to share an amazing homemade dessert, warm Maine blueberry and peach crisp with vanilla ice cream. Be sure to make reservations in advance at 207-646-6263. Arrive early, park and explore the area.