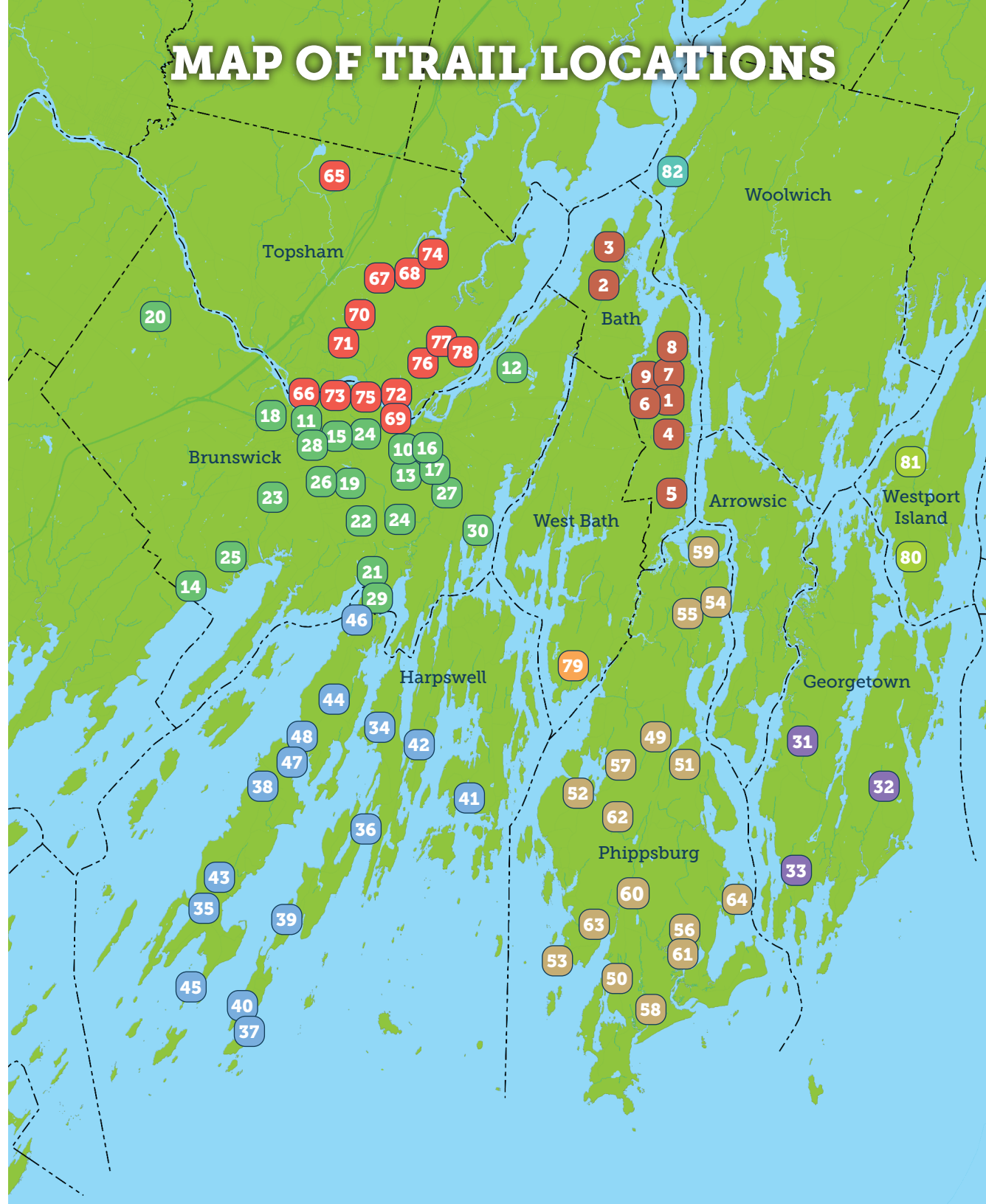


1. Bath Area YMCA
2. Bath Golf Course
3. Butler Head Preserve
4. Goddards Pond
5. Lily Pond Community Forest
6. McMann Athletic Complex
7. Sewall Woods Preserve
8. Thorne Head Preserve
9. Whiskeag Trail
10. Androscoggin River Bicycle Path
11. Androscoggin River Walk
12. Bay Bridge Landing Wetland Park
13. Brunswick Landing Perimeter Trail
14. Brunswick Landing YMCA
15. Brunswick Mall
16. Brunswick Parks & Recreation
17. Chase Reserve
18. Coffin Pond Recreation Area
19. Coffin's Ice Pond
20. Cox Pinnacle
21. Crystal Spring Farm
22. Greater Commons & Town Commons
23. Kate Furbish Preserve
24. Lishness Field
25. Maquoit Bay Conservation Land
26. Mid Coast Center for Community Health & Wellness
27. Neptune Woods
28. People Plus
29. Skolfield Preserve
30. Woodward Point Preserve
31. Higgins Mountain Preserve
32. Morse Pond Preserve
33. Weber Kelly Preserve
34. Cliff Trail
35. Curtis Farm Preserve
36. Devil's Back Trail Area
37. Giant's Stairs Trail and McIntosh Lot Preserve
38. Hackett and Minot Trails
39. Houghton Graves Park
40. Johnson Field Preserve
41. Little Ponds Preserve
42. Long Reach Preserve

43. Mitchell Field
44. Otter Brook Preserve
45. Pott's Point Preserve
46. Skolfield Shores Preserve
47. Widgeon Cove Trail
48. Wilson's Cove Trail
49. Bijhouwer Preserve
50. Bill Jayne Trail at Small Point Preserve
51. Cooley Preserve at Center Pond
52. Denny Reed Trail
53. Gamble Preserve at West Point
54. Greenleaf Preserve
55. Mary's Woods
56. McDonald Marsh Preserve
57. Mica Mine Trail
58. Morse Mountain Trail
59. Noble Hill Preserve
60. Ridgewell Preserve and Town Forest
61. Spirit Pond Preserve and McDonald Sanctuary
62. Sprague Pond Loop Trail
63. Totman Cove Preserve
64. Wilbur Preserve at Cox's Head
65. Bradley Pond Farm
66. Bridge to Bridge Trail/Riverwalk
67. Cathance River Nature Preserve
68. Cathance River Trail at Head of Tide Park
69. Foreside Recreation
70. Highland Green Golf Course
71. Mt. Ararat High School Trails
72. Recreation Fields Trails
73. River Landing Trail
74. Tarbox Preserve
75. Topsham Public Library Eagle Path
76. Topsham Ponds
77. Topsham Trail
78. Topsham Transfer Station
79. Green Point Preserve
80. Bonyun Preserve
81. Carl & Barbara Segerstrom Preserve at Squam Creek
82. Merrymeeting Fields Preserve



# Get Active

Southern Midcoast

## WINTER

### ACTIVITY GUIDE

Get Active Southern Midcoast is your resource for free and low cost activity ideas. Trail and park conditions change quickly – be prepared.

**ADDITIONAL ACTIVITIES, MAPS, AND INFORMATION**  
[www.GetActiveSouthernMidcoast.org](http://www.GetActiveSouthernMidcoast.org)



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

BATH								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Bath Area YMCA	Town		✓(I)					
Bath Golf Course	Private		✓		✓(G)	✓		
Butler Head Preserve	KELT		✓	✓	✓			✓
Goddards Pond	Town						✓	
Lilly Pond Community Forest	KELT	2.5	✓	✓	✓			✓
McMann Athletic Complex	Town		✓		✓	✓		
Sewall Woods Preserve	KELT	1.5	✓	✓	✓			✓
Thorne Head Preserve	KELT	3	✓	✓	✓			✓
Whiskeag Trail	KELT/Bath Trails	5	✓	✓	✓			✓

BRUNSWICK								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Androscoggin River Bicycle Path	Town	2.6	✓(P)	✓				✓
Androscoggin River Walk	Town	1.25	✓(P)					✓
Bay Bridge Landing Wetland Park	Town	0.3	✓	✓				
Brunswick Landing Perimeter Trail	Town/MRRA	5.2	✓(P)					✓
Brunswick Landing YMCA	Town		✓(I)					
Brunswick Mall	Town		✓(P)	✓			✓	
Brunswick Parks & Recreation	Town		✓(I)					
Chase Reserve	BTLT	1	✓	✓	✓			
Coffin Pond Recreation Area	Town			✓		✓	✓	
Coffin's Ice Pond	Town	2	✓					
Cox Pinnacle	Town	1.3	✓	✓	✓			
Crystal Spring Farm	BTLT	5.3	✓	✓	✓(G)	✓	✓	
Greater Commons & Town Commons	Town	5	✓	✓	✓			
Kate Furbish Preserve	Town	2	✓	✓	✓(G)			✓
Lishness Park	Town	0.1					✓	
Maquoit Bay Conservation Land	Town	1	✓		✓			
Mid Coast Center for Community Health & Wellness	MCH		✓(I)					
Neptune Woods	BTLT	4	✓	✓	✓			✓(G)
Skolfield Preserve	BTLT	1	✓		✓			
Woodward Point Preserve	MCHT	2	✓	✓	✓			

GEORGETOWN								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Higgins Mountain Preserve	KELT	1	✓		✓			
Morse Pond Preserve	KELT	4	✓		✓			✓
Weber Kelly Preserve	KELT	2.5	✓	✓	✓			✓

HARPSWELL (continued...)								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Cliff Trail	Town	2.3	✓					
Curtis Farm Preserve	HHLT	1.3	✓	✓	✓			
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 (beach access)	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 (beach access)	HHLT		✓	✓				
Skolfield Shores Preserve	HHLT	1	✓					
Widgeon Cove Trail	HHLT	0.6	✓	✓				
Wilson's Cove Trail	HHLT	0.3	✓	✓				

PHIPPSBURG								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Bijhouwer Preserve	PLT/Private	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	0.8	✓	✓	✓			
Mary's Woods at Cutting Creek	PLT/Private	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	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Bradley Pond Farm	BTLT	2	✓		✓			
Bridge to Bridge Trail/Riverwalk	Town	1.25	✓(P)					✓
Cathance River Nature Preserve	BTLT/CREA/HG	5	✓					
Cathance River Trail at Head of Tide Park	BTLT/Town	1.6	✓	✓				
Foreside Recreation	Town		✓	✓	✓	✓	✓	
Highland Green Golf Course	HG		✓		✓(G)			
Mt. Ararat High School Trails	Town		✓	✓	✓(G)			
Recreation Fields Trails	Town	2	✓	✓				
River Landing Trail	BTLT/Town	0.6	✓					
Tarbox Preserve	BTLT	1	✓	✓	✓(G)			
Topsham Public Library Eagle Path	Town	0.5	✓					
Topsham Ponds	Town							✓
Topsham Trail	Town			✓				✓
Topsham Transfer Station	Town		✓	✓	✓			✓(G)

WEST BATH								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Green Point Preserve	KELT	1	✓	✓	✓			

WESTPORT ISLAND								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Bonyun Preserve	KELT	3	✓		✓			
Carl & Barbara Segerstrom Preserve at Squam Creek	KELT	2	✓	✓	✓			

WOOLWICH								
Trail or Preserve Name	ORG	Length (miles)	Snowshoe/Walking	Dogs	XC Skiing	Sledding	Skating	Biking
Merrymeeting Fields Preserve	KELT	2	✓		✓			✓

Contact our partners for more information, including trail conditions, leash laws and indoor activity opportunities:

- 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](http://www.GetActiveSouthernMidcoast.org)

(P): Plowed Trails (G): Groomed (I): Indoor Walking