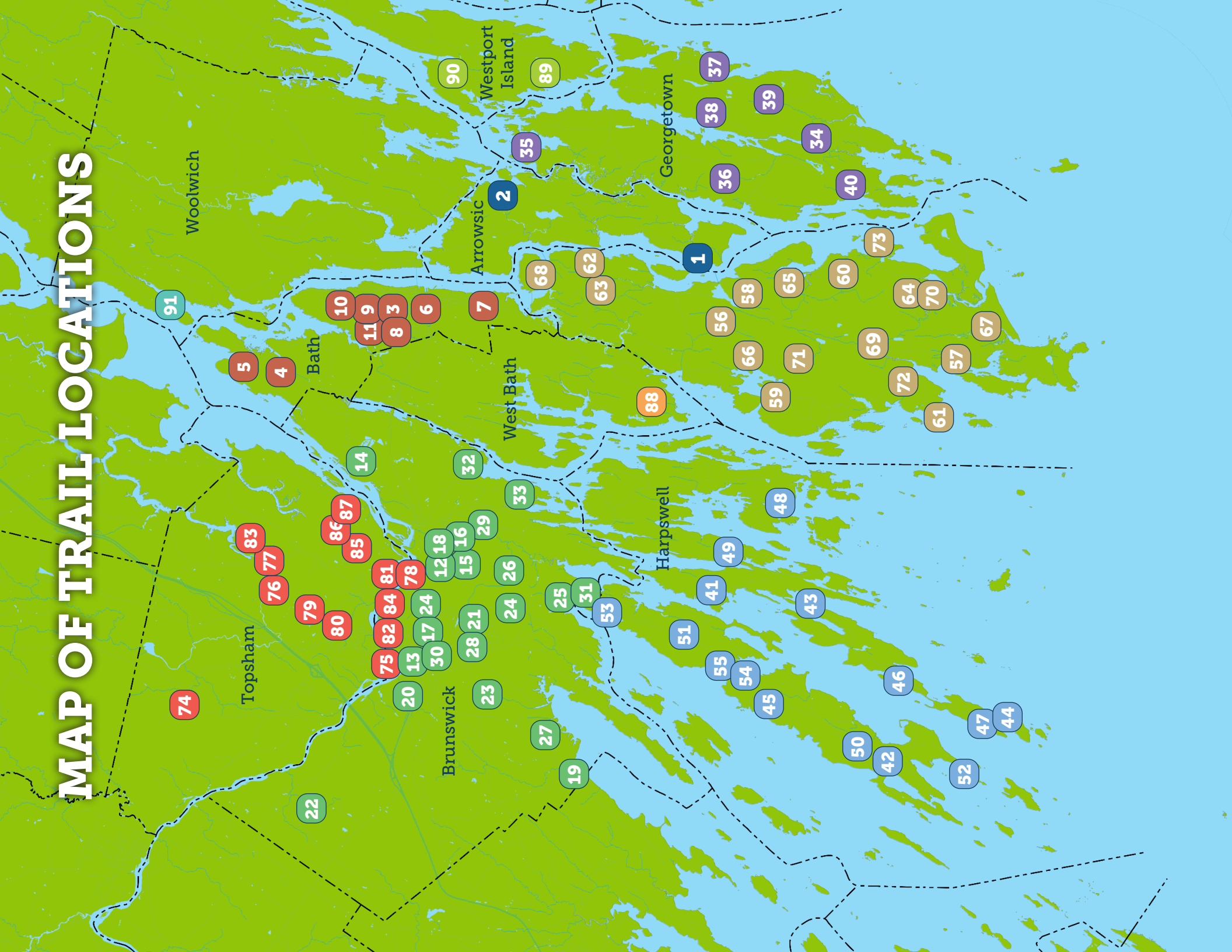


# MAP OF TRAIL LOCATIONS



- 1. Bald Head Preserve
- 2. Mill Pond Preserve
- 3. Bath Area YMCA
- 4. Bath Golf Course
- 5. Butler Head Preserve
- 6. Goddards Pond
- 7. Lily Pond Community Forest
- 8. McMann Athletic Complex
- 9. Sewall Woods Preserve
- 10. Thorne Head Preserve
- 11. Whiskeag Trail
- 12. Androscoggin River Bicycle Path
- 13. Androscoggin River Walk
- 14. Bay Bridge Landing Wetland Park
- 15. Brunswick Landing Perimeter Trail
- 16. Brunswick Landing YMCA
- 17. Brunswick Mall
- 18. Brunswick Parks & Recreation
- 19. Chase Reserve
- 20. Coffin Pond Recreation Area
- 21. Coffin's Ice Pond
- 22. Cox Pinnacle
- 23. Crystal Spring Farm
- 24. Greater Commons & Town Commons
- 25. Kate Furbish Preserve
- 26. Lishness Field
- 27. Maquoit Bay Conservation Land
- 28. Mid Coast Center for Community Health & Wellness
- 29. Neptune Woods
- 30. People Plus
- 31. Skolfield Preserve
- 32. Woodward Cove
- 33. Woodward Point Preserve
- 34. Berry Woods Preserve
- 35. Flying Point Preserve
- 36. Higgins Mountain Preserve
- 37. Ledgewood Preserve
- 38. Loring Conant Preserve
- 39. Morse Pond Preserve
- 40. Weber Kelly Preserve
- 41. Cliff Trail
- 42. Curtis Farm Preserve
- 43. Devil's Back Trail Area
- 44. Giant's Stairs Trail and McIntosh Lot Preserve
- 45. Hackett and Minot Trails
- 46. Houghton Graves Park
- 47. Johnson Field Preserve
- 48. Little Ponds Preserve
- 49. Long Reach Preserve
- 50. Mitchell Field
- 51. Otter Brook Preserve
- 52. Potts Point Preserve
- 53. Skolfield Shores Preserve
- 54. Widgeon Cove Trail
- 55. Wilson's Cove Trail
- 56. Bijhouwer Preserve
- 57. Bill Jayne Trail at Small Point Preserve
- 58. Cooley Preserve at Center Pond
- 59. Denny Reed Trail
- 60. Duley Farm
- 61. Gamble Preserve at West Point
- 62. Greenleaf Preserve
- 63. Mary's Woods
- 64. McDonald Marsh Preserve
- 65. McKay Farm
- 66. Mica Mine Trail
- 67. Morse Mountain Trail
- 68. Noble Hill Preserve
- 69. Ridgewell Preserve and Town Forest
- 70. Spirit Pond Preserve and McDonald Sanctuary
- 71. Sprague Pond Loop Trail
- 72. Totman Cove Preserve
- 73. Wilbur Preserve at Cox's Head
- 74. Androscoggin Woods
- 75. Bridge to Bridge Trail/Riverwalk
- 76. Cathance River Nature Preserve
- 77. Cathance River Trail at Head of Tide Park
- 78. Foreside Recreation
- 79. Highland Green Golf Course
- 80. Mt. Ararat High School Trails
- 81. Recreation Fields Trails
- 82. River Landing Trail
- 83. Tarbox Preserve
- 84. Topsham Public Library Eagle Path
- 85. Topsham Ponds
- 86. Topsham Town Landing Trail
- 87. Topsham Transfer Station
- 88. Green Point Preserve
- 89. Bonyun Preserve
- 90. Carl & Barbara Segerstrom Preserve at Squam Creek
- 91. Merrymeeting Fields Preserve



## Get Active Southern Midcoast

### ALL-SEASON ACTIVITY GUIDE

Get Active Southern Midcoast is your resource for free and low cost activity ideas.

**Trail and park access may be limited. Please check before each visit.**

**ADDITIONAL ACTIVITIES, MAPS, AND INFORMATION**  
[www.GetActiveSouthernMidcoast.org](http://www.GetActiveSouthernMidcoast.org)



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MaineHealth

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ARROWSIC											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Bald Head Preserve	TNC	3.7	✓								
Mill Pond Preserve	TNC	1.4	✓								

BATH											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Bath Area YMCA	YMCA		✓(I)								
Bath Golf Course	Private		✓						✓(G)	✓	
Butler Head Preserve	Town		✓	✓			✓	✓	✓		
Goddards Pond	Town										✓
Lilly Pond Community Forest	KELT	2.5	✓	✓			✓	✓	✓		
McMann Athletic Complex	Town		✓						✓	✓	
Sewall Woods Preserve	KELT	1.5	✓	✓				✓	✓		
Thorne Head Preserve	KELT	3	✓	✓	✓			✓	✓		
Whiskeag Trail	KELT/YMCA	5	✓	✓				✓	✓		

BRUNSWICK											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Androscoggin River Bicycle Path	Town	2.6	✓(P)	✓	✓			✓			
Androscoggin River Walk	Town	1.25	✓(P)					✓			
Androscoggin Woods	BTLT	1.2	✓	✓		✓	✓				
Bay Bridge Landing Wetland Park	Town	0.3	✓	✓			✓	✓			
Brunswick Landing Perimeter Trail	Town/MRRA	5.2	✓(P)	✓	✓			✓			
Brunswick Landing YMCA	Town		✓(I)								
Brunswick Mall	Town		✓(P)	✓							✓
Brunswick Parks & Recreation	Town		✓(I)								
Chase Reserve	BTLT	1	✓	✓					✓		
Coffin Pond Recreation Area	Town	1		✓						✓	✓
Coffin's Ice Pond	Town	2	✓	✓				✓			
Cox Pinnacle	Town	1.3	✓	✓					✓		
Crystal Spring Farm	BTLT	5.3	✓	✓					✓(G)	✓	✓
Greater Commons & Town Commons	Town	5	✓	✓				✓	✓		
Kate Furbish West Preserve	Town	2	✓	✓				✓	✓(G)		
Lishness Park	Town	0.1		✓							✓
Maquoit Bay Conservation Land	Town	1	✓	✓					✓		
Mid Coast Center for Community Health & Wellness	MCH		✓(I)								
Neptune Woods	BTLT	4	✓	✓				✓	✓		
Skolfield Preserve	BTLT	1				✓	✓				
Woodward Cove	BTLT	0.1		✓							
Woodward Point Preserve	BTLT/MCHT	2	✓	✓					✓		

GEORGETOWN											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Berry Woods Preserve	TNC	4.8	✓								
Flying Point Preserve	TNC	3	✓								
Higgins Mountain Preserve	KELT	1	✓						✓		
Ledgewood Preserve	TNC	0.6	✓		✓						
Loring Conant Preserve	TNC	1.75	✓								
Morse Pond Preserve	KELT	4	✓					✓	✓		
Weber Kelly Preserve	KELT	2.5	✓	✓				✓	✓		

HARPSWELL											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Cliff Trail	Town	2.3	✓	✓							
Curtis Farm Preserve	HHLT	1.3	✓	✓	✓		✓		✓		
Devil's Back Trail Area	Town	2.2	✓	✓							
Giant's Stairs Trail and McIntosh Lot Preserve	HHLT/Town	0.5	✓	✓							
Hackett and Minot Trails	HHLT	1	✓	✓							
Houghton Graves Park	HHLT	0.3	✓	✓			✓				
Johnson Field Preserve and Mackerel Cove Town Lot	HHLT/Town	0.1		✓	✓	✓	✓			✓	
Little Ponds Preserve	HHLT	0.25	✓	✓							
Long Reach Preserve	HHLT	1.5	✓	✓							
Mitchell Field	Town	2.8	✓	✓	✓	✓	✓	✓	✓		
Otter Brook Preserve	HHLT	1.5	✓	✓					✓		
Potts Point Preserve	HHLT	0.4	✓	✓		✓					

HARPSWELL (continued...)											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Skolfield Shores Preserve	HHLT	1	✓								
Widgeon Cove Trail	HHLT	0.6	✓	✓							
Wilson's Cove Trail	HHLT	0.3	✓	✓							

PHIPPSBURG											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Bijhouwer Preserve	PLT/Private Owner	2	✓	✓					✓		
Bill Jayne Trail at Small Point Preserve	PLT	0.3	✓	✓					✓		
Cooley Center Pond Preserve	PLT	5+	✓	✓					✓		✓
Denny Reed Trail	TNC	2.5	✓						✓		
Duley Farm (Ridgewell Preserve)	PLT	4.2	✓	✓							✓
Gamble Preserve at West Point	PLT	0.3	✓	✓					✓		
Greenleaf Preserve	PLT/Private Owner	0.8	✓	✓					✓		
Mary's Woods at Cutting Creek	PLT/Private Owner	0.5	✓	✓					✓		
McDonald Marsh Preserve	PLT	1.8	✓	✓					✓		
McKay Farm (Cooley Preserve)	PLT	3	✓	✓							
Mica Mine Trail	TNC	2	✓						✓		
Morse Mountain Trail	Bates	4	✓			✓			✓		
Noble Hill Preserve	PLT	0.5	✓	✓					✓		
Ridgewell Preserve and Town Forest	PLT/Town	4+	✓	✓					✓		
Spirit Pond Preserve and McDonald Sanctuary	PLT/State	2.5	✓	✓			✓		✓		
Sprague Pond Loop Trail	PLT/TNC	5	✓						✓		✓
Totman Cove Preserve	PLT/Town	1.8	✓	✓					✓		
Wilbur Preserve at Cox's Head	PLT	1	✓	✓							

TOPSHAM											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Androscoggin Woods	BTLT	1.2	✓	✓		✓	✓				
Bridge to Bridge Trail/Riverwalk	Town	0.8	✓(P)	✓	✓			✓			
Cathance River Nature Preserve	BTLT/CREA/HG	4	✓								
Cathance River Trail at Head of Tide Park	BTLT	1.6	✓	✓			✓				
Foreside Recreation	Town	2.4	✓	✓					✓	✓	✓
Highland Green Golf Course	HG		✓						✓(G)		
Mt. Ararat High School Trails	Town	2+	✓	✓				✓	✓(G)		
Recreation Fields Trails	Town	2	✓	✓							
River Landing Trail	BTLT/Town	0.6	✓	✓							
Tarbox Preserve	BTLT	1	✓	✓					✓		
Topsham Public Library Eagle Path	Town	0.5	✓	✓							
Topsham Ponds	Town	5		✓					✓		
Topsham Town Landing Trail	Town	0.6							✓		
Topsham Transfer Station	Town		✓	✓					✓(G)	✓	

WEST BATH											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Green Point Preserve	KELT	1	✓	✓					✓		

WESTPORT ISLAND											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Bonyun Preserve	KELT	3	✓						✓		
Carl & Barbara Segenstrom Preserve at Squam Creek	KELT	2	✓	✓			✓		✓		

WOOLWICH											
Trail or Preserve Name	Organization	Length (miles)	Snowshoe/Walking	Dogs	Stroller	Swim	Canoe/Kayak	Bike	XC Skiing	Sledding	Skating
Merry Meeting Fields Preserve	KELT	2	✓						✓	✓	

(P): Plowed Trails (G): Groomed (I): Indoor Walking  
: Summer Only Trail : Winter Only Trail : Accessible\*

Contact partners before each visit for any restrictions, leash laws, trail maps, directions, or indoor activities:

- Adaptive Outdoor Education Center
- Bath Area YMCA
- Brunswick-Topsham Land Trust
- Cathance River Education Alliance
- City of Bath
- Harpwell Heritage Land Trust
- Kennebec Estuary Land Trust
- Mid Coast Hospital
- The Nature Conservancy
- Phippsburg Land Trust
- People Plus
- Six Rivers New England Mtn. Bike Assoc.
- Town of Brunswick
- Town of Harpswell
- Town of Topsham

**ADDITIONAL ACTIVITIES, MAPS, AND INFORMATION:**  
[www.GetActiveSouthernMidcoast.org](http://www.GetActiveSouthernMidcoast.org)

\*These sites may not be fully ADA Accessible & local conditions can be variable. Please check with the land owner/steward for current surface conditions. There may not be ADA Accessible facilities on site.