0 100 km
0 50 miles
CANADA
NEW BRUNSWICK
QUÉBEC
MAINE
VERMONT
NEW HAMPSHIRE
NEW YORK
MASSACHUSETTS
CONNECTICUT
RHODE ISLAND
NEW JERSEY
ATLANTIC OCEAN
St Lawrence River
St John River
Allagash River
Lac St-Pierre
Moosehead Lake
Flagstaff Lake
Rangeley Lake
Sebago Lake
Lake Winnipesaukee
Lake Champlain
Connecticut River
Appalachian Trail
Long Island Sound
Québec
Montréal
Trois Rivières
Madawaska
Van Buren
Caribou
Houlton
Baxter State Park
Mt Katahdin (5267ft)
Millinocket
Jackman
The Forks
Caratunk
Lincoln
Calais
Bangor
Machias
Bar Harbor
Acadia National Park
Augusta
Camden
Rockport
Rockland
Bath
Pemaquid Peninsula
Freeport
Boothbay Harbor
Monhegan Island
Portland
Kennebunkport
Ogunquit
Portsmouth
Rockport
Gloucester
Salem
Stellwagen Bank National Marine Sanctuary
Boston
Lexington
Concord
Provincetown
Wellfleet
Plymouth
Brewster
Chatham
Hyannis
Falmouth
Martha's Vineyard
Nantucket Island
Fall River
New Bedford
Providence
Hartford
Newport
Narragansett
Block Island
Burlington
Mt Mansfield (4393ft)
Stowe
Montpelier
Bretton Woods
Mt Washington (6288ft)
Franconia Notch
Bethel
White Mountain National Forest
North Conway
Sandwich
Wolfeboro
Concord
Manchester
Monadnock State Park
Hanover
Woodstock
Rutland
Glens Falls
Green Mountains
Green Mountain National Forest
Bennington
Williamstown
North Adams
Brattleboro
Albany
Pittsfield
Berkshire Hills
Lenox
Northampton
Amherst
Stockbridge
Great Barrington
Becket
Worcester
Sturbridge
Springfield
Bradley Airport International
Massachusetts Turnpike
Litchfield
Lake Waramaug State Park
Litchfield Hills
East Haddam
Ledyard
Deep River
Essex
New Haven
Old Lyme
Mystic
Watch Hill
Long Island
New York
Buffalo (220mi)