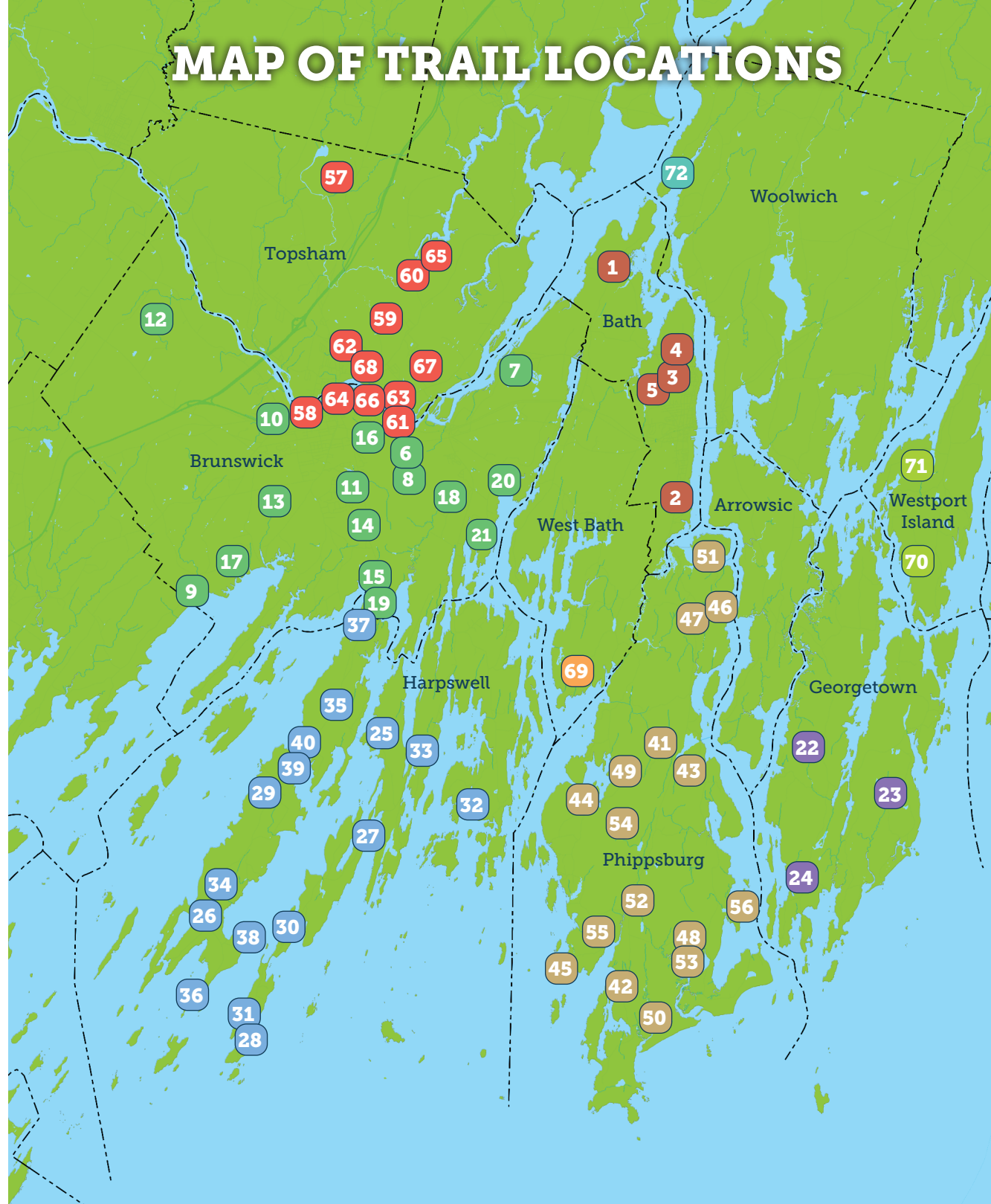


1. Butler Head Preserve
2. Lilly Pond Community Forest
3. Sewall Woods Preserve
4. Thorne Head Preserve
5. Whiskeag Trail
6. Androscoggin River Bicycle Path
7. Bay Bridge Landing Wetland Park
8. Brunswick Landing Perimeter Trail
9. Chase Reserve
10. Coffin Pond Recreation Area
11. Coffin's Ice Pond
12. Cox Pinnacle
13. Crystal Spring Farm
14. Greater Commons & Town Commons
15. Kate Furbish West Preserve
16. Lishness Field
17. Maquoit Bay Conservation Land
18. Neptune Woods
19. Skolfield Preserve
20. Woodward Cove
21. Woodward Point Preserve
22. Higgins Mountain Preserve
23. Morse Pond Preserve
24. Weber Kelly Preserve
25. Cliff Trail
26. Curtis Farm Preserve
27. Devil's Back Trail Area
28. Giant's Stairs Trail and McIntosh Lot Preserve
29. Hackett and Minot Trails
30. Houghton Graves Park
31. Johnson Field Preserve and Mackerel Cove Town Lot
32. Little Ponds Preserve
33. Long Reach Preserve
34. Mitchell Field
35. Otter Brook Preserve
36. Pott's Point Preserve
37. Skolfield Shores

- Preserve
38. Stover's Point Preserve
 39. Widgeon Cove Trail
 40. Wilson's Cove Trail
 41. Bijhouwer Preserve
 42. Bill Jayne Trail at Small Point Preserve
 43. Cooley Preserve at Center Pond
 44. Denny Reed Trail
 45. Gamble Preserve at West Point
 46. Greenleaf Preserve
 47. Mary's Woods
 48. McDonald Marsh Preserve
 49. Mica Mine Trail
 50. Morse Mountain Trail
 51. Noble Hill Preserve
 52. Ridgewell Preserve and Town Forest
 53. Spirit Pond Preserve and McDonald Sanctuary
 54. Sprague Pond Loop Trail
 55. Totman Cove Preserve
 56. Wilbur Preserve at Cox's Head
 57. Bradley Pond Farm
 58. Bridge to Bridge Trail
 59. Cathance River Nature Preserve
 60. Cathance River Trail at Head of Tide Park
 61. Foreside Recreation
 62. Mt. Ararat High School Trails
 63. Recreation Fields Trails
 64. River Landing Trail
 65. Tarbox Preserve
 66. Topsham Public Library Eagle Path
 67. Topsham Ponds
 68. Topsham Trail
 69. Green Point Preserve
 70. Bonyun Preserve
 71. Carl & Barbara Segerstrom Preserve at Squam Creek
 72. Merrymeeting Fields Preserve



Get Active

Southern Midcoast

SUMMER

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
Our Community. Our Health.

Updated June 2020

BATH							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
Butler Head Preserve	Town		✓			✓	✓
Lilly Pond Community Forest	KELT	2.5	✓			✓	✓
Sewall Woods Preserve	KELT	1.5	✓				✓
Thorne Head Preserve	KELT	3	✓	✓			✓
Whiskeag Trail	KELT/Bath Trails	5	✓				✓

BRUNSWICK							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
Androscoggin River Bicycle Path	Town	2.6	✓	✓			✓
Bay Bridge Landing Wetland Park	Town	0.3	✓			✓	✓
Brunswick Landing Perimeter Trail	Town/MRRA	5.2	✓	✓			✓
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	✓				
Greater Commons & Town Commons	Town	5	✓				✓
Kate Furbish West Preserve	Town	2	✓				✓
Lishness Park	Town	0.1	✓				
Maquoit Bay Conservation Land	Town	1	✓				
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)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
Higgins Mountain Preserve	KELT	1					
Morse Pond Preserve	KELT	4					✓
Weber Kelly Preserve	KELT	2.5	✓				✓

HARPSWELL							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
Cliff Trail	Town	2.3	✓				
Curtis Farm Preserve	HHLT	1.3	✓	✓		✓	

HARPSWELL (continued...)							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
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		✓	✓	✓	✓	
Little Ponds Preserve	HHLT	0.25	✓				
Long Reach Preserve	HHLT	1.5	✓				
Mitchell Field	Town	2.8	✓	✓	✓	✓	✓
Otter Brook Preserve	HHLT	1.5	✓				
Pott's Point Preserve	HHLT		✓		✓		
Skolfield Shores Preserve	HHLT	1					
Stover's Point Preserve	HHLT		✓	✓	✓	✓	
Widgeon Cove Trail	HHLT	0.6	✓				
Wilson's Cove Trail	HHLT	0.3	✓				

PHIPPSBURG							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
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					
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	✓				
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)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
Bradley Pond Farm	BTLT	2					
Bridge to Bridge Trail/ Riverwalk	Town	0.8	✓	✓			✓
Cathance River Nature Preserve	BTLT/CREA/HG	5					
Cathance River Trail at Head of Tide Park	BTLT	1.6	✓			✓	
Foreside Recreation	Town	2.4	✓				
Mt. Ararat High School Trails	Town	2+	✓				✓
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	✓				✓
Town Landing Trail	Town	0.6					✓

WEST BATH							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoes/ Kayak	Bike
Green Point Preserve	KELT	1	✓				

WESTPORT ISLAND							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
Bonyun Preserve	KELT	3					
Carl & Barbara Segerstrom Preserve at Squam Creek	KELT	2	✓			✓	

WOOLWICH							
Trail or Preserve Name	Organization	Length (miles)	Dogs	Stroller	Swim	Canoe/ Kayak	Bike
Merrymeeting Fields Preserve	KELT	2					✓

- Contact partners before each visit for any restrictions or closures (due to COVID-19), leash laws, trail maps, directions, or indoor activities:
- 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

- 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