

Guide by Towns

Posts by category

▪ Acadia National Park

- Schooner Head Path, Acadia National Park
- Breakneck Road, Acadia National Park
- Ocean Path, Acadia National Park
- The Beehive and Gorham Mountain, Acadia National Park
- Great Head, Acadia National Park
- Norumbega Mountain, Acadia National Park
- Jordan Pond loop, Acadia National Park
- Great Meadow Loop, Jesup and Hemlock Paths, Acadia National Park
- Kebo Mountain, Acadia National Park
- Compass Harbor Trail (and some Schooner Head Path), Acadia National Park
- Ship Harbor Trail, Acadia National Park
- Western Mountain (Bernard and Mansell peaks), Acadia National Park
- Acadia National Park, Isle au Haut
- Wonderland Trail, Acadia National Park
- Beech Mountain, Acadia National Park
- Parkman, Bald Peak, Sargent, Gilmore Peak, Cedar Swamp, and Penobscot Mountains, Acadia National Park
- St. Sauveur, Acadia, and Flying Mountains, Acadia National Park
- Acadia National Park at Schoodic Peninsula, Winter Harbor

▪ Acton

- Goat Hill Trail, Acton
- Hansen Pond Preserve, Acton

- Mary Grant Nature Preserve, Acton
- Hobbs Farm Trail, Acton
- **Adamstown**
 - Forest Legacy Trail, Adamstown
- **Addison**
 - Ingersoll Point Preserve, Addison
- **Alexander**
 - Alexander Art Trail, Alexander
- **Alfred**
 - Sousa Family Preserve, Alfred
 - Ricker Field, Alfred
 - Massabesic Experimental Forest, Alfred
 - Shaker Woods Reserve Trail, Alfred
 - Shrine Trail, Alfred
- **Alna**
 - Bass Falls Preserve, Alna
 - Trout Brook Preserve, Alna
- **Amherst**
 - Bald Bluff Mountain, Amherst
 - Ducktail and Partridge Pond Trails, Amherst
- **Andover, near Andover**
 - Old Blue Mountain, near Andover
- **Appleton**
 - Canal Path, Searsmont and Appleton
 - Appleton Preserve, Appleton
- **Arrowsic**
 - Mill Pond Preserve, Arrowsic
 - Bald Head Preserve and Squirrel Point Light, Arrowsic
- **Arundel**
 - Arundel Community Trails, Arundel
 - Welch Woods, Arundel
- **Auburn**
 - Salmon Point and Parcel 4 Trails, Auburn
 - Big Falls Preserve (aka Talking Brook Public Land), New Gloucester and Auburn
 - Lost Valley Nordic Trails, Auburn

- Lake Auburn Community Center Trails, Auburn
- Sherwood Forest Conservation Area, Auburn
- Lewiston-Auburn Riverwalk Trail, Lewiston and Auburn
- Pettingill Park Trail and Union Street Greenway, Auburn
- Barker Mill Trail, Auburn
- Mount Apatite, Auburn
- **Augusta**
 - Alford Center for Health, Augusta
 - Alonzo Garcelon Wildlife Management Area (South), Augusta and Windsor
 - Togus VA Medical Center Trails, Augusta
 - Capitol Park, Augusta
 - Augusta Greenway Trail, Augusta
 - Howard Hill, Augusta
 - Kennebec River Rail Trail, in Gardiner, Hallowell, Augusta, and Farmingdale
 - Bond Brook (x-c ski trails), Augusta
 - University of Maine Augusta Fitness Trails, Augusta
 - Augusta Nature Education Center, Augusta
 - Viles Arboretum, Augusta
- **Baldwin**
 - Ingalls Pond Conservation Area, Baldwin
- **Bangor**
 - Kenduskeag Stream and Bangor Waterfront Trails, Bangor
 - Essex Woods, Bangor
 - Central Penjajawoc Preserve, Bangor
- **Baring Plantation**
 - Moosehorn National Wildlife Refuge, Baring
 - Mt. Maguerrewok, Baring
- **Bath**
 - Butler Head Preserve, Bath
 - Lilly Pond Community Forest, Bath
 - Thorne Head Preserve and Whiskeag Trail, Bath

- **Baxter State Park**

- Dwelley Pond, Baxter State Park
- Mt. Coe-South Brother-North Brother Loop, Baxter State Park
- Katahdin Stream Falls, Baxter State Park
- The Owl, Baxter State Park
- Daicey Pond trails, Baxter State Park
- Blueberry Ledges Trail, Baxter State Park
- Lost Pond Trail, Foss and Knowlton Trail, and Grassy Pond Trail, Baxter State Park
- Kidney Pond Trails, Baxter State Park
- Doubletop Mountain, Baxter State Park
- Burnt Mountain, Baxter State Park
- Trout Brook Farm Campground Trails, Baxter State Park
- Traveler Mountains Loop, Baxter State Park
- Barrel Ridge, Baxter State Park
- Horse Mountain, Baxter State Park
- Trout Brook Mountain, Baxter State Park
- South Branch and Black Cat Mountains, Baxter State Park
- Mt. O-J-I, Baxter State Park
- South Branch Pond Campground trails, Baxter State Park
- Sentinel Mountain, Baxter State Park

- **Beals**

- Great Wass Island Preserve, Beals

- **Beddington**

- Lead Mountain, near Beddington

- **Belfast**

- Briggs Meadow, Belmont
- Hills to Sea Trail, Unity to Belfast
- Little River Community Trail and Howard School Trails, Belfast
- Rail Trail Along the Passagassawakeag, Belfast
- Passy Greenway City of Belfast Trail, Belfast
- Stephenson Preserve, Belfast

- Stover and Head of Tide Preserves, Belfast
- **Benton**
 - Benton Riverside Park, Benton
- **Bethel, near Bethel**
 - Bethel Community Forest and Bingham Forest, Bethel
 - McCoy-Chapman Forest, Bethel
 - Valentine Farm, Bethel
 - Long Mountain Trail, Albany
 - Bethel Village Trails, Bethel
 - Carter's X-C Ski Center, Bethel
 - Bethel Pathway, Bethel
 - Round Mountain, near Bethel (Albany Township)
- **Biddeford**
 - Southpoint Sanctuary, Biddeford
 - Blandings Park Wildlife Sanctuary, Biddeford
 - Eastern Trail's Off-Road Segments, South Portland to Kennebunk
 - Biddeford Riverwalk, Biddeford
 - Clifford Park, Biddeford
 - Timber Point, Biddeford
 - East Point Sanctuary, Biddeford
- **Bingham, near Bingham**
 - Pierce Pond Stream Falls and Gorge, near Bingham
 - Houston Brook Falls, Bingham
- **Blue Hill**
 - Blue Hill Town Trail, Blue Hill
 - Heart of Blue Hill Trails, Blue Hill
 - Kingdom Woods Conservation Area, Blue Hill
 - Peter's Brook Trail and Penny Preserve, Blue Hill
 - Blue Hill Mountain, Blue Hill
- **Boothbay**
 - Oak Point Farm, Boothbay
 - Thorpe Preserve, Boothbay
 - Cross River Preserve, Boothbay
 - River Link Trail, Boothbay
 - Schoolhouse Pond Preserve, Boothbay
 - Porter Preserve and Roberts Wharf, Boothbay

- Ovens Mouth East and West Preserve, Boothbay
- Pine Tree Preserve, Boothbay
- Gregory Hiking Trail, Boothbay
- Penny Lake Preserve, Boothbay
- Zak Preserve, Boothbay
- Lobster Cove Meadow and Appalachian Preserves, Boothbay
- Linekin and Burley Preserves, Boothbay
- Ocean Point Preserve, Boothbay
- Saunders Preserve, Boothbay
- **Bowdoin**
 - Purinton Homestead Conservation Area, Bowdoin
- **Bowdoinham**
 - Pork Point Walking Trail, Bowdoinham
 - Red Rose Preserve, Bowdoinham
 - Cathance Meadows, Bowdoinham
 - Wildes Road Wildlife Management Area, Bowdoinham
- **Bremen**
 - Hay Conservation and Recreation Area, Bremen
 - Hilton O'Connor Trail at the Town Forest, Bremen
 - Pemaquid Pond Preserve, Bremen
 - Todd Wildlife Sanctuary, Bremen
- **Brewer**
 - Brewer Riverwalk, Brewer
- **Bridgton**
 - Highland Research Forest, Bridgton
 - Peabody-Fitch Woods and the Narramissic Farm, Bridgton
 - Highlands Ridge Trails, Bridgton
 - Stevens Brook Trail, Bridgton
 - Pleasant Mountain, Denmark and Bridgton
 - Holt Pond Preserve, Bridgton and Naples
 - Bald Pate Mountain Preserve and Five Fields Farm, Bridgton
 - Pondicherry Park, Bridgton
- **Bristol**
 - Keyes Woods Preserve, Bristol

- Cosima's Preserve, Bristol
- Hatchtown Preserve, Bristol
- Rachel Carson Salt Pond Preserve, Bristol
- Bearce-Allen Nature Preserve, and Norgal Preserve, Bristol
- Bristol Recreational Trail, Bristol
- Crooked Farm and Sproul Preserves, Bristol
- La Verna Nature Preserve, Bristol
- Bass Rock Preserve, Bristol
- **Brooklin**
 - Harriman Point, Brooklin
 - Hundred Acre Wood, Brooklin
- **Brooksville**
 - Meadow Brook – Mill Stream Conservation Area, Brooksville
 - Lookout Rock, Brooksville
 - Holbrook Island Sanctuary, Brooksville
 - John B. Mountain, Brooksville
 - Snow Natural Area, Brooksville
 - Ferry Landing Preserve, Brooksville
- **Brownfield**
 - Brownfield Bog, Brownfield
 - Burnt Meadow Mountain, Brownfield
 - Peary Mountain, Brownfield
- **Brunswick**
 - Kate Furbish Elementary School trail, Brunswick
 - Kate Furbish Preserve, Brunswick
 - Nature Trails at Midcoast Hospital, Brunswick
 - Bridge-to-Bridge Trail and Androscoggin Riverwalk, Topsham
 - Woodward Point Preserve, Brunswick
 - Woodward Cove, Brunswick
 - Chase Reserve, Brunswick
 - Androscoggin River Path, Brunswick
 - Brunswick Landing Trails, Brunswick
 - Bay Bridge Landing Brunswick
 - Captain William Fitzgerald Recreation and

- Conservation Area, Brunswick
- Bowdoin Pines, Brunswick
- Skolfield Preserve, Brunswick
- Brunswick Town Commons, Brunswick
- Crystal Spring Farm, Brunswick
- Cox Pinnacle, Brunswick
- Maquoit Bay, Brunswick
- **Buckfield**
 - Virgil Parris Forest Trails, Buckfield
- **Bucksport**
 - Old Chapman Farm, Bucksport
 - Miles Lane Trail, Bucksport
 - Waterfront Walkway, Bucksport
 - Silver Lake Trails, Bucksport
- **Buxton**
 - Moses Woodman Preserve, Buxton
 - Pleasant Point Park, Buxton
- **Calais**
 - Calais Waterfront Walkway, Calais
 - Devil's Head Conservation Area, Calais
- **Camden**
 - Hodson and Rheault Trail, Camden
 - Merryspring Nature Center, Camden
 - Camden Hills State Park, Camden
 - Bald Mountain Preserve, Camden
 - Ragged Mountain Trails, Camden
 - Georges Highland Path, Ragged Mountain Area, Camden
- **Canton**
 - Whitney Brook Trail, Canton
- **Cape Elizabeth**
 - Fort Williams Park, Cape Elizabeth
 - Trundy Point, Cape Elizabeth
 - Dyer Woods, Cape Elizabeth
 - Turkey Hill Farm Trail, Cape Elizabeth
 - Highlands Trail, Cape Elizabeth
 - Crescent Beach State Park, Cape Elizabeth

- Two Lights State Park, Cape Elizabeth
- Hobstone Woods, Cape Elizabeth
- Robinson Woods and Stonegate Trail, Cape Elizabeth
- Winnick Woods, Cross Hill, Dyer-Hutchinson Farm trails, Cape Elizabeth
- Gull Crest, Willow Brook, Runaway Farm, and Town Center Trails, Cape Elizabeth
- Spurwink Trail, Cape Elizabeth
- Great Pond Trail, Cape Elizabeth
- **Caratunk**
 - Moxie Mountain, Caratunk
- **Carrabassett Valley, near Carrabassett Valley**
 - West Mountain Falls, Carrabassett Valley
 - Mt. Redington, near Carrabassett Valley
 - Spaulding Mountain, near Carrabassett Valley
 - North Crocker and South Crocker Mountains, Carrabassett Valley
 - Avery Peak, West Peak, and the Horns, Bigelow Preserve, near Carrabassett Valley
 - Sugarloaf Mountain, Carrabassett Valley
 - Narrow Gauge Pathway, Carrabassett Valley
 - Mt. Abraham, near Carrabassett Valley and Kingfield
 - Reed Brook Falls Trail (Jericho Steps), near Carrabassett Valley
 - Sugarloaf Outdoor Center, Carrabassett Valley
 - Maine Huts and Trails, Carrabassett Valley region
 - Burnt Mountain, Carrabassett Valley
 - Little Bigelow, close to Carrabassett Valley
 - Redington Pond Trail, Carrabassett Valley
- **Casco**
 - Jugtown Forest, Casco (and Naples/Otisfield)
 - Hacker's Hill Preserve, Casco
 - Rattlesnake Mountain, Casco
 - Sebago Lake State Park, Casco and Naples
 - Mayberry Hill Preserve, Casco
- **Castine**

- Hatch Cove and Schumacher Preserve, Castine
- Witherle Woods, Castine
- Rene Henderson Natural Area, Castine
- Greenbie Natural Area, Castine
- Starr and Virginia Lampson Preserve
- **Cherryfield**
 - Young Tunk Mountain, Cherryfield
 - Sprague Falls, Cherryfield
 - Weald Bethel walking trails, Cherryfield
- **China**
 - Thurston Park, China
 - China School's Forest, China
- **Clifton**
 - Little Peaked and Big Peaked Mountains, Clifton
 - Parks Pond Bluff, Clifton
 - Eagle Bluff, Clifton
- **Cobscook Shores**
 - Black Duck Cove, Lubec
 - Morong Cove, Lubec
 - Denbow Bluffs, Lubec
 - Mays Brook Cove, Lubec
 - Island Coves, Lubec
 - Huckins Beach and Morrison Cove, Lubec
 - Red Point Nature Preserve, Lubec
 - Old Farm Point Shorefront Park, Lubec
 - South Bay Narrows, Lubec
 - Whiting Bay Beach, Trescott Township
 - Race Point, Trescott Township
 - Reynold's Brook, Whiting
- **Columbia**
 - Saco Falls Town Park, Columbia
- **Columbia Falls**
 - Pleasant River Community Forest, Columbia Falls
- **Cooper**
 - Vining Lake Community Preserve, Cooper and Cathance Township
- **Corinna**

- Riverside Boardwalk, Corinna
- **Cumberland**
 - Greely Woods, Cumberland
 - Broad Cove Reserve, Cumberland
 - Rock Ridge, Cumberland
 - Farwell Forest, Cumberland
 - Knight's Pond Preserve (Bruce and Blueberry Hills), Cumberland
 - Rines Forest and Waterfall Trail, Cumberland
 - Twin Brook Recreation Area, Cumberland
 - Town Forest, Cumberland
- **Cushing**
 - Near Kevin's Landing, Cushing
 - Cross Cushing Nature Preserve, Cushing
 - Langlais Sculpture Preserve, Cushing
 - Pleasant Point Nature Preserve, Cushing
- **Cutler**
 - Bog Brook Cove, Cutler and Trescott
 - Stone Mountain, Cutler
 - Western Head Preserve, Cutler
 - Eastern Knubble Preserve, Cutler
 - Cutler Coast Public Reserved Land, "Bold Coast Trail," Cutler
- **Damariscotta**
 - Huston Landing, Damariscotta
 - Round Top Farm and Whaleback Shore, Damariscotta
 - Great Salt Bay Farm and Heritage Center, Damariscotta
 - Doyle Preserve, Damariscotta
- **Dayton**
 - Harris Farm, Dayton
- **Dedham**
 - Kiski Trails, Dedham
 - Sunset Ledge (or Rock), Dedham
 - Bald Mountain, Dedham
- **Deer Isle**
 - Scott's Landing, Deer Isle

- Shore Acres Preserve, Deer Isle
- Pine Hill Preserve, Deer Isle
- Barred Island Preserve, Deer Isle
- Edgar M. Tennis Preserve, Deer Isle
- Lisa Tolman Wotton Nature Preserve, Deer Isle
- Mariners Memorial Park, Deer Isle
- Lily Pond Park, Deer Isle
- **Denmark**
 - Perley Mills Community Forest, Denmark and Bridgton
 - Pleasant Mountain, Denmark and Bridgton
- **Dixfield**
 - Sugarloaf Mountain, Dixfield
- **Dover-Foxcroft**
 - Brown's Mill Park, Dover-Foxcroft
 - Peaks-Kenny State Park, Dover-Foxcroft
 - Mayo Regional Hospital Community Trail, Dover-Foxcroft
 - Law Farm Nature Trail, Dover-Foxcroft
- **Dresden**
 - Dresden Falls Archaeological and Wildlife Preserve, Dresden
 - Green Point Wildlife Management Area, Dresden
 - Earle Kelley Wildlife Management Area, Dresden
 - Pownalborough Court House Trails, Dresden
- **Durham**
 - Durham River Park, Durham
 - Runaround Pond, Durham
- **Eastport**
 - Matthews Island, Eastport
 - Shackford Head State Park, Eastport
- **Eddington**
 - Blackcap Mountain and Fitts Pond, Eddington
 - Woodchuck Hill, Eddington
- **Edgecomb**
 - Schmid Preserve and River-Link Trail, Edgecomb
 - Singing Meadows Preserve, Edgecomb

- Colby Wildlife Preserve, Edgecomb
- **Edmunds Township**
 - Bell's Mountain, Crane Mountain, Edmunds Township
 - Moosehorn National Wildlife Refuge, Edmunds Township
 - Cobscook Bay State Park Nature Trails, Edmunds Township
- **Eliot**
 - Goodwin Forest, Eliot
 - Piscataqua River Boat Basin, Eliot
 - Douglas Memorial Woods, Eliot
- **Elliotsville Township**
 - Borestone Mountain Audubon Sanctuary, Elliotsville Township
 - Barren Mountain from Monson, Elliotsville
 - Little Wilson Falls, Elliotsville Township
- **Ellsworth**
 - Green Lake National Fish Hatchery, Ellsworth
 - Ellsworth Trail, Ellsworth
 - Meadowbrook Forest, Ellsworth
 - Jordan Homestead, Ellsworth
 - Branch Lake Public Forest, Ellsworth
 - Woodlawn Museum, Ellsworth
 - Birdsacre, Ellsworth
 - Indian Point Preserve, Ellsworth
- **Eustis**
 - Cranberry Peak, Eustis
 - Cathedral Pines, Eustis
- **Fairfield**
 - Mill Island Park, Fairfield
 - KVCC Campus Trail, Fairfield
- **Falmouth**
 - Underwood Springs Forest, Falmouth
 - Woodman Preserve, Falmouth
 - Morrill-Stillings Bird Sanctuary, Falmouth
 - Hurricane Valley Farm, Falmouth
 - Hardy Road Conservation Area, Falmouth

- Blackstrap Hill Preserve, Falmouth
- North Falmouth Community Forest, Falmouth
- Suckfish Brook Conservation Area, Falmouth
- Falmouth Community Park, Falmouth
- Gilsland Farm, Falmouth
- River Point Conservation Area, Falmouth
- Falmouth Nature Preserve, Falmouth
- Pine Grove Preserve and Tidewater Farm, Falmouth
- Pleasant Hill Woods Preserve, Falmouth
- Presumpscot Falls Park, Falmouth
- McCrann Preserve, Falmouth
- Mackworth Island Trail, Falmouth
- Falmouth Corners Preserve, Falmouth
- Woods Road Community Forest, Falmouth
- Falmouth Town Forest, Falmouth
- Hadlock Community Forest, Falmouth
- Cross-Town Trail in Falmouth, Cumberland, North Yarmouth, and Windham
- **Farmingdale**
 - Vaughan Woods, Farmingdale/Hallowell
- **Farmington**
 - Prescott Field Trails, Farmington
 - Powder House Hill Trail Network, Farmington
 - Tree of Life Trail, Farmington
 - Titcomb Mountain, Farmington
 - Bonney Woods, Farmington
- **Fayette**
 - Surry Hill Community Forest, Fayette
 - Parker Pond Headland Preserve, Fayette
 - Meadow Brook Farm Conservation Area, Fayette
- **Frankfort**
 - Mt. Waldo, Frankfort
- **Freedom**
 - Freedom Forest Preserve, Freedom
- **Freeport**
 - Leon Gorman Park, Freeport
 - Walsh Preserve, Freeport

- Tidebrook, Freeport
- Field Estuary, Freeport
- Brewer Woods, Freeport
- Rachel's Cove, Freeport
- Frost Gully Woods, Freeport
- Calderwood Trails, Freeport
- Hedgehog Mountain, Freeport
- Arnold Family Forest, Freeport
- Quarry Woods, Freeport
- Wolfe's Neck Center for Agriculture and the Environment, Freeport
- Wolfe's Neck Woods State Park, Freeport
- South Freeport Trails, Freeport
- Cousins River Trail, Freeport
- Powell Point, Freeport
- East Freeport Trails
- Florida Lake, Freeport
- Winslow Park, Freeport
- Pettengill Farm, Freeport
- Mast Landing Audubon Sanctuary, Freeport
- **Friendship**
 - Nelson Nature Preserve, Friendship
 - Martin Point Wildlife Reserve, Friendship
- **Fryeburg**
 - Mountain Division Trail, Fryeburg
 - Jockey Cap Rock, Fryeburg
 - Mount Tom, Fryeburg
- **Gardiner and West Gardiner**
 - Gardiner Regional Middle School trails, Gardiner
 - Wakefield Wildlife Sanctuary, West Gardiner
 - Harrison Nature Trail, Gardiner
 - Nature Trail, West Gardiner
- **Georgetown**
 - Morse Pond Preserve, Georgetown
 - Loring Conant Preserve, Georgetown
 - Flying Point, Georgetown
 - Josephine Newman Audubon Sanctuary, Georgetown

- Berry Woods Preserve, Georgetown
- Schoener Robinhood Cove Preserve, Georgetown
- Weber Kelly Preserve, Georgetown
- Higgins Mountain, Georgetown
- Reid State Park, Georgetown
- Ipcar Natural Preserve and Ledgewood Preserve, Georgetown
- **Gorham**
 - Cross Town Trail, Gorham
 - Shaw Cherry Hill Farm, Gorham
 - Nelson Preserve, Gorham
 - West Sky, Gorham
 - University of Southern Maine Trails, Gorham
 - Cummings Preserve, Gorham
 - Sebago-to-the-Sea Trail
 - Tannery Brook, Gorham
 - Gorham Trails + Frazier Preserve, Gorham
 - Claire Drew Trail, Gorham
 - St. Pierre Preserve, Gorham
 - Gambo Preserve and Shaw Park, Gorham
 - Little River Preserve, Gorham
 - Hawkes Preserve, Gorham
- **Gouldsboro**
 - Day Ridges Preserve, Gouldsboro
 - Forbes Pond, Gouldsboro
 - Corea Heath, Gouldsboro
 - Taft Point, Gouldsboro
 - Frances B. Wood Preserve and Salt Marsh Trail, Gouldsboro
- **Grafton Notch State Park**
 - Table Rock, Grafton Notch State Park
 - Goose Eye Mountain, Grafton Notch State Park
 - Dunn Falls, near Grafton Notch State Park
 - Cataracts Trail, Grafton Notch State Park
 - Grafton Loop Trail (West), Grafton Notch State Park
 - Eyebrow Trail, Grafton Notch State Park

- Step Falls Preserve, Newry and near Grafton Notch State Park
- **Gray**
 - Pineland Public Reserved Lands, Gray
 - Libby Hill Forest Trails and Thayer Brook Preserve, Gray
- **Greene**
 - Recreational Park Nature Trail, Greene
- **Greenville, and near Greenville**
 - White Cap Mountain, Bowdoin College Grant East Township
 - Number Four Mountain, Frenchtown Township
 - Lily Bay State Park, near Greenville
 - Burnt Jacket Mountain, near Greenville
 - B-52 Bomber Memorial on Elephant Mountain, near Greenville
 - Appalachian Mountain Club Wilderness Lodges, Winter, near Greenville
- **Greenwood**
 - Oversett Pond/Mountain and Sanborn River Trail, Greenwood
 - Noyes Mountain, Greenwood
 - Greenwood Ice Caves and Tiger Bill Quarry, Greenwood
 - Maggie's Nature Park, Greenwood
- **Guilford**
 - Guilford Memorial River Walk, Guilford
- **Hallowell**
 - Hallowell Reservoir, Hallowell
 - Vaughan Woods, Farmingdale and Hallowell
- **Hancock**
 - Ice Pond Preserve, Hancock
 - Ball Field and Sam Ball Woods Preserves, Hancock
 - Salt Pond Preserve, Hancock
 - Pettengill Preserve, Hancock
 - Kilkenny Cove Preserve and Old Pond Railway Trail, Hancock

▪ **Harpswell**

- The Goslings Preserve, Harpswell
- Little Ponds Preserve, Harpswell
- Otter Brook Preserve, Harpswell
- Houghton Graves Park, Harpswell
- Giant Stairs, Harpswell
- Widgeon Cove, Harpswell
- Curtis Farm Preserve, Harpswell
- Long Reach Preserve, Harpswell
- Cliff Trail, Harpswell
- Pott's Point Preserve, Harpswell
- Stover's Point Preserve, Harpswell
- Hackett Land Preserve and Minot Easement, Harpswell
- Skolfield Shores Preserve, Harpswell
- Bowdoin's Schiller Coastal Studies Center, Orr's Island
- Mitchell Field, Harpswell
- Devil's Back Trail, Orr's Island
- Wilson's Cove Trail, Harpswell

▪ **Harrington**

- Frank E. Woodworth Preserve, Harrington

▪ **Harrison**

- Intervale Preserve at Crooked River Forest, Harrison

▪ **Hartford**

- Bear Mountain, Hartford

▪ **Hiram**

- Mount Cutler Park and Conservation Area, Hiram

▪ **Holden**

- Holden Nature Trails, Holden
- Hart Farm, Holden
- Fields Pond Audubon Center, Holden

▪ **Hollis**

- Googins Woods Preserve, Hollis
- California Fields Wildlife Area, Hollis
- Indian Cellar Preserve, Hollis

- **Hope**
 - Hatchet Mountain Preserve, Hope
- **Industry**
 - Pico Ledges Trail, Industry
- **Isle au Haut**
- **Islesboro, near Islesboro**
 - Narrows Preserve, Islesboro
 - Herbert Preserve, Islesboro
 - Hutchins Island and Marsh Preserve, Islesboro
 - Town Beach, Islesboro
 - Warren Island State Park, near Islesboro
 - Hinkle Preserve, Islesboro
 - Lily Guest Trail, Islesboro
 - Turtle Head, Islesboro
 - Broad Point Preserve, Islesboro
- **Jackman, near Jackman**
 - Number Five Mountain, near Jackman
 - Owl's Head Trail, Jackman
 - Burnt Jacket Mountain, near Jackman
 - Forest Hills Nature Trail, Jackman
 - Boundary Bald Mountain, near Jackman
 - Williams Mountain, near West Forks and Jackman
 - Sky Lodge Trail, Moose River
 - Slidedown Falls, near Jackman
 - Sally Mountain, near Jackman
- **Jackson**
 - Great Farm Brook Preserve, Jackson
- **Jay**
 - Spruce Mountain Conservation Area, Jay
 - French Falls Recreation Area, Jay
 - Jay Recreational Trails, Jay
- **Jefferson**
 - West Branch Preserve, Jefferson and Somerville
 - Davis Stream Preserve, Jefferson
 - Hidden Valley Nature Center, Jefferson
 - Stetser Preserve, Jefferson
- **Jonesboro**

- Tide Mill Creek, Jonesboro
- **Katahdin Woods and Waters Monument**
 - Barnard Mountain, Katahdin Woods and Waters National Monument
- **Kennebunk**
 - For All Forever, Kennebunk
 - St. Anthony's Franciscan Monastery, Kennebunk
 - Hope Cemetery and Woods, Kennebunk
 - Oxbow Preserve, Kennebunk
 - Wonder Brook/Murphy Preserve, Kennebunk
 - Bridle Path, Kennebunk
 - Mousam River Wildlife Sanctuary, Kennebunk
 - Kennebunk Plains, Kennebunk
 - Alewife Woods Preserve, Kennebunk
 - The Secret Garden, Kennebunk
 - Butler Preserve, Kennebunk
- **Kennebunkport**
 - Meadow Woods Preserve, Kennebunkport
 - Edwin L. Smith Preserve, Kennebunkport
 - Emmons Preserve, Tyler Brook Preserve and Cape Porpoise Greenbelt, Kennebunkport
- **Kittery**
 - Fort McClary, Kittery
 - Norton Preserve, Kittery
 - Fort Foster, Kittery
 - Seapoint, Kittery
 - Rogers Park, Kittery
 - Brave Boat Headwaters Preserve, Kittery
 - Town Forest, Kittery
 - Remick Preserve, Kittery
 - Rachel Carson National Wildlife Refuge, Cutts Island, Kittery
 - Fairchild, Kittery
- **Lamoine**
 - Lamoine Consolidated School Trail, Lamoine
 - Lamoine State Park, Lamoine
 - Bloomfield Park, Lamoine

- Coleman Mixed Woods, Lamoine
- Simon Trail, Lamoine
- **Lebanon**
 - Salmon Falls Reserve, Lebanon
- **Leeds**
 - Curtis Homestead Conservation Area, Leeds
 - Monument Hill, Leeds
- **Lewiston**
 - McMahon Nature Trail, Lewiston
 - Riverside Greenway, Lewiston
 - Mount David, Lewiston
 - David Rancourt River Preserve, Lewiston
 - Garcelon Bog Conservation Area, Lewiston
 - Thorncrag Nature Sanctuary, Lewiston
- **Liberty**
 - Haystack Mountain, Liberty
- **Limerick and Limington**
 - Sawyer Mountain Highlands, Limerick and Limington
 - Little Ossipee River Trail (and the Limington, Hollis and Waterboro Sanctuary and Killick Pond WMA), Limington
 - Jagolinzer Preserve, Limington
- **Lincolnville**
 - Murray Preserve, Lincolnville
 - Ducktrap River Preserve and Tanglewood Trails, Lincolnville
 - Fernald's Neck Preserve, Lincolnville
- **Lisbon**
 - Summer Street Park, Lisbon
 - Androscoggin River Trail and Papermill Trail, Lisbon
 - Beaver Park, Lisbon
- **Litchfield**
 - Litchfield Community Park, Litchfield
 - Webber-Rogers Farmstead Conservation Area, Litchfield
 - Holman Conservation Area, Litchfield

- Smithfield Plantation, Litchfield
- Small-Burnham Conservation Area and Samuel Hutchinson Homestead, Litchfield
- Woodbury Nature Sanctuary, Monmouth and Litchfield
- **Livermore**
 - Washburn-Norlands Living History Center trails, Livermore
- **Livermore Falls**
 - Foundry Trail, Livermore Falls
- **Lovell**
 - Long Meadow Brook Reserve, Lovell
 - Heald and Bradley Ponds Reserve, Lovell
 - Bishop Cardinal and Wilson Wing Moose Pond Bog Preserves, Lovell
 - Sabattus Mountain, Lovell
 - John A. Segur Wildlife Refuge, Lovell
 - Kezar River Reserve, Lovell
 - Chip Stockford Reserve, Lovell
- **Lubec**
 - Denbow Point, Lubec
 - Hamilton Cove, Lubec
 - Boot Head, Lubec
 - Horan Head, Lubec
 - Morong Cove Unit, Lubec
 - Klondike Mountain, Lubec
 - Pike Lands Cove, Lubec
 - Quoddy Head State Park, Lubec
 - Mowry Beach Preserve, Lubec
- **Lyman**
 - Massabesic Experimental Forest, Lyman
- **Machias**
 - Middle River Park, Machias
 - Machias River Preserve, Whitneyville and Machias
- **Machiasport**
 - Long Point, Machiasport
- **Madrid Township**
 - Reed's Loop on the Fly Rod Crosby Trail, Madrid

Township

- Perham Stream Birding Trail, Madrid Township

▪ **Manchester**

- Gannett Woods and the Wyman and Allen-Whitney Memorial Forests, Manchester and Readfield
- Jamies Pond Wildlife Management Area, Manchester
- Hutchinson Pond, Manchester

▪ **Mariaville**

- Mariaville Falls Preserve, Mariaville

▪ **Milbridge**

- Milbridge Commons and Sudsbury Trail, Milbridge
- McClellan Park, Milbridge

▪ **Millinocket, Millinocket area**

- Northern Timber Cruisers X-C Ski Trails, Millinocket
- Grindstone Falls Trail, Grindstone Township
- Sno Rovers X-C Ski Trails, East Millinocket
- River Pond Nature Trails, Millinocket area
- New England Outdoor Center, Millinocket
- Bait Hole, Millinocket
- Mike Michaud Walking and Biking Trail, Millinocket

▪ **Minot**

- Minot Community Trails, Minot

▪ **Monhegan Island**

- Monhegan Island Trails

▪ **Monmouth**

- Whittier Woods, Monmouth

▪ **Monroe**

- Monroe Falls, Monroe
- Northern Pond Natural Area, Monroe

▪ **Montville**

- Bog Brook, Whitten Hill and Northern Headwaters Preserves, Montville
- Hogback Mountain, Montville
- Georges Highland Path, Frye Mountain, Montville

▪ **Morrill**

- Davis Bog Preserve, Morrill

- **Moscow**

- Austin Gorge, Moscow

- **Mount Desert Island**

- Somes-Meynell Wildlife Sanctuary, Mount Desert Island
- Hunters Cliffs Trail, Mount Desert Island
- Acadian Ridge Trail, Mount Desert Island
- Shore Path, Mount Desert Island
- Pray's Brook Marsh, Mount Desert Island
- Little Long Pond Natural Lands (and Eliot Mountain), Mount Desert Island
- Kittredge Brook Forest Preserve, Mount Desert Island
- Kelley Farm, Mount Desert Island
- Indian Point Blagden Preserve, Mount Desert Island
- Blue Horizons, Mount Desert Island
- Babson Creek Preserve, Mount Desert Island

- **Mount Vernon**

- Fogg Island Trail, Mt. Vernon
- Ezra Smith Wildlife Conservation Area, Mount Vernon

- **Naples**

- Lake Region School Trails, Naples
- Sebago Lake State Park, Casco and Naples

- **New Gloucester**

- Pisgah Hill Preserve, New Gloucester
- Intervale Preserve, New Gloucester

- **Newburgh**

- Kennard Road Trail, Newburgh

- **Newcastle**

- Mills Overlook, Newcastle
- Marsh River Bog, Newcastle
- Dodge Point Public Reserved Land, Newcastle
- Marsh River Preserve, Newcastle
- Baker Forest, Newcastle
- Glidden Point Preserve (formally Salt Bay), Newcastle

- Sherman Marsh and Carolyn O'Brien Peninsula Preserve, Newcastle
- Griggs Preserve, Newcastle
- **Newfield**
 - Province Mountain, Newfield
 - Picket Mountain, Newfield
 - Bond Mountain, Newfield
 - Knox Mountain, Newfield
- **Newry**
 - Puzzle Mountain, Newry
 - Sunday River Hiking Trails, Newry
 - Mount Will, Newry
- **North Yarmouth**
 - Mèmak Preserve, North Yarmouth
 - Skyline Farm, North Yarmouth
 - Old Town House Park, North Yarmouth
 - Veterans Memorial Park, Sam Ristich, Town Forest, and Old Railroad Bed trails, North Yarmouth
 - Chandler Brook Preserve, North Yarmouth
- **Northport**
 - St. Clair Trail, Northport
 - McLellan-Poor Preserve, Northport
 - Mt. Percival Preserve, Northport
 - Newman Preserve, Northport
- **Norway**
 - Speck Ponds Trail System, Albany and Norway
 - Roberts Farm, Norway
 - Shepard Farm's Preserve and Witt Swamp, Norway
 - Ordway Grove, Norway
 - Railroad Trail, Norway
- **Oakland**
 - Messalonskee Stream Trail, Oakland
 - Messalonskee School Trail, Oakland
- **Ogunquit**
 - Payeur Preserve, Ogunquit
 - Beach Plum Farm, Ogunquit
 - Marginal Way Cliff Walk, Ogunquit

▪ **Old Orchard Beach**

- Manor Street Trail, Old Orchard Beach
- Milliken Mills Trails, Old Orchard Beach
- Blueberry Plains, Old Orchard Beach
- Ted Wells Memorial Trail, Old Orchard Beach
- Guild Park (aka Red and Blue Dot Trails), Old Orchard Beach

▪ **Orland**

- Wildlands (Hothole Valley), Orland
- Great Pond Mountain Wildlands, Orland
- Craig Brook Fish Hatchery, Orland

▪ **Orono**

- Gould's Landing trail, Orono

▪ **Orrington**

- Richardson Tract, Orrington

▪ **Otis**

- Grotto Hill, Otis

▪ **Otisfield**

- Two Ponds Nature Area, Otisfield
- Heniger Park, Otisfield
- Twin Bridges Preserve, Otisfield

▪ **Owls Head**

- Richard Carver Harbor Park, Owls Head
- Birch Point Beach State Park, Owls Head
- Owls Head State Park, Owls Head
- Plaisted Preserve, Owls Head
- Ash Point Preserve, Owls Head

▪ **Oxford**

- Carter's X-C Ski Center, Oxford

▪ **Palermo**

- Lindell Trail and McLaughlin's Crossing, Palermo
- Palermo Preserve, Palermo

▪ **Paris**

- Crocker Hill, Paris
- Cornwall Nature Preserve, Paris
- Viking and Riverside Trail, Paris
- Singepole Mountain, Paris

- Streaked Mountain, Paris
- **Parsonsfield**
 - Randall Mountain, Parsonsfield
- **Passamaquoddy Pleasant Point Reservation**
 - Sipayik Trail, Passamaquoddy Pleasant Point Reservation
- **Pembroke**
 - Hersey Point Preserve, Pembroke
 - Reversing Falls, Pembroke
- **Penobscot**
 - Tills Point, Penobscot
 - Weinland Nature Study Area, Penobscot
- **Perry**
 - Lincoln Cove, Perry
 - Sipp Bay Preserve, Perry
- **Peru**
 - Bald and Speckled Mountains, Peru and Woodstock
 - Mt. Zircon, Peru
- **Phillips**
 - Daggett Rock, Phillips
 - Sandy River and Rangeley Lakes Railroad Trail, Phillips
- **Phippsburg**
 - Gamble Preserve, Phippsburg
 - McDonald Marsh, Phippsburg
 - Fuller Mountain, Phippsburg
 - Merritt Mountain and Robinson's Rock (Bumper Rock), Phippsburg
 - Hermit Island Campground, Phippsburg
 - Noble Hill Preserve, Phippsburg
 - Morse Mountain, Phippsburg
 - New Meadows Trail, Phippsburg
 - Bumper Rock to Totman Cove, Phippsburg
 - Greenleaf Preserve, Phippsburg
 - Bijhouwer Forest Easement, Phippsburg
 - Wilbur Preserve at Cox Head, Phippsburg
 - Cooley Center Pond and McKay Farm Preserves,

Phippsburg

- Sprague Pond Trail, Phippsburg
- Perkins Farm Trail and Fort Baldwin, Phippsburg
- Ridgewell, Duley Farm, LeMont, and Morse River Marsh Preserves, Phippsburg
- Mary's Woods, Phippsburg
- Denny Reed Point Trail, Phippsburg
- Mica Mine, Phippsburg
- Spirit Pond Trails, Phippsburg

▪ **Pittsfield**

- Peltoma Woods, Pittsfield
- Manson Park, Pittsfield
- Pinnacle Park, Pittsfield

▪ **Pittston**

- Eastern River Preserve, Pittston

▪ **Poland**

- Black Cat Mountain, Poland
- Heart of Poland Conservation Area, Poland
- Bragdon Hill Conservation Area, Poland
- Poland Spring Preservation Park, Poland
- Waterhouse Brook Trail, Poland
- Range Pond State Park, Poland

▪ **Porter**

- Bald Ledge, Porter

▪ **Portland**

- Mayor Baxter Woods, Portland
- Waynflete Athletic Fields, Portland
- Thompson's Point Fore River Trail, Portland
- Riverside Golf Course, Portland
- Canco Woods, Portland
- Eastern Prom and Back Cove, Portland
- Lyseth School Trail to Pine Grove Park, Portland
- Ocean Ave. Recreation Area and Quarry Run Dog Park, Portland
- Evergreen Cemetery, Portland
- Capisic Brook Trail, Portland
- Fore River Sanctuary, Portland

- Presumpscot River Preserve and Oat Nuts Park, Portland
- Presumpscot River Trail, Riverton Section, Portland
- Stroudwater Trail, Portland
- **Pownal**
 - Old Harris Road Preserve, Pownal
 - Bradbury Mountain State Park, Pownal
 - Bradbury to Pineland Corridor, Pownal
- **Prospect**
 - Penobscot Shore Preserve, Prospect
- **Randolph**
 - Old Narrow Gauge Rail Trail, Randolph
- **Rangeley and near Rangeley**
 - Hunter Cove Uplands, Rangeley
 - Cupsuptic Lake Trail, Rangeley
 - Quill Hill, near Rangeley
 - Four Ponds Trail (on the AT), Rangeley Plantation
 - East Kennebago Mountain, near Rangeley
 - Rock and Midway Pond trails, Sandy River Plantation
 - Saddleback Mountain, near Rangeley
 - Rangeley Lakes Trails Center, near Rangeley
 - Spencer Pond, near Rangeley (Township D)
 - Angel Falls, near Rangeley (Township D)
 - Aziscohos Mountain, near Rangeley (Lincoln Plantation)
 - Piazza Rock, Appalachian Trail, Sandy River Plantation
 - West Kennebago Mountain, near Rangeley, Upper Capsuptic Township
 - Rangeley Lake State Park Trails, Rangeley and Rangeley Plantation
 - Smalls Falls, near Rangeley (Township E)
 - Wilhelm Reich Museum Trails, Rangeley
 - Maine Forestry Museum Trails, Rangeley
 - Mingo Springs Trail and Bird Walk, Rangeley

- Rangeley River Trail, Rangeley
- Hatchery Brook Preserve, Rangeley
- Hunter Cove Wildlife Sanctuary, Rangeley
- Cascade Stream Gorge, Sandy River Plantation
- Bonney Point Trail, Rangeley
- Bald Mountain, Rangeley
- **Rangeley Plantation**
 - Mountain Pond, Rangeley Plantation and Sandy River Plantation
 - South Bog Conservation Area, Rangeley Plantation
- **Raymond**
 - Frog Pond Trail, Raymond
 - Morgan Meadows, Raymond
 - Tassel Top Park, Raymond
 - Raymond Community Forest, Raymond
- **Readfield**
 - Esker Trail, Readfield
 - Maranacook Community School Trails, Readfield
 - Macdonald Woods Conservation Area and Readfield Town Forest, Readfield
 - Kents Hill School trails, Readfield
 - Torsey Pond Nature Preserve, Readfield
 - Tyler Conservation Area, Readfield
 - Fogg Farm Conservation Area, Readfield
 - Readfield Fairgrounds, Readfield
 - Rosmarin and Saunders Family Forest, Readfield
- **Richmond**
 - Swan Island, Richmond
- **Rockland**
 - Marie H. Reed Breakwater Park, Rockland
 - Rockland Harbor Trail, Rockland
- **Rockport**
 - Aldermere Farm Preserve, Rockport
 - Community Wellness Trail, Rockport
 - Sides Preserve, Rockport
 - Harkness Preserve, Rockport
 - Erickson Fields, Rockport

- Beech Hill Preserve, Rockport
- Georges Highland Path, Pleasant and Spruce Mountains, Union and Rockport
- **Rome**
 - “A” Trail, Rome
 - Round Top Mountain, Rome
 - Sanders Hill, Rome
 - Mount Phillip, Rome
 - The Mountain Trail, Rome
 - French Mountain, Rome
- **Roque Bluffs**
 - Roque Bluffs State Park, Roque Bluffs
- **Rumford**
 - Black Mountain Nordic Trails, Rumford
 - Glassface Ledges Trail, Rumford
 - Swift River Trail, Rumford
 - Whitecap and Black Mountains, Rumford
- **Saco**
 - Foss Road Sports Complex, Saco
 - Thurston Mill, Saco
 - Riverwalk, Saco
 - Ferry Landing Trail, Saco
 - Atlantic Way, Plymouth and Vines Trails, Saco
 - Ferry Beach State Park, Saco
 - Horton Woods and the Ecology School trails, Saco
 - Saco Heath, Saco
 - Sylvan Trail, Saco
 - Middle Goosefare Trails, Saco
 - Cascade Falls Trail, Saco
- **Sandy River Plantation**
- **Sanford-Springvale**
 - Sanford Community Forest, Sanford
 - Great Works Reserve, Sanford
 - Fawcett-Goodwin and Browning Family Reserves, Sanford
 - High School Mousam Way trails, Sanford
 - Hall Environmental Reserve, Sanford

- Harvey Butler Rhododendron Sanctuary, Springvale
- Sanford-Springvale Rail Trail
- Mousam Way (Center), Sanford
- Mousam Way North, Sanford
- Mousam Way South Trail, Sanford
- **Scarborough**
 - Scarborough Marsh Audubon Center trail, Scarborough
 - Blue Point Preserve, Scarborough
 - Jennie and Isaac E. Willey Recreation Area, Scarborough
 - Warren Woods, Scarborough
 - Pleasant Hill Preserve, Scarborough
 - Libby River Farm Preserve, Scarborough
 - Prouts Neck Cliff Walk, with Ferry and Scarborough Beaches, Scarborough
 - Fuller Farm, Scarborough
 - Broadturn Farm, Scarborough
 - Scarborough River Wildlife Sanctuary, Scarborough
 - Sewell Woods, Scarborough
- **Searsmont**
 - Porter Preserve, Searsmont
 - Ridge to River Trail, Searsmont
 - Gibson Preserve, Searsmont
- **Searsport**
 - Long Cove Headwaters Preserve, Searsport
 - Moose Point State Park, Searsport
 - Sears Island, Searsport
- **Sebago**
 - Perley Pond-Northwest River Preserve, Sebago
 - Chessey Preserve, Sebago
 - Douglas Mountain, Sebago
- **Sedgwick**
 - Rocky Ridge Fitness Trail, Sedgwick
 - Cooper Farm at Caterpillar Hill, Sedgwick
 - Bluff Head, Sedgwick
 - Snow's Cove Preserve, Sedgwick

- **Shapleigh**

- Williams Town Park, Shapleigh
- Town Forest Trail, Shapleigh
- Abbott Mountain, Shapleigh

- **Sidney**

- Snow Pond Community Trails, Sidney
- Reynolds Forest, Sidney

- **Somerville**

- **South Bristol**

- Rutherford Island Preserve, South Bristol
- Darling Marine Center, South Bristol
- Library Park, South Bristol
- Tracy Shore, South Bristol
- Seal Cove Shore Preserve, South Bristol
- Plummer Point, South Bristol
- Walpole Woods, South Bristol

- **South Portland**

- Dows Woods Nature Preserve, South Portland
- Trout Brook Nature Preserve, South Portland
- Long Creek Trail, South Portland
- Spring Point Shoreway, South Portland
- Greenbelt Walkway, South Portland
- Hinckley Park and the Armory Trail, South Portland
- Clark's Pond Trails, South Portland

- **South Thomaston**

- Weskeag Headlands Preserve, South Thomaston
- Weskeag Preserve, South Thomaston
- Riverview Hayfields Preserve, South Thomaston

- **Southport**

- Squirrel Island seaside trail, Southport
- Hendricks Head Preserve, Southport

- **St. George**

- Clark Island Preserve, St. George
- Meadow Brook Preserve, St. George
- Bamford Preserve, St. George
- St. George School Trail, St. George
- The Roaring Spout, St. George

- Jones Brook Area and Fort St. Georges Historic Site, St. George
- **Standish**
 - Steep Falls Village Preserve, Standish
 - Saint Joseph's College trails, Standish
 - Randall Orchards, Standish
 - Sebago to the Sea, Section II, Otter Ponds Area, Standish
 - Sebago to the Sea Trail, Section I, Standish
- **Steuben**
 - Eagle Hill Institute, Steuben
 - Petit Manan National Wildlife Refuge, Steuben
 - Pigeon Hill, Steuben
- **Stockton Springs**
 - Sandy Point Beach, Stockton Springs
 - Main Stream Preserve, Stockton Springs
 - Fort Point State Park, Stockton Springs
- **Stoneham**
 - Five Kezar Ponds Reserve, Stoneham
- **Stonington**
 - Holt Mill Pond Preserve, Stonington
 - Settlement Quarry, Stonington
 - Crockett Cove Woods, Stonington
- **Sullivan, near Sullivan**
 - Donnell Pond Public Reserved Land, near Sullivan and Franklin
 - Baker Hill and Long Ledges, Sullivan
 - Little Tunk Pond, Sullivan
 - Tucker Mountain, Sullivan
 - Schoodic Bog to Schoodic Mountain, near Sullivan
- **Sumner**
 - Black Mountain, Sumner
- **Surry**
 - Morgan Bay Zendo Contemplative Path, Surry
 - Osgood Trail, Surry
 - Patten Stream Preserve, Surry
 - Carter Nature Preserve, Furth Wildlife and Talalay

- Nature Sanctuaries, Surry
- Surry Forest, Surry
- **Swanville**
 - Swan Lake State Park, Swanville
 - Meadow Brook Preserve, Swanville
- **Temple**
 - Potato Hill, Temple
 - Savage Mountain, Temple
- **The Berwicks (Berwick, South Berwick, and North Berwick)**
 - Negutaquit Nature Trails, North Berwick
 - Madeline Blaisdell Walking Trails, North Berwick
 - Maple Street Conservation Area and Town Forest, North Berwick
 - Newichawannock Woods, Berwick
 - Keay Brook Preserve, Berwick
 - Orris Falls Conservation Area, South Berwick
 - Kenyon Hill Preserve, South Berwick
 - Vaughan Woods Memorial State Park, South Berwick
 - The Raymond & Simone Savage Wildlife Preserve, South Berwick
 - Desrochers Memorial Forest, South Berwick
 - Grover-Herrick Preserve, North Berwick
 - Bauneg Beg Mountain Conservation Area, North Berwick
 - Grant's Meadow at Beaver Dam Heath, Berwick
 - Negutaquet Conservation Area, North Berwick
- **Thomaston**
 - Georges Highland Path, Saltwater Region and Thomaston Town Forest, Thomaston
- **Topsham**
 - Androscoggin Woods, Topsham
 - Town Forest Trails, Topsham
 - Tarbox Preserve, Topsham
 - Mt. Ararat School Trails, Topsham
 - Topsham Bike Path, Topsham
 - Town Landing Trail (Smart Property), Topsham
 - Bradley Pond Farm, Topsham

- Cathance River Preserve and Corridor Heritage Trail, Topsham
- Ravine or Highland Trails, Topsham
- Topsham Ponds Trails (near the transfer station), Topsham
- Foreside Trails, Topsham
- **Trenton**
 - Trenton Community Trail, Trenton
- **Trescott**
 - Commissary Point and Dennison Point, Trescott Township
 - Sandy Cove Trail, Trescott Township
- **Turner**
 - Jones Bonney Turner Village Park, Turner
 - Leavitt Area High School Trails, Turner
 - Androscoggin Riverlands State Park, Turner
- **Union**
 - Pool Preserve, Union
 - Clarry Hill, Union and Waldoboro
 - Carroll Farm Trail at Sweetgrass Farm Winery, Union
- **Unity**
 - Unity College trails, Unity
 - CommUnity Bikeway and Fairgrounds Loop Trail, Unity
 - Kanokolus Bog, Unity
 - Rines Wetland and Wildlife Preserve, Unity
 - Connor Mill Trail, Unity
 - Triplet Park and Bartlett Shore Trails, Unity
 - Moulton's Mill Preserve, Unity
 - Carlson Woods Preserve, Unity
 - Field of Dreams, Unity
- **Vassalboro**
 - Spectacle Pond at the Alonzo H. Garcelon Wildlife Management Area, Vassalboro
 - Davidson Nature Preserve, Vassalboro
 - Vassalboro Town Forest Trail, Vassalboro

- Vassalboro Community School Trail, Vassalboro
- Annie Sturgis Sanctuary, Vassalboro
- Seawards Mills Conservation Area, Vassalboro
- Vassalboro Wildlife Habitat, Vassalboro

- **Vienna**

- Vienna Woods, Vienna
- Peter Miller Woodland, Vienna

- **Vinalhaven**

- Sunset Rock Town Park, Vinalhaven
- Grimes Park, Vinalhaven
- Starboard Rock Sanctuary, Vinalhaven
- Eleanor Campbell Preserve, Vinalhaven
- Lower Mill River Preserve, Vinalhaven
- Perry Creek Conservation Area, Vinalhaven
- Middle Mountain Town Park, Vinalhaven
- Marcuse Wetlands Preserve, Vinalhaven
- Whitmore Pond Sanctuary, Vinalhaven
- Tip Toe Mountain Preserve, Vinalhaven
- Armbrust Hill Town Park, Vinalhaven
- The Basin Preserve trails, Vinalhaven
- Isle Au Haut Mountain Town Park, Vinalhaven
- Huber Preserve, Vinalhaven
- Arey's Neck Woods and Geary's Beach, Vinalhaven
- Lane's Island Preserve, Vinalhaven

- **Waldoboro**

- George Gould Nature Trail, Waldoboro
- Guy Van Duyn Refuge, Waldoboro
- Riverbrook Preserve, Waldoboro
- Marine Park, Waldoboro
- Town Forest, Waldoboro
- Quarry Hill and MVLTF Founders Preserves, Waldoboro
- Reef Point Preserve, Waldoboro
- Goose River Peace Corps and Mill Pond Preserves, Waldoboro
- Burkett Mill Preserve, Waldoboro
- Geele Farm Trails, Waldoboro
- Osborn Finch Wildlife Sanctuary, Waldoboro

- Peters Pond Preserve, Waldoboro
- **Warren**
 - Trolley Marsh, Warren
 - Payson Park, Warren
- **Waterboro**
 - Waterboro Barrens Preserve, Waterboro
 - Ossipee Hill, Waterboro
- **Waterford**
 - Mount Tire'm, Waterford
 - Hawk Mountain, Waterford
- **Waterville**
 - Quarry Road Trails, Waterville
 - Merritt Nature Trail, Waterville
 - Thomas College, Waterville
 - Oxbow Nature Preserve, Waterville
 - Head of Falls, Waterville
- **Wayne**
 - Gott Pasture Preserve, Wayne
- **Weld**
 - Mt. Blue State Park X-C Trails, Weld
 - Bald Mountain-Saddleback Traverse, Washington Township
 - Blueberry Mountain, near Weld
 - Mt Blue, Weld and Avon
 - Mt. Blue State Park Campground Trails, Weld
 - Center Hill Nature Trail, Weld
 - Tumbledown, Little Jackson and Big Jackson Mountains, near Weld
- **Wells**
 - Ghost Meadow Wildlife Commons, Wells
 - Tatnic Hills Preserve, Wells
 - Tatnic Woods, Wells
 - Walter Marsh Recreation Area Woods Trails, Wells
 - Perkinstown Wildlife Commons, Wells
 - Moe's Trail, Fenderson Wildlife Commons West, Wells
 - Beaver Pond Trail, Tilton Homestead Wildlife

Commons, Wells

- Fenderson East Trail, Fenderson Wildlife Commons, Wells
- Wells Reserve at Laudholm, Wells
- Rachel Carson National Wildlife Refuge, Wells
- Wells Barren Preserve, Wells

▪ **Wesley**

- Beaverdam Stream Preserve, Wesley

▪ **West Bath**

- Merritt Island, West Bath
- Hamilton Sanctuary, West Bath
- Green Point Preserve, West Bath
- Snowmobile Trails, West Bath

▪ **West Forks, The Forks, near them both**

- Pleasant Pond Mountain, The Forks and Caratunk
- Moxie Bald Mountain, near The Forks
- Mosquito Mountain, The Forks
- Coburn Mountain, near Jackman and West Forks
- Moxie Falls Trail, near West Forks
- Dead River Trail, West Forks
- Cold Stream Falls, near West Forks
- Magic Falls Trail, near West Forks

▪ **Westbrook**

- Mill Brook South Preserve, Westbrook
- Pride Preserve, Westbrook
- Blue Spruce Trails, Westbrook
- Smiling Hill Farm, Westbrook
- Conant Property, Westbrook
- Mill Brook Preserve, Westbrook
- Presumpscot River Trail, East Bridge Street, Westbrook
- Westbrook River Walk, Westbrook

▪ **Westport Island**

- Segerstrom Preserve at Squam Creek, Westport Island
- Clough Point, Westport Island
- Bonyun Preserve, Westport Island

- **White Mountain National Forest**

- Haystack Notch Trail, White Mountain National Forest
- Blueberry Mountain and Rattlesnake Pool, White Mountain National Forest
- East Royce Mountain, White Mountain National Forest
- Speckled Mountain, White Mountain National Forest
- Albany Mountain, White Mountain National Forest
- Shell Pond Loop, White Mountain National Forest
- Little Deer and Big Deer Hills, White Mountain National Forest
- Lord Hill and Pine Hill, White Mountain National Forest
- Albany Brook Trail (to Round Pond), White Mountain National Forest
- Caribou Mountain, White Mountain National Forest
- The Roost, White Mountain National Forest

- **Whitefield**

- Maguire Preserve, Whitefield
- Marr's Ridge Trail, Whitefield
- Happy Farm Trail, Whitefield
- Whitefield Salmon Preserve, Whitefield

- **Whiting**

- Rocky Lake Preserve, Whiting

- **Wilton**

- Coubers Brook Trail, Wilton
- Kineowatha Park, Wilton
- Foothills Land Conservancy, Wilton

- **Windham**

- Windham High School, Windham
- Lowell Preserve, Windham
- Black Brook Preserve, Windham
- Otterbrook Nature Sanctuary, Windham
- Dundee Park, Windham
- Chaffin Pond Preserve at Donna Lippman Park, Windham

- Deer Hollow/Mud Pond Nature Reserve, Windham
- **Winslow**
 - Winslow Community Trails, Winslow
- **Winter Harbor**
- **Winterport**
 - Blueberry Hill, Winterport
- **Winthrop**
 - Weston Woods and Oatway Preserves, East Winthrop
 - Mt. Pisgah Conservation Area, Winthrop
- **Wiscasset**
 - Morris Farm and Sortwell Memorial Forest, Wiscasset
 - Cushman Preserve, Wiscasset
 - Eaton Farm Preserve, Wiscasset
- **Woodstock**
 - Mount Christopher, Woodstock
 - Buck's and Lapham Ledges, Woodstock
- **Woolwich**
 - Merrymeeting Fields Preserve, Woolwich
 - Coffin Wildflower Reservation, Woolwich
- **Yarmouth**
 - Riverfront Woods Preserve, Yarmouth
 - Spear Farm Estuary Preserve, Yarmouth
 - Sweetsir Farm Preserve, Yarmouth
 - Sligo Road Property, Yarmouth
 - West Side Trail, Yarmouth
 - Littlejohn Island Preserve, Yarmouth
 - Pratt's Brook Park, Yarmouth
 - Fels-Grove Farm Preserve, Yarmouth
 - Royal River Park, Yarmouth
 - Frank Knight Forest, Yarmouth
- **York**
 - Whippoorwill Conservation Area, York
 - Fuller Forest Preserve, York
 - Cliff Walk, York
 - Rachel Carson National Wildlife Refuge on Brave Boat Harbor, York

- Mt. Agamenticus Conservation Region, York
- Steedman Woods to Fisherman's Walk, York
- York Land Trust Headquarters, York
- Smelt Brook and Highland Farm Preserves, York
- Hilton-Winn and Kimball Farm North Preserves, York and Ogunquit
- Folly Pond in the York Watershed, York
- McFeely Preserve, York