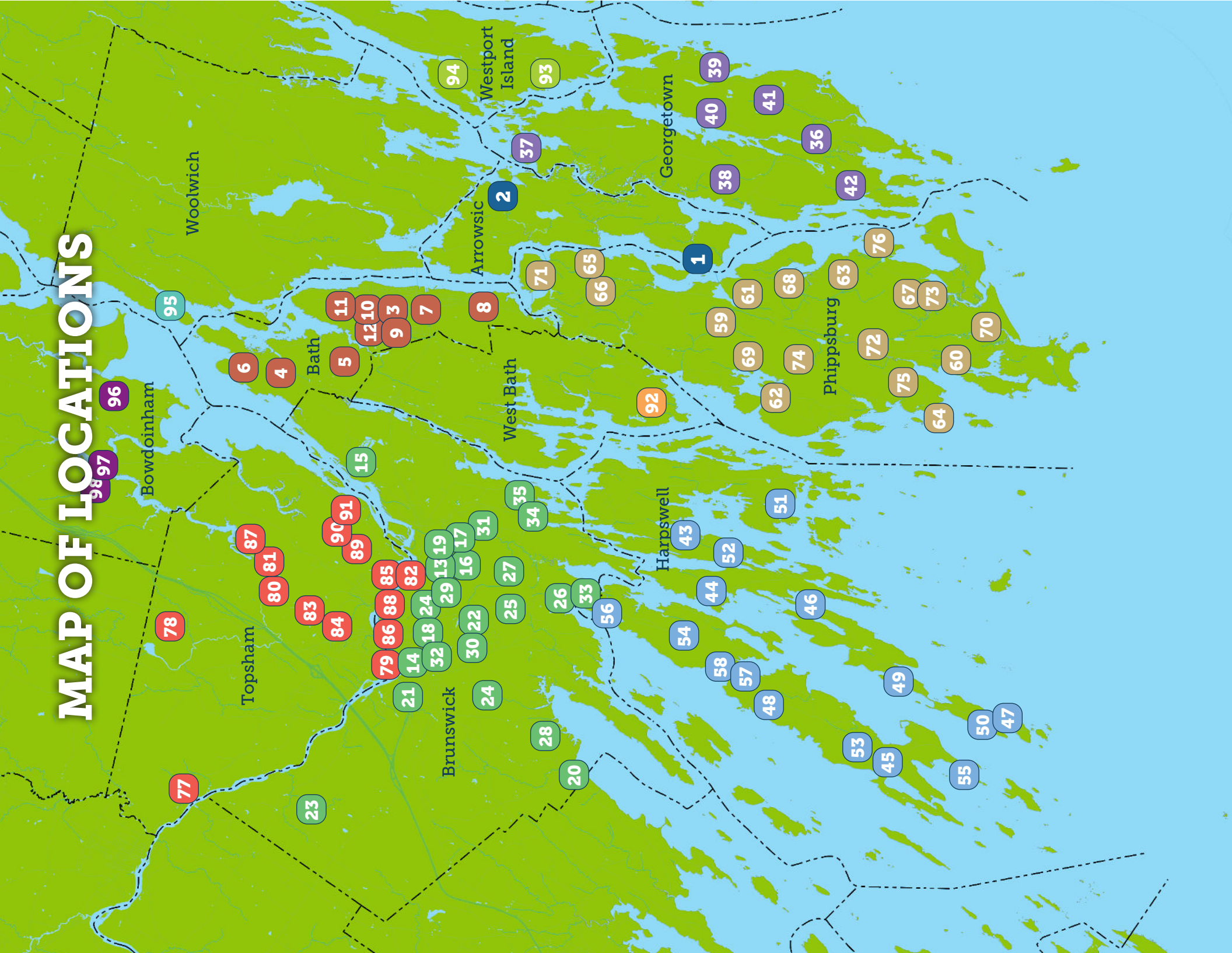


MAP OF LOCATIONS



1. Bald Head Preserve
2. Mill Pond Preserve
3. Bath Area YMCA
4. Bath Golf Course
5. Bath Skate Park
6. Butler Head Preserve
7. Goddards Pond
8. Lily Pond Community Forest
9. McMann Athletic Complex
10. Sewall Woods Preserve
11. Thorne Head Preserve
12. Whiskeag Trail
13. Androscoggin River Bicycle Path
14. Androscoggin River Walk
15. Bay Bridge Landing Wetland Park
16. Brunswick Landing Perimeter Trail
17. Brunswick Landing YMCA
18. Brunswick Mall
19. Brunswick Parks & Recreation
20. Chase Reserve
21. Coffin Pond Recreation Area
22. Coffin's Ice Pond
23. Cox Pinnacle
24. Crystal Spring Farm
25. Greater Commons & Town Commons
26. Kate Furbish Preserve
27. Lishness Field
28. Maquoit Bay Conservation Land
29. Merrymeeting Park
30. Mid Coast Center for Community Health & Wellness
31. Neptune Woods
32. People Plus
33. Skolfield Preserve

34. Woodward Cove
35. Woodward Point Preserve
36. Berry Woods Preserve
37. Flying Point Preserve
38. Higgins Mountain Preserve
39. Ledgewood Preserve
40. Loring Conant Preserve
41. Morse Pond Preserve
42. Weber Kelly Preserve
43. Anna M. Tondreau Preserve
44. Cliff Trail
45. Curtis Farm Preserve
46. Devil's Back Trail Area
47. Giant's Stairs Trail and McIntosh Lot Preserve
48. Hackett and Minot Trails
49. Houghton Graves Park
50. Johnson Field Preserve
51. Little Ponds Preserve
52. Long Reach Preserve
53. Mitchell Field
54. Otter Brook Preserve
55. Potts Point Preserve
56. Skolfield Shores Preserve
57. Widgeon Cove Trail
58. Wilson's Cove Trail
59. Bijhouwer Preserve
60. Bill Jayne Trail at Small Point Preserve
61. Cooley Preserve at Center Pond
62. Denny Reed Trail
63. Duley Farm
64. Gamble Preserve at West Point
65. Greenleaf Preserve
66. Mary's Woods
67. McDonald Marsh Preserve

68. McKay Farm
69. Mica Mine Trail
70. Morse Mountain Trail
71. Noble Hill Preserve
72. Ridgewell Preserve and Town Forest
73. Spirit Pond Preserve and McDonald Sanctuary
74. Sprague Pond Loop Trail
75. Totman Cove Preserve
76. Wilbur Preserve at Cox's Head
77. Androscoggin Woods
78. Bradley Pond Farm
79. Bridge to Bridge Trail/Riverwalk
80. Cathance River Nature Preserve
81. Cathance River Trail at Head of Tide Park
82. Foreside Recreation
83. Highland Green Golf Course
84. Mt. Ararat High School Trails
85. Recreation Fields Trails
86. River Landing Trail
87. Tarbox Preserve
88. Topsham Public Library Eagle Path
89. Topsham Ponds
90. Topsham Town Landing Trail
91. Topsham Transfer Station and Pump Park
92. Green Point Preserve
93. Bonyun Preserve
94. Carl & Barbara Segerstrom Preserve at Squam Creek
95. Merrymeeting Fields Preserve
96. Center Point Preserve
97. Matthew Townsend Parker Memorial Skate Park
98. Red Rose Preserve



Get Active

Southern Midcoast

ACTIVITY GUIDE

PARTNERS

- Adaptive Outdoor Education Center
- Bath Area YMCA
- Brunswick-Topsam Land Trust
- City of Bath
- Harpswell Heritage Land Trust
- Kennebec Estuary Land Trust
- Maine Prevention Network, CDC
- Mid Coast Hospital
- The Nature Conservancy
- Phippsburg Land Trust
- People Plus
- Six Rivers New England Mtn. Bike Assoc.
- Town of Bodwainham
- Town of Brunswick
- Town of Harpswell
- Town of Topsam

ADDITIONAL ACTIVITIES, MAPS, AND INFORMATION
www.GetActiveSouthernMidcoast.org



Funded by

Mid Coast Hospital
MaineHealth



Updated May 2023

