

GUEST INFORMATION DIRECTORY

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


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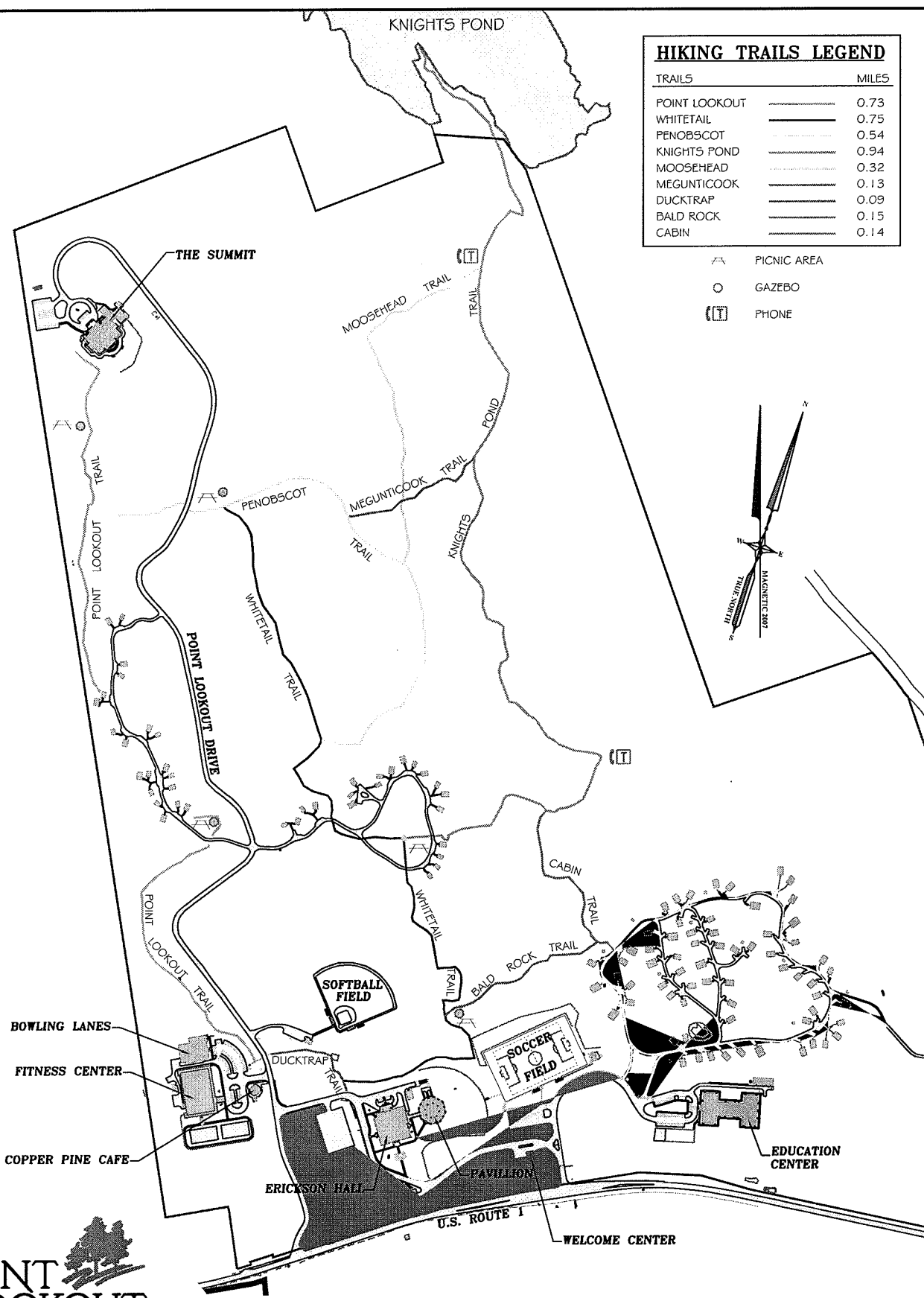
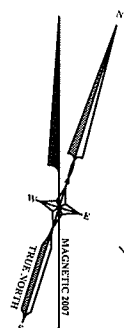
Property maps of cabins and hiking trails are available at the Front Desk and Fitness Center.

There are also some local maps and brochures available at the Front Desk.

HIKING TRAILS LEGEND

TRAILS	MILES
POINT LOOKOUT	0.73
WHITETAIL	0.75
PENOBSCOT	0.54
KNIGHTS POND	0.94
MOOSEHEAD	0.32
MEGUNTICOOK	0.13
DUCKTRAP	0.09
BALD ROCK	0.15
CABIN	0.14

-  PICNIC AREA
-  GAZEBO
-  PHONE



POINT LOOKOUT
RESORT AND CONFERENCE CENTER



WELCOME

Check In Time: after 3:00 PM
Check Out Time: by 11:00AM *

* Keys can be left inside cabins and credit cards on file will be charged on the first business day following check-out.

At all times, we ask our cabin guests to please respect the privacy of reserved areas in use for meetings and conferences such as Erickson Hall and The Summit.

If you are given a Point Lookout parking pass, please place on the dashboard of your vehicle while on site.

PHONE INFORMATION

Local Calls, press 9, followed by the seven digit number (i.e. 9-789-2000)

Cabin to Cabin, 697-3XXX (“XXX” represents the cabin # 001-106)

After hours calls from outside, call main #, then when prompted, press * followed by 697-3XXX.

Long Distance Calls are restricted on cabin phones, please visit our front desk for assistance.

Wireless Internet is available throughout the property. No access code or password is required.

PHONE DIRECTORY

Welcome Center Desk: 697-2000 (cabin phone line) or (207) 789-2000 (outside line).

If the front desk receptionist is not available, you may also call the 24 hour emergency security phone at 207-322-1344. If you still do not reach someone, utilize the paging option on the voicemail for an immediate call back. Before the hour of 11 pm, the security guard on duty can also be reached at 207-217-4102.

Bowling Center Front Desk: 697-2012 (cabin phone) or 207-789-2012 (outside line)

Fitness Center Front Desk: 697-2011 (cabin phone) or 207-789-2011 (outside line)

Copper Pine Café: Kitchen 697-2040 (cabin phone) or Guest Phone 697-3107 (cabin phone)

*cabin delivery of food, beer and wine may be available, call the front desk to place your order

HOUSEKEEPING & THERMOSTATS

Extra towels can be found in each closet and/or under the cabinet in the bathroom. If you are staying more than 3 nights with us here at Point Lookout you will receive housekeeping services on the 3rd day. Our staff will launder your linens & towels, tidy & restock your kitchenette area & bathroom, and collect your trash. If you would like to change your makeover service schedule, please contact the front desk.

Please remember that Point Lookout is a smoke free facility.

Note that there is a \$250.00 cleaning and recovery charge assessed for smoking inside the cabin.

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Temperature control dials can be found in the main room and bedrooms. For heat or cool, please be sure to flip the switch on the top left of the dial of the round thermostat to match the mode desired, then adjust the temperature dial. Fireplaces can be turned on manually with the “On” switch on the back of unit or by using the “Tstat” switch and controlling the temperature through the white thermostat unit on the wall.

DINING & CONVENIENCES

The Copper Pine Café, located next to the Fitness Center is open for breakfast and lunch; you will find the menu in this binder. A small selection of snacks, drinks, sundries, gifts, and DVD rentals are also available in our Mountain Store, located in the Welcome Center. Limited amenities can be purchased at the Beach Store Deli (summer only) located one mile south in Lincolnville Beach or the Northport Grocer three miles north. Full-sized Hannaford Grocery Stores are located off route 1 in both Camden and Belfast.

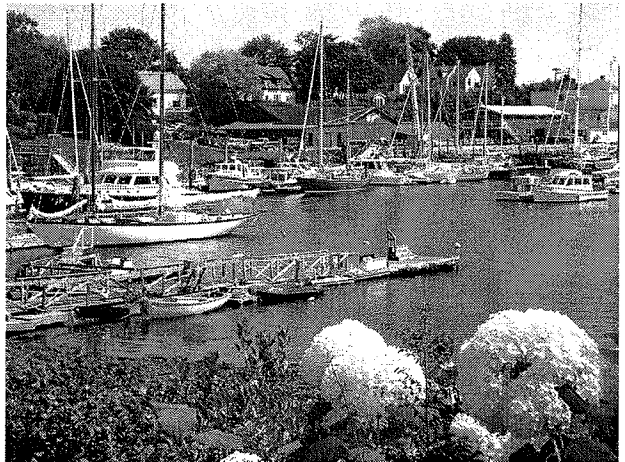
History of Camden

In 1768, the area now called Camden was surveyed and established as the Megunticook Plantation, an Indian name meaning “great sea swells.” In 1769, the first settler, James Richards, arrived with his family and the history of Camden begins. By 1790 the territory had a population of 331 and in 1791 was incorporated as Camden Town. The name was chosen to honor Charles Pratt, the Earl of Camden, who had served as both Lord Chief Justice and Lord High Chancellor, the two highest posts in the English Judiciary. Many of his judgments were sympathetic to the Colonies during the Revolutionary War, making him popular amongst the settlers.

Camden grew steadily and by 1870 had a population of 4,512. In 1891, territory politics split Camden, which ceded three-quarters of its territory and half its population to the new town of Rockport. To worsen Camden’s plight, a disastrous fire on November 10, 1892 destroyed nearly all of Main Street. More than forty buildings were lost, including those housing 60 businesses, 10 societies and 18 families, as well as the telephone and telegraph offices and the Methodist Church.

Camden merchants began to rebuild immediately, but under a new town ordinance forbidding the erection of permanent wooden buildings in the business center of town. This resulted in the now-famous brick business district. There are few buildings remaining that date back to the late 1700’s.

Camden held its own as a shipbuilding town until the turn of the century and offers one of the most sheltered deep water harbors on the Maine Coast, even with its 11-foot tides. The largest four-master and the first six-master schooner ever built, the George D. Wells, was launched in 1900 attended by 15,000 spectators.



In the early 1900’s Camden’s natural beauty, both the mountains and the sea, gained favor with the wealthy carriage trade. The great “Cottage Era” flourished and the gentry from Philadelphia, Boston, Chicago and other cities built majestic summer homes throughout the area. These “cottagers” imported their sophisticated tastes and lifestyles, adding to the aesthetic and cultural welfare of the entire town. Contributions by cottagers include the Public Library, Bok Amphitheater, the Village Green, the Public Landing, Yacht Club, and the Goose River Golf Course.

Pulitzer Prize-winning poetess, Edna St. Vincent Millay, grew up in Camden is perhaps our best known contributor to the world’s artistic and intellectual community. A plaque commemorating her most famous work, “Renaissance,” is located on the peak of Mt. Battie near the stone viewing tower.

Today, Camden continues as a resort area for travelers from across the country and abroad. Many descendants of the original cottagers still maintain large estates and the year-round population continues to grow. Young families escaping the hectic pace of city life and those in their retirement years are attached to this beautiful mid-coast town.

History of Point Lookout

Located on 387 acres overlooking Penobscot Bay Maine, Point Lookout Resort & Conference Center was purchased in January 2008 by The Erickson Foundation and opened its doors to the public in April of 2008. Staffed with a team of experienced professionals in both wellness and hospitality, Point Lookout is open to the public to host events and conferences, training and development seminars, educational and wellness programs, family reunions, weddings, and leisure vacationers. The site offers 106 cabins, three state-of-the-art conference centers, the Copper Pine Café, Penobscot Park, an eight lane Bowling Center and an impressive Fitness Center with cardio machines, free weights, squash, racquetball, virtual golf, ping pong, and a full size gymnasium.

About The Erickson Foundation

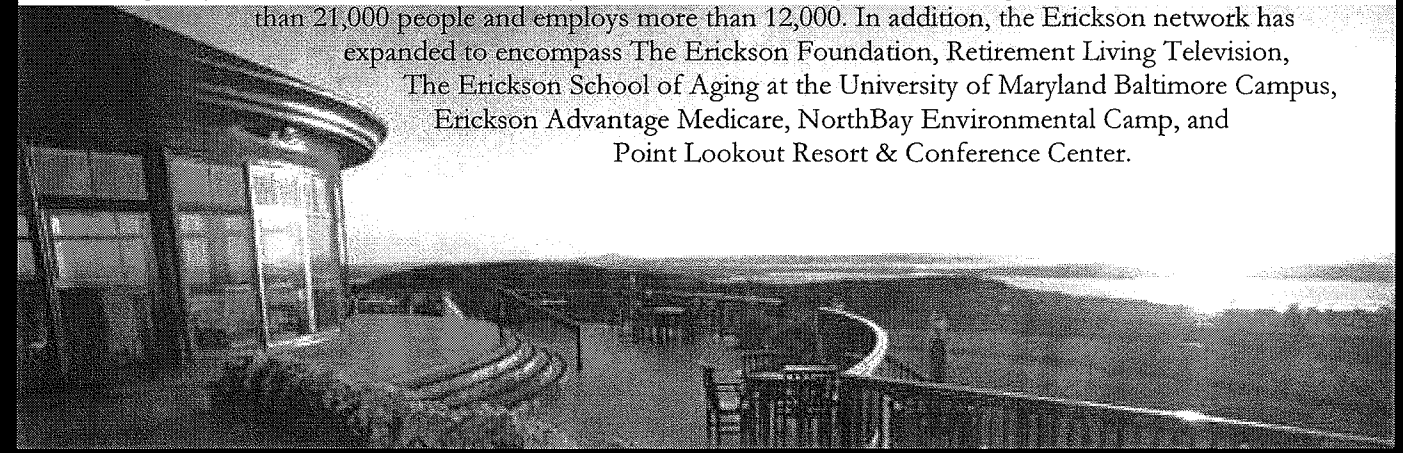
The mission of The Erickson Foundation is to enhance the present quality of life and futures of all citizens across the lifespan. The Erickson Foundation works towards advancing the best practices in housing, health care, education, social activities, and spiritual growth for older seniors, and expanding educational opportunities for at-risk youth including affordable, quality education for tomorrow's leaders. Organizations and projects that the Erickson Foundation have previously supported include: The University of Maryland Baltimore Campus, Teach for America, The Living Classrooms Foundation, The Caroline Center, and most recently, NorthBay Camp, a Maryland environmental education center serving 12,000 children annually in multi-day programs.

The Erickson Foundation at Point Lookout

To generate optimal use of the Point Lookout facility, The Erickson Foundation partners specifically with local, regional and national organizations that share a common focus on aging, wellness, and education. Point Lookout is also piloting Erickson's Institute of Vital Living, a cutting-edge aging assessment tool focused on eight dimensions of wellness. Through single and multi-day individualized assessments, middle-aged adults can participate in scientific and holistic evaluations that focus on cognitive health, emotional vitality, and active aging. Additionally, the site provides a series of on-site program offerings in the arena of continuing education and lifelong learning for older adults in conjunction with the mission of the Erickson Foundation.

Erickson Living

Named one of FORTUNE'S "100 Best Companies to Work For" Erickson Living (www.Erickson.com) is one of the leading national developers of full-service retirement communities. Headquartered near Baltimore, Maryland, Erickson has built an innovative network of continuing care communities that combine a maintenance-free active lifestyle with an ever-expanding host of amenities, social activities, and wellness and medical centers, proven to improve both physical and mental health. Erickson Living is currently comprised of 22 campuses in Colorado, Illinois, Kansas, Maryland, Massachusetts, Michigan, Missouri, New Jersey, North Carolina, Ohio, Pennsylvania, Texas, and Virginia, which together are home to more than 21,000 people and employs more than 12,000. In addition, the Erickson network has expanded to encompass The Erickson Foundation, Retirement Living Television, The Erickson School of Aging at the University of Maryland Baltimore Campus, Erickson Advantage Medicare, NorthBay Environmental Camp, and Point Lookout Resort & Conference Center.



OUR FOCUS ON WELLNESS

Fitness Center

The Point Lookout Fitness Center features state-of-the-art equipment, spectacular views of Penobscot Bay, and a knowledgeable and friendly staff that will help you reach your fitness goals. Cabin guests are invited to enjoy our entire fitness facility, which also includes a gymnasium, squash, racquetball, and tennis courts, virtual golf, outdoor walking track, and a Nintendo Wii gaming system. We'll provide all of the equipment you need to enjoy these amenities and services; personal training and fitness evaluations are also available for a fee. Guests of all ages can enjoy our comfortable lounge area which features table tennis, billiards, and a variety of board games. There is also a television with DVD player, free Wi-Fi access, and an outdoor playground.

Guests under the age of 16 are not permitted to use the Fitness Center equipment. Guests 12 years old and younger must be supervised by a parent or guardian when using the game courts, lounge, and Wii. (please see page 9 for our Youth Policy)

Fitness Classes

Wake up with an energizing spinning class or end the day by relaxing with yoga. The Fitness Center is constantly updating our class offerings, so please call or stop by to inquire about the current schedule. There is a \$5 fee for each class attended.

Wellness Assessment Program

In 2008, Point Lookout introduced an interactive and empowering multi-day strategic educational program focused on vital aging and life planning for pre-retirees, baby boomers, and beyond. This cutting-edge assessment will focus on the preservation of a satisfying lifestyle through emotional wellness, relational harmony, functional mobility, bone strength, and overall health and vitality. Stop by to tour our assessment room located in the Fitness Center which houses new state-of-art equipment including: balance, bone density, and strength testing machines, audio/visual computer exams, and even a driving simulator.

What Makes the Erickson Vital Living Program Unique and Relevant?

- Balancing a scientific and holistic approach focused on emotional vitality and life-long independence
- Fostering partnerships between the client and seasoned professionals representing medicine, wellness, financial-vocational planning, continuing education.
- Use of innovative and leading-edge technologies to achieve a client's successful aging goals.
- Core philosophy that well-informed personal investments in a vital aging strategy are as important as financial investments made to support the retirement years.
- Web-enabled using industry-leading BSDI Health Promotion Platform.

Wellness Assessment available by appointment only. Please call 697-2011 (from Cabin Phone) to find out more.

POINT LOOKOUT MASSAGE MENU

Therapeutic or Clinical Massage – Full body or partial body. Customized combination to meet clients' needs. Sessions combine elements of Swedish, Deep Tissue, Neuromuscular, Orthopedic techniques, Orthobionomy, Sports massage and/or Myofascial release.

Sports Massage – Sessions are designed to reduce injuries, alleviate inflammation, and provide warm-up for people before, during, and after the workout or training regimens.

Deep Tissue Massage- Full Body massage affecting deeper tissues including Myofascial and Sport massage techniques.

Scalp, Neck and Back Massage – Clothed or unclothed massage designed to relax and relieve headaches, sinus pressure, neck aches and back aches.

Swedish Massage – Full body session providing a relaxing experience that energizes and detoxifies the body by stimulating circulation. Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body.

Aromatherapy Massage – Swedish Massage with your choice of Aromatherapy, i.e. energize, relax, balance

Warm Stone Massage – Full body massage using warmed stones which penetrate deep heat into stiff and sore muscles resulting in relaxation and pain relief. Great for post-workout treatment.

Foot Reflexology - Specific pressure is applied to the feet to promote deep relaxation, emotional balance and overall well-being. By balancing the energy flow, reflexology encourages self-healing and promotes relaxation.

Reiki – Energy based work focusing on balancing the mind, body and mental state.

Chair Massage – Client is fully-clothed and sits on a special chair so compressive techniques can be applied to neck and back. This type of massage is generally done in a corporate or business setting.

30 minutes: \$45

60 minutes: \$75

75 minutes: \$85

90 minutes: \$105

Treatments are also available for enjoyment in the privacy of your cabin.

For in-cabin session: Add \$25

Couple's Massage also available

To schedule your appointment, please contact the Fitness Center at 697-2011 (from in cabin phone).

We kindly request 24 hours notice for all appointments and cancellations.

