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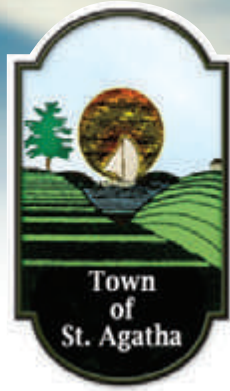
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419 Main Street
Saint Agatha, Maine 04772
(207) 543-7305
www.stagatha.com



285 US Route 1
Frenchville, Maine 04745
207-543-7301
www.frenchville.org

Welcome

Welcome to the heart of the St. John River Valley. We hope you enjoy your stay!

Inside this book you will find information of the many aspects of St. Agatha, Frenchville, and Sinclair, Maine. If you find you have questions we haven't answered within these pages, please contact us at the above addresses or phone numbers. We'll be happy to help you.

You'll find endless things to do here if you love the outdoors from simply swimming to going on a day-long snowmobile run. You will also find that this is a great place to relax and reconnect with family and friends. Whatever brought you here, we are glad you came.

Bienvenue!



We are located in Northern Maine.

From the South, take I-95 North to U.S. Route 1. Once in Caribou, either continue following US Route 1 to Van Buren, or follow Route 161 to Route 162. **From Canada**, take the Trans-Canada Highway to Edmundston, New Brunswick and cross the border into Madawaska, Maine. Follow U.S. Route 1 North.

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Design & Layout by
Heidi Carter, Heidesign

Small Town Charm



THE ST. JOHN VALLEY

St. Agatha, Sinclair, and Frenchville are in the heart of the Saint John River Valley. This region is best known for deep-rooted traditions of family, culture, faith, and land. The friendly, hard-working people – many from Acadian descent – make this area such a special place to be.

The communities are considered bilingual, where French is commonly heard. In addition, New Brunswick, Canada lies over the St. John River. The rolling hills of the Valley and the airy open skies of Long Lake easily allow for fantastic views of both countries.

The extensive land and water trail systems of the region provide varied terrain and tour experiences for the outdoor enthusiast. In addition to hunting and fishing, many people enjoy the hundreds of miles of groomed snowmobile trails in the winter and use many of those same trails in the summer and fall for ATV riding.

Agriculture has a long-standing role in sustaining the people of this area. Due to the colder climate, potato farming is the main crop, and uniquely, the children of the area still take a few weeks off from school each year to participate in Potato Harvest. Driving along country roads, you will find the patchwork of farmland very picturesque. The big beautiful skies allow your mind to clear and your breath to flow easily. This is truly a great place to unwind and relax.



KEEP US ON YOUR CALENDAR!

The St. John Valley will play host for the 2014 World Acadian Congress, held both in Maine and Canada, along the border. This event is expected to generate over 40,000 tourists to the region over a 3 week period.

Winter in Maine is a time of alternating rest and frenzied activity.

—Tom Allen



ST. AGATHA

St. Agatha has a year-round resident population of 747 (2010 US Census) with seasonal increases in both summer and winter. It is well noted for its sweeping big skies and beautiful farmland. The town is home to Long Lake, a 6,000-acre and 12-mile long body of water that attracts many tourists and part-time residents each year. The sounds of loons calling and the sight of eagles diving for fish, make this an ideal get-away to relax, unwind, and take it all in. In addition, St. Agatha offers many recreational opportunities such as: snowmobile & ATV trails, two boat launching facilities, tennis courts, softball field, children's playground, and a fitness center. It is a great place to reacquaint with family and friends, and to enjoy the simple beauty all around.



SINCLAIR

Long Lake and Mud Lake surround the quaint community of Sinclair, which makes this an ideal location for people who love the water. ATV and snowmobile trails are easily accessed within the town, and it isn't uncommon to find recreational vehicles parked in the local store's parking lot. Unparalleled fishing experiences, both in the summer and winter, make this a place that people like to return to year after year. Named after the family that first settled here, the friendly community of Sinclair will undoubtedly make you feel welcome, and your trip will certainly be an enjoyable one.

FRENCHVILLE

Frenchville is a quiet, rural town with a population of approximately 1,087, and is predominately a farming community. It lies along the scenic St. John River across from New Brunswick, Canada. The French influences – both from Canada and its ancestral Acadian background – are apparent in the small town. It is known for its people with a strong faith and family values. This is a place to slow down and enjoy the simpler aspects of life.

Frenchville is also home to the Northern Aroostook Regional Airport, which serves all of the St. John Valley.

Places of worship



© Richard Marston



© Heidi Carter

Predominantly Roman Catholic, there are deep rooted faith communities here. Historically speaking, the church played a vital role in the making of St. Agatha, Frenchville, and Sinclair. The notions of faith, family, and values continue to be an important aspect to the people of these towns.

In addition to the churches, the Christian Life Center in Frenchville hosts retreats for all ages. Each community also has active prayer groups.

Both weekend and weekday masses are offered. Contact the churches directly for up-to-date mass schedules.

There are many other faiths represented in the Valley within a short driving distance to either Fort Kent or Madawaska.

Our Lady of the Valley Parish

St. Agatha Church
Main Street, St. Agatha

St. Luce Church
US Route 1, Frenchville

St. Joseph Church
Lakeshore Road, Sinclair

Our schools

If you are looking to locate to the area, look no further.

Our small, close-knit communities are family-centric. These are towns where everyone knows you by name and make you feel at home.

Education

Our schools have knowledgeable and friendly teachers, great student-to-teacher ratios, and programs that encourage growth and inspire curiosity.

The schools in our District are Dr. Levesque Elementary School in Frenchville (Pre-kindergarten-grade 6), Wisdom Middle/High School in St. Agatha (grades 7-12), and the St. John Valley Technology Center in Frenchville for juniors and seniors from Wisdom Middle/High School, Madawaska Middle/High School, and Community High School in Fort Kent.

Our schools offer a well-rounded curriculum that includes language arts, math, science, social studies, French, music, physical education, health, and art. We integrate technology into the classroom with the use of Smartboards, iPads, Laptops, and the Tanberg Video Conferencing System for virtual field trips. Participation is encouraged and small class sizes ensure that our students receive the attention they deserve.

We offer extra-curricular activities and have active sports teams. For more information, visit us on-line at www.msad33.org



MSAD #33

Dr. Levesque Elementary School

443 U.S. Route 1
Frenchville, ME 04745
(207) 543-7302

Wisdom Middle/High School

368 Main Street, St. Agatha
(207) 543-7717

St. John Valley Technology Center

431 U.S. Route 1, Frenchville
(207) 543-6606

Long Lake Public Library

(207) 543-9395
384 Main Street, St. Agatha
www.longlakepubliclibrary.org





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Sandra's Kitchen (207) 543-6901

“What I say is that,
if a fellow really likes
potatoes, he must be
a pretty decent sort
of fellow.”

—A. A. Milne



Eats & Sleeps



RESTAURANTS

The menus at our area restaurants include some regional favorites such as ployes, Acadian buckwheat pancakes; poutine, fries with cheese and gravy; and cretons, pork meat spread, usually eaten at breakfast. All establishments offer friendly service and great food.

Establishment	Location	Phone Number
Lakeview Restaurant	St. Agatha	(207) 543-6331
Babin's Grocery & Sandra's Kitchen	St. Agatha	(207) 543-9369
Our Father's Place	St. Agatha	(207) 543-1077
Long Lake Sporting Club	Sinclair	(207) 543-7584
Martin's General Store	Sinclair	(207) 543-6422
Dolly's	Frenchville	(207) 728-7050
Paul's Diner - Gas & Car Wash	Frenchville	(207) 543-6140
Rosette's Diner	Frenchville	(207) 543-7759

ACCOMMODATIONS

Choose from various types of lodging to suit your needs. Wherever you stay, you are sure to find great people and clean, charming accommodations.

Establishment	Phone Number
Cozy Log Cabin Rentals	(207) 543-6349
Cyr Cove Cabins	(207) 543-6494
Friendly Valley Lodging	(207) 543-6938
Lakeside Lodge on Long Lake	(207) 543-7517
Lakeview Restaurant and Camping Resort	(207) 543-6331
Linda's Lakeside Cottage Rentals	(207) 728-4740
Long Lake Camping	(207) 543-7563
Long Lake Camps & Lodge	(207) 543-6390
Long Lake Motor Inn	(207) 543-5006
Trailside Vacation Rental	(207) 827-2993



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8:00AM - 6:00 PM

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Historically Speaking

The heritage of the communities of Frenchville, St. Agatha, and Sinclair owes itself to that of French-Canadian and Acadian roots. The first settlers were attracted to the fertile land and natural beauty of the area. Farming and lumbering has played a vital role in sustaining the people of this region for generations. Although there has been some decline in lumbering in recent years, it is apparent as you drive through the Valley that farming continues to be a vital force here.

The historical societies both in St. Agatha and in Frenchville offer a glimpse not only into the evolution of these industries, but also how the railroad system, faith, and family traditions have built these communities into what they are today.

Both of the towns have a homestead as part of their displays. Although different in appearance, each are among the oldest homes in the St. John Valley. Typical of the area, these homes are humble in appearance and each display characteristics of their time.



“These founders of Acadie endured no less than the Pilgrims...”

—Henry David Thoreau



THE ACADIANS

The Acadians originated as 17th century French colonists that settled in the area of New France known today as Nova Scotia, New Brunswick, Prince Edward Island, part of Quebec, and this part of Maine. Due to the Great Expulsion of 1755, some fled to Louisiana to begin new lives. Now known as the Cajuns, these people have retained many of the original customs of their Acadian roots. The St. John Valley has a large long-standing Acadian population.

Acadians are known for their love of music and dance. Fiddle playing and French-language folk song with step dancing are found at celebrations and festivals throughout the Valley. Braided rugs, wool weavings, and quilts offer the comforting image of an Acadian home, some of which you can see at the historical societies.



Frenchville Historical Society

Open Summers
Wednesday thru Sunday 1pm - 4pm
(207) 543-6997
U.S. Route 1, Frenchville, Maine

The phone number will have you reach a contact person for the site and not the historical location itself.

St. Agatha Historical Society

Open Father's Day thru Labor Day
Tuesday thru Sunday 1pm - 4pm
staghs77@yahoo.com
steagathehistoricalsociety.com
Route 162, St. Agatha, Maine

Frenchville

HISTORICAL SOCIETY

Main Street, Frenchville, ME



OPEN SUMMERS

Wednesday - Sunday

11:00 a.m. - 4 p.m.

CALL 543-6997 FOR INFORMATION

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Carl & Theresa Michaud
OWNERS



Michaud Memorials
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St. Agatha, Maine
04772
Tel: 207-543-6666
Fax: 207-543-6900
Carl Michaud, Owner



Michaud Funeral Homes
307 Main Street
St. Agatha, Maine
Fax: (207) 543-6900
Carl Michaud, Director



Michaud Funeral Homes
303 U.S. Rd 3
Fraserville, Maine
Fax: (207) 543-6900
Carl Michaud, Director

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“If the sight of the blue skies fills you with joy,
if the simplest things of nature have a message
that you understand, rejoice, for your soul is
alive.” — Eleanora Duse

© Carolyn Sherwood

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207-543-6300

Four Season Enjoyment

© Heidi Carter



The St. John Valley charms its visitors with its four-seasons. Wildlife is very abundant and its lure brings many to see if they can experience an encounter with an animal. In addition to spotting the highly acclaimed moose, a person can also easily find white-tailed deer, fox, rabbit, and many types of birds, including common loons and bald eagles.

SUMMER

Our waterways are particularly busy during the summer months. Party boats are a favorite on Long Lake, but there are many who canoe, kayak, and even bring out the occasional seadoo. Muskie fishing on the St. John River brings a new sense of adventure

for anglers. It's a very lush time of year and greenery is emphasized by the big blue skies that this part of the Valley is known for.

FALL

Fall is a favorite time of year for many of the locals. It's not only time for harvest-hunting season also begins. For nature-minded individuals, there's much to see in the vibrant colored forests and much busyness to witness as the animals prepare for winter. The fog settles on the water in comforting tones to remind people that winter is coming. One of the unique areas to experience in the fall is an island at the northern end of Long Lake that is a migrational stopping point between October 1 and November 30. At times, people have been able to see an upwards of 3,000 birds. This part of the lake is designated as a game management area.

“In seed time learn,
in harvest teach,
in winter enjoy.”

—William Blake

WINTER

Winter is fully embraced in Aroostook County and many people trek here to take advantage of our hundreds of miles of groomed snowmobile trails. Our lakes draw many to ice fish due to the trophy sized fish that are caught each year. The quiet hush of a new snowfall brings a sense of magic to those who enjoy Nordic skiing and snowshoeing. It's a time to hunker down and cozy in, but it tends to be the busiest time of year for many who live here.

SPRING

Although many of the locals have dubbed spring as “The Mud Season,” no one can deny the excitement that arrives with the spring thaw. It's a time of regrowth and renewal. Bright green fiddleheads emerge, and grace dinner tables. Smelting is a highlight of the season for some, and many skiers find themselves enjoying their sport in lighter layers.

No matter the time of year, the beauty of the area is undeniable and the warmth of its people highlight a vacation centered around the outdoors and relaxation.



Explore



ST. JOHN VALLEY CULTURAL BYWAY

This scenic byway travels 92 miles along the northern border of Maine along the St. John River from Allagash to Hamlin. In addition to the vistas of the St. John Valley, this byway also is important because of the cultural diversity of Acadian landmarks and history that makes this area so unique.

FISH RIVER CHAIN OF LAKES

Long Lake and Mud Lake are part of the Fish River chain of lakes. A canoe or kayak trip through these waters offer unique experiences and outstanding beauty. The Fish River Chain of Lakes is a popular multi-day canoe trip with the locals. Because of its accessibility, there are many opportunities along the waterway for day trips as well.

MOUNTAIN BIKE TRAIL

There is a 32-mile trail around Long Lake great for mountain biking. Just when you find yourself needing a break from the ride you will come upon one of the two public rest areas St. Agatha has to offer. One is located on Cleveland Road with a small public boat access and picnic area. The other is located on Route 162. It is a newly constructed, state-of-the-art boat launch facility, with a public beach, recreation area, toilet facilities, volleyball facility, open cooking grills and changing rooms.



Clubs & Organizations

ST. AGATHA

Long Lake Fitness Center

415 Main St., St. Agatha, ME 04772

Phone: 207-543-7305

St. Agatha ATV Club

P.O. Box 254

St. Agatha, ME 04772

Red Arrow Snowmobile Club

P.O. Box 202

St. Agatha, ME 04772

FRENCHVILLE

ATV Trails

Frenchville ATV Riders

P.O. BOX 82

Frenchville, ME 04745

Frenchville Snowmobile Club

P.O. BOX 209

Frenchville, ME 04745

SINCLAIR

Sinclair ATV Club

P.O. Box 57

Sinclair, ME 04779

Web: www.sinclairatvclub.com

Memberships for the ATV and snowmobile clubs can be found at a number of local businesses.



LONG LAKE REGIONAL WELLNESS & FITNESS CENTER

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For more information, contact the
St. Agatha Town Office at:
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Long Lake



© Richard Marston

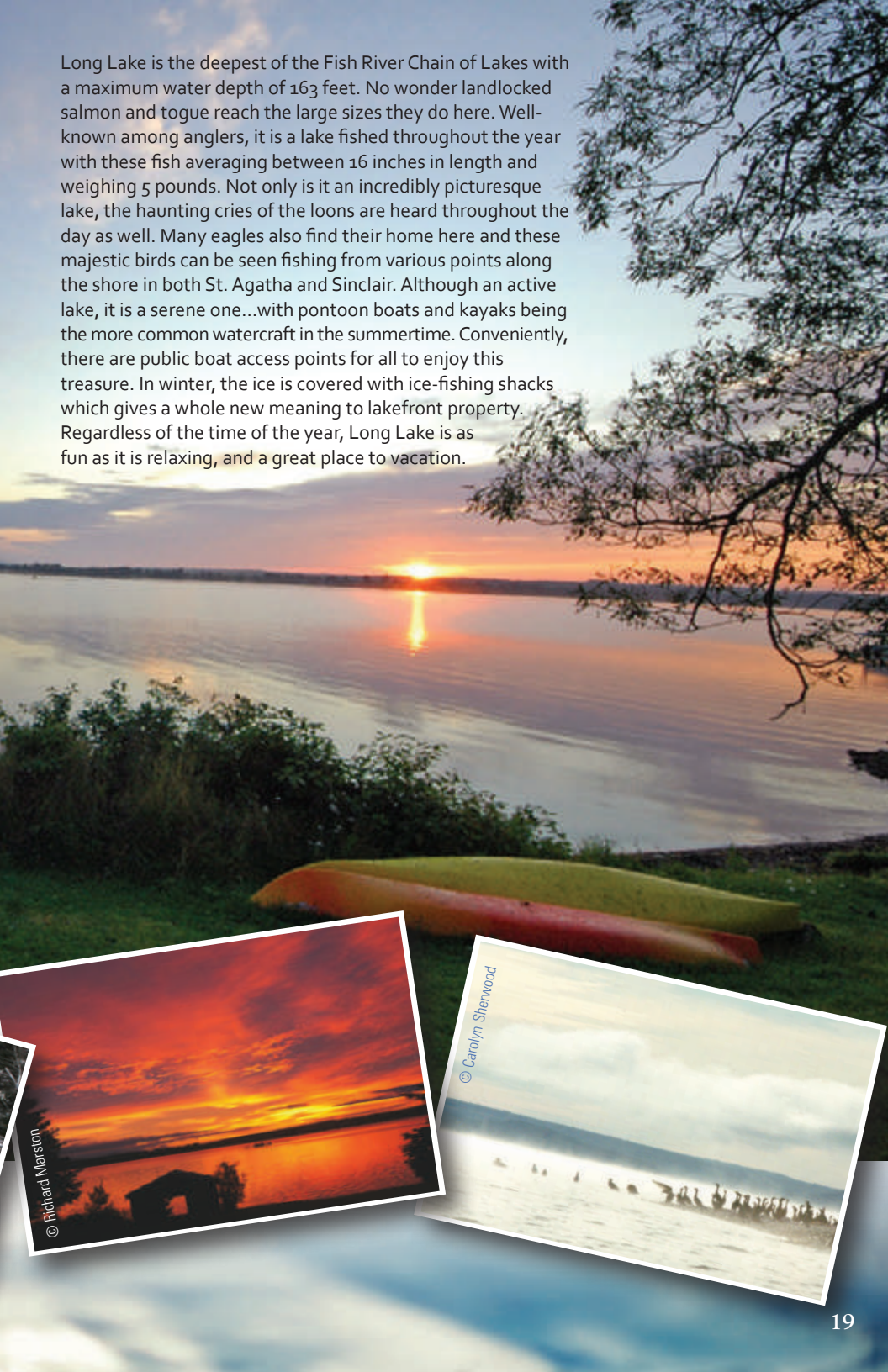


© Heidi Carter



© Heidi Carter

Long Lake is the deepest of the Fish River Chain of Lakes with a maximum water depth of 163 feet. No wonder landlocked salmon and togue reach the large sizes they do here. Well-known among anglers, it is a lake fished throughout the year with these fish averaging between 16 inches in length and weighing 5 pounds. Not only is it an incredibly picturesque lake, the haunting cries of the loons are heard throughout the day as well. Many eagles also find their home here and these majestic birds can be seen fishing from various points along the shore in both St. Agatha and Sinclair. Although an active lake, it is a serene one...with pontoon boats and kayaks being the more common watercraft in the summertime. Conveniently, there are public boat access points for all to enjoy this treasure. In winter, the ice is covered with ice-fishing shacks which gives a whole new meaning to lakefront property. Regardless of the time of the year, Long Lake is as fun as it is relaxing, and a great place to vacation.



© Richard Marston



© Carolyn Sherwood

Long Lake Ice Fishing



© Gerald Jalbert



© Heidi Carter

The Long Lake Ice Fishing Derby is the largest of its kind in Northern Maine. It is an annual event that draws fishermen from all over to try their luck at finding the largest fish. Each year, since its inception in 2006, the registration numbers have grown with 2012 having over 600 registered participants.

It is a fun event characterized by micro-communities of colorful fishing shacks bustling with activity. Many anglers spend the entire weekend on the ice, around the clock, as there are many components of ice fishing to enjoy.

It's been an extremely successful event, raising thousands of dollars for the Edgar J. Paradis Cancer Fund.

This is an event for all ages to participate in

with children's categories along with thousands of dollars in prizes.

Usually, the Derby takes place the last weekend in January and runs for two days. There are registration outlets situated conveniently throughout Aroostook County.

A LITTLE ABOUT ICE FISHING

Rather than fishing poles, "flags" are set-up with a hook and line with live bait and are placed in holes in the ice. When a trophy fish takes hold of the bait, the flag goes up – alerting the fisherman that s/he has a catch on the line. The "flags" are set-up intermittently across the ice, but most fishermen also have a hole set-up for "jigging." This is where a fishing pole comes in, and not only provides a hands-on approach, but also the potential warmth of a cabin.

Ice fishing shacks have a wide range of comfort available. Some just shield the inhabitants from the wind, and others have heating elements to keep everyone toasty warm. In the floor of the shack is a hole in the ice that a person can use for jigging. Surprisingly, many of these shacks are well equipped to cook meals and have place for storage as well. For a serious ice fisherman, his pride and joy is his cabin.

Derby



© Heidi Carter

THE DERBY LAKES

- Long Lake
- Cross Lake
- St. Froid Lake
- Square Lake
- Eagle Lake
- Glazier Lake
- Beau Lake

TYPES OF FISH

- Salmon
- Togue
- Brook Trout
- Muskie
- Cusk
- Perch

CONTACT INFO

For derby rules and most up-to-date information, visit us on-line at :

www.stagatha.com/derby



© Heidi Carter

The St. John River



© Gerald Jalbert



© Heidi Carter

The St. John River is the longest free-flowing river in New England, stretching over 200 miles between its headwaters to the first dam in Grand Falls, New Brunswick, Canada. Throughout the St. John River Valley, including Frenchville, there are public boat access points leading to the river. Historically, the river was essential to trade and was used for driving logs to the mills throughout the region. The St. John is also the international boundary between the United States and Canada. It's climate creates ideal conditions for over 30 rare species to thrive, including the Furbish Lousewort which exists nowhere else in the world. People come from all over to fish these waters, which in recent years, has become well-known for its monster muskie populations. It is a forever changing waterway due to large ice flows that scour the shores each spring.





© Heidi Carter

Activities that can be done in the immediate area:

- Baseball
- Biking
- Camping
- Canoeing & Kayaking
- Fishing
- Four-wheeling
- Hiking
- Hunting
- Ice Fishing
- Massage
- Nordic Skiing
- Skating
- Snowmobiling
- Snowshoeing
- Swimming
- Tennis
- Walking Trails*
- Wildlife Excursions

* At the Frenchville Community Park as well as Cove Corner Trails in St. Agatha.

This area is an outdoor enthusiast's paradise. The trail systems, forests, and abundant water ways provide a vast playground for all who come here to embrace it – all year long. Many different types of boating adventures can provide an exhilarating day trip, and wildlife is often spotted along the way.

Sportsmen come from all over to experience the bounty here. There are many Maine Guides in the area to help you find your way if you are a new visitor.

In addition to all the activity available, this is also a very serene area which makes it an absolutely perfect place to relax and enjoy a slower pace.

ACTIVE COMMUNITIES

The Recreation Departments in St. Agatha and Frenchville offer activities all through the year to keep kids active and engaged. Baseball teams, basketball courts, tennis, ice skating, and Nordic skiing are some of things offered.

Please Note:

If you plan on visiting us at the beginning or end of winter, please keep in mind that many trails close to ATV and snowmobiles during that time to keep the trails in tip top condition. Contact the local town offices for more information.



© Heidi Carter





PARKS & PLAYGROUNDS

Frenchville Recreation Department & Community Park

U.S. Route 1, Frenchville
(207) 543-7301

Dr. Levesque Elementary School

U.S. Route 1, Frenchville
(207) 543-7334

St. Agatha Recreation Department

419 Main Street, Saint Agatha
(207) 543-7305

GYM

Long Lake Regional Wellness & Fitness Center

419 Main Street, Saint Agatha
(207) 543-7305



© Heidi Carter

COVE CORNER TRAILS

Cove Corner Trails offer visitors different options for off-road multi-use purposes. Not far from the beaten path, the trails offer a remote feeling while remaining close to town. They can be used for walking, biking, and Nordic skiing.



© Heidi Carter



© Heidi Carter

The Upper St. John River Organization

www.upperstjohnriver.org

OUR VISION

The Upper St. John River Organization will contribute to sustainability of the region by increasing knowledge and awareness of the many values of our forests, aquatic systems, and other natural resources, and providing services for their conservation, sustainable management, and sustainable development.

OUR MISSION

The Upper St. John River Organization will help to sustain our natural resources by providing planning, organization, project management, field work, and GIS-based information technology services and support for projects related to natural resource conservation and management, natural science education, outdoor recreation, and sustainable development.

USJRO DIRECTORS

include representatives from the Town of Frenchville, Maine, University of Maine at Fort Kent, University of Maine at Presque Isle, University of Moncton at Edmundson, N.B., Houlton Band of Maliseet Indians, Maine Department of Inland Fisheries and Wildlife, Société d'aménagement de la rivière Madawaska et du lac Témiscouata, the Meduxnekeag River Association, and private entities including Woods Edge Gallery in Perham, Wylie Boats in Madawaska, One World Artisans in Frenchville, Allagash Wood Products in Allagash, and Zetterman Farms in St. Agatha.

USJRO ADVISORS

include the Aroostook County Conservation Association (the ACCA is an active partner in habitat enhancement), the Nature Conservancy, the Forest Society of Maine, the U.S. Fish & Wildlife Service, and other local business people and farmers.

THE ACADIAN FOREST

(pictured with ecoregion divisions to right) is listed as an Endangered Forest by the World Wildlife Fund. The Acadian Forest is north of the Northern Hardwood Forest, and south of the Boreal Forest regions. This region, also called the Northern Forest, is temperate with well defined seasons and relatively high annual rainfall which supports a wide range of mixedwood, hardwood, and softwood forest stand types.

ARBRE DE VIE — NORTHERN WHITE CEDAR

Jacques Cartier made his second voyage to the Province of Quebec in 1535. During the winter of 1536, 25 of his 110 man crew died from Scurvy until the First Nations People of Quebec saved him and his remaining crew with cedar tea. It was Jacques Cartier that named "our" Cedar as Arbre de Vie, or Tree of Life. To this name, its alternate name is Arbor Vitae. Cedar and Hemlock are the only trees that supply high value food to deer in winter, helping them to survive winter also.

HELPING NORTHERN WHITE CEDAR HELP DEER

Northern White Cedar can live up to 400 years of age or more, and provide highest quality food and shelter values to White-tailed Deer in Northern Maine. Cedar do not regenerate well after harvest, so the USJRO is promoting its conservation and restoration planting. We are promoting Eastern Hemlock, Oaks, Silver Maple, and other valuable native trees for wildlife enhancement and soil conservation.





THE FISH RIVER CHAIN OF LAKES

is an interconnected series of mostly deep coldwater lakes, representing over 25,000 surface acres. This is one of the last self-sustaining Brook Trout fisheries, and also provides an excellent landlocked salmon fishery, and the surrounding forests has supported significant wintering deer populations in the past.

The USJRO is a revival of the Fish River Lakes Water Quality Association with expanded scope. The Fish River Chain will be a focus area for the Organization.

THE TOWN OF FRENCHVILLE

has committed to long-term sustainable management of community-owned forest land for wildlife habitat, education, and recreation.

Detailed forest inventories were collected on these parcels with sponsorship from the Maine Outdoor Heritage Fund, and the National Science Foundation EPSCoR. The U.S. Fish and Wildlife Service donated trees for a Hemlock planting trial that the USJRO conducted on these parcels, and the Maine Department of Inland Fisheries and Wildlife, and the USDA NRCS sponsored habitat management plan development through the Deer Habitat Partnership project.

The USJRO is also partnering with several private land-owners for sustainable forest habitat management.



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Traveler Information

TIME ZONE

When you cross the International Bridge either in Fort Kent or Madawaska, you enter the Eastern Time Zone. This means, for example, if you are in New Brunswick at 5:00p.m., it would be 4:00p.m. in Maine.

CLICK IT OR TICKET

State of Maine Law dictates that all passengers wear their seat belt. This keeps all travelers safe.

EMERGENCY INFORMATION

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