



The Bowdoin College Trail Guide

This guide to trails, public open spaces, and recreational opportunities in and around Brunswick, Maine was created as a Gibbons Summer Research Program project through Bowdoin College in the summer of 2011 by Leah Wang '12. The following organizations contributed map data, informed the attributes presented with each trail or destination, or suggested routes or safety tips:

Bowdoin College (bowdoin.edu)
Town of Brunswick (brunswickme.org)
Town of Harpswell (harpswell.maine.gov)
Town of Topsham (topshammaine.com)
Town of Freeport (freeportmaine.com)
Brunswick-Topsham Land Trust (btl.t.org)
Kennebec Estuary Land Trust (kennebecestuary.org)
Harpswell Heritage Land Trust (hhltmaine.org)
Freeport Conservation Trust (freeportconservationtrust.org)
Merrymeeting Wheelers (merrymeetingwheelers.org)
Maine Trail Finder (mainetrailfinder.com)
Healthy Maine Walks (healthymainewalks.org)
Bicycle Coalition of Maine (bikemaine.org)
East Coast Greenway Alliance (greenway.org)

The information presented here is current as of July 2011. Distances are approximate; double-check with the appropriate website for the most accurate directions and trail maps.

Secret destination: The background photo on page 7 depicts Bay Bridge Landing Wetland Park in Brunswick, a small property with water access and a loop trail; it looks onto the Androscoggin River where it flows into Merrymeeting Bay. It's about 7 miles away: take the bike path to Old Bath Road, or drive down Bath Road past Cook's Corner to Old Bath Road, taking a left either way. Before you hit the town of West Bath, take a left onto Bay Bridge Road, and bear left, going all the way to the end. If you cross the New Meadows River on Old Bath Rd., you've gone too far. Enjoy!



Photo credits:

Cover photo: see Winslow Park and Campground.
Town Commons—<http://studorgs.bowdoin.edu/track/facilities/training-sites/index.html>
Androscoggin River Bicycle & Pedestrian Path—<http://studorgs.bowdoin.edu/track/facilities/training-sites/sites/bike-path.html>
Bowdoin Pines—<http://www.everytrail.com/guide/bowdoin-pines>
Johnson Field Preserve—<http://hhltmaine.org/conserved/johnson.shtml>
Kelsey Brook Trail—<http://freeportconservationtrust.org/index.htm>
Winslow Park and Campground—<http://www.flickr.com/photos/37538121@N06/4020855932/>
Cathance River Preserve—<http://creamaine.org/visit>
Baxter Memorial Forest Trails—http://www.topshammaine.com/index.asp?Type=B_BASIC&SEC=%7B84988164-0243-4DA1-AED0-EF8BB643A61C%7D



Bowdoin College's Coastal Studies Center in Harpswell. Photo credit Morgan MacLeod '09.

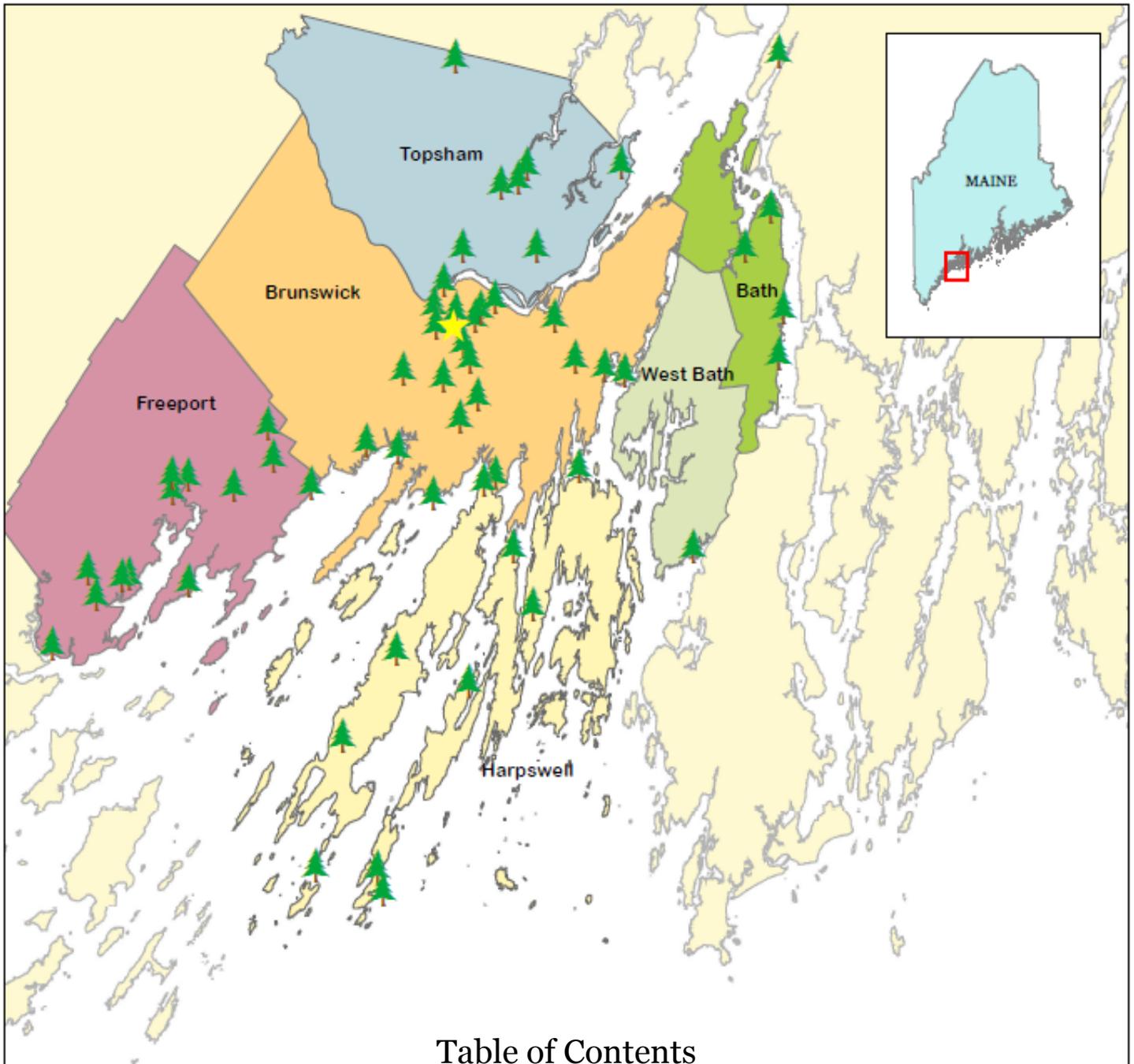


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Bowdoin College is only a few miles away from the ocean,

regardless of which one of these paths you take to it. Between sandy beaches, rocky outcrops, popular boat launches, and wooded trails, it's easy to experience Brunswick's coast in several ways, and you won't need to devote an entire weekend to exploring. Note: Maquoit Bay and the land around it have *federal* importance as prime habitat for certain waterfowl, eelgrass, and other species.

Maquoit Property (left) and Maquoit Landing (right)

How to get there: (3.2 miles away) Take Maine Street south; at the fork, bear right on Maquoit Road.

Skolfield Preserve

How to get there: (3.7 miles away) Take Harpswell Road/Rt. 123 south. About a mile past Middle Bay Road, look for a modest parking area and a small wooden sign on your right.

A fragile saltmarsh preserve with trails managed by the Brunswick-Topsham Land Trust (btlt.org).

Thomas Point Beach, which looks onto the New Meadows River, has an entrance fee and is not super popular among students—it's an artificial beach. On this side of Brunswick, though, why not go for a run on waterfront streets or explore **Midcoast Hospital's Nature Trails**? After all, the Brunswick Explorer stops at Cook's Corner (where Thomas Pt. Road begins) and Midcoast. Brunswickexplorer.org has a route map; it's \$1/ride.

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Atlantic Ocean	3.5
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Mere Point Boat Launch

How to get there: (about 7 miles away) Take Maine Street south past Parkview Hospital and Pleasant Hill Road. Bear left on Mere Point Road, take until the end and you will see a sign for the facility.

This recently-built all-tide boat launch is a great destination for a bike ride. There are picnic areas and bathrooms. Check with the Bowdoin Outing Club in the fall to see if they're leading any kayaking trips leaving from Mere Point!

Simpson's Point

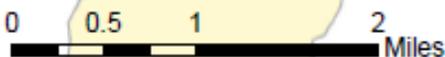
How to get there: (about 4 miles away) Take Maine Street south, past Parkview Hospital and Pleasant Hill Road. At the fork, bear left on Mere Point Road. Then, take a slight right onto Simpson's Point Road and go until the end. If driving, park on the left side of the road.

A popular destination for runners and bikers, recreational kayakers and people with dogs. This boat launch is not open to motorized boats anymore, making it a clean and safe destination. Keep your eyes peeled for a bald eagle or an osprey.

Town Commons

How to get there: (half a mile away) Walk up Coffin Street to the athletic fields, and across them. You'll find the trailhead at the corner of the soccer field. Or, run or bike down Harpswell Road until you get to the signed entrance.

The Commons are really popular for running, walking, mountain biking, and cross-country skiing. There are several trails, and you can make your run last all the way until Middle Bay Road or further.



250th Anniversary Park

How to get there: (almost a mile away) Take Maine Street north towards the bridge to Topsham. Right before the bridge, on the right side of the road, you'll see a sign for the park.

On less than an acre in downtown Brunswick, it's possible to take a short break from campus and enjoy views of the Androscoggin.

Androscoggin River Bicycle and Pedestrian Path



Length: about 2.6 miles

How to get there: (almost a mile away) Take Maine Street going north towards the bridge to Topsham. Turn right on Mason Street, which is near the end of downtown. Then take a left on Water Street, following the 'Bike Route' signs. At the end of the street, the bike path begins.

This path is sandwiched by Androscoggin on one side, and Route 1 on the other. It can be a little noisy, but it's great to have a path with no cars where you can walk, run, bike, and catch great views of the river.

Mill St. Canoe Portage and Swinging Pedestrian Bridge

Both located on the north side of Mill Street, these spots connect you to the Androscoggin and are just on the other side of downtown.

How to get there: (1.2 miles away) Walk north on Maine Street, take a left on Pleasant, take a right on Mill. The footbridge is across from Cushing Street.

Brunswick Town Mall: farmer's market in the summer, skating rink in the winter.

If you're tired of the quad, or want a new place to toss a Frisbee or play pickup, check out these other town fields:

Farley Field House/Pickard Fields (our fields)

Nathaniel Davis Park

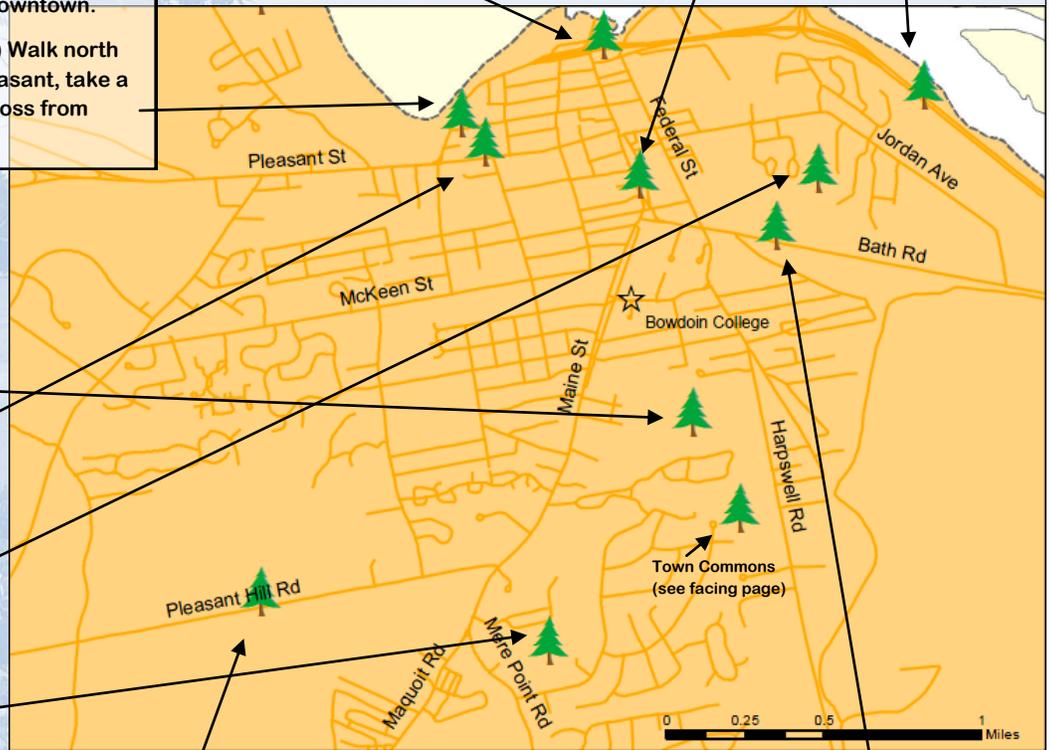
How to get there: Take a left on Pleasant Street from Maine Street or Union St. It's on your right after Tess' Market.

Edwards Fields

How to get there: Go down Federal Street away from campus; take a right on Jordan Ave.

Shulman Field

How to get there: Take Maine St. south until it forks, and bear left on Mere Point Rd. Take the first left onto Hemlock and look for the signed field entrance.



Crystal Spring Farm Trails

Length: 2.5-mile loop on the south side; 0.5 miles of trails on the north side

How to get there: (2 miles away) Take Maine Street south past Parkview Hospital. Take a right on Pleasant Hill Road. Enter the south side trails through the parking lot at the top of the hill. Enter the north side trails through the open gates on the right side of the road (stay on trails, do not enter the fields!)

The home of Brunswick's summer Saturday morning farmer's market also has an awesome trail system. Enjoy the trails for walking or running when it's nice out and cross-country skiing in the winter.

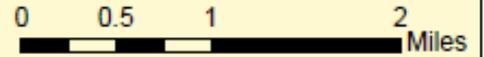
Bowdoin Pines

Length: about a 1-mile trail loop

How to get there: (less than 0.5 miles away) Walk away from campus, going out the corner behind Kanbar Hall. At the intersection, cross Bath Road and Federal Street so that you are diagonal from campus. Behind the Alumni House, at the edge of the parking lot, the path begins.



For a few minutes of peace and quiet, or some good tree-climbing, walk over to the Pines, one of Maine's few remaining old-growth forests. This spot is way too close to campus for anyone not to visit.



Water views from Bath, the “city of ships,” and its rural neighbor West Bath, are some of the best within a small distance from campus.

Thorne Head Preserve (above) and Sewall Woods (below)

Length: several miles of trails! Also, the 5-mile Whiskeag Trail connects the two preserves.

How to get there: (about 10 miles away) Take Bath Road or Route 1 north to Bath. Take the ramp that leads to Rt. 209/High Street, and take a left. For Thorne Head, continue until the end, where there is parking and a kiosk. For Sewall Woods, take a left onto Whiskeag Road off of High Street; parking area is on right.

These preserves are owned and managed by the Kennebec Estuary Land Trust (see kennebecestuary.org for more information). The trail at Sewall Woods takes you along Whiskeag Creek, and at the tip of Thorne Head, grab an amazing view of where it meets the Kennebec River.

Bath Waterfront Park

How to get there: (about 9 miles away) Use the above directions to get into Bath. From Rt. 1 or Bath Road, take the exit to ‘Historic Bath’ and follow signs for downtown. The park is on Commercial Street.



Enjoy sparkling views of the Kennebec and Woolwich across the river, with a great downtown right behind you and the historic Bath Iron Works right downstream. The pier is supposed to be remodeled soon, and there’s a shaded picnic area and nice grassy spots. If it’s too crowded here, head down to the dog park (see below).

Green Point Preserve

Length: about a half-mile trail to the water

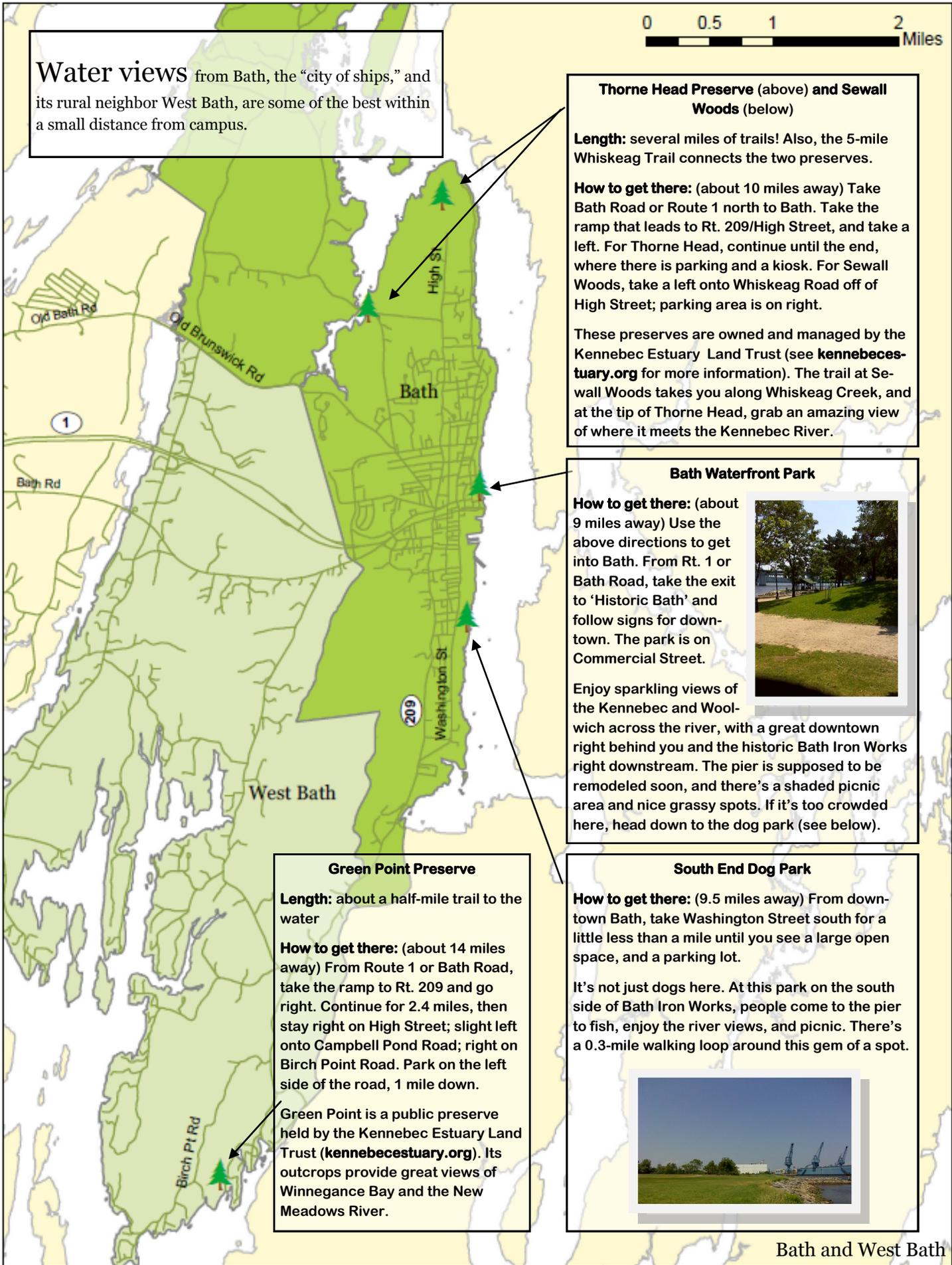
How to get there: (about 14 miles away) From Route 1 or Bath Road, take the ramp to Rt. 209 and go right. Continue for 2.4 miles, then stay right on High Street; slight left onto Campbell Pond Road; right on Birch Point Road. Park on the left side of the road, 1 mile down.

Green Point is a public preserve held by the Kennebec Estuary Land Trust (kennebecestuary.org). Its outcrops provide great views of Winnegance Bay and the New Meadows River.

South End Dog Park

How to get there: (9.5 miles away) From downtown Bath, take Washington Street south for a little less than a mile until you see a large open space, and a parking lot.

It’s not just dogs here. At this park on the south side of Bath Iron Works, people come to the pier to fish, enjoy the river views, and picnic. There’s a 0.3-mile walking loop around this gem of a spot.

Bath and West Bath

Skolfield Shores Preserve

Length: two loop trails total about 1 mile.

How to get there: (4.3 miles away) Take Harpswell Road/Rt. 123 south. One-fourth of a mile into Harpswell, take a right onto Skolfield Drive and park in the small area on the left, where there is a kiosk and the trailhead.

This preserve is managed by the Harpswell Heritage Land Trust (hhltmaine.org). An easy trail loop system takes you past farmland, through mixed forest, and along saltwater marsh and open water in Middle Bay Cove.

Long Reach Preserve

How to get there: (9.3 miles away) Take Bath Rd away from campus and follow signs for Rt. 24 south. Three miles south of the town line, enter a baseball field where you can park.

Held by the Harpswell Heritage Land Trust (hhltmaine.org).

Cliff Trail

Length: one 1.75-mile loop, one 2.25-mile loop

How to get there: (almost 8 miles away) Take Harpswell Road/Rt. 123 south. At the blinking light, take a left on Mountain Road. Soon after crossing over the water, you'll see the yellow town office building on your left. Turn here; the trail starts in the back of the parking lot.

One of the best walks in Harpswell. You'll reach 150-foot cliffs with awesome views overlooking Long Reach. Also find areas with 'fairy houses' that make creative use of natural materials...

Bowdoin College Coastal Studies Center

How to get there: (12.6 miles away) Go south on Harpswell Road/Rt. 123 for 6.5 miles and take a left on Mountain Road. At the end, take a right on Rt. 24 south. Look for Bayview Rd. on the right, and go to the end, where there is a parking area (don't drive past it).

The CSC has laboratories for student and faculty research, as well as trails and gorgeous views of Harpswell Sound.

There's a lot of coastline in Harpswell.

Whether it's protected land or serves as a working waterfront, it's worth exploring.

Mitchell Field

Length: 1.5-mile paved trail

How to get there: (10.5 miles away) Go down Harpswell Rd/Rt. 123, about 7 miles south of the Brunswick border. Park along the fence on the right side of the road.

On a clear day, you can see Mt. Washington from this former US Navy facility.

Pott's Point Preserve (left) and Johnson Field Preserve (right)

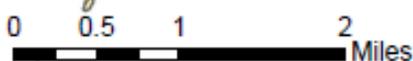
Both waterfront preserves held by the Harpswell Heritage Land Trust (hhltmaine.org, see their website for directions) are amazing places to escape campus and enjoy sweeping views of Casco Bay.

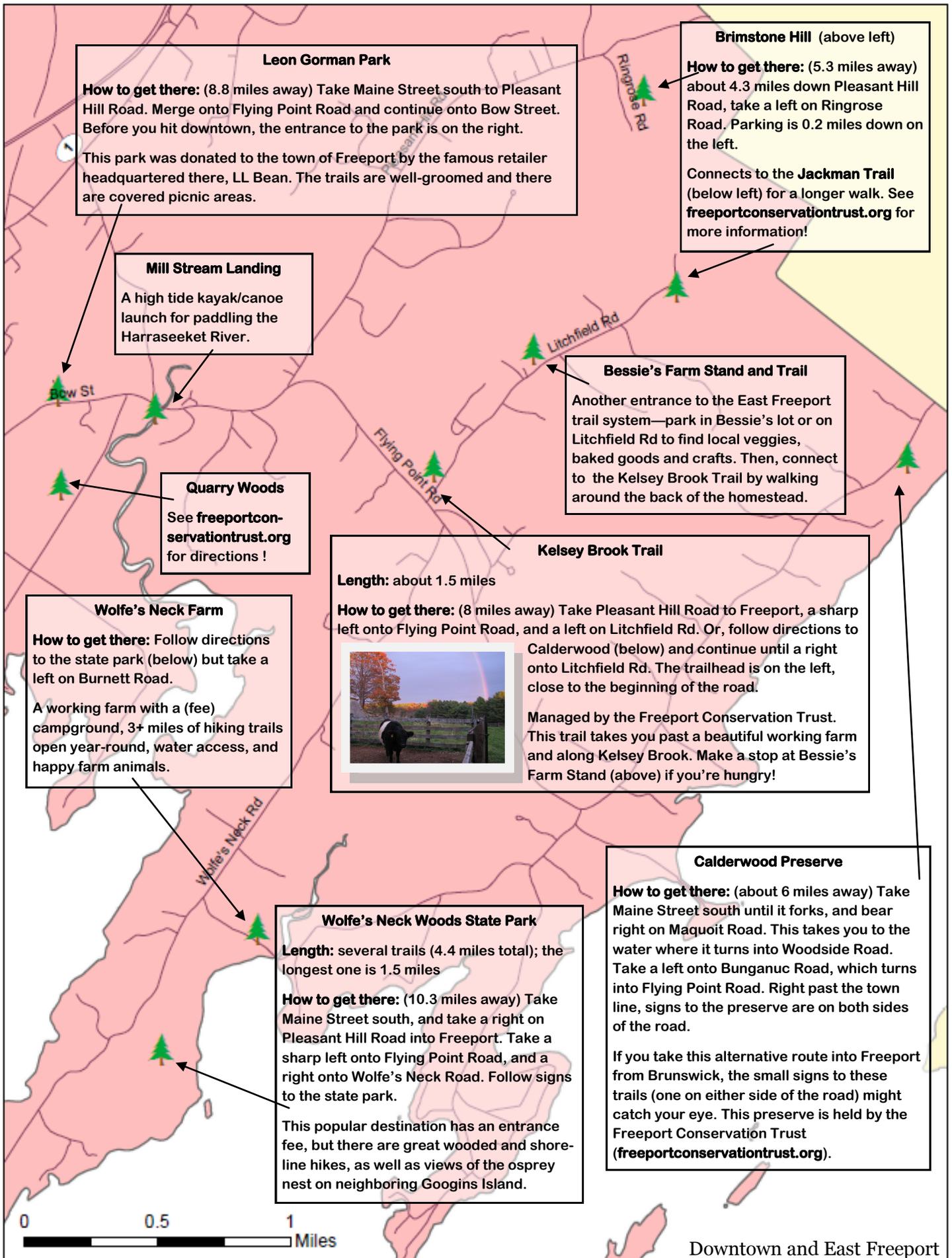


Giant's Steps and McIntosh Lot

How to get there: (almost 16 miles away) Use the Coastal Studies Center directions (above), but continue on Rt. 24 south to cross the cribstone bridge to Bailey Island. The Giant's Steps trail starts at the end of Ocean Street; park on Washington Ave.

This is truly an awesome hike. The Steps are a natural rock staircase that runs between two cliff walls. The dramatic ocean views from this town-owned public access point are incredible. The trail continues through Harpswell Heritage Land Trust-owned McIntosh Lot, and takes you back to Washington Ave.





Leon Gorman Park

How to get there: (8.8 miles away) Take Maine Street south to Pleasant Hill Road. Merge onto Flying Point Road and continue onto Bow Street. Before you hit downtown, the entrance to the park is on the right.

This park was donated to the town of Freeport by the famous retailer headquartered there, LL Bean. The trails are well-groomed and there are covered picnic areas.

Brimstone Hill (above left)

How to get there: (5.3 miles away) about 4.3 miles down Pleasant Hill Road, take a left on Ringrose Road, take a left on Ringrose Road. Parking is 0.2 miles down on the left.

Connects to the **Jackman Trail** (below left) for a longer walk. See freeportconservationtrust.org for more information!

Mill Stream Landing

A high tide kayak/canoe launch for paddling the Harraseeket River.

Bessie's Farm Stand and Trail

Another entrance to the East Freeport trail system—park in Bessie's lot or on Litchfield Rd to find local veggies, baked goods and crafts. Then, connect to the Kelsey Brook Trail by walking around the back of the homestead.

Quarry Woods

See freeportconservationtrust.org for directions!

Kelsey Brook Trail

Length: about 1.5 miles

How to get there: (8 miles away) Take Pleasant Hill Road to Freeport, a sharp left onto Flying Point Road, and a left on Litchfield Rd. Or, follow directions to Calderwood (below) and continue until a right onto Litchfield Rd. The trailhead is on the left, close to the beginning of the road.



Managed by the Freeport Conservation Trust. This trail takes you past a beautiful working farm and along Kelsey Brook. Make a stop at Bessie's Farm Stand (above) if you're hungry!

Wolfe's Neck Farm

How to get there: Follow directions to the state park (below) but take a left on Burnett Road.

A working farm with a (fee) campground, 3+ miles of hiking trails open year-round, water access, and happy farm animals.

Wolfe's Neck Woods State Park

Length: several trails (4.4 miles total); the longest one is 1.5 miles

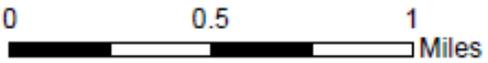
How to get there: (10.3 miles away) Take Maine Street south, and take a right on Pleasant Hill Road into Freeport. Take a sharp left onto Flying Point Road, and a right onto Wolfe's Neck Road. Follow signs to the state park.

This popular destination has an entrance fee, but there are great wooded and shoreline hikes, as well as views of the osprey nest on neighboring Googins Island.

Calderwood Preserve

How to get there: (about 6 miles away) Take Maine Street south until it forks, and bear right on Maquoit Road. This takes you to the water where it turns into Woodside Road. Take a left onto Bunganuc Road, which turns into Flying Point Road. Right past the town line, signs to the preserve are on both sides of the road.

If you take this alternative route into Freeport from Brunswick, the small signs to these trails (one on either side of the road) might catch your eye. This preserve is held by the Freeport Conservation Trust (freeportconservationtrust.org).



Downtown and East Freeport

Beyond L.L. Bean, or even on your way there, trails are waiting for you in Freeport.

Stonewood Trail
 Connects Bliss Woods and Sayles Field trails, but can be accessed on its own at the end of Stonewood Drive; 0.3-mile walk to the main trail.

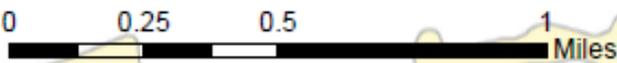
Sayles Field (left) and Ridge Trail (right)
Length: 2.4 miles total
How to get there: (11.1 miles away) Follow directions to Bliss Woods, but park on South Freeport Road near the Four Corners and walk up Pine Street to see the trails beginning on your left (Sayles Field) and right (Ridge Trail).

Bliss Woods
Length: 1-mile loop, but connects to Sayles Field trails
How to get there: (11.8 miles away) Head down Pleasant Hill to Freeport, which merges with Flying Point Rd. Just before downtown, take a left on South St, which turns into S Freeport Rd. Trailhead is on the north side of the road, half a mile before Route 1.
 A working forest owned and managed by the New England Forestry Foundation. The Stonewood Trail leaves from the northeast corner of the property if you want to extend your walk.

Winslow Park and Campground
Length: 0.6-mile trail; many other activities
How to get there: Follow directions to Bliss Woods. Continue on S Freeport Road and take a left on Staples Point Road. It turns into Winslow Park Way and enters the park.
 This town-owned park charges a small fee for day use or camping during the summer, but has several amenities: picnic areas, a high tide beach and boat ramp, a summer weekly concert series, and more.



Powell Point
Length: 0.8 miles
How to get there: (15 miles away) Follow directions to Bliss Woods. Continue on S Freeport and take a left on Lambert Road. Park in the paved turnaround, ignoring 'No Parking' signs, then walk down to the unpaved road and the trail begins on your right.
 Preserve at the mouth of the Cousins River held by the Freeport Conservation Trust. The end of the trail is an amazing water view. The Cousins River Trail, which starts at the YMCA on S Freeport Road just past Lambert Road, is similar.



Topsham's trails are the kind you just need to *know* about. Don't let Topsham remain a mystery during your time at Bowdoin; add a new set of wooded trails to your mental map. Make it a point to see the Cathance, a river with rapids that the organization American Whitewater deemed "very wild."

Bradley Pond Farm

Length: 2.5-mile trail network

How to get there: (6.5 miles away) Take Maine St. north across the bridge to Topsham. It turns into Main St/Rt. 201; take this a little over 4 miles until Bradley Pond Road. Take a left and find a designated parking area.

The trails at Bradley Pond sit on a Brunswick-Topsham Land Trust (btlt.org) conservation easement, and were designed by a nationally-known trail designer; Bowdoin student groups had a big role in creating them several years ago. Public access is for the trails and *not* the adjacent working farm, so stay on the marked paths when walking, running, or cross-country skiing.

Baxter Memorial Forest Trails

How to get there: (almost 7 miles away) Take Maine St. north across the bridge to Topsham. At the first blinking light up the hill, take a right on Elm St/Rt. 24. Take a right onto Foreside Road and continue for about 4.5 miles. The trails begin on the right, before Rt. 24 crosses Merrymeeting Bay.



Rogers (lower left) and Rensenbrink Trails (upper right)

How to get there: (4.5 miles away) Take Maine St. north across the bridge to Topsham. At the first blinking light up the hill, take a right on Elm St/Rt. 24 and continue for about 2 miles. Take a left on Cathance Road, then a left on Beechwood Drive. The trails begin on the right side of the road, just past the railroad tracks.

These hiking trails are Brunswick-Topsham Land Trust easements. While the Rogers trail is mostly wide and flat, the Rensenbrink Trail has some difficult, steep sections along the Cathance.

Cathance River Preserve

Length: Over 5 miles of trails

How to get there: (about 4 miles away) Take Maine St. north across the bridge to Topsham. At the intersection with Rt. 196, take a right. Take the first left onto Village Drive, through the Highland Green Village. Drive straight and then follow 'Hiker Parking' signs.



The Cathance River Education Alliance (cremaine.org) uses the Preserve as its living laboratory, for nature camps and school programs, and boasts a great trail network with loops of varying difficulty. No mountain biking here.

Androscoggin Riverwalk

Length: 1.25 miles

This suburban walk straddles Brunswick and Topsham via the swinging pedestrian bridge (see downtown Brunswick map) and the bridge on Maine St. Though not all the proposed walkways are finished, you can still use Bridge Street and Maple Street to make a loop. Perfect for a run. See androscogginriverwalk.org for a map and future plans for the Riverwalk.

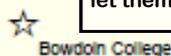
Ravine Trails

How to get there: (about 2 miles away) Take Maine St. north across the bridge to Topsham. Just before Dairy Queen, take a right onto Pleasant Street. About 100 yards down, just as this street starts to bend right, the trail begins on the left.

Transfer Station Trails

How to get there: (about 5 miles away) Follow directions to Baxter Memorial Forest Trails (upper right), but after 2.5 miles on Foreside Road, take a left on Townsend Way to the town's solid waste facility. Past the facility, bear left at the dirt road fork. Trails begin on your right as you approach a pond.

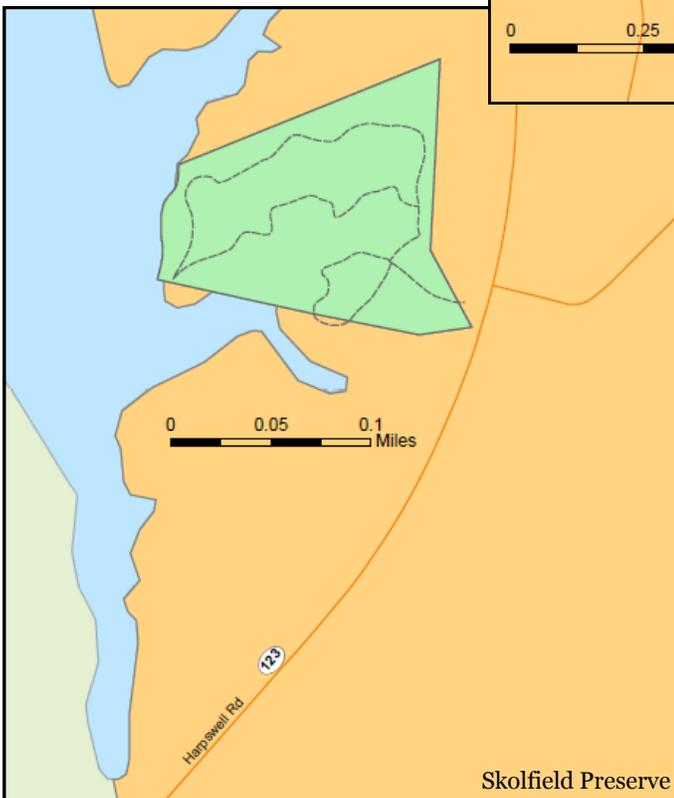
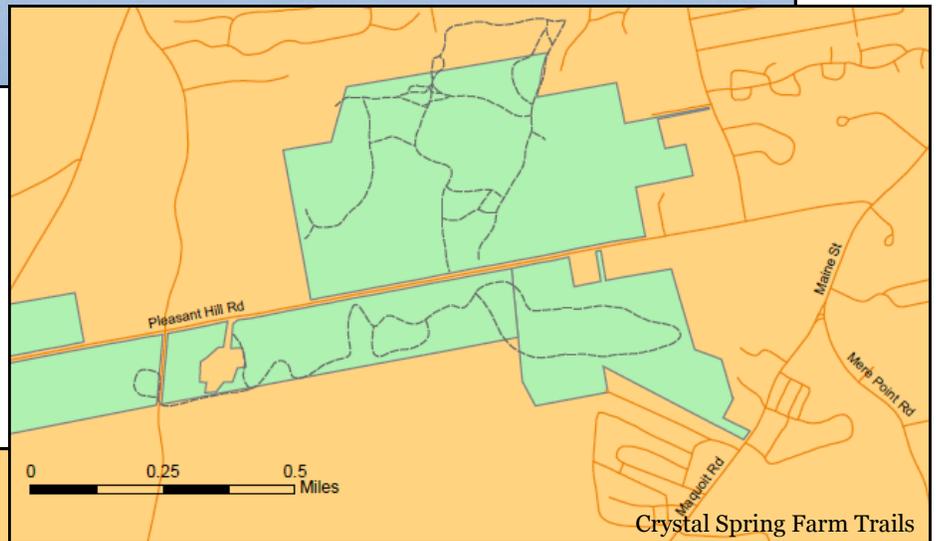
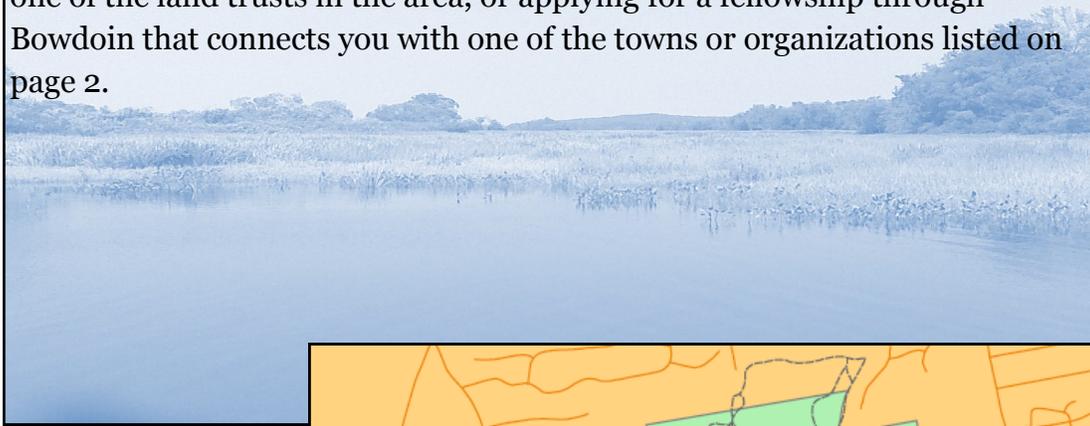
Known as great mountain biking trails, they are also used by the cross-country ski team in the winter. Check in with a staff member to let them know you are going to be on the trails.

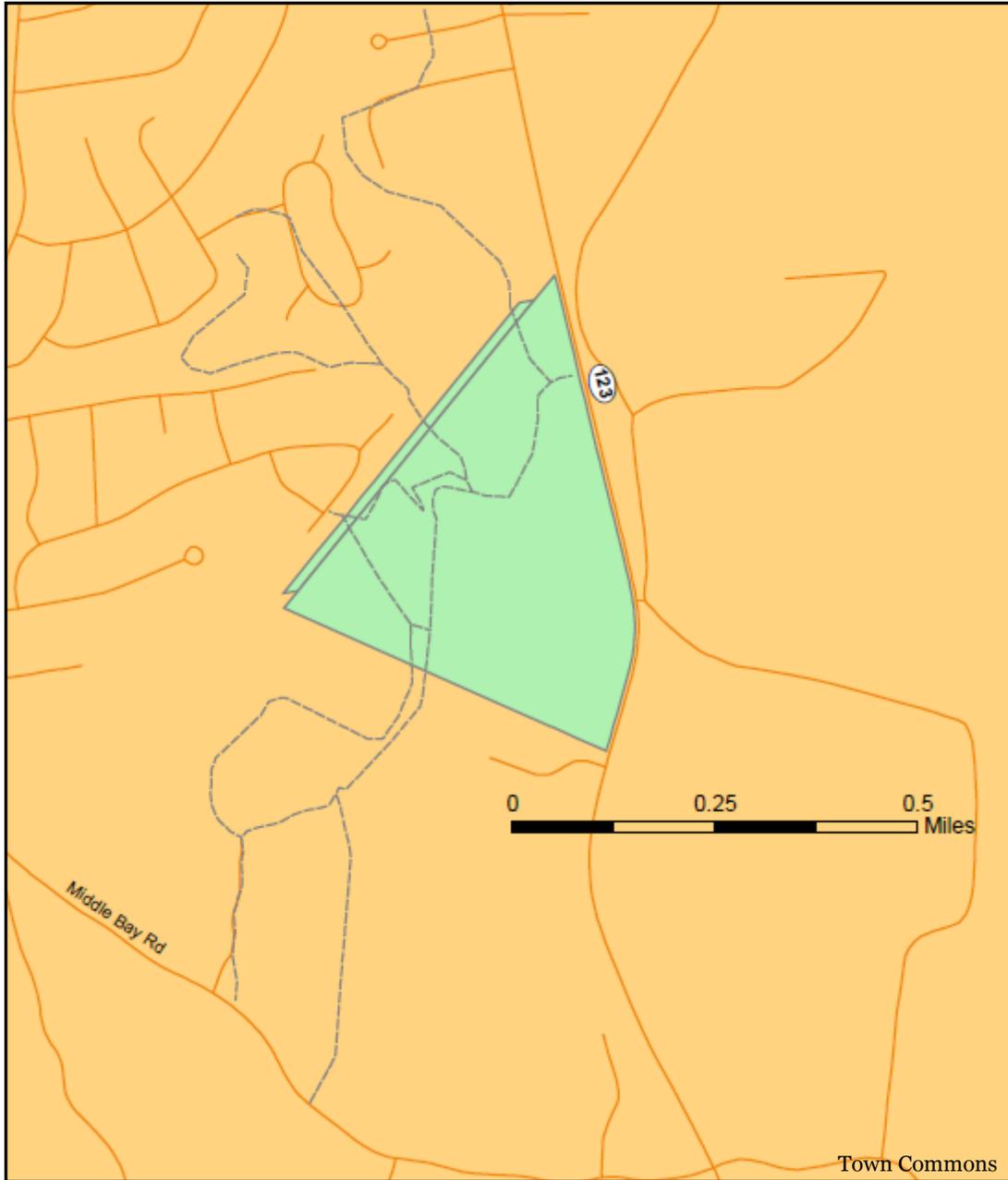


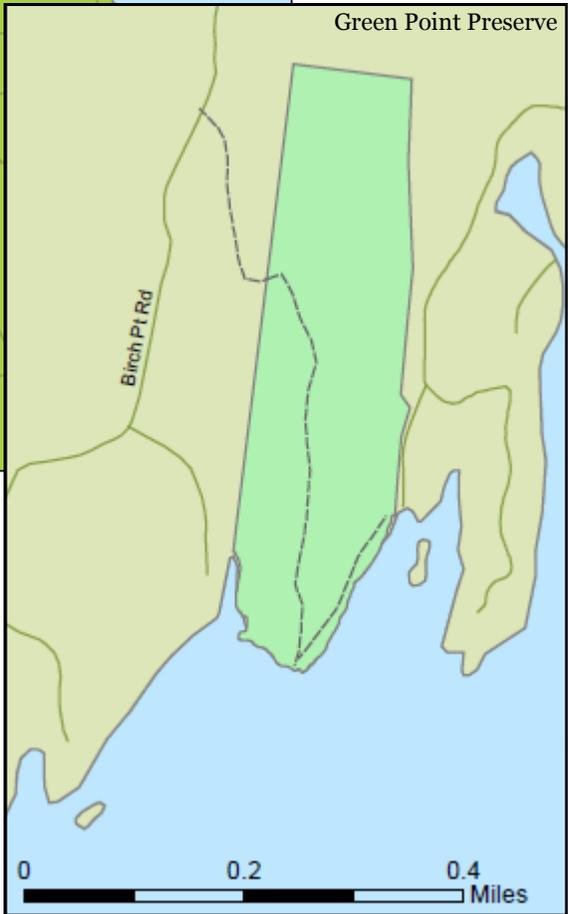
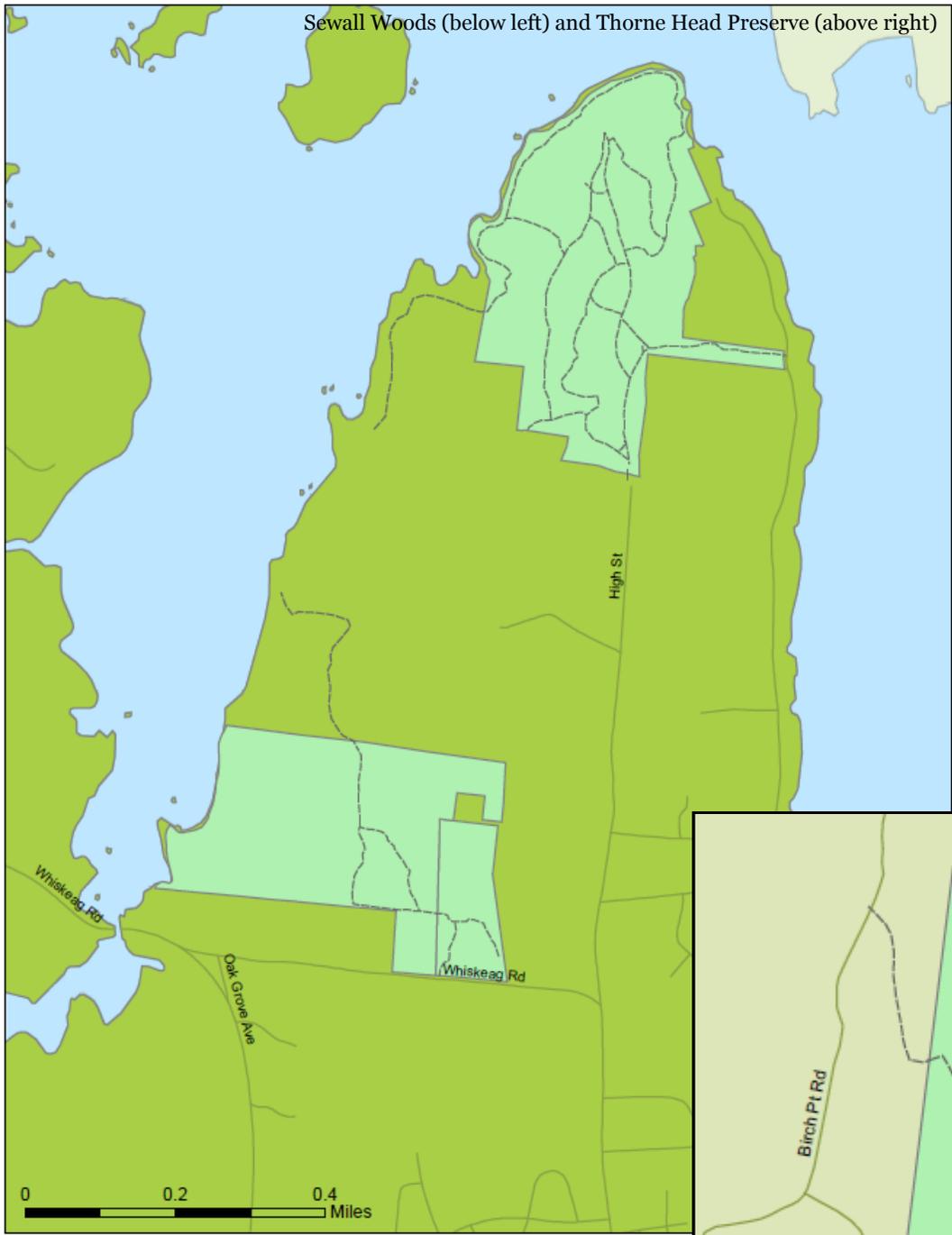
Topsham

Inset Maps

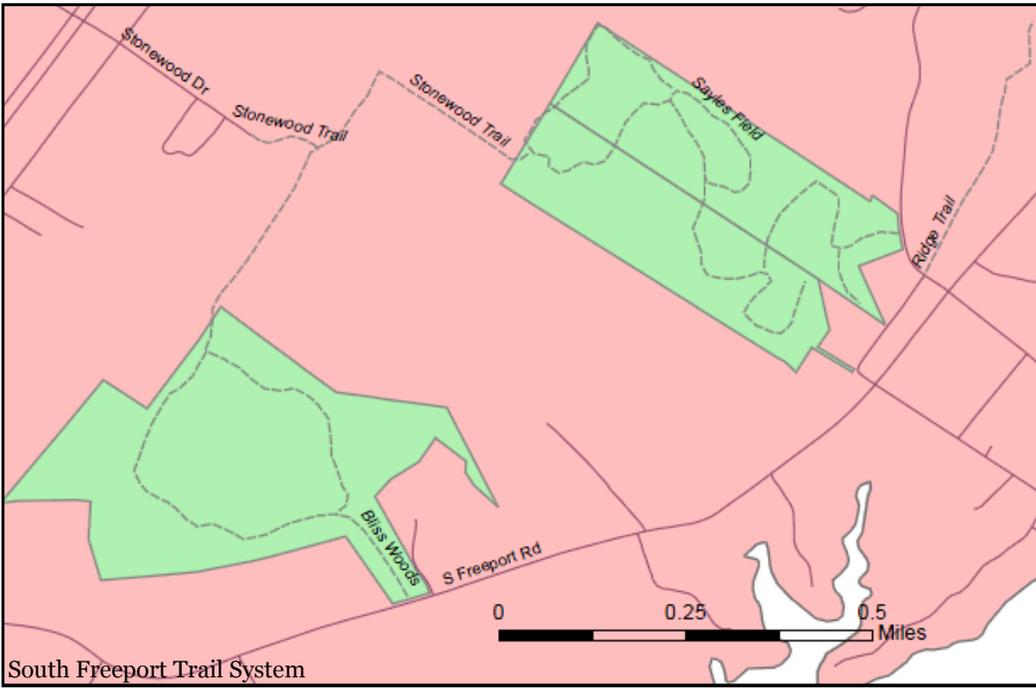
Overview maps of some of the trails can be found here. In many cases, maps are available at trailheads and are more likely to be accurate and up-to-date. Please stay on marked or cleared trails and respect private property. If you are interested in finding trails, doing trail maintenance, or practicing good stewardship of Maine's natural areas, consider volunteering with or joining one of the land trusts in the area, or applying for a fellowship through Bowdoin that connects you with one of the towns or organizations listed on page 2.



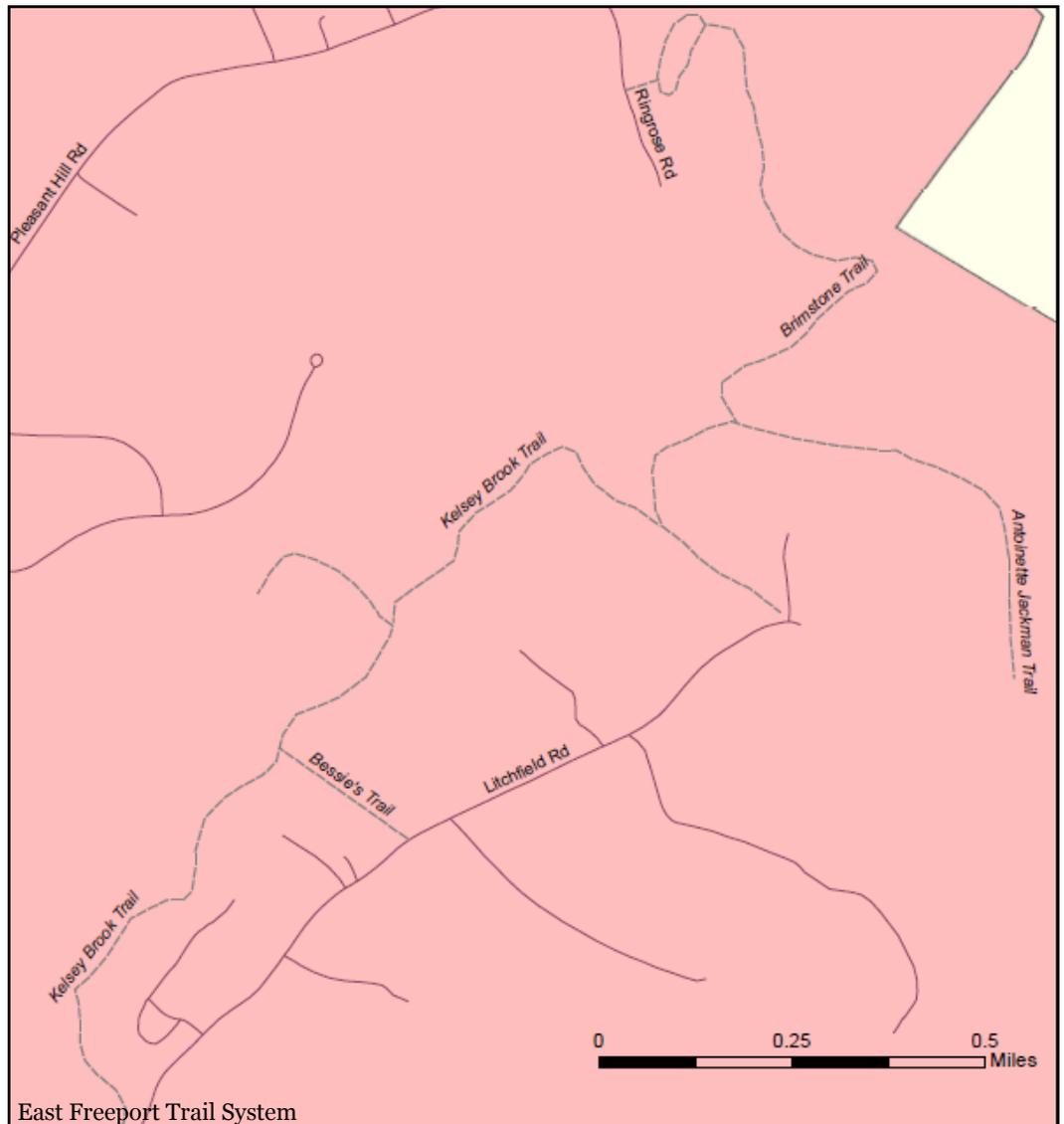




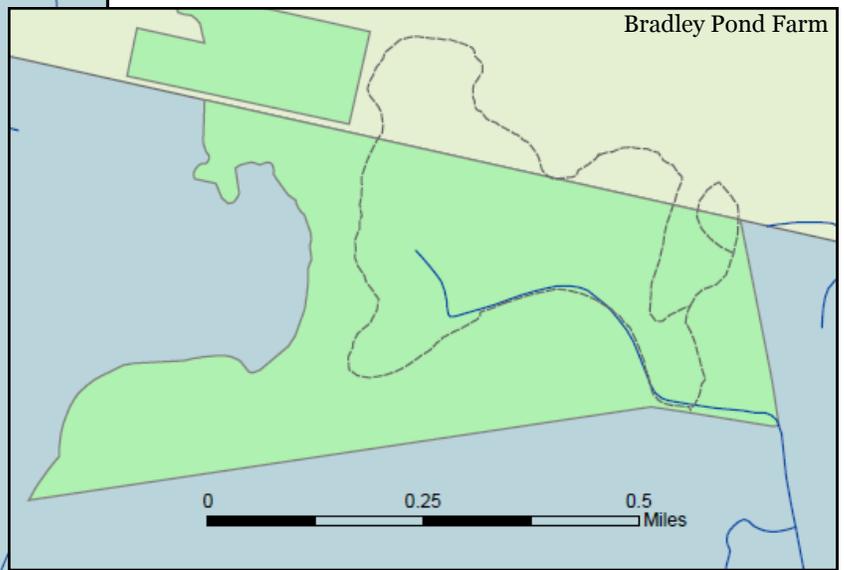
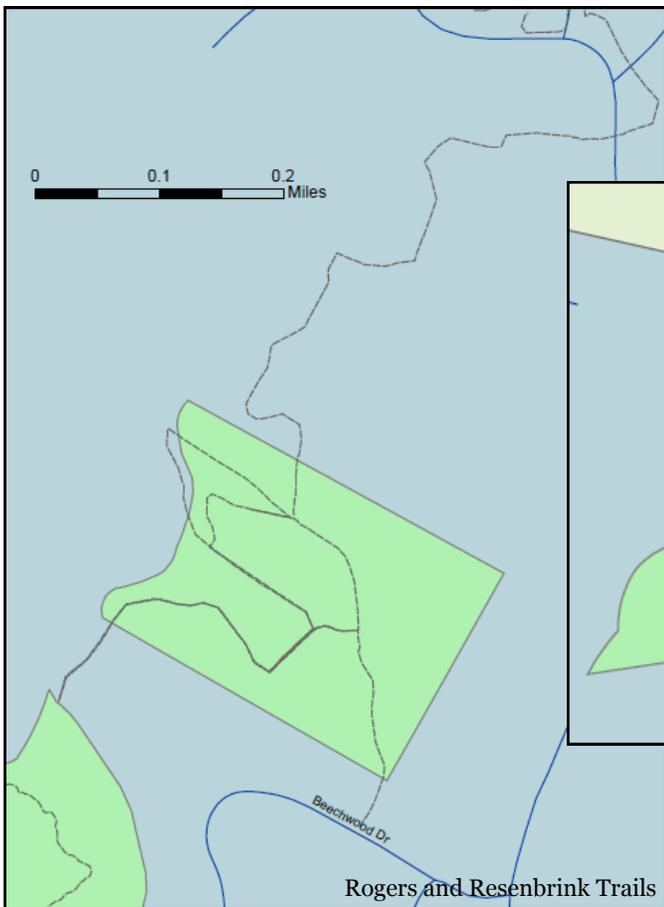
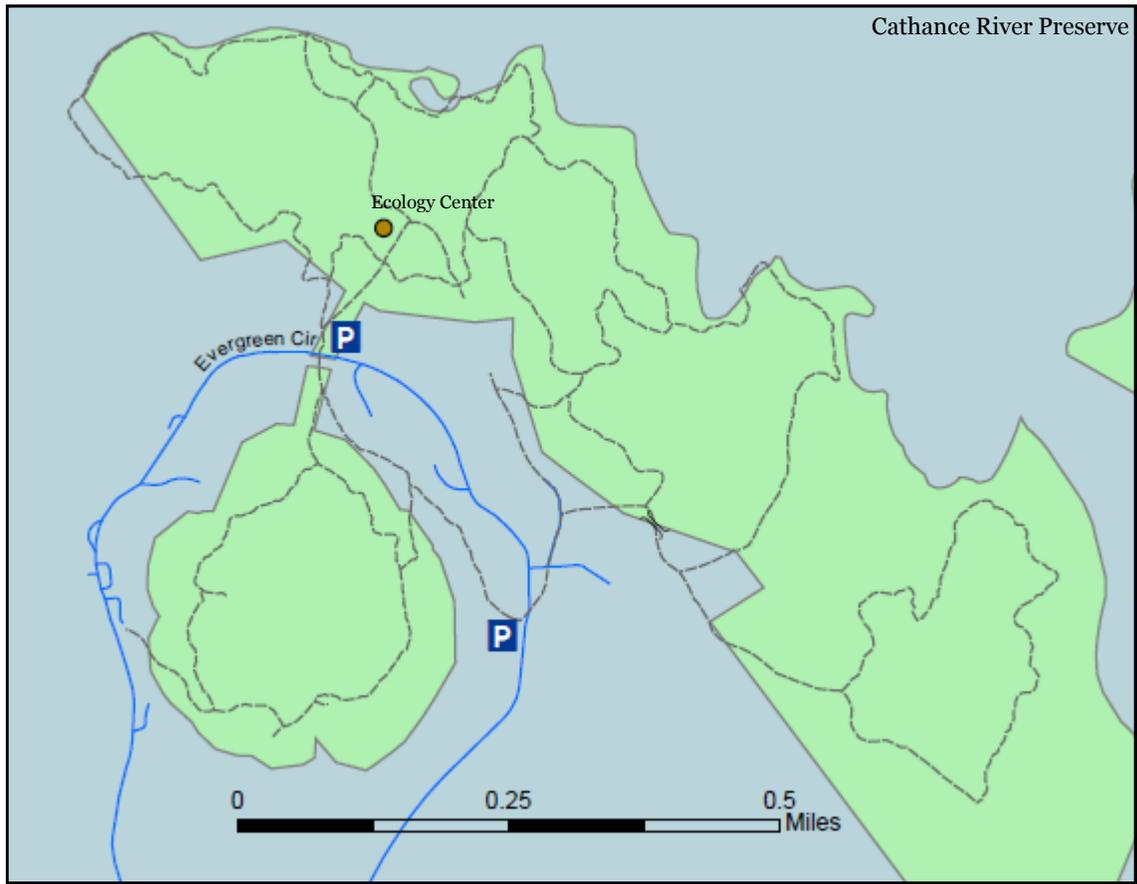
Bath and West Bath Trails



South Freeport Trail System



East Freeport Trail System





Brunswick is regarded as a “bicycle-friendly community”

by the American League of Cyclists; what better place to go for a bike ride between classes or become interested in road biking? If you aren't used to long, potentially hilly bike rides: you've already read about the Androscoggin River Bike Path (page 7), or try going to Simpson's Point or down Mere Point Road; these rides are fairly flat. Familiarize yourself with sharing the road and cycling safely (page 4). Besides the triathlon bike loop, the rides below were suggested by students or residents who regularly bike long distances, so try them at your own risk once you are used to the mileage. Check out the East Coast Greenway for an on- and off-road route of any distance—the entire Greenway extends from Florida to the tip of Maine at Canada! Find more maps and helpful information at greenway.org.

- Danny's Loop
- Merrymeeting Bay Loop
- Polar Bear Triathlon Bike Loop
- East Coast Greenway Routes
- Pleasant Hill Road
- North Bath Loop
- Simpson's Point



Danny's Loop

Distance: about 18 miles

Directions: Maine St. south >> bear left on Mere Point Road >> R on Rossmore Road >> L on Maquoit Road, it goes down to Maquoit Landing >> turns into Woodside Road >> L onto Bunganuc Road >> turns into Flying Point Road >> R on Pleasant Hill Road >> L on Maine Street.

Variations: For a shorter loop, stay on Woodside Road, or take any right turn off of Bunganuc Road, and you will hit Pleasant Hill.

Merrymeeting Bay Loop

Distance: about 44 miles

Directions: Maine St. north across the bridge to Topsham >> R on Elm St./Rt 24 North >> Take this all the way up to Richmond past the town center >> R on Ferry Rd/Rt 197 across bridge >> R on Rt. 128/River Road.

Make sure you have trained for this long ride. A plus is that there are almost no turns on it. This loop hugs Merrymeeting Bay and offers gorgeous water and farmland views. The pavement is seriously smooth starting somewhere in Topsham going up to the bridge, and so-so going down the east side of the Bay back towards Bath. There is no shoulder for most of the way, but cars tend to expect cyclists.

North Bath Loop

Distance: about 22 miles

Directions: Maine St. north through downtown Brunswick >> R on Mason Street >> L on Water Street >> Bike path >> L on Old Bath Road, turns into Old Brunswick Road >> L on Oak Grove Ave >> bear left as it merges with Whiskeag Road >> R onto North Bath Road >> L on Ridge Road >> R on Old Brunswick Road >> R on Glover Lane to get back on the bike path.

Variations: From North Bath Road, look for Varney S Mill Road on the right. Take that until you see Butler's Cove Road. Butler Head is a town-owned preserve with even more awesome water views and a few trails.

If you wanted to get to downtown Bath, or anywhere past Bath along Route 1, you would also take the bike path to Old Bath Road. This north Bath loop gets some pretty amazing views of Merrymeeting Bay and the houses around it.

Pleasant Hill Road

Distance: about 18 miles, there-and-back

Directions: Maine St. south >> R on Pleasant Hill Road >> merges with Flying Point Rd >> turns into Bow St >> find yourself in downtown Freeport.

Variations: For a loop, take a left onto Woodside Road to go down to a beautiful view of Maquoit Bay, and back up Maquoit Road to Maine Street (7 mi loop). Or, take lefts on Highland and Bunganuc (11 mile loop).

This is a very popular scenic biking route, as well as a preferred driving route to Freeport from Brunswick. The route is fairly hilly, but the pavement is good.

Polar Bear Triathlon Bike Loop

Distance: 11.5 miles

Directions: Start at Farley Field House >> R off of Coffin St. Extension onto Longfellow >> R onto Harpswell Road >> R onto Middle Bay Road >> L on Mere Point Road >> R on Rossmore Road >> L on Maquoit Road, turns into Woodside Road >> R on Pleasant Hill Road >> L on Maine Street >> R on Longfellow Avenue >> R on Coffin St. Extension.

The Polar Bear triathlon is held each spring at Bowdoin for about 500 participants.

Simpson's Point

Distance: about 8 miles, there-and-back

Directions: Take Maine St. south >> bear left on Mere Point Road >> slight L onto Simpson's Point Road >> take until the end.

Variations: take Mere Point Road all the way to the boat launch and back for a 14-mile ride.

This route is also popular for long-distance runners. Not really hilly at all, and the pavement is good. In warm weather, you'll find swimmers, kayakers, canoers, and dogs at Simpson's Point. The water there is known to be much warmer than at the beach.

East Coast Greenway

Directions: From south of Brunswick, the ECG enters Brunswick via Pleasant Hill Road >> L on Maine Street >> R on College Street >> L on Harpswell Road >> straight onto Federal Street >> continue onto Water street >> Androscoggin River Bike Path begins >> take until end OR follow "Bike Route" sign to get on Rt. 196 (Brunswick-Topsham Bypass) and bike up through Topsham into Lisbon.

Recreating Safely and Things to Remember

Biking

(inspired by the Bicycle Coalition of Maine's "Be a Safe Bike Driver" and the Merrymeeting Wheelers' Bike Safety Tips)

- ABC - check your Air, Brakes, and Crank/Chain. Get your bike tuned up at least yearly.
- Dress bright and tight (channel your 80's Party outfit if necessary)
- Reflectors are good; lights are better.
- Never wear headphones!
- Always signal your turns: left arm straight out for a left turn, or bent up at the elbow for a right turn.
- Practice looking over your left shoulder for cars (going *with* traffic) while continuing straight ahead.
- If biking in a group, being predictable (going straight ahead at a constant speed) is extremely important. Ride single-file and let your group know of changes you are making in speed or direction. Leave enough room between cyclists; maintain your place in line, and repeat any calls heard from in front or behind.

Walking/Running

(inspired by the Bicycle Coalition of Maine's "Be a Safe Walker")

- If you are walking somewhere without a sidewalk, use the left side of the road, going against traffic.
- Being a safe driver helps walkers and runners feel safe.
- Stay on marked or cleared trails; do not wander onto adjacent property.

Swimming

- At boat launches, be aware of boats putting in or taking out. Simpson's Point no longer allows motorized boats, but Mere Point does.
- Don't dive into shallow or unfamiliar waters.
- Learn to swim.
- Maine has a very rocky shoreline and slippery intertidal vegetation...*be very careful.*

****There is no camping at any of these sites unless otherwise noted.****

Assume that trails and preserves are open dawn to dusk.

Visit these sites and recreate at your own risk.

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