

Thompson's Point Fore River Trail, Portland

Fore River Trails in blue; Waynflete trails in red

This is a delightful off-road urban trail, with bridges and river views, that begins (or ends) at Thompson's Point. For those who don't know it, Thompson's Point is a development with restaurants, food trucks, breweries, museum(s), an indoor market, and an outdoor concert venue on a parklike point with benches—including one that swings.

The trail meanders along a little river nook and then parallels the train tracks before taking walkers across Hobart Street to a small riverside meadow. You can make a little loop on the roads before joining up with the trail again to return to Thompson's Point. It's definitely bike-able and I think sturdy wheelchairs would be okay along most of the trail.

Additionally, the trail will take you close to the pretty Waynflete School trails, which are open to the public when the gates are open.

Note: It looks like an older version of the trail once continued across Congress Street before linking up with the Fore River Sanctuary trail system, but I think it may have been discontinued?

Directions: The best way to reach the trailhead on Thompson's Point is to take Thompson's Point Road past the bus/train station. You can park on the side of the road before the concert venue. You should see a Portland Trails sign and map [here](#).

