We recognize that all our trails in the Cobscook region are located on Wabanaki ancestral lands. Over 3,500 Passamaquoddy live in this territory and their historical relationships with the land continue to this day. We hope that you realize the richness of this cultural homeland and respect it while you are here.

#### **Cobscook Bay**

Cobscook Bay is a marine ecosystem rich with life and beauty. Cold, nutrient-laden waters and tides rising and falling an average of 20 feet twice daily combine with a highly-convoluted shoreline to create a thriving environment for an amazing diversity of marine species. The bay is rich with waterborne plankton that support species higher up the marine food chain. At the bottom of the bay are clams, scallops, and lobsters. Birds include a cornucopia of fish-eating species (including a large nesting population of Bald Eagles), resident and migratory waterfowl (including a notable portion of Maine's wintering Black Duck population), incredible numbers of North American shorebirds on their annual migrations, and large numbers of marine mammals such as harbor seals, porpoises and, nearby, many species of whales. Today, as in the past, Cobscook Bay plays a central role in the economies of the nine communities that ring its shores. These communities are working to combine traditional marine harvests, deep-water shipping, modern aquaculture, and nature- and heritage-based tourism to maintain their quality of life and the environment that sustains them.

#### **Bold Coast**

The "Bold Coast" derives its name from a 40-mile stretch of coastline from West Quoddy Head in Lubec to the Town of Cutler. Dramatic cliffs rise as high as 150 feet from the water's edge and feature blow holes, caves and arches at their base. Raised coastal peatlands host a variety of specialized plants including many found in alpine or sub-arctic habitats. In our peatland ecosystems, vegetative growth exceeds decomposition, due to cool, acidic, waterlogged, and oxygen-poor soils. Sphagnum bogs are repositories of the past, providing clues to past vegetative and climatic patterns. Bold Coast trails featured on this map cover miles of shoreline and look out across the Grand Manan Channel to the Bay of Fundy. The deep waters of this bay provide critical feeding and rearing areas for the Minke, as well as the federally endangered Fin, Humpback, and Atlantic

### COBSCOOK TRAILS COALITION

Cobscook Trails Coalition is a consortium of private and public conservation landowners who seek to support and expand opportunities for naturebased recreation and tourism in eastern Washington County.

The Coalition has been working collaboratively for more than two decades. Partners include the following organizations that actively manage trails around Cobscook Bay and along the Bold Coast.

**Maine Coast Heritage Trust** 1 Bowdoin Mill Island, #201 Topsham, ME 04652

#### www.mcht.org **Downeast Coastal Conservancy**

P.O. Box 760 Machias, ME 04654 (207) 255-4500 www.downeastcoastalconservancy.org

**Roosevelt Campobello International Park** P.O. Box 129

Lubec, ME 04652 (506) 752-2922 or (877) 851-6663 www.fdr.net

Maine Department of Inland Fisheries & Wildlife P.O. Box 220

Jonesboro, ME 04648 (207) 255-2080 www.maine.gov/ifw

#### Maine Bureau of Parks & Lands 22 State House Station

Augusta, ME 04333 (207) 287-3821 www.parksandlands.com

**Moosehorn National Wildlife Refuge** 103 Headquarters Road

Baring, ME 04694 (207) 454-7161 www.fws.gov/refuge/moosehorn

The Nature Conservancy 14 Maine Street, #401

Brunswick, ME 04011 www.nature.org

**Cobscook Shores** P.O. Box 249 Lubec, ME 04652 www.cobscookshores.org







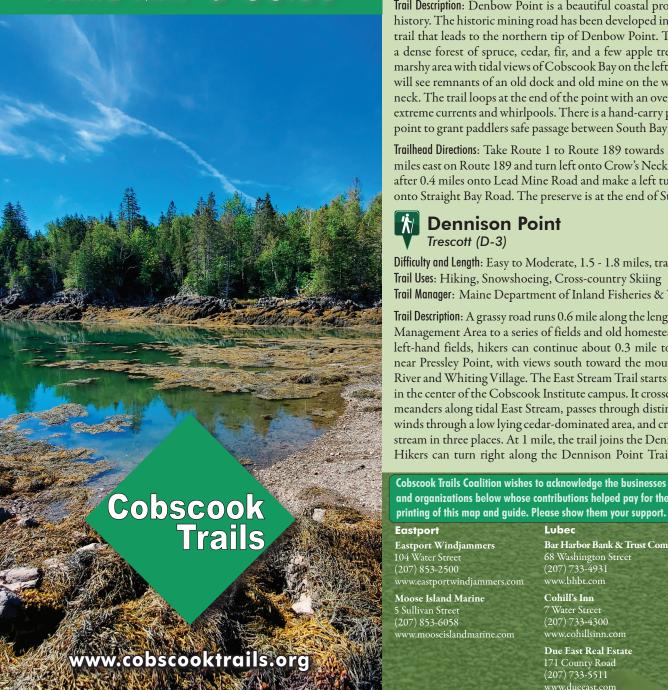




of Parks & Lands, Maine Coast Heritage Trust, Roosevelt Campobello International Park Copyright © 2022 by Cobscook Trails Explore Maine's Cobscook Bay &

**Bold Coast Region** 

TRAIL MAP & GUIDE



# N Bog Brook Cove Preserve-Moose Cove

Difficulty and Length: Easy to Difficult, 3-mile trail network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Birding, Picnicking, ADA Accessible

Trail Manager: Maine Coast Heritage Trust

Trail Description: The 1,775-acre Bog Brook Cove preserve lies at the heart of Maine's Bold Coast with spectacular coastal views. The Moose Cove section includes a 1,100-foot wheelchair-accessible trail and the scenic Ridge and Chimney trails. The preserve road traverses through privatelyowned commercial wild blueberry barrens. Please respect our neighbors.

Trailhead Directions: From East Machias, travel 20 miles east on Route 191. From Route 189 in Lubec, travel 6.7 miles south on Dixie Road (Route 191). From both directions, then turn onto Moose River Road and continue 1 mile to the end of a private gravel road to the parking area.

# ★ Bog Brook Cove Preserve–Norse Pond

Difficulty and Length: Moderate (Difficult trail spur to Bog Brook Cove Beach), 3-mile trail network

Trail Uses: Hiking, Snowshoeing, Birding, Picnicking Trail Manager: Maine Coast Heritage Trust

Trail Description: The 1,775-acre Bog Brook Cove preserve lies at the heart of Maine's Bold Coast. The Norse Pond Trail leads to an 11-acre pond and Bog Brook Cove Beach—the only public access to this beautiful cobble beach. The private owners of Stone Hill, on the inland side of Route 191, invite the public to enjoy the 0.5 mile walk up the wide but steep trail to the view at the top of the hill.

Trailhead Directions: From the junction of Route 1 and Route 191 in East Machias travel 18.5 miles to the Norse Pond Trail parking lot on Route 191. From Route 189 in Lubec, travel 8.2 miles south on Dixie Road (Route 191). The trailhead to Stone Hill is directly across Route 191.

#### Cobscook Bay State Park ▼ Edmunds Twp (C-3)

Difficulty and Length: Easy to Moderate, 0.2 - 1.2 miles, trail network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing (groomed) Trail Manager: Maine Bureau of Parks & Lands

Trail Description: A 1.2-mile Nature Trail, with two scenic overlooks, and the 0.75-mile Shore Trail offer easy to moderate walks for hikers of all ages. Note: trail to overlooks includes a short, steep, rocky section. The 0.2mile Firetower Trail climbs steeply, offering a short but moderate hike, from the park entrance road to Little's Mountain and an old firetower.

Trailhead Directions: Take Route 1 to Edmunds and look for park signs marking the turnoff onto South Edmunds Road. The main park entrance is on the right 0.5 miles from the turnoff. There is a day- use fee to use the park.

#### **\*\* Commissary Point** Trescott (D-3)

Difficulty and Length: Easy to Moderate, 1.5 - 1.8 miles, trail network

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing Trail Manager: Maine Department of Inland Fisheries & Wildlife

Trail Description: Rocky Point Trail is a blazed trail beginning at a trail sign at the parking area. It passes through coniferous forest and then along the edge of Rocky Point peninsula, with intermittent views of Whiting Bay, a salt marsh, and the mouth of the Orange River (to the southwest). Follow grassy roads beyond the gate, which lead to Commissary, Wilbur, and Leighton Points. These headlands feature old homestead sites with fields and woodlands bordering coastal wetlands.

Trailhead Directions: Take Route 1 to Route 189. Go 1.7 miles east on Route 189. At the sign for the Cobscook Community Learning Center, turn left onto Commissary Point Road (gravel). Travel 0.4 miles and pass in front of a cape-style house on the right and an additional 0.1 mile to a gate with a small parking area on the left.

#### Cutler Coast Public Lands Cutler (F-3)

Difficulty and Length: Difficult, 3 - 9.6 miles, trail network Trail Uses: Hiking, Backpacking, Wildlife Watching, ATVing

Trail Manager: Maine Bureau of Parks & Lands

Trail Description: The Coastal Trail to Ocean—2.8-mile round trip—is the easiest trail segment. It runs through a cedar swamp, a maritime spruce/ fir forest, and offers a promontory overlooking the ocean. The Black Point Brook Loop—5.5-mile round trip—combines wooded and rocky, cliff-side segments while leading to a small cobble beach at Black Point Cove (accessible via a log ladder). The return route, via the Inland Trail, is somewhat rocky but runs over fairly gentle terrain and through an Acadian forest. The Fairy Head Loop—9.2-mile round trip—provides 3.8 miles of trail skirting the shore. At Fairy Head, the trail turns inland through open meadows and forest, passing by a freshwater grass marsh and a large beaver pond. Three first-come, first-serve primitive campsites are available at Fairy Head. ATV use is permitted on designated shareduse roads and trails on the north side of Route 191 only.

Trailhead Directions: From the North, take Route 189 in Whiting 5.8 miles to Dixie Road (Route 191. Turn right and travel 10 miles to the parking area and trailhead on the left (marked by a blue/white sign). From the South, turn right onto Route 191 at the intersection of Route 1 and Route 191 in East Machias. Travel 16.9 miles to the parking area/

#### Denbow Point Lubec (C-4)

Difficulty and Length: Easy, 1.1 miles roundtrip

Trail Uses: Hiking, Snowshoeing, Wildlife Watching, Kayak Portage Trail Manager: Downeast Coastal Conservancy (preserve owner), Cobscook Shores (trail manager)

Trail Description: Denbow Point is a beautiful coastal property with a rich history. The historic mining road has been developed into a scenic hiking trail that leads to the northern tip of Denbow Point. The path traverses a dense forest of spruce, cedar, fir, and a few apple trees then crosses a marshy area with tidal views of Cobscook Bay on the left and right. Hikers will see remnants of an old dock and old mine on the western side of the neck. The trail loops at the end of the point with an overlook viewing the extreme currents and whirlpools. There is a hand-carry portage across the

Trailhead Directions: Take Route 1 to Route 189 towards Lubec. Travel 5.6 miles east on Route 189 and turn left onto Crow's Neck Road. Turn right after 0.4 miles onto Lead Mine Road and make a left turn after 0.2 miles onto Straight Bay Road. The preserve is at the end of Straight Bay Road.

### M Dennison Point

Difficulty and Length: Easy to Moderate, 1.5 - 1.8 miles, trail network

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing

Trail Description: A grassy road runs 0.6 mile along the length of the Wildlife Management Area to a series of fields and old homestead. Staying to the left-hand fields, hikers can continue about 0.3 mile to reach the shore near Pressley Point, with views south toward the mouth of the Orange River and Whiting Village. The East Stream Trail starts beyond the pond in the center of the Cobscook Institute campus. It crosses rocky outcrops, meanders along tidal East Stream, passes through distinctive tree stands, winds through a low lying cedar-dominated area, and crosses a freshwater stream in three places. At 1 mile, the trail joins the Dennison Point Trail.

mile to reach Commissary Point Road and loop back to the Cobscook Institute, or turn left to explore Dennison Point.

Trailhead Directions: Take Route 1 to Route 189. Go 1.7 miles east on Route 189. At the sign for the Cobscook Institute, turn left onto Commissary Point Road (gravel). Go 500 feet and on the left park at the Institute to access the East Stream Trail, or 0.3 mile to park at the junction of the Dennison Point management road.

# Devil's Head Conservation Area

Difficulty and Length: Easy to Moderate, 2+ mile network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Mountain Biking Trail Manager: Friends of Devil's Head, City of Calais

Trail Description: The dirt access road is traversable by vehicles and offers a woodland walking experience. The 1.3-mile main trail consists of a hike to the top of the 340' tall granite head overlooking the St. Croix River or you can opt for an easier walk parallel to the river.

Trailhead Directions: Travel south on Route 1 from Calais for 6 miles and turn left at the Devil's Head sign, or travel north from Eastport for 22 miles on Route 1 and turn right at the sign.

#### N Down East Sunrise Trail Perry, Pembroke, Dennysville, Edmunds, Marion (A-2)

Difficulty and Length: Easy by foot / moderate by bicycle, 87 miles one way Trail Uses: ATVing, Mountain Biking, Snowmobiling, Cross-country Skiing, Horseback Riding, Walking. Pet friendly.

Trail Manager: Maine Bureau of Parks & Lands, Maine Department of Trail Description: The Down East Sunrise Trail is 87 miles of relatively flat

rail-to-trail corridor shared by motorized and non-motorized users. This wide, gravel trail runs through the Downeast coastal region from Ellsworth to Perry and connects numerous scenic conservation areas. Varied trail surface conditions require bicyclists to use mountain or fat bikes. The trail is part of the East Coast Greenway bicycling route from Key West to Calais. More info: www. SunriseTrail.org

Trailhead Directions: In the Cobscook Bay region, the trail can be accessed from four locations in Dennysville (Marion Road, Route 86) and Pembroke (Smith Ridge Road, Ayers Junction Road).

#### **Hamilton Cove** Lubec (D-5)

Difficulty and Length: Easy to Moderate, 3.5-mile trail network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Picnicking, Birding Trail Manager: Maine Coast Heritage Trust

Trail Description: This 1225-acre preserve boasts a 1.5 mile shoreline with an observation platform at Lawrence Head and two benches with a view towards Quoddy Head. The preserve also includes the Benny's Mountain Trail, which leads past old growth trees to a small summit with expansive views of the area. The preserve's many habitat types support diverse plants and wildlife. The preserve is open dawn to dusk and is suitable for

Trailhead Directions: From Route 189 in Lubec, take the South Lubec Road towards Quoddy Head State Park. In 2.7 miles turn right onto Boot Cove Road and continue 2.4 miles to the parking area on the left.

#### Hersey Point Preserve Pembroke (B-3)

Difficulty and Length: Easy, 0.8-mile loop Trail Uses: Hiking, Wildlife Watching Trail Manager: The Nature Conservancy

Description: The trail offers a short hike through mixed woods communities to a quiet sheltered cove and gravel beach. Hersey Point provides critical nesting and roosting sites for bald eagles. Because foot traffic near bald eagle nests can lead to nest abandonment, visitors are asked to stay on the path and avoid the property's interior.

Trailhead Directions: The trail begins at a sharp corner in the Hersey Road. There is no parking lot, though limited room exists to park on the shoulder of the road. The path follows a mown right-of-way across private property (please stay on the trail) and continues over rough and sometimes wet ground to emerge at the northwest corner of Sheep's Cove. There is a small blazed loop around a portion of the point looking into Hersey Cove. Pets are not allowed at Hersey Point Preserve.

#### M Horan Head Lubec (C-4)

Difficulty and Length: Easy to Moderate, 3.2-mile trail network Trail Uses: Hiking, Snowshoeing

Trail Manager: Maine Department of Inland Fisheries & Wildlife

Trail Description: The trailhead begins the gate at the parking area and continues through fields leading to the woods. There is a primary trail that leads to a rocky ledge on South Bay (2.5 miles round trip) and several secondary trails that when combined encompass a 6-mile hike with a variety of views and ways to experience some of the inner coves of Cobscook Bay. Trails receive sporadic maintenance and directional signs may be sparse, so visitors may have to make their own way. Some trail sections may be closed for wildlife management purposes.

Trailhead Directions: Route 1 to Route 189 towards Lubec. Travel 5.6 miles east on Route 189 and turn left onto Crow's Neck Road. Turn right after 0.4 miles onto Lead Mine Road and make a quick left turn after 0.2 miles onto Straight Bay Road. The Unit is 3.2 miles up Straight Bay Road on the right side. A short gravel road leads to the parking area. Please don't block the gate.

## Klondike Mountain

Difficulty and Length: Easy to Moderate, 0.6-mile trail network

Trail Uses: Hiking, Snowshoeing Trail Manager: Downeast Coastal Conservancy

Trail Description: Klondike Mountain features a beautiful summit on the coast of Lubec. The trail cuts through an old cattle pasture with apple trees. There are two trails that begin about 0.25 miles from the parking area. The Klondike Mountain trail leads to two summits overlooking South Bay, Cobscook Bay, Lubec, Eastport, and Campobello Island The Fowler's Mill Pond Trail follows the shoreline leading to a scenic

Trailhead Directions: Trailhead and parking area are located 1 mile north of Route 189 on the North Lubec Road. Look for the Klondike Mountain

#### Moosehorn National Wildlife Refuge-Baring Division

Baring, Calais, Charlotte, Meddybemps, (A-1, Inset) Difficulty and Length: Easy to Moderate, 61-mile trail network (49 miles

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Mountain Biking Trail Manager: Moosehorn N.W.R., U.S. Fish & Wildlife Service

Trail Description: Three trails that begin near the Refuge Headquarters (Charlotte, Woodcock, and Greg's Pond) have interpretive panels describing priority species, habitats, and refuge management activities. A brochure describing stops along the 1.8-mile Raven Trail is available from the Refuge Office. The refuge's 49-mile interior road network may be accessed from 7 locations along the Charlotte Road and most have parking areas at the gates. The four Wilderness Trails (Conic Road Trail, Conic Lake Trail, Hanson Road Trail, and Bearce Road Trail) may be accessed from Route 191; park on the road shoulder. There is a short access road to the shore of Bearce Lake where visitors may launch canoes or kayaks. No mechanized vehicles or equipment (including bicycles and electric trolling motors) are permitted in the designated Wilderness Area. The Wilderness Trails visit a varied landscape consisting of large white pines, spruce and fir stands, an exemplary red and white pine forest community, ledge outcrops, streams, bogs, and beaver flowages.

Trailhead Directions: From Route 1 in Calais take the Charlotte Road for 2.5 miles; take a right onto Headquarters Road and follow the signs to the Refuge Office and trailheads. There are seven locations along the Charlotte Road to access interior gated gravel roads that are open to pedestrian traffic. The four Wilderness Trails may be accessed from

### Moosehorn National Wildlife Refuge–Edmunds Division Edmunds, Pembroke (C-3)

Difficulty and Length: Easy, 3.5 miles point-to-point; 0.25-mile wheelchairaccessible trail; 4.7 miles gravel service roads allowing mountain biking Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Mountain

Biking, ADA Accessible Trail Manager: Moosehorn N.W.R., U.S. Fish & Wildlife Service

Trail Description: The 3.5-mile Wilderness Trail begins at the Wilderness Area at the end of the gravel roads. The 0.9-mile North Trail and the 2-mile South Trail are connected by the Camp Two Trail which is 0.6 miles long. To complete the loop hikers follow the Crane Mill and North Trail gravel service roads back to their starting point. No mechanized vehicles (including bicycles) or equipment are permitted in the designated Wilderness Area. The Wilderness Trail runs through a varied landscape consisting of burned over areas that are re-generating, spruce and fir stands, an exemplary northern hardwood-spruce-fir forest, ledge outcrops, streams, bogs, and beaver flowages.

Trailhead Directions: The Edmunds Division roads and trails are west of Route 1 near Cobscook Bay State Park. Summer parking is located at the western ends of gravel North and South Trail service roads that are connected by the Crane Mill Road. These roads form a 4.7-mile one-way loop that starts at the South Trail service road entrance. This loop is open to vehicle traffic from late May through November. In winter the service roads are closed to vehicles, but there are small pullouts and trailheads on the western side of Route 1.

#### Morong Cove Lubec (C-4)

Difficulty and Length: Easy to Moderate, 3.3-mile trail network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing Trail Manager: Maine Department of Inland Fisheries & Wildlife

**Irail Description**: The trail begins past the gate at the end of the gravel road The first mile of hiking is on a grassy road that winds through a network of old fields. At the last field, the path transitions to a 2.25-mile forested hiking trail which loops around and returns to the grassy road roughly 0.25 miles from the trailhead. Alternatively, a shorter loop leaves the grassy road about 0.5 miles from the trailhead.

Trailhead Directions: Route 1 to Whiting and turn onto Route 189 towards Lubec. At 5.6 miles, turn left onto Crows Neck Road. Drive 1.8 miles and turn right onto Thompson Road. The parking area and trailhead are 0.6 miles ahead, at the end of the gravel road.

# Mowry Beach Lubec (C-5)

Difficulty and Length: Easy, 0.4 miles point-to-point Trail Uses: Hiking, Birding, ADA Accessible boardwalk

Trail Manager: Downeast Coastal Conservancy Trail Description: Short gravel path leads to a 1,700-foot boardwalk. The gravel trail and boardwalk are smooth and level and are accessible for wheelchairs. Walkers can access the beach near the Pleasant Street parking area. Please stay off the dunes, dune vegetation is fragile and cannot withstand trampling.

Trailhead Directions: Trailhead and parking is located at the south end of Pleasant Street in Lubec. Trail can also be accessed from South Street, park in the southern corner of the Lubec Consolidated School parking lot, near the Mowry Beach sign.

### Old Farm Point Shorefront Park & Cobscook Shores Welcome Center

Difficulty and Length: Easy, 0.7-mile loop Trail Uses: Walking, Hiking, Mountain Biking, Picnicking Trail Manager: Cobscook Shores Park System

Trail Description: The Old Farm Point trail, a mowed trail with gentle grades, leads to Old Farm Point (0.3 mi) and scenic views of Lubec and Johnson Bay. The trail provides access to the Cobscook Shores Welcome Pavilion, which contains maps and descriptions of the Cobscook Shores Park System. The Park System includes parklands on the southern and western shores of Cobscook Bay, with a combined fourteen miles of waterfront free of roads and automobiles. The Hay Field Trail, also mowed with gentle grades, follows the edge of the hay field to return to the parking lot (0.4 mi). A water bottle filling station and restroom are located near the trailhead parking lot.

Trailhead Directions: The parking area is located one quarter-mile north of Route 189 on North Lubec Road.

## Orange River Conservation Area and Estey Mountain Trail Whiting (D-2)

Difficulty and Length: Easy, 2.5-miles point-to-point Trail Uses: Paddling, Hiking, Wildlife Watching, Fishing Trail Manager: Downeast Coastal Conservancy

Trail Description: The Orange River Conservation Area provides two access sites to the waters of Orange River and the Orange River Water Trail (see description of the Orange River Water Trail for details). Within the Orange River Conservation Area, hikers can access the Estey Mountain Trail, paddle to Little Lake for a picnic, or continue along to the rest of the Orange River Water Trail. The Estey Mountain Trail, which is water access only, provides a relatively easy 1-mile hike with a short steep pitch at the end, rewarded by breathtaking views of the Orange River Watershed in the town of Whiting. The Orange River Wildlife Management Area is a flowage managed by the Maine Inland Fisheries and Wildlife and benefits waterfowl, wading birds, and other wetland species. Please note that the flowage is dammed, and boaters should always exercise caution and stay clear of man-made impoundments on waterways.

Trailhead Directions: For Orange River Landing from Route 1 in Whiting (0.8 miles south of the Route 189 turn-off) turn onto Playhouse Lane. Go 0.1 mile and turn right onto Landing Road (which becomes gravel) Follow Landing Road to the end where there is a small parking area. Reynolds Marsh Overlook is located on Route 1, 3 miles south of the Route 189 turn-off.

# 🦒 Orange River Water Trail

Difficulty and Length: Easy, 8 miles from Playhouse Lane to Deep Cove Trail Uses: Paddling, Hiking, Wildlife Watching, Fishing, Hunting,

Trail Manager: Collaboration between Maine Coast Heritage Trust (MCHT), Downeast Coastal Conservancy (DCC), Cobscook Shores, and Maine Dept. of Inland Fisheries and Wildlife (MDIFW). Trail Description: The Orange River Water Trail is a tranquil paddle through

the Orange River Watershed. With several access locations, multiple trailheads for hiking options, and campsites along the way, paddlers Points East Real Estate Perry

The Nature Cons Brunswick, Maine (207) 729-5181

Eastport (C-5)

Butler Conservation Fund

trip) provide fantastic views of Cobscook Bay and of the park's pocket beaches and protected coves. If you enjoy challenging terrain with additional overlooks, continue on the Ship Point Trail (an additional half-mile loop) and return to the parking lot via the Schooner Trail for a total of roughly 2 miles. Trails near the parking area provide some access for wheelchairs but the entire trail network is not accessible.

Overlooks on the Shackford Head and Overlook Trails (1.2-mile round

Trailhead Directions: From North or South take Route 1 to Route 190 in Perry. Travel 7 miles toward the city of Eastport. At the Dollar Store, take a hard right onto Deep Cove Road, and travel 0.8 miles to the entrance of Shackford Head State Park, which is on the left, opposite the boat yard. The main trailhead is just off the circular gravel drive to the left of the large brown sign beyond the interpretive panels. There is a day-use fee to use the park.

## **⅓** Sipp Bay Preserve

Difficulty and Length: Easy, 1.5-mile trail network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Birding,

Trail Manager: Maine Coast Heritage Trust

can choose any level of adventure from a short paddle, day paddle and

hike, or multi-day paddle. The Water Trail meanders through prime

waterfowl habitat in the Orange River Wildlife Management Area

which is managed by MDIFW, alongside areas of conserved lands -

offering hiking and picnic options - protected by DCC, MCHT, and

Cobscook Shores, and through two lakes in the watershed: Orange Lake

and Rocky Lake. A short portage between Rocky Lake and Orange Lake

and multiple campsites managed by MCHT allow paddlers to explore

all the way to the upper reaches of Rocky Lake near the headwaters of the

Orange River Watershed. Trailhead locations include Estey Mountain

(DCC), North Loop Trail & Orange Lake Trail (MCHT), Little Lake

picnic area (DCC), Reynolds Brook (Cobscook Shores, open July -

October). Overnight parking is available at DCC's Reynolds Marsh

and Rocky Lake Preserve descriptions for trailhead and campsite details.

Trail Description: The north side, Cove Trail, features a self-guided botanical

walking tour and provides access to a small beach that can be hiked at most

tidal levels on Cobscook Bay. The south side trail network offers a loop

trail and a short spur trail that takes hikers to a small beach on South Bay.

Trailhead Directions: Trailhead parking area is located 5 miles north of

Difficulty and Length: Easy to Moderate, 0.4 - 4 miles, trail network

Trail Uses: Hiking, Snowshoeing, Wildlife Watching, Picnicking

Trail Description: Hikers may choose from five trails that wind through

forest and wetlands and offer expansive coastal views: Inland Trail (0.75

miles, easy), Bog Trail (0.2 miles, easy), Thompson Trail (1.1 miles, easy)

Coastal Trail (1.3 miles, moderate), and Coast Guard Trail (0.9 miles

easy-moderate). For shore access, use the stairway near the picnic area.

Trails near the parking area provide some access for wheelchairs but the

Trailhead Directions: From intersection of Route 1 and Route 189 in

Whiting, follow Route 189 for 8.5 miles to South Lubec Road. Turn

right and continue for 2 miles to a fork. Bear left and continue 2 miles to

the park entrance. There are two trailheads. The first, on the left as soon

as you enter the park, provides access to the Coast Guard Trail. To reach

the second trailhead bear right after entering the park and follow a short

dirt road to a parking area with picnic tables, grills and outhouses. There

Trail Description: The trail starts from the eastern parking lot and continues

along the wooded shore. Spur trails lead to rocky viewing points with

vistas of the unique tidal patterns between the mainland and Falls Island

Caution: the currents at Reversing Falls change quickly. It is unsafe

to wade or swim at any time. Boating should be done only with an

Trailhead Directions: Take Route 1 to Pembroke. Turn east onto the extension

of Route 214. Turn right at the stop sign, then take an immediate left

up a small hill onto the Leighton Point Road. Continue 3.3 miles, then

turn right onto Clarkside Road and continue for 1.2 miles. At the end of

Clarkside Road, turn left onto a dirt road and continue for 1.5 miles to

Trail Description: Nearly 2400 acres in size, this preserve consists mostly

of wildlands. Gravel roads harken to the logging days of this property

There are 2 hiking trails: one at Orange Lake and one at Rocky Lake's

Deep Cove at the north end of the preserve. The 1.5-mile round trip

Orange Lake Trail includes mixed woods, a bald summit overlooking

the lake and a walk along the lakeshore. The Deep Cove Point 1.25-mile

trail crosses through a variety of habitats and several bridges, mostly

along the lakeshore of Rocky Lake. The return loop is along a gravel

road. This preserve is part of the Orange River Water Trail. Amenities:

2 water-access only campsites, a hand-carry boat launch at Deep Cove,

the small rental Barker Cabin, and a picnic table at Deep Cove Point.

Trailhead Directions: From Route 1, turn onto the Dodge Road between

East Machias and Whiting, drive 0.6 miles and turn left onto Camp 7

Road. The first of two parking areas is located on the left in 0.8 miles

and is the trailhead for Orange Lake hiking trails. Continue 1 mile and

bear right towards Deep Cove. Continue north along the main road for

almost 2 more miles. Follow the road where it turns sharply left. Proceed

Water Access: From Route 1, turn onto Halls Mills Road and follow it

1.5 miles. On the left is the Maine Department of Inland Fisheries and

Wildlife's Rocky Lake public access boat launch site and parking lot for

paddlers and small motor-boats. There is a hand-carry launch at Deep

Cove Point. The preserve's 3 campsites are free with a 2-night maximum

Roosevelt Campobello International Park

Trail Manager: Roosevelt Campobello International Park Commission

Trail Description: This international park commemorates President

Franklin Roosevelt and the close relationship between the United States

and Canada. The park includes an interpretive center, the FDR Summer

Home, and a 2,800-acre Natural Area. Friar's Head and Eagle Hill

Bog are separate trails. Fox Farm and Liberty Point trails provide loop

experiences when combined with short sections of Park road. Shoreline

trails weave between forest and shore and past secluded coves, cobble

and sand beaches, headlands, and spectacular ocean views. Interior

trails wind through mixed woods, fields, sphagnum bog, and hardwood

forest. Scenic observation decks and panoramic views at Friar's Head,

Trailhead Directions: Take Route 1 to Whiting, ME and then Route 189

to Lubec. Cross the international bridge to Campobello Island, Canada

(bring passport). Clear Canada Border Services and continue 1.5 miles

north on Highway 774 to the Park entrance. Stop at the Park Visitor

Trail Description: Hike to the 173-foot rocky headland for stunning views

of Campobello Island, Grand Manan Island, and the town of Lubec

Center (on left) for a trail guide and an introduction to the Park.

Shackford Head State Park

Trail Uses: Hiking, Wildlife Watching, Snowshoeing

Trail Manager: Maine Bureau of Parks & Lands

Difficulty and Length: Easy to Difficult, 3.4-mile trail network

and require reservations at: mcht.org/visit-a-preserve/campsites

Difficulty and Length: Easy to Moderate, 8.3-mile trail network

Trail Uses: Hiking, Birding, Wildlife Watching, Bicycling

Eagle Hill, Lower Duck Pond, and Liberty Point.

Campobello Island (C-5)

to a parking area, hand-carry boat launch, picnic area, and trailhead.

Difficulty and Length: Easy to Moderate, 1.3-mile trail network

Trail Uses: Hiking, Mountain Biking, Snowshoeing, Paddling,

Pike Lands
Lubec (C-4)

Trail Uses: Hiking, Snowshoeing

Route 189 on the North Lubec Road.

Lubec (D-5)

N Quoddy Head State Park

Trail Manager: Maine Bureau of Parks & Lands

entire trail network is not accessible

is a day-use fee to use the park.

Pembroke (C-3)

experienced local guide.

the parking area.

Whiting (D-2)

Swimming, Camping, Hunting

Reversing Falls

Difficulty and Length: Easy, 1.1 miles round-trip

Trail Uses: Hiking, Snowshoeing, Picnicking

Trail Manager: Downeast Coastal Conservancy

Rocky Lake Preserve

Trail Manager: Maine Coast Heritage Trust

Difficulty and Length: Easy, 1.2-mile network

Trail Manager: Downeast Coastal Conservancy

Trail Description: The Sipp Bay Preserve encompasses 92 acres with open fields and woods and a trail system that offers a beautiful shoreline walk. From the kiosk, walk west down the gravel road to the inner bay shoreline trail. Or, continue along the access road south to the open field and gravel beaches for a spectacular shoreline walk along the tip of the peninsula. Watch for nesting eagles, tidal wading birds, and waterfowl.

Overlook. See Estey Mountain and Orange River Conservation Area Trailhead Directions: Access to the preserve is from Route 1 via Burby Road in Perry. Travel 0.6 miles to a kiosk and parking area. From the west, follow Route 1 north from the intersection of Route 1 and Route 214 for 3.8 miles and turn right on Burby Road. From the east and the intersection of Route 1 and Route 190, follow Route 1 south for 2.8 miles and turn left on Burby Road.

#### Treat Island Trail Eastport (C-5)

Difficulty and Length: Easy to Moderate, 1.5-mile trail network

Trail Uses: Hiking, Birding, Picnicking Trail Manager: Maine Coast Heritage Trust

Trail Description: A loop trail leads through spruce woods to an historic gravesite, past international boundary markers and an 1863 battery. A cross-island trail that goes through the woods to the north end of the island can be accessed halfway down the hill from the boundary marker.

Trailhead Directions: Treat Island is only accessible by private boat. Public launch sites are available in Eastport, Lubec, and Pembroke. There are good landing beaches on the southern portion of the island. From either landing beach, follow the mown path to the central kiosk. Be aware of extreme tides and strong tidal currents, as well as quickly changing weather when boating in Passamaquoddy or Cobscook Bay.

### TRAIL STEWARDSHIP

Help us care for the resources that make this area special. Tread lightly and Leave No Trace by remembering to: Stay on the trail

• Limit foot traffic to established trails, rock ledges and boardwalks in order to minimize disturbance to the oftenfragile soils, shores and slopes upon which native plants and

wildlife depend.

Do not disturb wildlife or plants • Local wildlife and plants have been here for thousands of years; it is their home and our visiting place.

• Keep clear of nesting birds. If you see a nest, you are too close! • Do not approach wildlife, especially young that you think might be abandoned. Young animals have usually been left temporarily by a parent that will return shortly. Your interference may lead to abandonment. This is particularly, but

not exclusively, true for nesting birds, seals, and eagles. • Please do not pick flowers or other vegetation. Some plants along these trails are rare or threatened.

• Do not feed wildlife. Animals have a healthy, natural diet

and will be at risk if they come to expect human handouts. Carry out all trash

• Carry out ALL waste -- including food, human and pet waste. This protects the land, wildlife, and other hikers. • Most of the sites on this map do not have trash cans and

depend on your help. Observe rules about fires, camping, hunting and fishing • Campfires are only permitted at Cobscook Bay State Park

and Rocky Lake Preserve. • Camping is allowed at: Cobscook Bay State Park, the Cutler Coast Unit, and Rocky Lake Preserve.

• Hunting is permitted at many sites listed in this guide. Consult the site owners regarding specific hunting rules. Keep motorized vehicles on approved roads and trails

• All terrain vehicles (ATVs) are permitted at two locations on this map: the inland portion the Cutler Coast Unit (north

of Route 191) and on the Down East Sunrise Trail. • Road vehicles (cars, trucks, jeeps) are generally permitted only on the designated roads to and within these sites.

winter season. Contact the owners for details. ADDITIONAL TRAIL RESOURCES Maine Trail Finder: www.mainetrailfinder.com

**Bold Coast Scenic Bikeway:** www.bikeboldcoast.com

• Snowmobiles are permitted on trails at selected sites in the



# BE TRAIL WISE

CAUTION! TAKE CARE!

Please always show good judgment while out on trails. Some concerns particular to this region are: Poor cell phone reception. Cell service is spotty and unreliable

Large tidal ranges. Extreme tides (20 feet) and strong currents can quickly cover beach areas and limit access across sand bars. Cold water. Ocean temperatures can induce hypothermia

Steep cliffs. Many trails run along steep cliffs that fall away to

Uneven and slippery surfaces. Past glacial activity and shallow

soils mean many trails have exposed roots and rocks. Wooden bog bridging and rocks may be slippery when wet. Rapid changes in weather. This region is known for foggy conditions that result from cold ocean waters nearby.

Ticks. Disease-bearing ticks are present in the area. Check

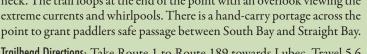
Hunting and other shared trail uses. Hunting and trapping are allowed on most of these conserved lands. Hikers should wear blaze orange, particularly during November. One region, two countries. Trails featured on this map are

located in the U.S. and Canada. A passport is required to cross the border between New Brunswick and Maine. One region, two time zones. Campobello Island and

neighboring parts of Canada are in the Atlantic Time Zone, which is one hour later than Eastern Time. Electronic devices may read Atlantic time even when the user is standing in Maine.



www.cobscooktrails.org



Trescott (D-3)

Trail Manager: Maine Department of Inland Fisheries & Wildlife

Hikers can turn right along the Dennison Point Trail for another 0.5 Cobscook Trails Coalition wishes to acknowledge the businesses Eastland Motel

Bar Harbor Bank & Trust Com

68 Washington Stree (207) 733-4931 www.bhbt.com

7 Water Street (207) 733-4300 www.cohillsinn.co

Lubec Brewing Compa 41 Water Street (207) 733-4555 www.lubecbrewing.com

Peacock House B & B 27 Summer Street (207) 733-2403 www.peacockhouse.com Quoddy Station Lodgin 823 South Lubec Road

Machias River Inn 103 Main Street (207) 255-4861 www.machiasriverin Machias Savings Bank

(207) 255-6671

168 Main Street (207) 255-3375 Milbridge

Sunrise Canoe and Kayak DownEast & Acadia Regional Tourism 87 Main Street (207) 707-2057 downeastacadia.com

Quoddy House P.O. Box 94 (207) 733-4665 www.quoddyhou

**Other Contributors** Maine Coast Heritage Tru

Richard A. Coleman, Jr.

Trails exist because of the generosity of hikers and nature enthusiasts like you. If you enjoy the trails and want to make sure that they are available into the future, please consider making a tax deductible donation to

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COBSCOOK

TRAILS

This map and the Cobscook Cobscook Trails. Learn more at www.CobscookTrails.org

