

Atlantic Way, Plymouth and Vines Trails, Saco

This is a connected system of three trails that total just about two miles that really must delight the people living in the developments nearby. You can walk from Wildwood Drive to Ferry Beach, crossing the marshland, or cut over on the Plymouth and Vines trails to the houses off Vines Road and Plymouth Drive. The land is part of the Rachel Carson National Wildlife Refuge. For more information, go [here](#).

Directions: For the trailhead off Seaside Avenue, take ME Route 9 (Beach Street) 2.8 miles (becomes Ferry Road) from downtown Saco. Turn left on Bayview. Go 0.7 miles and turn left at the stop sign to get back onto ME Route 9 (now Seaside Avenue). Go 0.2 miles and look for the trailhead kiosk and a wide shoulder for parking on your left.

