

Salt Bay Heritage Trail, Newcastle

The loop trail sticks fairly close to busy Route 1. Though you can hear the roar of traffic at some points, the trail is still peaceful and lovely. The entire loop is around three miles, and the southern portion of the trail leads to a glittering Native American midden of oyster shells. The midden, on the banks of the river, is a mound of earth and shells several feet high. The south side of the trail also passes through private easement land, and you should be mindful of walking on a homeowner's property. Also, the trail can be fairly hard to follow on the southern side, but it's also difficult to get lost. Check out the [Coastal Rivers Conservation Trust](#) for more info. One more thing – if it's been wet, it's hard to pass under the Route 1 culvert (old sheep tunnel?) connecting the two sides of the trail. (You also have to crouch as you walk through it.) Also, it's advisable to come here at low tide, plus or minus three hours.

Directions: From US Route 1 in Damariscotta head north on ME Route 215 for 0.2 Miles until you reach Lincoln County Publishing on the left. There is a small pullover on the side of the road for a couple of cars. The trailhead is located directly across road from Lincoln county publishing (which allows parking for walkers). To access the southern portion of the trail, look for (an overgrown trailhead off to the right of the highway ramp. You'll have to jump over the safety rail. You can also access the trails from Glidden Street. Walk through the driveway pillars and the trail through the meadow is to the right.

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