

# Community Wellness Trail, Rockport

This was a surprisingly lovely 1.5-mile looped trail, with ocean views, around Pen Bay Medical Center. The track is wide, and groomed (or rather flattened with some four-wheel vehicle) in the winter to make for easier walking. There are a couple of rather steepish hills. Benches and picnic tables dot the most scenic parts of the path. You can park at one of three spots on the hospital campus, although most people park at the little lot off Route 1. The parking areas are starred red on the official trail map.

**Directions:** The trail circles the rather large Pen Bay Medical Center, so if you type this destination into your GPS, you should easily find the trail. The designated parking lot for walkers is across Route 1 from CedarWorks, about 500 feet from Dearborn Lane.



