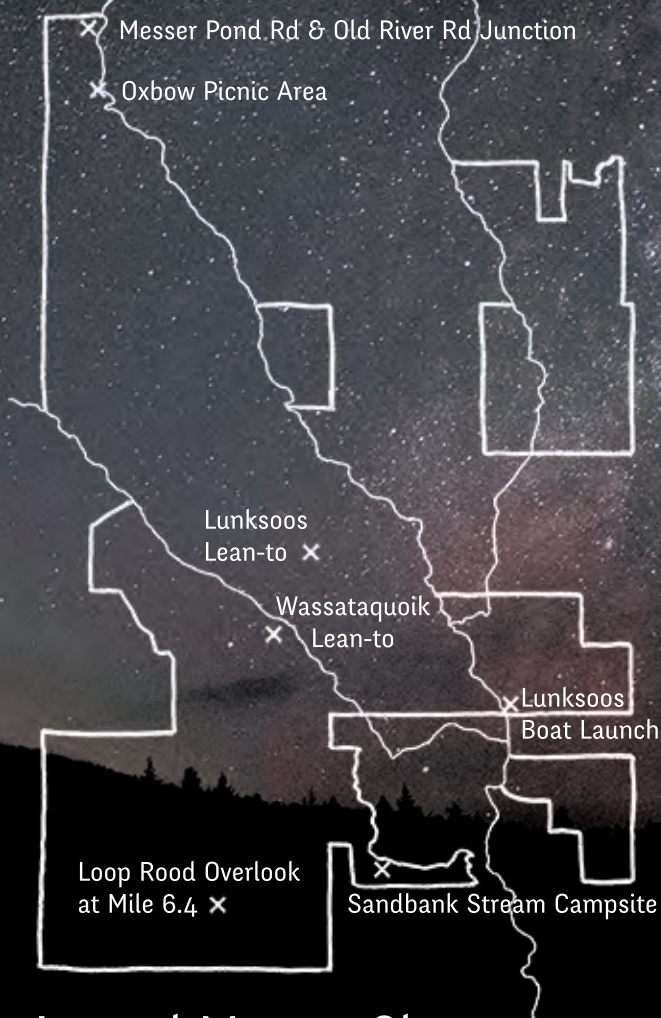


Katahdin Woods & Waters National Monument

Suggested Viewing Sites



The Bortle Scale



- 1 - Antarctica
- 2 - Katahdin
- 3 - Acadia
- 4 - Millinocket
- 5 - Augusta
- 6 - Bangor
- 7 - Portland
- 8 - Boston

Why stargaze here?

The skies above Katahdin Woods and Waters National Monument are rated 2 on the Bortle Scale, indicating a typical truly dark site where the Milky Way is highly structured to the unaided eye. These are the darkest skies east of the Mississippi River.

Annual Meteor Showers

Early January - Quadrantids
Early May - Eta Aquariids
Mid-August - Perseids
Mid-December - Geminids

Total Solar Eclipse
April 8, 2024

Friends of Katahdin Woods and Waters is a part of the effort to preserve these skies through a designation from the International Dark Sky Association.

Want to learn more about the IDA?
Visit www.darksky.org



Dark Sky Guide

Stargazing Tips

1. Invest in a red flashlight or cover your phone light with red cellophane. Blue and white light affect your night vision.
2. Check moon phases before you go - avoiding a full moon is best.
3. Don't forget a chair or blanket to sit on!
4. Check cloud cover before you go.
5. Bring binoculars or a telescope.
6. Download a stargazing app such as Skyview or Star Walk 2.
7. Bring a compass to help locate certain stars and constellations.
8. Give your eyes 30 to 45 minutes to adjust to the dark.
9. Find the North Star to orient yourself!



1st Edition, Web Version, Sept 2019
Text by Anna Piermattei, Design by Sam Deeran
Photos by Jamie Walter of Pamola Creative

www.friendsofkw.org
(207) 808 - 0020
PO Box 18177 Portland ME 04112

What is light pollution?

Light pollution is the inappropriate or excessive use of artificial light that eliminates the ability to see the beautiful night sky.

One third of the human population cannot see the Milky Way at night due to the glow of artificial light.

How can we help?



1 Limit the use of LED lights, which emit disruptive blue wavelength light



2 Reduce the amount of time lights are left on



3 Replace dusk-to-dawn security lights with motion-sensing or timer fixtures



4 Encourage towns to switch to full cutoff streetlights



Switching to full cutoff lights is just one step towns can take to develop a comprehensive lighting plan to reduce light pollution and its impacts.

Impacts of Light Pollution

Human Health: Blue light disrupts our internal circadian rhythm, hunger, activity, hormone production, body temperature, and other physiological processes. The rise of artificial lighting is thought to increase the risks for diabetes, obesity, depression, sleep disorders, and other health-related conditions.



Energy: Poor outdoor lighting can cost over \$3.3 billion in wasted energy and release nearly 21 million tons of carbon dioxide per year.



Worldwide, outdoor lighting increased at a rate of 2 percent a year from 2012 to 2016 and is continuing to increase.

The IDA says at least 30 percent of all outdoor lighting in the country is wasted.

Wildlife: Artificial light disrupts nocturnal schedules along with bird migratory patterns, interfering with many animals' survival behaviors, such as sea turtle hatching in the Gulf of Maine.

Insects are drawn to artificial light, resulting in declining populations worldwide that disrupt the entire food web.

