

## MAINE BUREAU OF PARKS AND LANDS HIKING TRAIL RESOURCES & INFO

### Bureau of Parks and Lands - General

[www.parksandlands.com](http://www.parksandlands.com)

- Trail Conditions Page - [http://www.maine.gov/dacf/parks/trail\\_activities/index.shtml](http://www.maine.gov/dacf/parks/trail_activities/index.shtml)
- Hiking – [http://www.maine.gov/dacf/parks/trail\\_activities/hiking.shtml](http://www.maine.gov/dacf/parks/trail_activities/hiking.shtml)
- Biking - [http://www.maine.gov/dacf/parks/trail\\_activities/biking.shtml](http://www.maine.gov/dacf/parks/trail_activities/biking.shtml)
- Snowshoeing & Cross-country skiing - [http://www.maine.gov/dacf/parks/trail\\_activities/cross\\_country\\_ski\\_snowshoe.shtml](http://www.maine.gov/dacf/parks/trail_activities/cross_country_ski_snowshoe.shtml)
- Backcountry Camping, Including Backpacking - [http://www.maine.gov/dacf/parks/camping/backcountry\\_camping.shtml](http://www.maine.gov/dacf/parks/camping/backcountry_camping.shtml)
- Property Guides/Maps - [http://www.maine.gov/dacf/parks/publications\\_maps/index.shtml](http://www.maine.gov/dacf/parks/publications_maps/index.shtml)

### Some Suggestions:

#### **Family Friendly Hikes**

##### *Coastal*

- [Ferry Beach State Park](#) – This southern coast park offers pond, bog, and forest walks, famed tupelo trees and a seasonal nature center- all in addition to beach access.
- [Wolfe’s Neck Woods State Park](#) -several easy walking trails skirt the shoreline and provide an opportunity to view nesting osprey, woodland exploration, and ample benches and picnic spots. White Pine Trail accessible to wheelchairs.
- [Holbrook Island Sanctuary](#) – Seven and a half miles of hiking trails make up this system of relatively easy trails located in a scenic and diverse coastal setting on the east side of Penobscot Bay.
- [Cobscook Bay State Park](#) and [Quoddy Head State Park](#)- These two coastal parks in far eastern Washington County both have hiking trail options bringing families in contact with stunning scenery, coastal ecology, and maritime culture. Camping is available at Cobscook Bay SP.

##### *Interior*

- [Mount Blue State Park](#) – The [Center Hill Nature Trail](#) is a ½-mile self-guided nature trail with fantastic views of the western mountains. In the winter, families can venture out on [snowshoe trails](#) and groomed [ski trails](#) originating at park headquarters.
- [Peaks-Kenny State Park](#) - Woodland trails, a sand beach along Sebec Lake, and a playground make this a fun family destination. Campsites available.
- [Bradbury Mountain State Park](#) - Children can “bag” their first peak here by hiking to the top of Bradbury Mountain for a picnic and expansive eastward view from the granite capped peak. The 0.3-mile hike to the summit is a steep 10-15 minutes hike for adults. With children plan on

several rest and nature observation stops. A playground and picnic area is available near the start of the trail. Campsites available.

## **Trails for Beginners, Casual Hikers, & Those Looking to Get into Hiking**

### *Coastal*

- [Vaughn Woods State Park](#) – While not immediately on the coast, this southern Maine park on the Salmon Falls River provides well over 3 miles of trails exploring mature forests and the river shoreline.
- [Mackworth Island State Park](#)- An attractive 1.5-mile walking trail loops around the edge of this roughly 100-acre island in Falmouth. The trail here is an ideal destination for individuals with limited mobility as it is a relatively flat, wide, and barrier-free trail.
- [Dodge Point Public Lands](#) – Over six miles of hiking/walking trails run through this property managed for wildlife, sustainable timber management, and recreation. Trails explore a variety of settings from upland forests to pond edge to miles of frontage along the Damariscotta River.
- [Camden Hills State Park](#) –A classic hiking park, with extensive trails ranging in difficulty. The rugged coastal setting with sweeping views of Camden, Penobscot Bay, and surrounding islands makes it a great destination for new and experienced hikers alike.
- [Shackford Head State Park](#) – Near Eastport, America’s easternmost city, this 90-acre park includes over 3 miles of hiking trails with varied terrain. Trails provide scenic views of Cobscook Bay.

### *Interior*

- [Grafton Notch State Park](#) – Easy trails such as Screw Auger Falls, Mother Walker Falls, and Moose Cave are ideal for short hikes while the Table Rock Loop serves as a bit longer introduction to hiking in Maine’s western mountains. Trails to Old Speck Mt. and the Baldpates are more strenuous and are perhaps not best for new or less fit hikers. The Appalachian Trail runs through the park.
- [Bald Mt. Public Lands](#) – A one-mile hike (one-way) leads to an observation tower on the summit of this low mountain. Views of the Rangeley Lakes and western mountains are superb. The trail does include moderately steep climbing and as such is not “easy”.
- [Tumbledown Public Lands](#) - Trails at Tumbledown are popular as they bring hikers to remarkable views and a scenic mountain pond. The Brook Trail is generally the easiest route to the pond, though it does require just under two miles of hiking up with some notably steeper sections and scrambling near the top. The Loop Trail requires the most extensive rock scrambling.
- [Mount Kineo State Park](#) – Mount Kineo, the sheer-faced mountain in the heart of Moosehead Lake, has several trail options ranging in difficulty from somewhat easy/moderate to a bit more challenging. Access is via ferry out of Rockwood, on the western shore of the lake.
- [Little Moose Public Lands](#) – Less experienced hikers might consider exploring the Ponds Loop around Big and Little Moose Ponds (part of the [Little Moose Mountain trail](#) network). Though nearly four miles in length, this trail option is less demanding than the [Big Moose Mt. Trail](#) or the

[Eagle Rock Trail](#). All trails provide outstanding views and landscapes – all just minutes outside of Greenville.

- [Salmon Brook Lake Bog Public Land](#) – This unique ecological area in Aroostook County involves access via the Bangor and Aroostook Multi-Use Rail Trail (shared with ATV use). The rail trail is smooth and level, providing easy walking. A more primitive hiking trail provides access to an observation platform overlooking the bog-fringed pond.

### **Off-the-Beaten Path and/or Challenging**

#### *Western Mountains*

- [Bigelow Preserve](#) - The Bigelow Preserve encompasses the entire seven-summit Bigelow Range - including 4,150' West Peak, one of only 10 Maine summits over 4,000' in elevation. The Appalachian Trail and associated side trails enable several backpacking options on this remarkable public land.
- [Mahoosuc Public Lands](#) & [Grafton Notch State Park](#) - Some of the most challenging terrain along the Appalachian Trail as well as the 38-mile [Grafton Loop Trail](#) provide a memorable mountain setting for backpacking in western Maine.

#### *Moosehead Lake & Katahdin Regions*

- [Nahmakanta Public Lands](#) - An extensive network of hiking trails lead visitors along lakeshores, up to open ledges, and through deep forests in this 43,000-acre public land. The Appalachian Trail courses through Nahmakanta and interconnects with miles of hiking trails maintained by Maine Parks and Public Lands.
- [Number Four & Baker Mts.](#) – Conserved and developed as part of a partnership on lands owned by the private landowner Weyerhaeuser and the Appalachian Mountain Club, this newly redesigned and extended trail runs 6.4-miles one-way to the summit of Baker Mt., passing the top of Number Four Mt. at 1.7 miles from the trailhead. The trail leads through a mix of forest types with varied views from Moosehead Lake to Mount Katahdin.
- [Big Spencer Mt. Trail](#) -This remote 4-mile (round trip) trail hiking includes steep climbing as it rises to the flat-topped summit. Wide ranging vistas provide views of the mountains and lakes surrounding Moosehead Lake and the upper Penobscot River watershed. The Katahdin Range looms to the north.
- [Baxter State Park](#) – Baxter State Park is managed as a wilderness park containing over 200,000 acres of magnificent scenery and wildlife habitat. It is home to Maine's highest mountain, Katahdin. There are over 200 miles of hiking trails with ample opportunities to explore the backcountry. *The park is not part of the Maine Bureau of Parks and Lands but rather is operated under the Baxter State Park Authority based on the deeds of trust set up by the park's donor, Governor Percival P. Baxter.*

#### *Northern Maine*

- [Deboullie Public Lands](#) - The 21,871-acre Deboullie Public Lands in north-central Aroostook County offer remote hiking amidst clear trout ponds surrounded by low, rugged mountains. Over 26 miles of hiking trails await exploration; Deboullie Mt. Trail and Deboullie Loop Trail are

highlights as is the Black Mountain Loop Trail. Primitive campsites are available on a first-come, first-served basis.

- [Owl's Head Trail](#) – Located within [Scraggly Lake Public Lands](#), this moderate and lesser-known hiking trail along the southeastern shore of 836-acre Scraggly Lake provides serene hiking to a rewarding lookout overlooking the sprawling forest region northeast of Baxter State Park.

### *Coastal*

- [Caribou Loop Trail](#) - The Caribou Loop Trail in the [Donnell Pond Public Lands](#) ties together rugged Black and Caribou Mountains to create over 6 miles of backcountry hiking in Downeast Maine. While not immediately on the coast, this quiet, wild trail at Donnell Pond Public Lands provides views including across Frenchman's Bay towards Acadia National Park.
- [Cutler Coast Public Lands](#)- Offering a taste of wilderness along the famous Bold Coast, Cutler Coast Public Lands is a 12,334-acre expanse of coastally-influenced ecosystems including 4.5 miles of headlands overlooking the Bay of Fundy. The nearly 10-mile trail system on the coastal portion is marked by frequent fog, rugged conditions, and alluring scenery. First-come, first-served campsites are available for backpacking (note: they have become popular and require miles of backpacking).
- *Boating Access Trails*- While not difficult once on-shore, there are numerous opportunities to hike on coastal islands only accessible by boat. These sites can provide memorable boating & hiking experiences. Examples up and down the coast include: [Little Chebeague](#) and [Jewell Islands](#) in Casco Bay, [Perkins Island](#) near the mouth of the Kennebec River, [Warren Island State Park](#) in Penobscot Bay.

## **OTHER ONLINE RESOURCES**

### Online Trail Listings (Diversity of Trails Managers):

- Maine Trail Finder: [www.mainetrailfinder.com](http://www.mainetrailfinder.com)

### Hiking Trail Manager Agencies/Organizations (Federal & State, Partners)

- Baxter State Park: <https://baxterstatepark.org/>
- Acadia National Park: <https://www.nps.gov/acad/index.htm>
- Maine Appalachian Trail Club: [www.matc.org](http://www.matc.org)
- Appalachian Trail Conservancy: [www.appalachiantrail.org](http://www.appalachiantrail.org)
- White Mountain National Forest: <https://www.fs.usda.gov/whitemountain>
- Appalachian Mountain Club: [www.outdoors.org](http://www.outdoors.org)

### Safety & Resource Protection Resources

- Hike Safe: <http://www.hikesafe.com/>
- Leave No Trace Outdoor Ethics: [www.lnt.org](http://www.lnt.org)

## **TIPS & ADVICE**

### Prepare For your hike:

- Have a plan and share that plan with someone not on your hike. Communicate where you will be, who is with you, where you are heading, and when you expect to get there. Let them know when to expect to hear from you and when they should contact help if you have not checked in with them.
- Get a map. Bring a compass. Know how to use them together. Cell phones and other electronic devices can be useful, but should not be relied on exclusively. Electronics can and do die, and service is by no means guaranteed- especially in remote locations.
- Appropriate footwear is a key item. Maine is known for rugged terrain with roots, rocks, mud, and other challenges. Ankle support and waterproofing/resistance are just two footwear considerations.
- Bring enough water and lightweight/energy-rich food. Even if you don't plan on eating, have emergency rations. Try to avoid drinking untreated water, even if seemingly pristine.
- Know the weather forecast and plan for the worst. Bring warm layers such as fleece as well as outerwear to fend off wind & rain.
- Have a first-aid kit appropriate for your adventure. Even short hikes could require items from a kit. Customize your kit to your needs, including but not limited to medicines or other items unique to your needs. Consider a basic kit and a more robust kit if you plan multi-day and/or remote excursions.
- Firestarters such as matches, a whistle, a signal mirror, a headlamp or flashlight, and a knife are all lightweight items that can be essential in an emergency.

- Plan to arrive at the trailhead with enough time to complete your hike.

During Your Hike:

- If travelling in a group, stay together.
- Don't let a goal lead you into trouble. Remember, your destination is your vehicle back at the trailhead. That summit or other target destination can wait if conditions change and/or your pace and progress are not what you planned.
- Learn how you can minimize your impact on wildlife, the environments you enter, and other visitors' experiences. [Leave No Trace](#) is a great resource for heightening your outdoor skills and ethics.