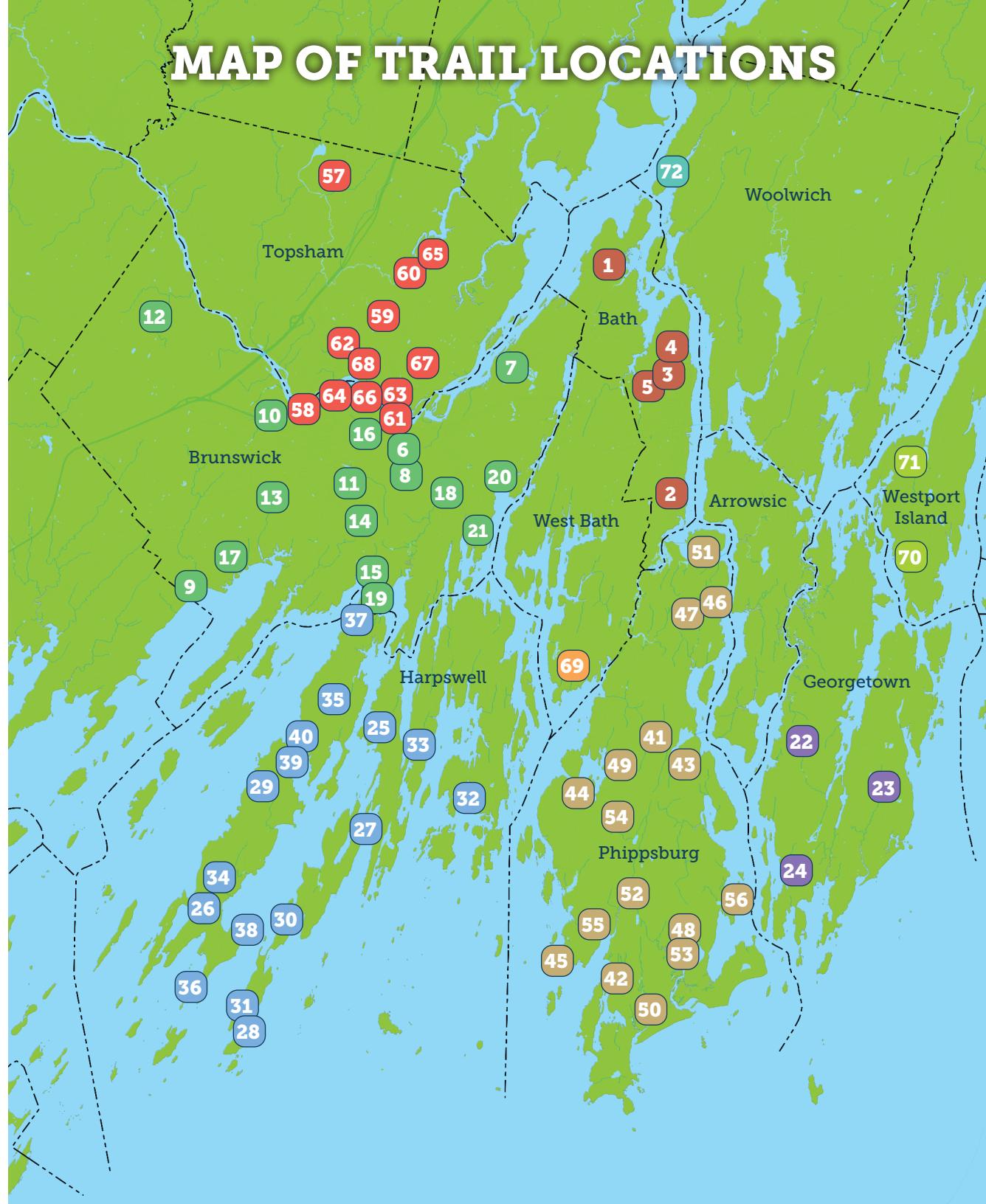


- 1. Butler Head Preserve
- 2. Lilly Pond Community Forest
- 3. Sewall Woods Preserve
- 4. Thorne Head Preserve
- 5. Whiskeag Trail
- 6. Androscoggin River Bicycle Path
- 7. Bay Bridge Landing Wetland Park
- 8. Brunswick Landing Perimeter Trail
- 9. Chase Reserve
- 10. Coffin Pond Recreation Area
- 11. 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](http://www.GetActiveSouthernMidcoast.org)

Funded by



**MID COAST HOSPITAL**  
*Our Community. Our Health.*

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	✓	✓			✓
Whisheag 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	Canoe/ 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:**  
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