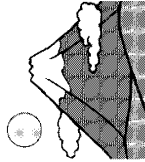


Winthrop

Mt. Pisgah Conservation Area

LOCATION: From Winthrop: From Route 202 turn onto Old Lewiston Rd (Barrows Chevrolet). Go approx. 2 miles and turn right on Wilson Pond Rd. Go to first stop sign (approx. .8 miles, Monmouth Fire Dept North Station). Turn right onto Pisgah Rd. Approx 1.6 miles to trailhead parking lot on right (Tower Rd).

DESCRIPTION: 1 mile easy/moderate trail climbs to the 60-foot Mt. Pisgah fire tower which is open to the public. The parking lot and a kiosk on the Mt. Pisgah Road are the trailhead for the blue blazed Tower Trail.



Narrows Pond Boat Landing

LOCATION: Off Route 202

DESCRIPTION: Handicap accessible, boat launch for non-motorized boats, small wooded area, no beach, but places to swim, and short trails



Norcross Point

LOCATION: Take Route 202 to Main Street, turn right onto Bowdoin Street, Norcross Point will be on the left, near Winthrop Beach

DESCRIPTION: Boat Launch, benches, small playground, gazebo with picnic table, and a small path along the edge of the park



The Trolley Tracks

LOCATION: On Memorial Drive at intersection of Bearce Road

DESCRIPTION: 1/2-mile wide trail great for skiing, biking, and snowmobiling



**Additions?
Comments?
Edits?**

HCCA
36 Brunswick Avenue
Gardiner, ME 04345
HCCA@healthycommunitiesme.org

Augusta

Trails

Greenway

LOCATION: Starts beside Fort Western On Cony Street between the Father Curran Bridge and Eastside rotary
DESCRIPTION: 1 mile of pleasant riverside trail for walking/biking from Fort Western to Arsenal



Kennebec River Rail Trail

LOCATION: Going past the fire station on Water Street, the parking lot is the immediate right after the fire station
DESCRIPTION: A 6.5 mile mostly paved public path paralleling the existing rail bed along the Kennebec River from Augusta, through Hallowell and at this writing under construction from Farmingdale into Gardiner, planned finish in 2007-2008. There are many entrances and exits and mile markers along the trail
ACTIVITIES: Walking, Running, Biking, Skiing
CAUTION: Stay off the railroad tracks
Maps available at www.KRRRT.org

Pine Tree State Arboretum

LOCATION: 153 Hospital Street (Route 9)

DESCRIPTION: 224 acres, visitor center, 5 miles of trails brochures and maps available

CONTACT: 207-621-0031 ptsaedu@roadrunner.com



Pleasant Hill

LOCATION: 2 miles out on Eastern Ave (Route 17) from intersection with Stone Street (Route 9)

DESCRIPTION: 200 acres, all forest land, wildlife and interconnecting trails

Augusta

Savage Park

LOCATION: Riverside Drive on Linwood Ave

DESCRIPTION: 7 acres of wooded area with interconnecting trails to river, picnic tables, log amphitheater, 1.5 acres open lawn

UMA Fitness Trails

LOCATION: 46 University Drive off Civic Center Drive.

Starts at Maine Municipal Association parking lot

DESCRIPTION: 45 acres with nature and fitness trails



Cony High School Trails

Fitness trails, see Cony High School under

“Schools” for more information

Parks and Playgrounds

Augusta Youth Memorial Park

LOCATION: Alden Avenue, near Western Ave off Capital Street; behind Buker Community Center

DESCRIPTION: Grassy area, tennis courts, picnic area and playing fields

Bond Brook Park

LOCATION: Mount Vernon Ave

DESCRIPTION: 1 acre with basketball court and bus stop

Buker Community Center Park

Location: 22 Armory Street

Description: Park with trees, tennis courts, picnic tables and *new* playground



Windsor

Windsor Elementary School

LOCATION: Route 32 S/366 Ridge Road

CONTACT: 207-445-2356

Winthrop

Apple Farm Community Trail

LOCATION: Access from the Winthrop High School parking lot. Access to a second entrance is off Route 202 onto Old Lewiston Road, and a right into Apple Farm

Crossing. There is parking at the of the road

DESCRIPTION: Wide, nicely graded, gravel-surfaced trail that leads through a pleasant stretch of woods



East Winthrop Beach

LOCATION: E. Winthrop Beach Lane off Route 202

Residents and their guests only

DESCRIPTION: Beach area with benches



Winthrop Beach

LOCATION: Bowdoin Street off Main Street

Residents and their guest only

DESCRIPTION: Beach and Park

Wayne



Gott Pasture Preserve

LOCATION: From Route 133 in Wayne Village, turn south on the Old Winthrop Road (0.7 mi.); turn right on Morrison Heights Road for 1.4 miles; bear left on Hardscrabble Road for 1.3 miles. Look for the Kennebec Land Trust sign on left after passing George's Road. Park by the sign

DESCRIPTION: 75-acres on Wilson Pond includes a trail, vernal pool and over 1,100 feet of undeveloped shoreline



Perkins Woods

LOCATION AND ACCESS: Access is from the Androscoggin Lake by boat or by skiing or

snowshoeing in the winter. From the state boat launch on Route 133 in Wayne, paddle toward the undeveloped shoreline between West Acres (cottages) and the Androscoggin Boys Camp. There is a place to pull up a small boat near the KLT sign

DESCRIPTION: 14-acres of land include a short and easy trail, as well as 2,700-foot shoreline and wetland frontage

Mt. Pisgah Conservation Area

LOCATION: From Wayne: From Route 133 in Wayne turn south onto Fairbanks Road for 1.1 miles. At the end of the Fairbanks Road turn to the left onto the Mt. Pisgah Road. Travel south for 1.7 miles on the Mt. Pisgah Road

DESCRIPTION: 1 mile easy/moderate trail climbs to the 60-foot Mt. Pisgah fire tower which is open to the public. The parking lot and a kiosk on the Mt. Pisgah Road are the trailhead for the blue blazed Tower Trail



Augusta

Augusta Nature Education Center

LOCATION: Going north on South Belfast Ave (Route 105) and going south on Cony Street.

DESCRIPTION: 85 acres with trails through woodlands and open areas and brook.

ACTIVITIES: Walking, running, photography, painting, wildlife observation, snowshoeing, cross-country skiing, sledding, equestrian, mountain biking and all other non-motorized daylight activity

ADDITIONAL INFORMATION: Open every day (Daylight Only)

Maps available by calling 207-623-6070



Bicentennial Nature Park

LOCATION: 5.8 miles out on No. Belfast Ave (Rt 3) from intersection with Bangor Street

DESCRIPTION: Over 4 miles of trails, picnic area with tables and grills, canoe and kayaking access and rentals, fishing. Access to Three Cornered Pond

FEE: Small fee, Augusta Residents and their guests only
Maps available by calling 207-620-7010



Calumet Playground

LOCATION: Northern Ave

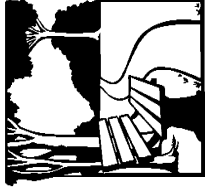
DESCRIPTION: 27 acres with playground, pool, tennis courts, basketball court, ball field, trails and wooded area, ice skating in winter

Augusta

Parks and Playgrounds

Capitol Park

LOCATION: Borders State Street and Capital Street; across from front of State House
DESCRIPTION: 20 acres with ball fields, track, grassy lawn, and Rail Trail connector



Cunningham Park

LOCATION: The corner of North Street and Bridge Street

DESCRIPTION: 2 acres with new playground, sprinkler, and basketball court



East Side Boat Park

LOCATION: On East Side of the river next to Fort Western

DESCRIPTION: 8 acres, dock, play area and benches

Front Street Park/Waterfront Park

LOCATION: Front Street, behind Water Street businesses on the water side

DESCRIPTION: 2 acres located on the riverside with a gazebo and dock

Richmond

Local Resource

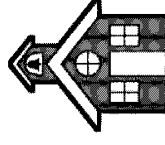
Parks & Recreation Bureau

LOCATION: 1009 Brunswick Rd
CONTACT: 207-582-5771

Schools

Marcia Buker Elementary School

LOCATION: 28 High Street
CONTACT: 207-737-4748



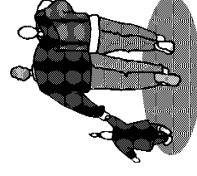
Richmond Middle/High School

LOCATION: 132 Main Street
CONTACT: 207-737-4348

Wayne

Elementary School

LOCATION: 48 Pond Road (Off Rt 133)
CONTACT: 207-685-3634



Ladd Recreation Center

LOCATION: Gott Rd (Off Old Winthrop Road)
CONTACT: 207-685-4616

Readfield

Schools

Readfield Elementary School

LOCATION: 84 South Rd
CONTACT: 207-685-4406



Maranacook Community Middle School

LOCATION: 2100 Millard Harrison Drive
CONTACT: 207-685-3128

Maranacook High School

LOCATION: 2250 Millard Harrison Drive
CONTACT: 207-685-4923

Richmond

Peacock Beach State Park

LOCATION: Route 201

DESCRIPTION: Peacock Beach State Park is a convenient drive off Maine Route 201 on Pleasant Pond in Richmond, about 12 miles from Maine's capital city, Augusta. A small beach and swimming area staffed with a lifeguard make this an ideal spot for a family picnic

CONTACT: 207-582-2813 or Toll-Free: 207-624-6080
FEE: Small fee



Augusta

Gage Street Park (Skateboard Park)

LOCATION: Gage Street, off Arsenal Street
DESCRIPTION: 2 acres, 55' by 110' skate park with quarter pipes, rails and middle platform. Also includes basketball court and playground
CONTACT: 207-626-2350



McCall's Playground

LOCATION: Eastern Ave
DESCRIPTION: 3 acres with playground, pool and basketball court



Mill Park

LOCATION: Park Street off Bangor Street
Great for fishing and launching kayaks, Farmers Market during the summer



Williams Park and Playground

LOCATION: Off Bangor Street near Hussey School
DESCRIPTION: 4 acres with playground, pool, two basketball courts, sliding and ice skating in winter

Augusta

Schools



Capital Area Technical Center

LOCATION: 40 Pierce Drive; take Cony Street, right at the fork and watch for signs

DESCRIPTION: track, tennis courts, and trail systems

CONTACT: 207-626-2475

Cony High School

LOCATION: 60 Pierce Drive

CONTACT: 207-626-2460

Fitness trails accessible from behind the school

Gilbert Elementary

LOCATION: 1 Sunset Ave

CONTACT: 207-626-2491

Hodgkins Middle School

LOCATION: 17 Malta Street

CONTACT: 207-626-2490

Trails located behind the school

Hussey Elementary

LOCATION: 12 Gedney St

CONTACT: 207-626-2461

Lincoln Elementary

LOCATION: 30 Lincoln Street

CONTACT: 207-626-2483

Readfield



Town Beach:

LOCATION: Maranacook Lake off of Route 17 or Main Street

DESCRIPTION: Small beach with playground

FEE: \$35/family per year, \$5/guest per day, available at the Town Office, or online: <http://readfield.govoffice.com>

ADDITIONAL INFORMATION: For Readfield residents and their guests only, no lifeguards on duty

CONTACT: Town Office 207-685-4939

Tyler Conservation Area

LOCATION: From Readfield Corner, go west on Route

17. Turn right on the Old Kents Hill

Road. Take a right on Thundercastle Road

and look for sign on the right after about

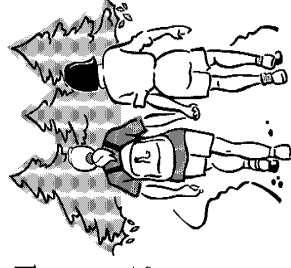
0.6 miles

DESCRIPTION: 45-acres includes walking trails with signs. A winter trail from

Maranacook High School to Torsey Pond

has been used traditionally by

snowmobilers and skiers



Wyman Memorial Forest (Monk's Hill)

LOCATION: Park in front of Case Cemetery on Route 17 in

Readfield near the Manchester line. From the cemetery walk

west approximately 300 yards on Route 17 to the right-of-way

leading to the Wyman Forest

DESCRIPTION: 40-acres includes a trail that climbs moderately

to the top of Monks Hill, about a 250-foot elevation change

from Route 17

Readfield

Fogg Farm Conservation Area

LOCATION: From the blinking light on Route 17 at Readfield Corner take the Church Road north for 1 mile. Turn right on the Fogg Road and go 0.6 miles. There is a green sign at the trailhead on the left side of the road.

DESCRIPTION: 15-acres includes a 0.4 mile easy loop trail.

Kent's Hill School Trails

LOCATION: On Route 17, parking at the cafeteria, trail entrances along the edge of the woods behind the football scoreboard, and soccer fields

DESCRIPTION: Well groomed cross-country trails great for walking and mountain biking, or skiing in the winter

Macdonald Conservation Area

LOCATION: From Route 133 near Berry Pond in Winthrop turn north onto North Wayne Road. Go 1.3 miles and turn right onto the Hathaway Road;

Just before gate at the end of the road there is parking on the left along the road for a couple of cars. Proceed on foot past the gate about 0.5 mile.

DESCRIPTION: 100-acre includes a 2.3 mile easy/moderate trail.
ADDITIONAL INFORMATION: The Readfield Town Forest/Jones Brook trails are closed during bird nesting season: April through July.

Torsey Pond Nature Preserve

LOCATION: On Route 41 towards Mount Vernon

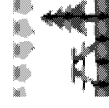
DESCRIPTION: 5 well-marked foot trails: yellow, blue, green, red and orange in varying conditions, small wooden shack to stand to view the pond

Augusta

Local Resources

Augusta Recreation Department

LOCATION: 22 Armory Street (Baker Community Center)
CONTACT: 207-626-2350



Augusta Parks Department

LOCATION: 16 Cony Street
CONTACT: 207-626-2352

Kennebec Valley YMCA

LOCATION 31 Union Street, off State Street
CONTACT: 207-626-3488 www.kvymca.org

The Augusta Boys and Girls Club for Teens

LOCATION: 22 Armory Street
CONTACT: 207-622-0452
Membership and activities are free

Chelsea

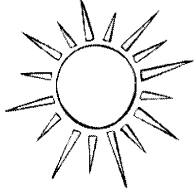
Chelsea Elementary School

LOCATION: 566 Togus Road
CONTACT: 207-582-2214

There are also several trails in Togus that connect to Chelsea

Farmingdale

Hall-Dale Middle School
LOCATION: 111 Maple Street
CONTACT: 207-622-4162



Hall-Dale High School
LOCATION: 97 Maple Street
CONTACT: 207-622-6211

Fayette

Mathews Wildlife Habitat

LOCATION: Take Route 202 out of Augusta, right on 17 past Kent's Hill School. Look for a wide opening in the stone wall on the south side of the road. There is a wooden post in the field with a stone plaque. Park along the shoulder of Route 17

DESCRIPTION: No marked trails, but has places to walk, and cross-country skiing in the winter.

Sturtevant Farm Scenic Area

LOCATION: After passing the Fayette Store on Route 17 head northwest for approximately 3 miles. Take Bamford Hill Rd. west 1.5 miles to Fayette Corners. Travel north on Baldwin Hill Road for about 0.3 miles
DESCRIPTION: 22.5 acres, includes a bench and parking area

Pittston

Pittston School
LOCATION: 1023 School Street; Corner of 27 (Wiscasset Rd) and 194 (Pittston Rd)
CONTACT: 582-6268

Move More maps available, as well as indoor walking loops between November 1 and April 1. Call the school for times.

Randolph

Old Narrow Gauge Trail

LOCATION: Trail begins next to Goggins IGA on Water Street. Sign marks beginning of trail.

DESCRIPTION: 1 ¼ mile single trail, clearly marked

VISIT www.oldnarrowgaugetrail.org for more information



Theresa C. Hamlin Elementary School

LOCATION: 2 School St
CONTACT: 207-582-4252

Move More maps available, as well as indoor walking loops between November 1 and April 1. Call the school for times.

Manchester

Jamie's Pond Wildlife Management

LOCATION: From Hollowell, take the Outlet Road to Jamie's Pond Road, a dirt road forking off to the right, marked by a small street sign. Proceed (slowly) for ½ mile and look for a turn-off down to the pond on your left. There is also parking along Jamie's Pond Road itself, a better idea in the winter. From Manchester, there is access from both the Collins Road and Meadow Hill Road. Access also in Hollowell

DESCRIPTION: Trails are well-marked and have locator maps at trailheads and intersections. Loops connect to allow hikers to choose shorter or longer walks, all in the easy to moderate difficulty range.

KVYMCA Manchester Campus

LOCATION: 40 Granite Hill Road, off Route 202

ACTIVITIES: Walking, jogging, running, 3 lanes available on a banked indoor track

FEE: Call for fees and programs, Manchester residents check for special rates

CONTACT: 207-622-9622

Mount Vernon

Mount Vernon Elementary School

LOCATION: 1507 North Road

CONTACT: 207-293-2261

Town Beach

LOCATION: In the Town Center, at the intersection of Route 41 and Belgrade Road

DESCRIPTION: Beach is closed 11pm to 5am
No Lifeguard, rules are posted at the beach



Fayette



Parker Pond Headland Preserve

LOCATION: From Route 17 take Route 41 north 3.6 miles to the Chimney in West Mt. Vernon. Take Sandy River Road 2.5 miles to Fellows Cove Road.

DESCRIPTION: 100-acre peninsula of land with 5,000 feet of rocky shoreline in Parker Pond includes a 1.5 mile moderate trail and a boat launching site

Fayette Central School

LOCATION: 2023 Main Street

CONTACT: 207-685-4770

Gardiner

Greater Gardiner Boys and Girls Club

LOCATION: 14 Pray St, (At the Old Pray Street School)

CONTACT: 207-582-8458

Cobbossee Stream Conservation Area

LOCATION: From Gardiner Center, take Route 126 toward Interstate 95 and go about a mile to an old steel bridge across Cobbossee Stream. Immediately after the bridge take a right onto Harrison Avenue. Go about 0.5 mile to the access point at a road barrier on the right

DESCRIPTION: 15-acres with one easy, short trail that runs from Harrison Avenue to the Gardiner Paper Board dam site.

CAUTION: Beware of poison ivy

Gardiner

Gardiner Common

LOCATION: Brunswick Ave

DESCRIPTION: ¼ mile loop paved around park with playground

Gardiner Waterfront Park

LOCATION: Off Main Ave

DESCRIPTION: Boat landing, includes several benches, picnic tables, grassy area along the water, small paved path along the left edge of the grassy area and a second path to the right of boat landing

Steamboat Lane Trail

LOCATION: From south end of new boardwalk.

DESCRIPTION: Trailhead goes .8 miles to the south

Water Street Mini Park

LOCATION: Water Street between Johnson Hall and Yankee Title
DESCRIPTION: Small park includes a small grassy area with several benches and stairs from Water Street to Mechanic Street

Water Street New Park

LOCATION: Water Street

DESCRIPTION: Sitting space with benches and small grassy area, steps from Water Street to a parking lot below



Manchester

Allen-Whitney Memorial Forest (Shed Pond)

LOCATION: At Manchester Corner at the junction of Routes 202 and 17, take Route 17 northwest about 1.6 miles to

Worthing Road on right. Take Worthing Road about 1.1 miles and turn right onto Scribner Road. Parking is available at the North Manchester Meeting House, immediately on the left.

DESCRIPTION: Marked trails on North side of Scribner Hill Road

CONTACT: 207-952-6856



Gannett Woods

LOCATION: Next to Allen-Whitney Memorial Forest (see above for directions)

DESCRIPTION: 120-acres adjacent to the Allen Whitney Memorial Forest which also contains its own trails.

Longfellow's Greenhouses

LOCATION: 81 Puddledock Road, off Western Ave (Route 202) in Manchester

DESCRIPTION: Walking routes inside greenhouses
CONTACT: 207-622-5965



Litchfield



Woodbury Pond Park

LOCATION: Take Route 126 headed South to Litchfield. Where Sand and Woodbury Ponds come to the sides of the road, turn right onto Town Farm Road, and there is a wooden gate and sign about 1 ½ miles down.

DESCRIPTION: Beach with park and playground, with swimming, horseshoes, and volleyball available

FEE: Very small fee, passes can be purchased at the Town Office or through the Park Attendant

CONTACT: Town Office 268-4721

Webber-Rogers Farmstead Conservation Area

LOCATION: Take Route 201 to Thorofare Road, and turn left onto Plains Road. The trail head will be on your left just across the stream

DESCRIPTION: Trails



Schools

Libby-Tozier School

LOCATION: 466 Academy Road
CONTACT: 207-268-4137

Carrie Ricker Middle School

LOCATION: 573 Richmond Road
CONTACT: 207-268-4136

Gardiner

Schools

Gardiner High School

LOCATION: 40 West Hill Road
CONTACT: 207-582-3150

Laura E. Richards School

LOCATION: 279 Brunswick Avenue
CONTACT: 207-582-3612

Track open at all times

Gardiner Regional Middle School

LOCATION: 161 Cobbossee Avenue
CONTACT: 207-582-1326

Riverview Community School

LOCATION: 821 River Rd, South Gardiner
CONTACT: 207-582-3402

The Gardiner Schools have indoor walking loops available between November 1 and April 1. Call the schools for times.



West Gardiner

Helen Thompson School

LOCATION: 309 Spears Corner Road
CONTACT: 207-724-3930

Check www.MoveMore.org for available maps.

Halloween

Jamie's Pond

LOCATION: Trailhead is on Meadow Hill Rd off Outlet Road approximately .5 mile past Maple Hill B&B. Access also in Manchester.

DESCRIPTION: Trails



Kennebec River Rail Trail

LOCATION: Entrance and parking on Water Street See description under Augusta

Union Street Park

LOCATION: At the end of Union Street off Water Street

DESCRIPTION: Very small park with benches and grassy area

Vaughan Woods

LOCATION: In Farmingdale, the trailhead is next to the tennis courts behind Hall-Dale High School.

DESCRIPTION: 166 acres between Halloween and Farmingdale includes main loop trail, which is about 2 miles long and a number of secondary trails. All of the other trails are easy to moderate walking.

DOG POLICY: Local ordinance requires dogs to be on leash or under voice command. Please pick up after dogs.



Waterfront Park

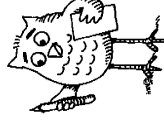
LOCATION: Water Street

DESCRIPTION: Benches, and trees for shade. Rail Trail entrance located close by

Halloween

Hall-Dale Elementary

LOCATION: 26 Garden Lane
CONTACT: 207-623-8677



Litchfield

Pease Hill Road Trails

LOCATION: Near Libby-Tozier School, across from the Woodbury Pond Park on Whipoorwill/Town Farm Road

DESCRIPTION: Three different trails varying in degree and difficulty



Smithfield Plantation

LOCATION: Take Route 126 toward Litchfield. At the red blinking light near the Country Store take a left. After passing the fair grounds, turn right onto Libby

Road (near the fire station). A brown and white sign is about 2 miles down Libby Road on the left, with maps in the mailbox.

DESCRIPTION: Nature area, 2 different trail loops, clearly marked.

