

Saco Heath, Saco

People in Saco are lucky they have this spot so close by. The heath is an amazing place to visit. The palette of the landscape and the bog plants are beautiful, and on the foggy day I walked there, the colors were muted, the place had an enchanted feel. The multicolored boardwalk makes walking comfortable, dry and very fun, too, since the colors of the boards pop out against the heath background.

This [Nature Conservancy preserve](#) encompasses more than 1,200 acres of land, and the trail is 1.8 miles there and back. No dogs are allowed. According to Saco Bay Trails, walkers on the boardwalk at times are standing over 20 feet of water filled with partially decayed sphagnum moss. "Do not leave the trail," the organization advises. "There are legends of people sinking out of sight forever in this 'bottomless' bog."

Springtime is evidently a wonderful time to visit this heathland. When the plants bloom, they spread "a carpet of lavender, pink and white across the heath," according to the Conservancy.

Directions: Drive northwest on the Buxton Road (Rt. 112) for 1.7 miles after passing over the Maine Turnpike. A parking area, marked by a TNC sign, on the right side of the road may be missed as it sits behind a border of trees. Look for a small Nature Conservancy sign at the entrance to the parking lot.

