

# Georges Highland Path, Saltwater Region, Thomaston

The Georges River Land Trust has created a 50-mile-long trail network it calls the [Georges Highland Path](#). There are roughly five sections, according to the maps the trust has built, but you can't hike nonstop the whole way. [This 11.5-mile section of the GHP is at the southern tip](#), and makes its way through the Oyster Bog and 350-acre Thomaston Town Forest. The coolest part is the famous Split Rock, a glacial erratic, that is about half a mile from the trailhead off Beechwood Street. You must park here whether you're going north or south, because there is no parking allowed on Dunbar Road. You have to walk along the road to get to the trailhead for the Oyster Bog section. This stretch of trail includes a pretty walk atop a ridge, as well as some wetter areas and stream crossings.

**Directions:** The Jack Baker Woods trailhead is located on Beechwood Street in Thomaston, 3.3 miles south of the intersection of Beechwood St. and Route 90. The trailhead at Thomaston Pollution Control is at the end of Booker Street off Route 1, across from the Oceanside High School sign. The Water Tower trailhead is up a dirt road off the western end of Route 1, across from the Thomaston Green. If you want to park in town, make sure to use the parking lot across from the trail, near a bank. Don't park in the neighbor's parking lot!

