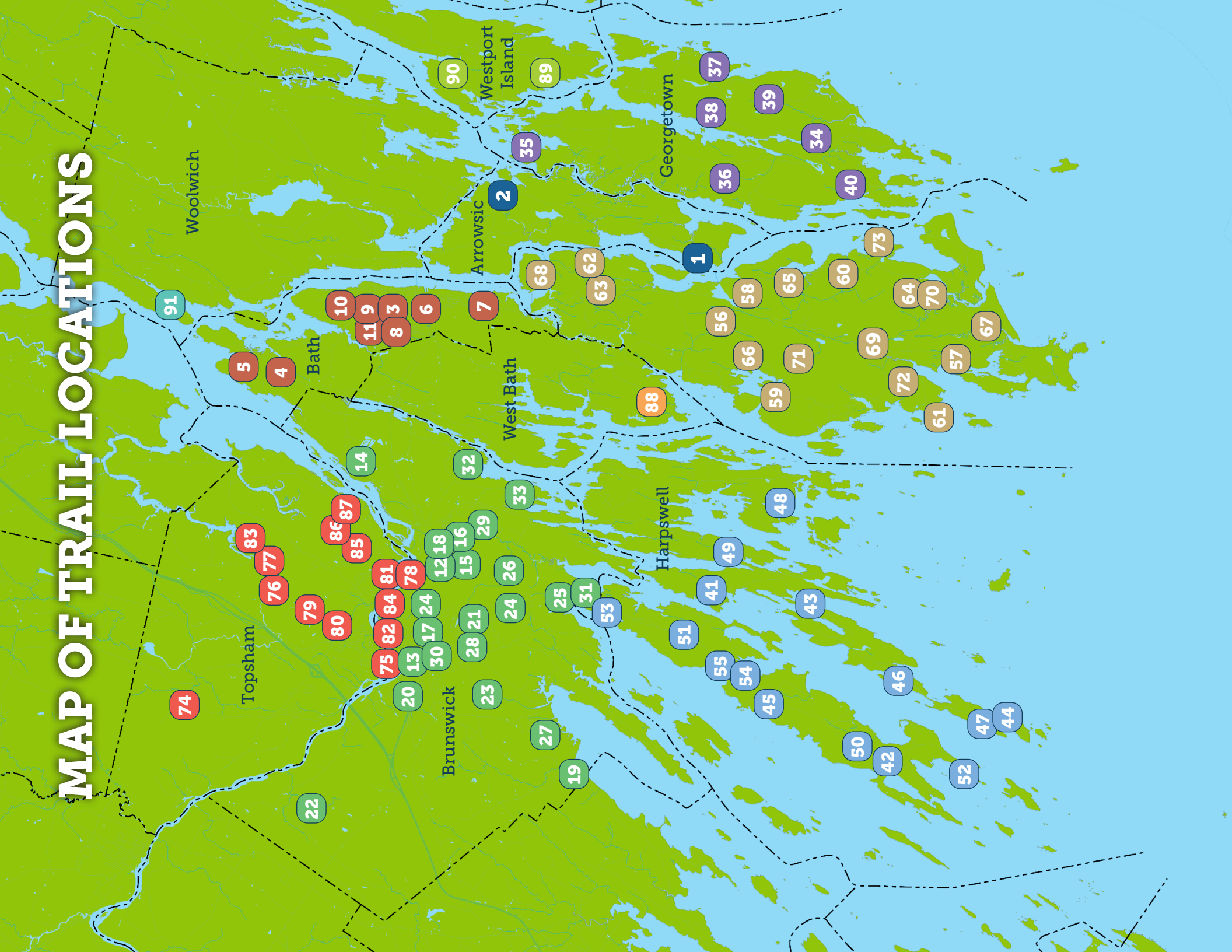


MAP OF TRAIL LOCATIONS



- 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



Funded by
Mid Coast Hospital
MaineHealth

Updated April 2022

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
- Harpswell 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

*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.