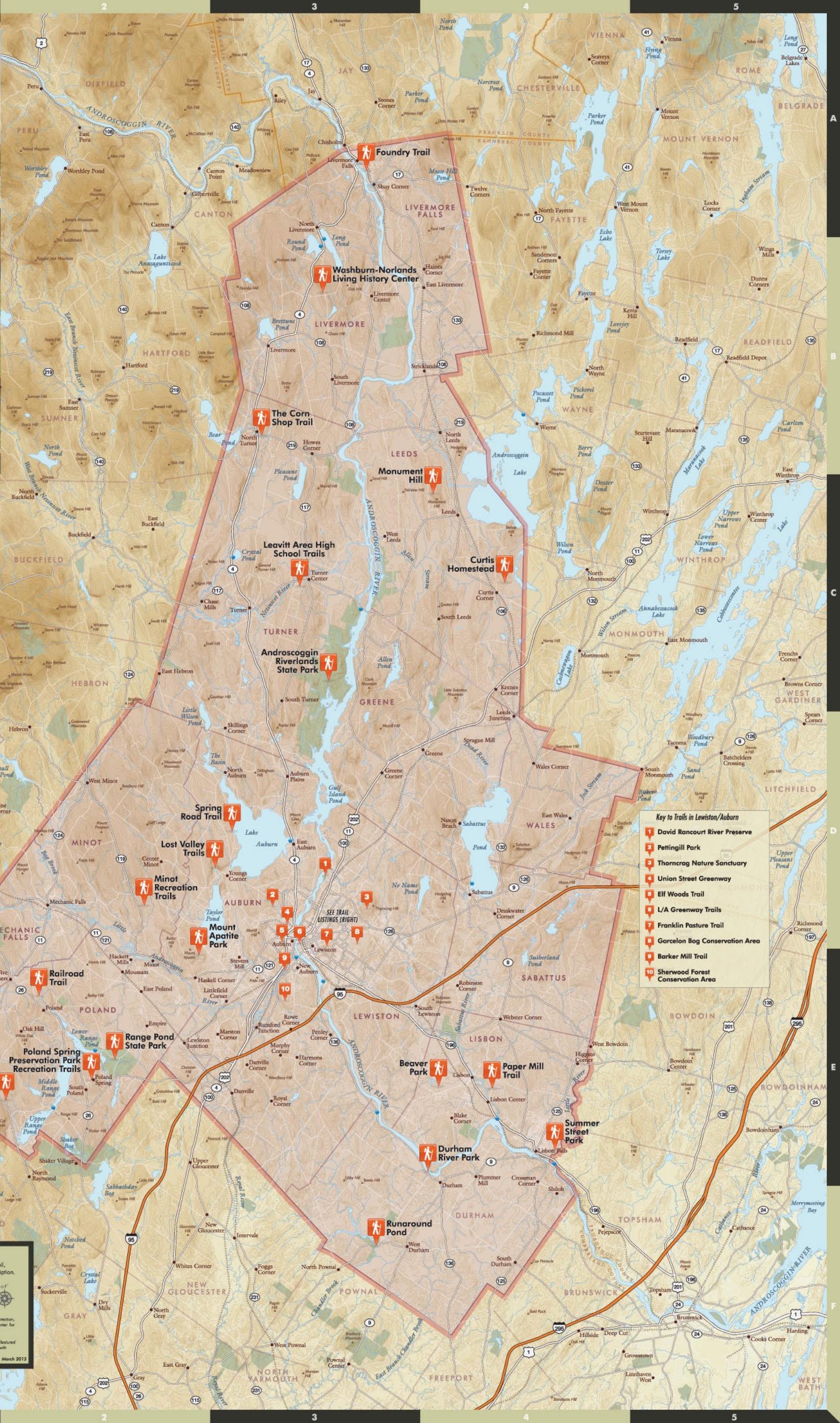
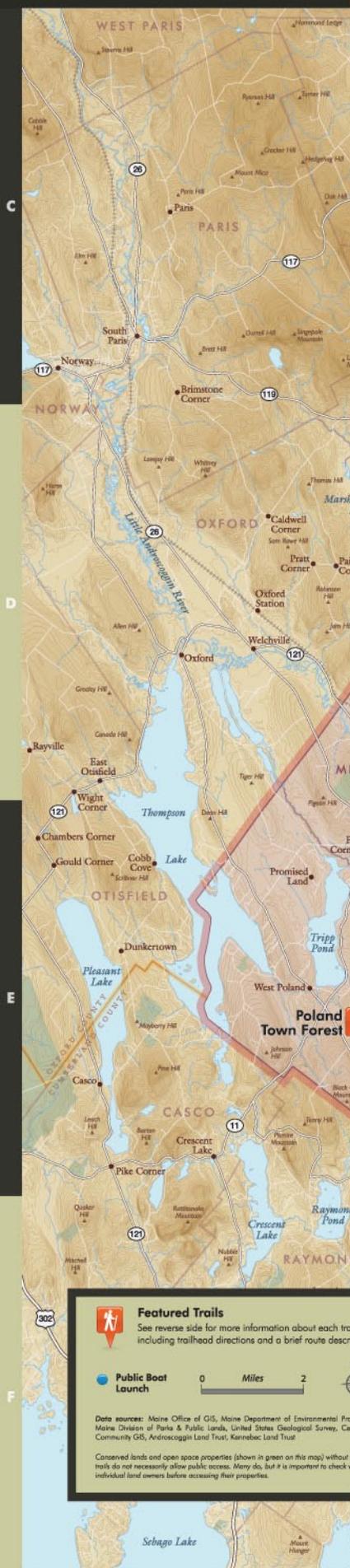


TRAIL MAP AND GUIDE



- Key to Trails in Lewiston/Auburn**
- 1 David Rancourt River Preserve
 - 2 Pettingill Park
 - 3 Thorncrag Nature Sanctuary
 - 4 Union Street Greenway
 - 5 Elf Woods Trail
 - 6 L/A Greenway Trails
 - 7 Franklin Pasture Trail
 - 8 Garcelon Bog Conservation Area
 - 9 Barker Mill Trail
 - 10 Sherwood Forest Conservation Area

Featured Trails
See reverse side for more information about each trail, including trailhead directions and a brief route description.

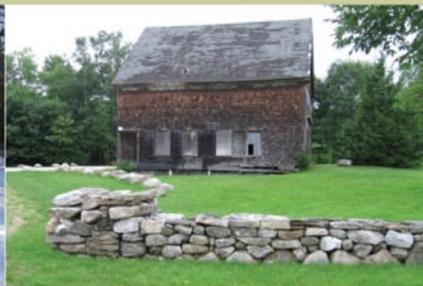
Public Boat Launch

0 1 2 Miles

March 2013

Data sources: Maine Office of GIS, Maine Department of Environmental Protection, Maine Division of Parks & Public Lands, United States Geological Survey, Center for Community GIS, Androscoggin Land Trust, Kennebec Land Trust

Conserved lands and open space properties (shown in green on this map) without featured trails do not necessarily allow public access. Many do, but it is important to check with individual land owners before accessing their properties.



TRAIL MANAGERS & RECREATION DEPARTMENTS

To find out more about the trails that appear in this map and guide or to learn about other outdoor recreational activities in Androscoggin County, contact the following organizations, or visit them online:

Androscoggin Land Trust
86 Main Street, Suite 201 P.O. Box 3145, Auburn, ME 04212
207-782-2302 www.androscogginlandtrust.org

Chisholm Trails
207-782-2302 www.chisholmtrailsmaine.org

City of Auburn Parks & Recreation Department
48 Pettingill Park Road, Auburn, ME 04210
207-784-0191 www.auburnmaine.org

City of Lewiston Parks & Recreation Department
65 Central Avenue, Lewiston, ME 04240
207-782-5951 www.lewistonmaine.gov

Kennebec Land Trust
134 Main Street Suite 2B, Winthrop, ME 04364
207-377-2848 www.klkl.org

L/A Trails
86 Main Street, Suite 201 P.O. Box 3145, Auburn, ME 04212
207-782-2302 www.latrails.org

Lake Auburn Watershed Protection Commission
P.O. Box 414, Auburn, ME 04212
207-784-6469 www.owsd.org

Livermore Falls Parks & Recreation Department
2 Main Street, Livermore Falls, ME 04254
207-897-3321

Lost Valley
200 Lost Valley Road, Auburn, ME 04210
207-784-7561 www.lostvalleyski.com

Maine Division of Parks & Public Lands
22 State House Station, 18 Elkins Lane, Augusta, ME 04333
207-287-3821 www.parksandlands.com

Poland Spring Preservation Society
37 Preservation Way, Poland, ME 04274
207-998-4142 www.polandspringps.org

Sabatius Recreation Club
190 Middle Road, P.O. Box 190, Sabattus, ME 04280
207-374-4570

Stanton Bird Club
P.O. Box 3172, Lewiston, ME 04243
207-524-2060 www.stantonbirdclub.org

Town of Durham
630 Hollowell Road, Durham, ME 04069
207-353-2561 www.durhamme.com

Town of Greene Recreation Department
220 Main Street, Greene, ME 04236
207-946-5146

Town of Leeds
P.O. Box 206 8 Community Drive, Leeds, ME 04263
207-524-5171 www.townofleeds.com

Town of Lisbon Parks Department
300 Lisbon Street, Lisbon, ME 04250
207-353-9075 www.lisbonme.org

Town of Livermore Falls
2 Main Street, Livermore Falls, ME 04254
207-897-3321 www.lfme.org

Town of Minot
329 Woodman Hill Road, Minot, ME 04258
207-345-3305 www.minotme.org

Town of Poland
1232 Maine Street, Poland, ME 04274
207-998-4601 www.polandtownoffice.org

Town of Turner
11 Turner Center Road, Turner, ME 04282
207-225-3414 www.turnermaine.com

Washburn-Norlands Living History Center
290 Norlands Road, Livermore, ME 04253
207-897-4366 www.norlands.org



This map and trail guide provides a wealth of information about opportunities to get outside and discover some of Androscoggin County's many wonderful trails, rivers, lakes, ponds, and open space lands.

This guide was produced by Healthy Androscoggin whose mission is to empower people to live healthy lifestyles and to improve the public health of the communities we serve through ongoing planning, community action, education, and advocacy.



Learn more about Healthy Androscoggin

(207) 795-5990 www.healthyandroscoggin.org



Androscoggin Riverlands State Park Leeds, Turner (C-3)

Difficulty: Easy - Advanced
Length and Type: 23 miles, Network
Pets and Fees: Permitted, Yes
Trail Uses: Hiking, Mountain Biking, Snowshoeing, Cross-country Skiing, ATVing, Snowmobiling, Horseback Riding
Trail Manager: Maine Division of Parks & Public Lands

Trailhead Directions: From ME 117 in Turner Village, follow Center Bridge Road for 2 miles to reach a parking lot and trailhead on the right (just before the Turner boat launch). The southern end of the park can also be accessed (walk-in only) off Conant Road.

Trail Description: This extensive and diverse trail network stretches across 2,345 acres and offers numerous opportunities for recreating along the Androscoggin River. Scenic overlooks, wildlife, historical remains, and diverse trails cater to all users and experience levels.

Barker Mill Trail Auburn (9, E-3)

Difficulty: Easy
Length and Type: 1 mile, Roundtrip or Loop
Pets and Fees: Permitted, No
Trail Uses: Hiking, Cross-country Skiing, Snowshoeing
Trail Manager: L/A Trails

Trailhead Directions: Follow Mill Street from the intersection of ME 136/Main Street in Auburn. Just past Barker Mill Arms is an unmarked driveway, leading to a parking lot for Barker Mill Hydroelectric Dam and the start of the trail.

Trail Description: The Barker Mill Trail, which parallels the Little Androscoggin River and runs between the lower and upper dams, can be followed out and back, or turned into a loop hike by following Mill Street back to the trailhead.

Beaver Park Lisbon (E-4)

Difficulty: Easy - Advanced
Length and Type: 6.5 miles, Network
Pets and Fees: Permitted, Yes
Trail Uses: Hiking, Cross-country Skiing, Snowshoeing
Trail Manager: Town of Lisbon Parks Department

Trailhead Directions: From ME 196, follow Village Street approximately 0.4 miles to Pinewoods Road. Turn onto Pinewoods Road and follow 1.1 miles to Cotton Road (signs for Beaver Park). The entrance to Beaver Park is the first right off Cotton Road.

Trail Description: The park features an extensive network of wooded loop trails that follow abandoned gravel roads as well as a one-mile fitness trail with workout stations. The gravel road around the park property also provides flat, easy walking opportunities.

Curtis Homestead Leeds (C-4)

Difficulty: Easy - Moderate
Length and Type: 2.8 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking, Snowshoeing, Cross-country Skiing
Trail Manager: Kennebec Land Trust

Trailhead Directions: From US 202/ME 100/ME 11 in Monmouth, follow Bog Road west for 1.5 miles to reach a parking area and kiosk on the right. Or from Leeds, follow ME 106 south to reach Bog Road (on the left). The parking area and trailhead are 0.3 miles farther on Bog Road.

Trail Description: The trails at Curtis Homestead traverse formerly cultivated fields, pastures, orchards, wooded pastures, and woodlots. Parts of the Curtis Rock Trail and the entire Woodlot Trail are closed during bird nesting season, April through July.

David Rancourt River Preserve Lewiston (1, D-3)

Difficulty: Moderate
Length and Type: 1 mile, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking, Cross-country Skiing, Snowshoeing
Trail Manager: Androscoggin Land Trust

Trailhead Directions: From Main Street/ME 11/US 202 in Lewiston, follow Northwood Road. In 0.2 miles turn onto Tall Pines Drive and follow for another 0.2 miles to reach the trailhead with kiosk on the right.

Trail Description: The trail is well marked as it enters the woods and quickly emerges onto a sandy beach. At this intersection, the trail follows the shoreline of the Androscoggin River reaching a scenic overlook before looping back through a hardwood forest.

Durham River Park Durham (E-4)

Difficulty: Easy - Moderate
Length and Type: 0.3 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking
Trail Manager: Androscoggin Land Trust

Trailhead Directions: Durham River Park is located off ME 136 (Royalsborough Road), 0.5 miles north from the intersection with ME 9. Look for the entrance on the right. Signs indicate where the trails leave from the parking lot.

Trail Description: The trails at Durham River Park lead down to the south bank of the Androscoggin River and provide hand-carry access for paddlers. Giant silver maples growing in the floodplain provide glimpses of the river as it bends towards Lisbon.

Elf Woods Trail Auburn (5, D-3)

Difficulty: Easy - Moderate
Length and Type: 0.6 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking
Trail Manager: L/A Trails, City of Auburn Parks & Recreation Dept.

Trailhead Directions: The Elf Woods Trail can be accessed from either the intersection of Minot Avenue and Elm Street in Auburn or behind Edward Little School at the end of Auburn Heights or Forest Avenue. Parking is available at the high school when not in session.

Trail Description: This 40-acre wooded area has been transformed into a park by the students of Edward Little High School. Follow the winding paved pathway uphill to explore the scenic overlook and the outdoor amphitheater. Additional improved wooded trails extend your route for a longer experience.

Foundry Trail Livermore Falls (A-3)

Difficulty: Easy
Length and Type: 0.7 miles, One-way
Pets and Fees: Permitted, No
Trail Uses: Walking, Biking
Trail Manager: Town of Livermore Falls

Trailhead Directions: The trailhead can be accessed from the center of downtown Livermore Falls. Parking is available behind the municipal building or along Foundry Road near the tennis courts.

Trail Description: This easy, paved walking and biking trail winds around the Livermore Falls Recreation Area along the Androscoggin River. Paddlers can also access the river at a hand-carry site below the dam.

Franklin Pasture Trail Lewiston (7, D-3)

Difficulty: Easy
Length and Type: 0.9 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Walking, Biking
Trail Manager: L/A Trails, City of Lewiston Parks & Recreation Dept.

Trailhead Directions: Parking for the trail is off Birch Street in Lewiston. Look for a driveway leading to athletic fields at the top of the hill where Birch Street bends. The trail can also be accessed from Bardett Street, at the intersection of Marcotte Avenue and Caron Street, and from Lewiston High School when school is not in session.

Trail Description: This paved trail, close to downtown Lewiston, is great for walking, biking, and jogging. The trail begins in Marcotte Park behind the Coliseum, winds behind the high school, and continues to Longley Elementary School before reaching Bartlett Street.

Garcelon Bog Conservation Area Lewiston (8, D-3)

Difficulty: Easy
Length and Type: 0.4 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking, Snowshoeing
Trail Manager: L/A Trails, City of Lewiston Parks & Recreation Dept.

Trailhead Directions: Boardwalk Trailhead: From Sabattus Street/ME 126 in Lewiston, follow Russell Street east/south (signs also indicate Farwell Street) and turn left to continue on Russell Street. Follow Russell Street to the cul-de-sac at its end, Warren Avenue Trailhead: From Sabattus Street/ME 126 in Lewiston, turn onto Farwell Street and follow for 0.4 miles to reach Warren Avenue. Turn left onto Warren Avenue and follow to the end of the street. This section of trail can also be accessed from Jeanette Avenue.

Trail Description: Two trails provide access to Garcelon Bog: one connects Jeanette and Warren Avenues via a gravel path, the other provides access to the bog via a boardwalk. A unique ecological feature in an urban environment, Garcelon Bog contains a variety of natural habitats that support diverse plant and animal species.

Leavitt Area High School Trails Turner (C-3)

Difficulty: Easy - Moderate
Length and Type: 1.3 miles, Network
Pets and Fees: Not permitted, No
Trail Uses: Running, Walking, Cross-country Skiing
Trail Manager: Leavitt Area High School

Trailhead Directions: From ME 4, follow ME 117 (Turner Center Road) east for 1.9 miles to Lower Street (just after crossing the Nezincot River). Turn right onto Lower Street and then left into the school complex. Access the trails either by the track or by the old tennis courts.

Trail Description: This network of trails winds through the woods behind the school and along the athletic fields. In the winter the trails are groomed for use by the high school cross-country ski team.

L/A Greenway Trails Auburn, Lewiston (6, D-3)

Difficulty: Easy
Length and Type: 1.6 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Walking
Trail Manager: L/A Trails, City of Auburn Parks & Recreation Dept.

Trailhead Directions: The trails making up the L/A Greenway can be accessed from multiple points in downtown L/A, including West Pitch Park via Great Falls Plaza, directly parallel to Miller Street in Auburn, Bonney Park off Maine or Newbury Streets in Auburn, Railroad Park off of Oxford Street in Lewiston, or Gateway Park off of Water Street in Lewiston.

Trail Description: Located in the heart of Lewiston and Auburn, these trails offer unobstructed views of both cities' skylines as they follow the banks of the Androscoggin River.

Lost Valley Trails Auburn (D-3)

Difficulty: Easy - Moderate
Length and Type: 3 miles, Network
Pets and Fees: Not Permitted, Yes
Trail Uses: Cross-country Skiing
Trail Manager: Lost Valley Ski Area

Trailhead Directions: Lost Valley Ski Area is located at 200 Lost Valley Road. The cross-country ski trails start on the right past the silver chair lift. Tickets can be purchased inside the base lodge.

Trail Description: The Lost Valley Ski Area cross-country trails are groomed and accommodate both skate and classic skiing.

Minot Recreation Trails Minot (D-2)

Difficulty: Easy
Length and Type: 1.8 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Walking, Biking, Snowshoeing, Cross-country Skiing, Horseback Riding
Trail Manager: Town of Minot

Trailhead Directions: From ME 11/121 in Minot, turn onto Woodman Hill Road/ME 119. Proceed 1.5 miles and park at the town office (329 Woodman Hill Road) on the right. The trails start behind the office.

Trail Description: The trails are located in a wooded landscape with vernal pools and small streams and lead to open fields that are great for kite flying, playing frisbee, and winter sledding.

Monument Hill Leeds (C-4)

Difficulty: Easy
Length and Type: 1.5 miles, Loop
Pets and Fees: Permitted, No
Trail Uses: Hiking, Snowshoeing
Trail Manager: Town of Leeds

Trailhead Directions: From ME 219, follow North Road for 2.4 miles and look for the trailhead sign and pullout on the left. From US 201, take ME 106 north just over 6 miles to Leeds and turn left onto Church Hill Road. In another mile, turn onto North Road and follow for just under a mile. Look for the trailhead sign and pullout on the right.

Trail Description: This rewarding hike leads to the top of Monument Hill, named for the Civil War monument located near the top, and offers great views of Androscoggin Lake and the surrounding area.

Mount Apatite Park Auburn (D-2)

Difficulty: Easy - Advanced
Length and Type: 7.6 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking, Cross-country Skiing, Mountain Biking, Snowshoeing
Trail Manager: L/A Trails, City of Auburn Parks & Recreation Dept.

Trailhead Directions: From ME 11/121/Minot Avenue in Auburn, turn right onto Hatch Road and follow for 1.5 miles to Small Road. Turn right onto Small Road and follow until reaching the trailhead at the end of the road.

Trail Description: Mount Apatite is an extensive network of forested trails that link abandoned quarries, gleaming slag piles, steep ledges, and giant boulders.

Paper Mill Trail Lisbon (E-4)

Difficulty: Easy
Length and Type: 2.1 miles, One-way
Pets and Fees: Permitted, No
Trail Uses: Walking, Biking, Snowshoeing, Cross-country Skiing
Trail Manager: Town of Lisbon Parks Department

Trailhead Directions: This trail can be accessed at either end or in the middle from the Lisbon Community School. The southern trailhead is located at the intersection of ME 196 and Frost Hill Avenue in Lisbon. The Sabattus River boat launch and parking lot is also located here. The Lisbon Community School is located off Mill Street 0.3 miles from ME 196. The trail passes by the parking area at the end of the access road. From the northern end, there is a small park and parking at St. Ann Street. Follow the sidewalk on Upland Road, which soon becomes the trail.

Trail Description: This paved trail follows what was once Paper Mill Road and provides smooth, easy walking and biking along the Sabattus River. The northern half of the trail passes through gently rolling, open fields.

Pettingill Park Auburn (2, D-3)

Difficulty: Easy - Moderate
Length and Type: 0.6 miles, Loop
Pets and Fees: Permitted, No
Trail Uses: Hiking, Snowshoeing
Trail Manager: L/A Trails

Trailhead Directions: The Pettingill Trail leaves from behind the Hastings Community Center/Ingersoll Ice Arena off Pettingill Park Road in Auburn. Parking is available to the right of the ice arena. The trailhead is located behind on the building on the right side.

Trail Description: The trail offers a wooded loop that can be followed in either direction. Wooden bridges take you through varied forestland with hardwoods, conifers, wetlands, and streams.

Poland Spring Preservation Park Recreation Trails Poland (E-2)

Difficulty: Easy - Advanced
Length and Type: 3.7 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking, Biking, Snowshoeing, Cross-country Skiing
Trail Manager: Poland Spring Preservation Park

Trailhead Directions: This network of trails can be accessed from Poland Spring Inn & Resort/Preservation Park off of ME 26 in Poland. When you reach the resort and park property, follow signs to the top of the hill, and park in the designated area near the All Souls Chapel.

Trail Description: This network of four-season trails wanders over the historic grounds of the Maine State Building and All Souls Chapel while also providing access to the shores of Lower Range Pond.

Poland Town Forest Poland (E-2)

Difficulty: Easy - Moderate
Length and Type: 1.9 miles, Loop
Pets and Fees: Permitted, No
Trail Uses: Hiking, Snowshoeing
Trail Manager: Town of Poland

Trailhead Directions: From downtown Poland (ME 26), head south on White Oak Hill Road for 2.7 miles. Turn left onto ME 11 (Bakerstown Road) for 0.3 miles. Take the first left onto North Raymond Road and drive 1.1 miles until a parking area with kiosk is visible on the left.

Trail Description: The Poland Town Forest, also known as Bragdon Hill Conservation Area, offers a wooded hiking trail that traverses a stream and the slopes of Bragdon Hill.

Railroad Trail Poland (E-2)

Difficulty: Easy
Length and Type: 1.8 miles, Round-trip
Pets and Fees: Permitted, No
Trail Uses: Hiking, Snowshoeing, Mountain Biking
Trail Manager: Town of Poland

Trailhead Directions: From the junction of White Oak Hill Road and ME 26, follow ME 26 north for 0.3 miles until reaching the Poland Community School on the right. Park behind the left side of the school. The entrance to the trail should be visible on the northwest corner of the parking lot.

Trail Description: This wooded trail passes through a mature pine forest with spurs leading to recreational fields and, at the northern end, the Old Maine Central Railroad line.

Range Pond State Park Poland (E-2)

Difficulty: Easy - Moderate
Length and Type: 6.1 miles, Network
Pets and Fees: Permitted, Yes
Trail Uses: Hiking, Cross-country Skiing, Snowshoeing, Mountain Biking
Trail Manager: Maine Division of Parks & Public Lands

Trailhead Directions: Take I-95 to Exit 75 for US 202/ME 4/ME 100. Turn right on Washington Street and take another right onto ME 122/Poland Spring Road. After passing under I-95, turn left to continue on ME 122/Poland Spring Road. In 3 miles, turn right onto Empire Road, which is the second road encountered on the right. Continue just over 0.5 miles to State Park Road and the entrance to the park on the left.

Trail Description: Range Pond State Park offers a wide sandy beach for swimming and picnicking as well as two miles of recreational hiking trails along the southern shore of the pond. Well drained mountain bike trails exist on the east side of Empire Road.

Runaround Pond Durham (F-3)

Difficulty: Moderate
Length and Type: 0.6 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking
Trail Manager: Town of Durham

Trailhead Directions: From ME 231 in New Gloucester, follow Fickett Road for 5 miles through North Pownall (becomes Runaround Pond Road) and look for the entrance to the parking area and boat launch on the left. Coming from ME 9 in Durham, take Runaround Pond Road 1.1 miles and look for the entrance to the parking area and boat launch on the right. The trails leave from a gate across the road from the recreation area.

Trail Description: This small network of trails at the eastern end of Runaround Pond features a unique ravine and old quarry at the pond's outlet.

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Photographs courtesy of: Androscoggin Land Trust, Center for Community GIS, Healthy Androscoggin, Randy Berry

Cartography & Design by:



Sherwood Forest Conservation Area Auburn (10, E-3)

Difficulty: Easy - Moderate
Length and Type: 2.4 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking, Mountain Biking, Snowshoeing
Trail Manager: Androscoggin Land Trust, Sherwood Heights School

Trailhead Directions: These trails are accessed behind Sherwood Heights Elementary School, located at 32 Sherwood Drive in Auburn. Parking is available in front of the school.

Trail Description: This trail network spreads across 28 acres of woods and fields uphill and behind the school, crosses several small streams, and provides access to a small pond.

Spring Road Trail Auburn (D-3)

Difficulty: Easy
Length and Type: 2.5 miles, One-way
Pets and Fees: Permitted, No
Trail Uses: Walking, Biking, Snowshoeing, Cross-country Skiing
Trail Manager: Lake Auburn Watershed Protection Commission

Trailhead Directions: From ME 4, head west on Lake Shore Drive for 2.7 miles. Turn left onto North Auburn Road and in 0.2 miles turn left onto Whitman Spring Road. Parking is available in front of a gate that also marks the beginning of the trail.

Trail Description: This trail follows a discontinued road along the northwestern edge of Lake Auburn. Lake Auburn is the source of drinking water for Lewiston, Auburn, and surrounding communities: all pet and body contact with the water is prohibited and may lead to fines up to \$2,500 per violation. Snowmobiles are permitted on this trail in winter.

Summer Street Park Lisbon (E-4)

Difficulty: Moderate
Length and Type: 1.3 miles, Network
Pets and Fees: Permitted, No
Trail Uses: Hiking, Snowshoeing
Trail Manager: Town of Lisbon Parks Department

Trailhead Directions: Follow ME 196 (Lisbon Street) south 0.5 miles from its intersection with ME 9/125 in Lisbon Falls. Turn left onto Summer Street and follow for 0.2 miles to reach a kiosk on the right side of the road. Park along the edge of the street.

Trail Description: This wooded network has several wide trails that wind from the road down to the flood plans and banks of the Little River.

The Corn Shop Trail Turner (B-3)

Difficulty: Easy
Length and Type: 0.3 miles, Roundtrip
Pets and Fees: Permitted, No
Trail Uses: Walking
Trail Manager: Town of Turner

Trailhead Directions: The trailhead is located on Mill Hill Road on Turner just south of ME 219. A small parking area and trailhead are located on the east side of the road just north of the bridge over Martin Stream.

Trail Description: This wooded path follows the banks of Martin Stream a short distance and passes through towering white pines. The Corn Shop used to be located on the property, and old corn cobs can still be found on the site.

Thorncrag Nature Sanctuary Lewiston (3, D-3)