

# West Mountain Falls, Carrabassett Valley

If you don't feel like hiking a grand mountain, you can check out the 0.4-mile (one-way) trail up the South Branch of the Carrabassett River, which is chocked with rocks and boulders that create many pools and small falls. (On my map, you can see where I ducked off the trail briefly to check out nice spots along the river.)

The trail is rocky and rooty, and initially descends quite steeply down to the river, so it's not as easy walking as the cross-country ski trails or Narrow Gauge Pathway. But for relatively little effort, you can reach the falls and the big pool below it. Bring your bathing suits on a hot day!

The trail is unmarked, except at the trail head where there is a sign, but it is easy to follow. It appears to continue beyond West Mountain Falls some ways but I haven't yet explored it.

**Directions:** From the main Access Road to the base of Sugarloaf, turn onto West Mountain Road. Continue about 1.25 miles, almost to the golf course. Before you reach the Sugarloaf Golf Course, you'll see a trail sign on your left. You can park on the road shoulder, and there is also what looks like a small parking area on the right, across from the trail head.

