



Oven's Mouth Preserve, 2016

Meier's HG Guided Trail Walks/Hikes

Enjoy local trails that Chris and Mary Meiers scouted out! As avid walkers and hikers, Chris and Mary in past years offered occasional opportunities throughout the spring, summer and fall to join them on guided “walks/hikes” . With so much to explore in close proximity to Highland Green, they discovered many beautiful trails which are relatively short (averaging 2-3 miles round trip with some longer exceptions) and for the most part easy to navigate. Many of them also include a “water feature”, whether that be near the ocean, by a river or pond. Descriptions of the trails they covered and walked/hiked with fellow Highland Greeners are included in this file.

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1. Harpswell Cliff Trail

The Cliff Trail is a 2.3 Mile loop trail near the highest point in Harpswell. This marked trail features a shore walk along the tidal Strawberry Creek, two “Fairy House Zones” and spectacular views from 150-foot cliffs overlooking Long Reach. Across the reach is a view of an unnamed island and the Long Reach Preserve. To the North is a view of the large hangar on the former Naval Air Station, now Brunswick Landing.

The trail is considered “easy to moderate” with some height elevation. Depending on how fast you go, it should take approx. 1½ to 2 hours.

For more information, [Harpswell Cliff Trail Hike](#)

- There is a Porta-Potty near the parking lot.
- Pets allowed but must be under owner’s control.

Directions

The trailhead is behind the Harpswell town offices on 263 Mountain Road (connecting the Harpswell Neck Road and the Harpswell Island Road or between Rte. 24 and Rte. 123) at the far corner of the parking lot near Strawberry Creek.

2. Morse Mountain on the Phippsburg Peninsula

A well-kept private road through the Bates-Morse Mountain conservation area leads over a salt marsh and wooded hill (Morse Mountain) to a sandy beach between two rivers. Seawall beach is backed by rock wall and dune area. You can see Seguin Island and the Lighthouse from the beach. The road does climb, but not too steeply – the hill peaks at an elevation of 177 feet. Overall it is an easy walk - distance is 2 miles one way or 4 miles roundtrip. There is a side spur which leads to a spectacular view/ overlook of the winding Sprague River exiting the Sprague River Salt Marsh and entering the Atlantic Ocean – the view is accessible from a rock outcropping and is uneven to stand on – so that is just a small word of caution. An option would be for some hikers to only go so far as the overlook and then turn around & return to the parking lot – this would only be a total of approx. 2 ½ miles round trip.

Seawall Beach is a great (walking) beach. Since the beach is only accessible by walking, there is never a big crowd!

- There are no facilities (except nature's bathrooms which are only a last resort).
- In addition to water, you should also plan on bringing bug spray since this is a wooded walk and the mosquitos can be plentiful.

For more information: [Morse Mountain, Phippsburg](#)

Directions

Take Route 1 North to Bath. Take the exit to 209 and drive south on the Phippsburg peninsula towards Popham Beach. Then, after driving roughly 10 miles or so, instead of going to Popham Beach, pick up Route 216 for approx. 1 mile and Morse Mountain Road will be on your left. Proceed on the road for a short distance and parking is on your left. There is no charge for parking but there is an attendant in a parking shack who monitors parking. FYI - Cars are not allowed on the private road we will be walking on with the exception of those few who may be renting private houses near the beach.

3. Bigelows & Poplar Stream Falls

This hike is an opportunity to walk/hike in the Carrabassett Valley (near Sugarloaf and Bigelow mountain country) and experience a portion of the Maine Huts and Trails network. Highlights will be views of the Carrabassett River, two magnificent waterfalls (the Poplar Stream Falls), and lunch at the Poplar Hut, which is quite classy for something called a "hut". You can [view the Poplar Hut and a little bit about the trails online](#). Total hiking/walking distance for the day will be approximately 6-7 miles, broken up into comfortable segments.

The day will start with a 2 hour ride to the trailhead (with a stop at a rest area complete with a porta-potty, historic plaques about the Valley and its narrow gauge railways, and the first view of the Carrabassett River). Then there is a comfortable hike of 2.8 miles to the Poplar Hut where there are eco-friendly bathrooms. Here you can have lunch (approximate cost \$10/person: a variety of items will offered. Wine and beer are available at additional cost). Anyone who wants like to rest after lunch can lounge around in the hut which comes complete with comfy couches and chairs, books, and games.

For those who are happy to remain on their feet, the hike continues to the Poplar Stream Falls -- only about ½ mile away. Then it is back to the hut to rejoin those who stayed behind and head back to the cars. Alternatively you can loop back via the Larry trail connecting with the Maine Hut Trail back to the cars.

The trail is mostly grassy with an elevation gain from trailhead to hut of a little over 462 feet. The trail to the waterfalls involves some steep rock stairs at one, and a steep embankment at the other.

- Dogs are allowed on the trails, but not in the hut.
- Be sure to bring water and bug spray.

Directions

The trailhead is located north of Kingfield or just south of Carrabassett, Maine off route 16/27. Trusting that everybody has a GPS, you can input "1 Gauge Road in Carrabassett, Maine" or simply put in "Carrabassett, Maine" which will get us to the Carrabassett town hall/fire station which may be the place to park in case the parking area at the trailhead is closed.

4. La Verna Nature Preserve

This wonderful loop walk/hike is approx. 2 ½ to 3 miles or approximately 1 ½ hours and has 3600 feet of shoreline on Muscongus Bay including a 100 feet section above the ocean. It is easy walking/hiking except for uneven rocks at Leighton Head. For those who want to do it, we can scramble out a bit on the rocks there for far-reaching views. This place is very special!

History & General Description of La Verna Preserve

The Pemaquid Watershed Association (PWA) accepted the formal transfer from The Nature Conservancy (TNC) of the 120-acre preserve in the village of Chamberlain in Bristol in 2009. This expansive preserve features a diverse array of wildlife habitat, including mixed hardwoods, coniferous forests, forested wetlands, freshwater marsh, and gently sloping overgrown farmlands.

For more information: [La Verna Preserve](#)

- Dogs on leash are permitted in the preserve.
- There are no facilities (except nature's bathrooms which are only a last resort).
- Bring water along and bug spray.

Directions

Take Route 1 North. In Newcastle/Damariscotta, pick-up Route 130 South to Bristol. In Bristol take a left on “Lower Round Pond” road which gets you to Route 32 where you take a right to Round Pond. Go 3.5 miles south of the Round Pond Post Office (which is the same as 3 miles north of New Harbor Center). Notice Ocean Hill cemetery on your right. Soon after the cemetery, there is a parking area for the preserve on the right (west side of road). Preserve access is gained by following a trail located directly across Route 32 from the Parking lot. Total driving time should be about 50 minutes.

5. Bonyun Preserve in Westport

This is a particularly beautiful “easy” out-of-the way trail where we walk out on the Mill Cove Trail to Thomas Point and then loop back via the Thomas Point Trail. The trail has a little bit of everything; a tidal inlet, mixed old-growth woods, fresh water and salt marsh wetlands.

Trail length is approx. 3 miles, rated easy and should take about 1 ½ hours.

For more information: See a [detailed description of the preserve](#) as well as a [trail map](#). [PDF] You will need the [free Adobe Reader](#) to view this PDF if you don't have it.

- Since the parking area at the trail-head is rather small, car-pooling is highly recommended.
- Sorry, unfortunately the Kennebec Estuary Land Trust does not allow pets on the preserve and there are no facilities.
- Remember to bring water and bug spray.

Directions

Take Route 1 North to Bath; Continue on Route 1 over the Kennebec river bridge for approx. 6 miles, take Route 144 south 10 miles to second intersection with West Shore Road. Turn Right, go 0.25 miles to parking lot and kiosk on left. Estimated driving time between Highland Green and the trail head is 25-30 minutes.

6. Schiller Coastal Studies Center at Bowdoin College - Orr's Island

Bowdoin College Coastal Studies Center" property on Orr's Island is an easy to moderate, lovely coastal walking of approx. 2 ½ miles will take us mostly along the various coves on Harpswell Sound with great views. Much of the trail is shaded and the only thing to be watchful of are tree roots along the way (pretty typical for Maine woods, but nevertheless worth mentioning). The trail loops back via an open field to the parking area.

The hike should take us approx. 1 ½ hours.

For more information: [Schiller Coastal Studies Center at Bowdoin College](#) including its history.

- Dogs must be on a leash and stay on the main trails.
- Bring water along and bug spray.

Directions

From Bowdoin College go south on Harpswell Road/Rt. 123 for 6.5 miles and take a left on Mountain Road. At the end, take a right on Rt. 24 south and after driving for 2.5 miles, look for Bayview Rd. on the right, and drive 0.8 miles to the entrance of the Coastal Studies Center where the pavement ends (there is a small sign for the Coastal Studies Center) and continue another 0.2 miles to the parking area and kiosk.

Alternative: From Cook's Corner in Brunswick, follow Rte. 24 south for 10.7 miles. Turn right on Bayview Rd and follow directions above.

7. Hamilton Sanctuary

Maine Audubon's Hamilton Audubon Sanctuary is easy walking, mostly shaded with some roots around the "Back Cove" in West Bath which includes two loops along lovely tidal coves, approx. 2 ½ miles which should take approx. 1 ½ hours.

Encompassing 93 acres, the property is situated in West Bath on a peninsula extending between the New Meadows River and Back Cove. The sanctuary is traversed by a 2.5 mile trail network (just recently the sanctuary added a new trail of another mile which

increased the trail system from 1.5 to 2.5 miles) that winds through an open meadow and moist coastal forest of spruce and pine. Striking views over a salt marsh and tidal mudflats at Back Cove provide opportunities to see Great Blue Herons, Osprey, and migrant shorebirds and waterfowl. The Back Cove, along with the shorelines and inlets surrounding the sanctuary, is considered to be some of the most valuable estuarine habitat in the Gulf of Maine.

For more information: [Hamilton Sanctuary](#)

We recommend hikers car-pool to the trail head if going with a large group since the parking lot is not very big.

- Dogs are **not** permitted in the sanctuary.
- There is a facility at the trailhead.
- Bring bug spray and water.

Directions

Go north on Route 1 and take the New Meadows exit in West Bath. Turn left onto New Meadows Road and go straight ahead at the stop sign. Here New Meadows Road turns into Foster Point Road. Follow it three miles to the sanctuary sign and parking area on the right.

8. Androscoggin River Trail

This is indeed a walk and not a hike and will be close by between Lisbon Falls and Lisbon Falls and Lisbon. It is a paved, easy and almost flat trail meandering along the river for 1.78 miles for a total roundtrip mileage of 3.56 miles. This pretty trail follows the railroad track most of the way and at one point it crosses the railroad and goes directly along the river for a pretty good stretch – total time approx. 1 ½ to 2 hours. As an option, if one would only want to do the 1.78 miles “one way” trip, you could spot a car at the end of the trail and then use the “spotted” car to bring you back to the parking lot (however, we are not sure about the parking arrangement on the end of the rail). Furthermore, if anybody is so inclined, the Miller Park parking lot is also the starting point for the Paper Mill Trail along the Sabattus River (.77 miles one way).

For more information: [Androscoggin River Trail and Papermill Trail](#)

- We recommend to car-pool to the trail head although parking should not be an issue at this location.

- Dogs on leash are allowed.
- There is a facility at the trailhead.

Directions

Leaving Highland Green turn right and take the Connector (Route 196) North towards Lewiston. The beginning of the Androscoggin River Trail is in Miller Park located between Lisbon Falls and Lisbon, on your right. Total mileage from the Community Center to Miller Park is 9 ½ miles. Again, there is ample parking here.

9. Bradley Pond Farm Preserve

The Bradley Pond Farm Preserve is very close by on Route 201 and features an easy (approx.) 2 miles loop. The walk skirts big fields, stone walls, some woods and we can catch views of Bradley Pond and the surrounding wetlands on the trail pretty high above the pond. This is a great time of the year to walk this trail as most leaves will have fallen and the pond views are lovely. The walk should take us approx. 1 to 1 ½ hours.

For more information including a trail map: [Bradley Pond Farm Preserve, Brunswick-Topsham land Trust](#) [PDF]. You will need the [free Adobe Reader](#) to view this PDF if you don't have it.

- Because it is a working farm, dogs are not allowed on the Preserve
- There are no facilities at the trailhead.

Directions

The Preserve is located at the end of Bradley Pond Road which intersects Route 201 just less than four miles north of the intersection of Route 201 and 196 in Topsham. There are 2 small parking areas. We will meet at the 2nd one (further in) and start our walk from there. Since this parking area allows only a few cars, we can also use the first parking lot. Anybody parking here can then walk the short distance to the 2nd parking lot where we meet.

10. Tidebrook, Freeport & Mast Landing Audubon Sanctuary

Start with a visit to the Gardens at Tidebrook, a small “hidden gem” just about a mile away from busy downtown Freeport. While the house is privately owned, the Tidebrook

Conservation Trust allows people to walk through the gardens and enjoy the many different plantings including a lovely perennial garden with gazebo and beautiful Rhododendron hedge (hopefully it will be in bloom when we visit). Furthermore, the property includes a nice $\frac{3}{4}$ of a mile loop trail leading us down to the bay and then through the woods along the Harraseeket river back to the house and parking area.

After concluding the walk at Tidebrook, transfer over to the “Maine Audubon Mast Landing Sanctuary” which is only about a mile and a half from Tidebrook. This sanctuary has a nice easy 1.6 mile loop trail (Ridge Trail) and includes the old Millmaster’s house (currently lived in by sanctuary caretakers) and the old dam site. Walking back on the road to the parking area there are nice marsh views including an area where the Harraseeket River Estuary meets the Mill Stream.

In total you will walk and hike approx. $2\frac{1}{4}$ to $2\frac{1}{2}$ miles.

For more information: [Tidebrook, Freeport](#) and [Mast Landing Audubon Sanctuary](#)

- The parking area at Tidebrook is rather small, hence car-pooling is highly recommended if you go with a group.
- There are no facilities on either property.
- Remember to bring water and bug spray!

Directions

1. **Gardens at Tidebrook:** Take I-295 South to exit #22 in Freeport and turn right off the exit ramp onto Mallett Drive toward Freeport. Turn right onto Main Street (Route 1) for about 0.2 miles. Turn left onto Bow Street and drive for approx. 1 mile to Lower Mast Landing Road. Turn right and drive for 0.7 mile until you get to Bartol Island Road. Turn left (up the hill and down again) and drive for 0.5 miles until the road turns into a dirt road (a “good” dirt road) and then continue for another 0.1-0.2 miles to Tidebrook. The property is on your right but parking is on the left side of the road. At the entrance of the estate there is little Kiosk with maps and detailed descriptions of the Gardens. The drive from the community center to Tidebrook is approx. 20-25 minutes.
2. **Maine Audubon Mast Landing Sanctuary (coming from Tidebrook):** Retrace your steps until you get back onto Bow Street. There take a right and then almost immediately turn left onto “Upper Mast Landing Road” and drive for 0.1 miles. The Sanctuary is on your right with signs to the parking area. Pets are not permitted here.

11. Eaton Farm Preserve (Back River Trail) in Wiscasset

This 1.8 Mile loop sits on a preserve and passes coastal views, small rocky lookouts, hayfields and those classic old New England stone walls resembling boulder fields. As one nature writer says: “It’s got forests, fields and the coast. *It’s got it all!*”

The walk/hike is rated easy to moderate, mostly flat, has the usual assortment of roots when walking through the wooded sections and should take us a little over one hour.

For more information: [Eaton Farm Preserve in Wiscasset](#)

- Remember to bring water and bug spray and water.
- There are no facilities.
- A kiosk and visitor parking area are available.
- Please note that hunting is permitted during hunting season so wear appropriate safety orange colored clothing.

Directions

Taking Route 1 north, approximately six miles after passing over the Bath bridge, turn right onto Old Ferry Road in Wiscasset (Route 144). Take the third right onto Ready Point Road (Ready Point Road is 0.5 miles past Chewonki Road). Follow Ready Point Road until you see a well-marked sign on the left for Eaton Farm Trail. There is ample parking and a kiosk.

12. Great Salt Bay Farm/Heritage Center & Hockomock Point Nature Trail

Drive to Damariscotta and explore the beautiful “Great Salt Bay Farm & Heritage Center”. The farm is one of the last intact saltwater farms in the mid coast. We will take the Bayside Loop along with the Blackstone trail which is easy walking, mostly through meadows for approx. 1.5 miles. The trail offers old stone walls, foot bridges, borders marshy wetlands and stunning views of the Great Salt Bay and Damariscotta River. The pond is usually teeming with water fowl. A variety of nearby habitats makes this a regional birding destination.

Next drive to the **Hockomock Point Nature Trail** in Bremen - **a treat, not to be missed!** The trail is part of the Hockomock Point Audubon camp and includes a 25 point self-guided tour. The trail is a 1.0 mile loop and starts on an open field with stone walls overlooking Muscongus Bay. It then goes through woods until you get to a beautiful overlook with ledges opposite Hog Island. The loop then continues and

emerges from the woods onto fields leading to the harbor and then back to the parking lot. This trail is also rated easy even though we can expect to encounter the usual assortment of roots when we trek through the woods. In total we will walk approx. 2 ½ miles.

For more information: [Great Salt Bay Farm](#) and [Hockomock Point Nature Trail](#)

- There are no facilities on either walk.
- Remember to bring water and bug spray.

Directions

1. **To Great Salt Bay Farm in Damariscotta:** Great Salt Bay Farm is located at 110 Belvedere Road in Damariscotta, less than half a mile off of Route 1. Coming up Route 1 from the South, pass the main Damariscotta exit and continue for slightly more than 2 miles to the blinking light at Belvedere Road. Take a left on Belvedere and the Great Salt Bay Farm will be on your left; a white farmhouse opposite a large barn (for GPS address use: 110 Belvedere Road, Damariscotta, Maine).
2. **To Audubon's Hockomock Point Nature Trail in Bremen from the Great Salt Bay Farm:** Turn around towards Route 1 and then "cross" Route 1 (do not drive north or south on Route 1) and continue to Main St/US-1 Alt South in Damariscotta for a total of 0.9 miles. Take a right on Main St/US-1 Atl. South and drive for 0.8 miles and turn left onto Biscay Road at the traffic Light at McDonald's. After 5.1 miles turn left onto Route 32 at the 'T' intersection. After 1.4 miles turn right onto Keene Neck Road. The sanctuary is 1.6 miles down at the end of the road (for GPS address use: 12 Audubon Road, Bremen, Maine).

13. 7 Lakes Alliance Trail System, Belgrades Lakes

Set your sights on slightly more challenging hiking inland and hike two small mountains plus a third one that could be optional. Before you get too excited about the prospect of an actual mountain hike, consider that these "mountains" are not very high and the elevation change (vertical rise) is only approximately 300 feet for each mountain!

Driving north for approximately one hour, start with a scenic overlook of Long Pond and Great Pond at Blueberry Hill. Then continue a short distance to the first hike up French Mountain (a 0.8 mile loop trail with great views of various ponds and Belgrade Village). After French Mountain, transfer to a second hike, Mount Phillip (a 1.4 mile loop trail with views of Great Pond and the Kennebec Highlands).

Bring a picnic lunch! After lunch, there is an alternative third hike up what is called “The Mountain” (wonder who thought up that creative name?!) for another 1.4 miles. All these points are within a few miles of one another (see directions below)! All trails are considered “moderate” hiking – but certainly more challenging than anything listed so far.

For more information: [7 Lakes Alliance Trail System](#) – scroll down and click on trails for a detailed trail descriptions for each mountain.

Directions to Each Trail

1. **To Blueberry Hill** (West of Long Lake)_from Topsham, take I-295 North. After merging with I-95, take Exit #112B to Route 27 North. Drive on Route 27 for approximately 12 miles and take a left on Castle Island Road (This is approximately one mile before getting to the town of Belgrade Lakes); drive for approximately three miles and turn right on Watson Pond Road and drive for 1.7 miles to Blueberry Hill. Turn right and drive to the scenic overlook picnic area for our first stop!
2. **Continue on to French Mountain:** Once back on Watson Pond Road, continue driving north for approximately 2 ½ miles to the parking area on your right.
3. **Continue on to Mount Philips:** Drive North on Watson Pond Road for 0.7 miles and take a right on Route 27. Drive south for a short distance (approximately one mile) and turn left on Route 225 north. Drive for 1.5 miles to the parking area on your left.
4. **Continue on to the optional hike** - “The Mountain”. Go back to Route 225 and drive south to Route 27 where you turn left. Drive for approximately two miles and turn left on Mountain Drive. A parking lot is located on the left (north) side of Mountain Drive, 0.3 miles from Route 27.

Directions Home: Back on Route 27, drive south through Belgrade Lakes and continue home to Topsham.

- We do not believe that there are facilities at the hiker’s parking lots or at Blueberry Hill but we are not certain.
- Do not forget to bring water and bug spray!

14. Ovens Mouth Preserve in Boothbay

Hike 2½-3 miles on moderate terrain through pleasant woodlands and along salt marshes, the Cross and Back tidal rivers and basins of the “secretive” Ovens Mouth. There are many lovely look-outs and a nicely constructed, modern wooden bridge connecting the East and West Ovens Mouth peninsulas.

The walk/hike is rated moderate with some elevation change throughout, has the usual assortment of roots and should take us approximately 1½-2 hours. You might want to have hiking poles to help with a couple of the slightly steeper sections.

For more information: [Ovens Mouth Preserve](#): Directions/information for Ovens Mouth East and West

- Car-pooling is recommended as the parking lot for the walk/hike is rather small.
- Remember to bring water.
- No facilities

Directions

(**Note:** There are two Ovens Mouth parking areas, East and West. We start and end at Ovens Mouth East!): From the junction of US1 and ME27 in Edgecomb, just east of the Sheepscot River and 1.5 miles from downtown Wiscasset, turn right (south) onto ME27 and drive 8.0 miles.

Turn right (west) onto Adams Pond Road and follow this for 0.1-0.2 miles to Dover Road. Turn right (north) onto Dover Road and continue for 2.4 miles (note: after 1.9 miles you will see Dover Cross road on your left – **do not take this road – continue on Dover Road**) to the dead end. Parking is on the left.

15. Thorne Head Nature Preserve in Bath

Meier’s first walk/hike of the 2017 season took the HG group to the 88 acre **Thorne Head Nature Preserve in Bath**.

You can hike close to 2 miles (1.9 miles to be exact) on varied terrain in the Preserve taking various trails. On the highest point a scenic overlook provides great views towards Merrymeeting Bay and Lines Island to the north. The Narrows trail hugs the Whiskeag Creek to the West and the Kennebec River to the East providing many excellent viewpoints. The Thorne Head’s mixed forest uplands protect nearby wetlands and river ecosystems – there are also vernal pools. The area is home to many birds of prey, particularly eagles. So, maybe you can even get to see an eagle or two! The Preserve is very beautiful and peaceful despite being in such close proximity to the city of Bath.

The hike is rated moderate with some elevation change and has the usual assortment of roots. It should take us approx. 1 ½ hours. Hiking poles are recommended to help with a couple of slightly steeper sections.

For more information: [Thorne Head Nature Preserve](#) [PDF]

- Dogs are allowed but must be kept on leash.
- Remember to bring water and bug-spray!
- Sorry, but there are no facilities.

Directions

Drive Route 1 North to Bath and take the High Street Exit (Route 209); turn left and drive to the very end of High Street – approx. 2.2 miles until you get to the parking lot with a kiosk with maps if you want to take one. Maps are also available on line at the above mentioned website. While the parking lot is fairly large (10 cars or so) we still recommend car-pooling and will set up car pools at the CC for anybody interested in doing so.

16. Wolfe’s Neck Woods State Park

This walk/hike heads straight down to Casco Bay from the **2nd parking lot** and then follow the “Casco Bay and Harraseeket” Trails along Casco Bay and the Harraseeket River looping back to the parking lot. Total distance is approx. 2 ½ miles and should take 1 ½ to 2 hours. The walk/hike features rock outcroppings with nice views of Googins Island and a bird sanctuary with possible views of nesting Ospreys. The trails showcase nice views of Casco Bay and the Harraseeket River and are rated easy to moderate with a few sections of somewhat steep and uneven terrain.

If it is near low tide, you can explore some tide pools.

For more information: [Wolfe’s Neck State Park guide and map](#) [PDF] and [Wolfe’s Neck State Park website](#)

State Park Fees: Please note that Maine Resident Seniors 65+ get in for free, but Non-Resident Seniors 65+ pay a \$2.00 entry fee. Other “Adult Maine Residents” (the younger set!) pay \$4.00 and other Adult Non-Maine Residents pay \$6.00

- Dogs are allowed but must be kept on leash and pick after.
- Remember to bring water and bug-spray!
- There are facilities.

Directions

GPS: If you have a GPS, simply program the park address: 426 Wolfe's Neck Road, Freeport, ME (GPS may say the destination is on the right, however, the actual park entrance is just a little further down on the road to your left). If you have no GPS, you have 2 options to get there: The first option is supposed to take 3 minutes less than Option 2.

Option 1: Take a left from Village Drive onto the 196 Connector south and merge onto Route 1 south. Take a left at Church Road and then a slight right onto Pleasant Hill Road. Follow Pleasant Hill for 4.37 miles and then make a sharp left hand turn onto Flying Point Road. Drive for .83 miles and take the 3rd right onto Wolfe's Neck Road; drive for approx. 2 miles and the park entrance is on your left.

Option 2: Take I-295 South to exit #22 towards Freeport. Once in Freeport turn right onto Main Street (US1) for a short distance (1/4 mile) and take a left on to Bow Street. After 1.51 miles, Bow Street becomes Flying Point Road, then follow instructions shown in Option 1.

Note: There are 2 large parking lots at Wolfe's Neck.

17. "Twin Peaks" Merritt Mountain and Robinson Rock (The Bumpah)

Don't be alarmed by the name "Twin Peaks"! Phippsburg's Twin Peaks are not exactly high altitude destinations. Merritt Mountain at 233 feet and Robinson Rock " (a.k.a. "The Bumpah by the locals) at 205 feet both provide **spectacular views** of the islands in Sebasco Harbor and the eastern islands of Casco Bay. If the weather is clear enough, Harpswell Neck and perhaps even Great Chebeague Island (and beyond) may be in view.

These two short trails are maintained by the Phippsburg Land Trust and, while uphill, they are both very easily accessible and not particularly steep but they do include the usual pesky assortment of roots and rocks. Both walks/hikes will start at the Sebasco Harbor Resort on the Phippsburg peninsula and when combined total approx. 3 miles.

It should take us approx. 2 hours. The second of the two walks/hikes will actually take us partly along the golf course prior to getting into the woods.

For more information: [Merritt Mountain and Robinson Rock \(Bumper Rock\)](#)

Directions

Parking and meeting point is at Sebasco Harbor Resort.

- If you have a **GPS**, simply program the Sebasco Harbor Resort address: 29 Kenyon Road, Phippsburg as your destination.
- Without a GPS, follow Route 1 to Bath and take the Route 209 exit in Bath turning right off the exit. Follow Route 209 south for approx. 10 ½ miles and then make a slight right turn at Sebasco Road. Drive for 1.2 miles to Kenyon Road, a left hand turn. Drive past the Golf course to the main building on your right. Just past the main building, you will see a little Café/snack bar/gift shop (The Sea Chest) on your left and then a left hand turn into a parking area. Park here and meet at the Sea Chest!
- Parking at the resort is fairly large so car-pooling is not a must.
- Dogs are allowed but must be kept on leash at all times and picked up after (like at HG).
- Remember to bring water and bug-spray!
- We are allowed to use the facilities at the Sea Chest Gift shop and/or the Sebasco Resort.

18. Dodge Point Preserve in Damariscotta

Dodge Point Preserve with 4 trails is located on River Road in **Damariscotta**.

We will walk/hike approx. 3 miles or roughly 2 hours on more or less flat surfaces taking the “Old Farm Road Trail” and the “Shore Trail” which has the usual assortment of roots. The shore trail follows closely along the picturesque Damariscotta river for roughly one mile where we may see egrets, ospreys, herons and eagles wheeling through the air! The trails we are taking are rated “Easy” with just one moderate pitch towards the end where the trail rises a little more steeply. With the majestic plantation pines, stone walls, brickyard bricks at Brickyard Beach, and the old ice pond, walking through Dodge Point will feel a bit like walking through history – a walk that’s easy and beautiful to explore!

For more Information: [Dodge Point Preserve with 4 trails](#)

Directions to the Trailhead

Driving North on Route 1, take the River Road exit (Snead’s Spur) off US Route 1 just before you get to Newcastle and turn right onto River Road. Follow River Road for

approximately 2.5 miles. The parking lot and trailhead will be on your left. This is a small parking lot which means-car pooling will be essential.

- Dogs are allowed on leash.
- Sorry, but there are no facilities.

19. Head of Tide, Topsham

Start your walk/hike going partly through the lovely “Cathance River Nature Preserve” via the “Wooden Bridge” and then connect via the “Clay Brook Bridge” into the Cathance River Heritage Trail before reaching “Head of Tide Park” on Cathance Road. The trails are rated moderate because of the length and a few steep sections with the usual pesky assortment of roots and rocks. The roundtrip length is approx. 5 miles or roughly 2 ½ to 3 hours.

For more information and map: [Cathance River Nature Preserve map \(pdf\)](#)

- Dogs are not allowed.
- Bathrooms are available at Head of Tide.
- Remember to bring water, but the good news is there should be no need for bug-spray this time of year.
- In the event of inclement weather, you will be notified of either cancellation or postponement to a new date.

20. Back Cove, Portland

We will walk 3.5 miles by looping around the cove on a mostly flat stone dust or paved trail surface. Imagine, no rocks or roots to deal with for a change! While we will walk a short distance along noisy I-295, for the most part the loop has beautiful views of the cove, the Portland City skyline and some nice homes along the way. The cove may look like a large pond but is actually a tidal cove and as such is most attractive when walking at mid to high tide (Check a tide chart). Since we will be in Portland and after walking for roughly 1 ½ hours on the trail, you may want to combine the trip with lunch, shopping or some other interesting city excursion.

For more information: [Portland Trails: Back Cove Trail](#)

Directions

Take I-295 South to Portland and get off on Exit # 6B. Turn right on Forest Avenue. Then take the next right on Baxter Boulevard and your next right to Prebble Street. There is a large parking lot on your left right at the back cove.

- Dogs are allowed but must be kept on leash.
- There should be “Port-a-Potties” near the parking lot, but very close by is a Hannaford Supermarket which has facilities and within a couple of minutes by car you are at “Whole Foods” and “Trader Joe’s” stores which also have facilities.
- Bring water and bug-spray
- There is plenty of parking available at the Prebble Street parking lot.

21. Vaughan Woods, Hallowell

Vaughan Woods in Hallowell is a walk/hike of approx. 2 ½ miles or 1 ½ hours on varying terrain. The first ½ mile on the Brook Trail will be somewhat steep and moderately difficult but very interesting and scenic. The trail parallels a stream with cascading waterfalls to the “Driving Bridge”. There, after a little scramble up to see the “Dammed” Cascade Pond, follow the Heifer Field “Loop” Trail and the Corniche Trail back to the parking lot for another approx. 2 miles. These 2 miles of wide trails are rated easy and include both wooded and open field sections. A main attraction at Vaughan Woods are the various historic “Stone Arch Bridges”!

For more information: [Kennebec Land Trust, Vaughan Woods](#)

Directions

While you can take I-295 North and save a few minutes, we recommend the more scenic US-201 all the way from Topsham to Hallowell. From the Connector you take a right on US-201 until you get to the town center of Hallowell. Once in Hallowell turn left onto Gow’s Lane. After 0.06 miles turn left again onto 2nd Street. Take 2nd Street for 0.36 miles and then turn right unto Litchfield Road. Drive a short distance and the Vaughan Woods Parking Area is on your left.

GPS: The Address “2 Litchfield Road, Hallowell, Maine” takes you very close to the parking area!

- On the first half mile you will deal with the usual roots and rocks but for the remaining 2 miles the surface is basically packed dirt or wood chips.
- Dogs are allowed but must be leashed at all times.
- There are no facilities at Vaughan Woods but downtown Hallowell with many restaurants is very close by!
- Remember to bring bug spray and water!
- The parking area is medium size

22. Glidden Point Preserve (formerly Salt Bay Preserve), Newcastle

This Walk/Hike is 3.0 miles on easy terrain with some uneven footing and the usual selection of roots. The trail begins with boardwalks across a saltmarsh (be there around low tide to make this possible!) and then follow the shoreline of the “Great Salt Bay” stopping at Grandfather Point, Picnic Point and Lookout Point. The Great Salt Bay is a tidal estuary rich with marine, bird and animal life. The whole walk/hike will take us approx. 1 ½ to 2 hours.

More information: [Glidden Point Preserve](#)

While this is technically a loop trail, you can go one way for 1 ½ miles across the salt marsh and come back the same way instead of continuing on the loop. The reasons are manifold but primarily the reasons have to do with avoiding sections that are particularly buggy and overgrown with poison ivy – such things are not very conducive to a good trail experience!

Directions

From the intersection of US 1B and ME215 in Newcastle, drive north on ME 215. In 0.4 Miles, pass underneath US 1. In another 0.2 mile, pass the Newcastle Post Office on the left, and immediately beyond, there is the Lincoln County Publishing Company. Trailhead parking is in the Lincoln County Publishing lot close to Mills Road at the far end away from their office – please do not block any of their vehicles! Directly across the road is a green sign that reads: “Great Salt Bay Preserve – Hart Family Heritage Trail”. *GPS Coordinates* are: 44 o 2.514’ N,69 o 31.969’ W.

- The Preserve is dog friendly, but as always, keep “Fido” under control.

- There are no facilities at the Great Salt Bay Heritage Trail but you are close to Newcastle and Damariscotta with many restaurants very close by, including a McDonald's
- While the trail is rated easy, you may still want to bring your walking sticks
- Remember to bring bug spray and water!
- The parking area is a good size parking area so car-pooling is not a must.

23. Hidden Valley Nature Center, Jefferson

Hidden Valley Nature Center (HVNC) in Jefferson is a gem of wilderness in midcoast Maine with 25 miles of trails. The trails are rated “easy to moderate” with some sections having the usual assortment of roots. The Walk/Hike should take us roughly 1 ½ to 2 hours.

For more information: [Midcoast Conservancy, Hidden Valley Nature Center](#)

Directions

Take Route 1 North to Wiscasset where you turn left onto Route 218 (Federal Street in Wiscasset). Follow Route 218 (which becomes Alna Road) to Alna for 7.4 Miles. Then take a right on Dock Road for 0.7 Miles. Then take the 2nd right onto Head Tide Road (Route 194) for 0.2 Miles. Then turn left onto Egypt Road and drive for 3.4 Miles to the Trailhead parking on your left. If you have a GPS: Program the following address to get to the trailhead: **131 Egypt Road, Jefferson, Maine.**

- The Preserve allows dogs.
- There are facilities available at the Preserve.
- While the trails are rated easy to moderate you may still want to bring your walking sticks.
- Remember to bring bug spray and water (hopefully no bug spray is needed in mid-September!).
- The parking area is a medium size lot so car-pooling is not a must. If
- The drive is approx. 45-50 minutes from HG.

24. Bradbury Mountain State Park, Pownal

Bradbury Mountain has an altitude of 484 feet with wide trails and a gradual ascent to the summit with awesome views of Casco Bay and Portland especially if it is a clear day. Descending from the summit, you may want to go back down the same way you

ascended (or close to it via Northern Loop and the Bluff Trails). You may also want to try the South Ridge Trail which is more narrow and steeper (considered intermediate). Total hiking is approx. 2 miles.

For more information: [Maine.gov, Bureau of Parks and Lands, Bradbury State Park](#)

Please note the Park Entry Fees for Bradbury Mountain State Park:

- Adult Maine Residents: \$3.00, Non-Resident: \$4.50, Senior Non-Resident: \$1.50
- Maine Residents 65 and older: free

Directions

- Take I-295 south to exit #22 in Freeport.
 - Turn left onto Mallett Dr/ME-125/ME-136 for a very short distance (0.06 miles)
 - Then turn left onto Durham Road (Durham Road becomes Pownal Road and then Elmwood Road) and drive for 4 ½ miles;
 - Turn right at Pownal Center (blinking light) onto Hallowell Road or Route ME-9.
 - Drive for 0.8 Miles to Bradbury Mountain State Park entrance on your left
 - After the gate house, drive to the “Upper Parking Lot” to start your walk/hike.
 - **For GPS Users:** Program the following address: **528 Hallowell Road, Pownal, Maine.**
-
- Dogs are allowed in the Park provided they are on a leash, restrained, and cleaned up after.
 - There are facilities available at the Park.
 - While the trails are rated easy to moderate you may still want to bring your walking sticks.
 - Remember to bring water and bug spray per the season.

25. Thorncrag Nature Sanctuary

Thorncrag Nature Sanctuary is in the midst of Lewiston, just 3 miles from the heart of downtown. Thorncrag is the highest point the city of Lewiston at 510 feet of elevation.

The Bird Club, with help from many organizations and individuals in the community, has built and continues to maintain the trail system for a high diversity of wildlife, especially birds. Thorncrag offers many historic features including the “Anthony” and “Miller” fireplaces, “Gordon’s ledge” and “Whalerock” providing convenient resting places. There is even a distant view of Mt. Washington on a clear day. Also, Thorncrag has a

250 year old hemlock stand in the Sanctuary and a small pond along with a nice meadow and a farmstead foundation.

The walk/hike is approx. 2 ½ miles on fairly wide trails, or about 1 ½ hours, with a few fairly steep up and down sections, but it should not be a problem especially with hiking sticks. There is the usual assortment of roots and rocks.

For more information: [Thorncrag Sanctuary](#)

Directions

At the end of Village Drive, turn right and take the connector, Route ME- 196 towards Lewiston. Then in Lisbon Falls after driving 7.8 miles, take a right onto ME-9 North. Drive for 5 miles and turn left on Crowley Road which becomes Grove Street. Drive for 4 ½ miles and make a slight left turn onto Sabattus Street or Route ME-126. Drive for 0.66 miles and turn right onto Old Greene Road and almost immediately thereafter (less than 0.1 mile) take the first left onto Montello Street. Drive for approx. ¼ mile and you arrive at a driveway/gate on your right leading into the “Thorncrag Nature Preserve” parking lot.

For GPS users: There is no actual street address available for Thorncrag but if you use: **360 Montello Street, Lewiston, Maine** – that should get you pretty close to the driveway/gate leading to the parking lot.

- Dogs are not allowed anywhere in Thorncrag.
- No facilities available at Thorncrag however, there is a Hannaford store pretty close by (when leaving the parking lot, take a right on Montello Street and then take the first left onto Highland Spring Road. Take this road for 0.3 miles and you get to ME-126. The store is immediately on your left in the corner.
- You may want to bring your hiking sticks for a few relatively steep up and down sections on the trail.
- Remember to bring bug spray and water.

26. Boothbay Region Land Trust: Porter Preserve & Gregory Hiking Trail

This walk/hike combines two short walks in Trevett & Boothbay i.e. the Porter Preserve (1.1 Mile) and the Gregory Hiking Trail (0.8 Mile) for a total of slightly less than 2 miles. Both are part of the Boothbay Region Land Trust and are very close together (see directions below).

Both parking lots are very small and parking on the street is discouraged. so best to car pools. The ride to the trailhead from Highland Green is roughly 50 minutes.

The “Porter Preserve” loop meanders through old growth spruce, oak and pine along half a mile of shoreline on the Sheepscot and Back Rivers with lovely scenic vistas. After completing the Porter Preserve, transfer to the “Gregory Hiking Trail” (see directions). The Gregory Hiking Trail loops around a heavily wooded property with extensive frontage on the Back River. There are extensive views to the north to the bridge which connects the Boothbay Mainland to Barbers Island, and across the river to undisturbed wooden shoreline. Enjoy walking around a small pond bordered by wildflowers and edged with cattails.

Total walking/hiking time is expected to be about 1 ½ hours with added time for transfer between the two properties. Both trails are rated easy, but we will still have to deal with the usual assortment of roots and rocks.

For more information:

- [Booth Region Land Trust](#)
- [Gregory Hiking Trail](#)
- [Porter Preserve](#)

Directions

From Highland Green to the “Porter Preserve Trail”: Take Route 1 north through Wiscasset and after crossing the bridge over the Sheepscot river, take a right on ME-127 to Boothbay Center. In Boothbay proceed to the roundabout onto Corey Lane. Proceed 0.3 miles. Turn right onto Barbers Island Road and drive 2.2 miles, crossing two bridges. Turn left on Kimballtown Road, Proceed 0.5 mile and turn left onto a dirt road/Porter Preserve Street. Proceed 0.1 mile to a small parking area on your right just beyond the cemetery.

For GPS users program “99 Kimballtown Road, Trevett, Maine. This is the official preserve address. However, it will only get you to the end of Kimballtown road. From there follow the directions shown above.

From the “Porter Preserve” to the “Gregory Hiking Trail”: Backtrack on Kimballtown road and turn right on W Side Road which becomes Barbers Island Road. Continue on Barbers Island Road, cross the bridge and turn right on Sawyers Island Road. Proceed 0.5 mile to entrance on left.

For GPS users program “121 Sawyers Island Road, Boothbay, Maine”.

- Dogs are allowed on both properties.
- Sorry, there are no facilities available at either property. The Coastal Botanical Garden is only a few minutes away and they have nice bathrooms at the entrance.
- Both trails are rated easy.
- Remember to bring bug spray and water.
- Since the parking lots are very small and road parking is discouraged, car-pooling is a must.

27. Trails of the Pownalborough Court House

This walk/hike is inland to the Trails of the Pownalborough Court House next to the Kennebec River in Dresden. In addition to the walk/hike, afterwards a special treat awaits in the form of a visit to the historic “Pownalborough Court House”.

There is no problem with the parking lot as it is quite large. If you wish want to see the historic Court House interior and enjoy a very interesting and informative, roughly 1 hour house tour, the admission is a minimal \$5.00 per person including the tour. This small fee supports the Lincoln County Historical Association in Wiscasset. The ride to the Pownalborough Court House from HG is roughly 30 minutes.

We will walk/hike several of the available connecting trails in a loop, starting with an 800 foot section along the Kennebec River. This truly beautiful and walkable trail system includes a ravine with a stream running through it and unusually tall trees.

Total walking/hiking will be 2.1 miles and should take us about 1 to 1 ½ hours. The trails are rated easy to moderate, but the usual assortment of rocks and roots is unavoidable. There are a few somewhat steep ups and downs, so walking with poles may be helpful.

Pownalborough Court House Description

The Pownalborough Court House (The only Pre-Revolutionary Court House in Maine) still stands on its original site on the banks of the Kennebec River in Dresden. Listed on the National Register of Historic Places, the Court House is a remarkable example of colonial New England architecture. John Quincy Adams, 2nd U.S. President, among many other notables in history visited the Court House!
Court House hours are 10AM-4PM on the day we are there.

For more information:

- [Pownalborough Court House Trails](#)
- [Lincoln County Historical Association: Pownalborough Court House](#)

Directions

To the Pownalborough Court House from Topsham: Drive on I-295 North and take exit #43 toward Richmond. Follow Route 197 through Richmond and across the Kennebec River 5.1 miles. Turn left onto Route 128. Drive 1.3 miles and turn left onto Court House Road. The Parking Lot is on your left of the Court House (There is a sign).

For GPS Users program 23 Court House Road, Dresden, Maine.

- Dogs should be under the control of their owners at all time.
- **There is one very nice, clean bathroom on the property!**
- Remember to bring bug spray and water.

28. Plummer Point Preserve in South Bristol

The Plummer Point Preserve boasts more than a mile of Damariscotta River shoreline, with rocky points, a quarry, and views of both Seal Cove and Long Cove. Originally a gift to The Nature Conservancy from the Richardson Family, the preserve is now owned by the Damariscotta River Association. Several trails weave through a steep, rocky habitat of red and white pine, spruce, fir, and mixed hardwoods and continue along the shore over exposed rocks, offering views of wildlife and activity on the river. Remains of the quarrying sites are also visible from the trail, with hints of the old activity present.

Walk/hike the various trails for a total of 2 to 2 ½ miles; for the most part as a loop. There are a couple of fairly steep sections but they should not be a problem especially with hiking poles. There is the usual assortment of roots and rocks.

For more information: [Plummer Point Preserve](#)

Directions

From US 1 in Damariscotta, head south on ME 129 for 10.8 miles to South Bristol. The preserve is on your right and is marked with a wooden DRA green and white sign. It is a mile north of the S Road. Alice Norwood Road is north of the preserve entrance and Pine Bluff Lane is south of the preserve. Park alongside Route 129, but please do not block the driveway. We will access the preserve by walking up the driveway.

For GPS users: There is no official street address available but on the hiking map I found Plummer Point Road. So, if you program this address in your GPS you should get very close to the entrance: **1, Plummer Point Road, South Bristol, Maine**

- The drive is 38 miles or approx. 1 (one) hour from the HG CC parking lot.
- Dogs are permitted but must be leashed or otherwise under control at all times.
- No facilities available at the Plummer Point Preserve. However, you may want to stop at the University of Maine's Darling Marine Center in Walpole (on 193 Clarks Cove Road) about 7 minutes on our way back north. The Marine Center also has additional trails for anybody that wants to do some additional walking/hiking. We suggest you call first to be sure that the DMC is open, Tel# 207-563-8144. Also, once back in downtown Damariscotta, there are other opportunities for a stop including a Reny's Department store which has a bathroom.
- While the trails are rated easy to moderate, you may still want to bring your hiking poles for a couple of relatively steep up and down sections on the trail.
- Remember to bring bug spray and water.

29. Skolfield Shores Preserves & Widgeon Cove Trail

First we will drive south to Harpswell and explore the beautiful "Skolfield Shores Preserve" with fields, saltwater marsh and more than 400 feet of shoreline on Middle Bay Cove.

Next we will transfer about 3 miles farther south and Walk/Hike the short "Widgeon Cove Trail" which winds through woodlands, across ravines and along the shoreline where there is a dramatic view of the Cove.

Both properties are part of the Harpswell Heritage Land Trust and are well maintained. In total we will walk/hike approx. 1 ½ to 2 miles. Both trails are rated easy to moderate. There is the usual assortment of roots and rocks.

For more information:

- [Skolfield Shores Preserve](#)
- [Widgeon Cove Trail](#)

Directions

To Skolfield Shores Preserve in Harpswell: From the Intersection of Rte. 123 and Bath Road at Bowdoin College in Brunswick, follow Rte. 123 South for approx. 4.5 miles. Turn right into Skolfield Place and then make an immediate left into the parking lot for the preserve.

For GPS Users: Program 33, Skolfield Place, Harpswell, Maine.

It takes roughly 15-20 minutes from the Highland Green CC parking lot to get there.

From Skolfield Shores Preserve to Widgeon Cove Trail: Continue South for 3 miles. Immediately after the Wilson's Cove Trail parking lot on the right, look for the Widgeon Cove Trail parking lot on the left.

For GPS Users: Program 709 Harpswell Neck Road, Harpswell, Maine Road); drive for 1.0 mile and take a right onto Stevens Corner Road; drive for 0.2 miles and turn right onto Pinkham Point Road; then drive 0.2 miles and take the second left onto Winterberry Lane (dirt road). At the end of Winterberry Lane, turn left onto North Ledges Road and look for a sign on tree with Mas name.

For GPS Users: Program 1 North Ledges Road, Harpswell, Maine

- There are no facilities at either preserve
- While dogs are allowed on the Widgeon Cove Trail, they are not allowed at the Skolfield Shores Preserve
- While the parking lot at Skolfield Shores Preserve is small, the Merrucoonegan Farm owner has given us permission to use some of their parking area near the trailhead if needed. The parking area at Widgeon Cove is a bit larger but it is still good to have as many car-pools as possible to minimize parking.

30. Mount Pisgah Conservation Area” in Wayne/Winthrop

Mount Pisgah will actually be a small mountain hike experience. However, Mount Pisgah with an elevation change of approx. 330 feet is not exactly a Mount Katahdin undertaking. So, don't be put off by the Header "Mount Pisgah"! There will be a few somewhat steep sections but overall it is not hard and we will take our time getting up there and down. The pay-off on top is excellent as the "60 Foot Maine Forest Service Fire Tower" awaits and, if you are up for it, we can enjoy spectacularly, sweeping, panoramic 360 degree views from the top with lakes and foliage to appreciate! On a clear day, from the top, you can even see Mount Washington to the West and the Camden hills to the East. However, should you not be inclined to go to the top of the tower, you only need to climb a small section or two to already get excellent views (note: it is important to know that if you do not go up at least one section, you will not have any views).

We will hike the Tower Trail on the way up together and then on the way down we have two loop options: Chris will lead the Blueberry Trail down to the parking lot (unless there are no takers!) while others may choose the easy Tower gravel road back down. The Blueberry Trail actually has another short uphill section over a small ridge prior to descending to the parking lot.

Making the "longer" loop via the Blueberry trail will be approx. 2 1/2 miles in total while the shorter option is approx. 2 miles in total. Hiking poles will facilitate the hike. The

trails are rated easy to moderate. There is the usual assortment of roots and rocks. The shorter hiking option should take approx. 1 1/2 hours and the longer option approx. 2 hours plus time on top to enjoy the views.

For more information:

- [Mt. Pisgah Conservation Area, Kennebec Land Trust](#)
- [Mt Pisgah Conservation Area, Maine By Foot](#)

Directions

Take Rte. 196 to Lisbon Falls where you pick-up Rte. 9 (on your right) and drive north for 7.8 miles; turn right on Pleasant Hill Road; after 0.8 miles you cross Rte.126 keep driving north. At this intersection, Pleasant Hill Road becomes Rte. 132; drive on Rte. 132 north for approx. 11 miles through Monmouth until you reach Route 202. Rte. 132 ends here and the road becomes Blaisdell Road. Once you cross 202, you follow Blaisdell Road for ½ mile and turn right on Wilson Pond Road; after another (approx.) ½ mile turn left on Pisgah Road (which becomes Mount Pisgah Road) and drive approx. 1 mile north to the parking area which is on your right.

For GPS users: There is no official street address available but on the hiking map I found the Tower Road. So, if you program the following address in your GPS you should get very close to the parking lot entrance: **1, Tower Road, Winthrop, Maine.**

- Dogs are permitted but must be leashed or in sight and under strict voice command at all times.
- The drive to the trailhead is 31 miles and takes approx. 45-50 minutes.
- On your way north on Rte. 132 you pass the beautiful Monmouth Theater building on your right in Monmouth Center.
- There are no facilities available at the Mount Pisgah Conservation Area. The town offices in Monmouth are open from 9-5pm and may have facilities to use. Alternatively, if you want to make a detour, you could drive to Winthrop (about 6 miles or so) and there is a Subway shop on 134 Main Street.
- We recommend bringing your hiking poles.
- Bring bug spray depending on the time of year.
- Make sure you bring water!
- The parking lot is small so it is good to car pool.