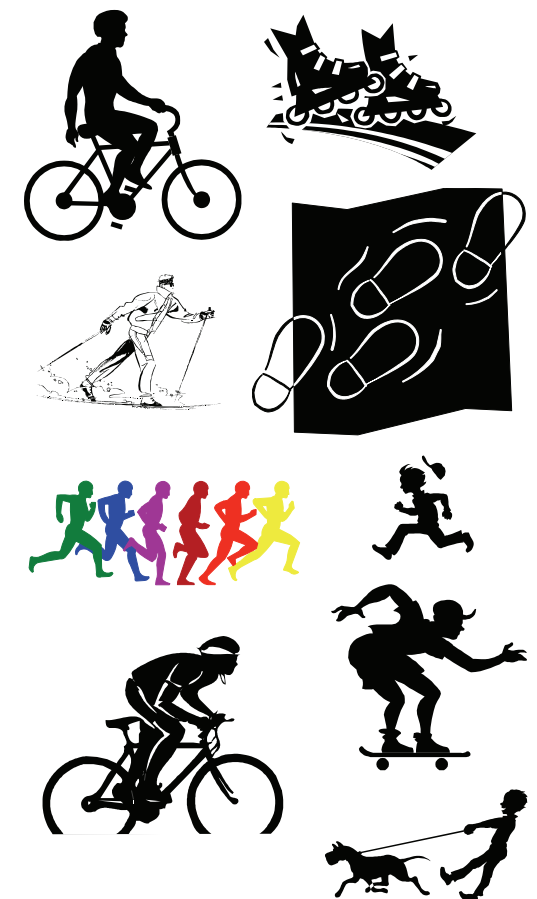


# *Trails in the Bangor Region*



For more detail please see individual trail maps.

# DIRECTIONS TO TRAILS IN THE BANGOR REGION

## 1 HIRUNDO WILDLIFE REFUGE

**Description:** Trust property of the University of Maine allows hiking, cross-country skiing, and nature walks.

### FROM I-95 EXIT 197:

**From South:** Turn left onto Route 43

**From North:** Turn right onto Route 43

Go approximately 4 1/2 miles. Registration and parking are at Gates 2 & 3.

## 2 BROWN WOODS TRAILS

**Description:** 28 acre wooded park enclosed by a gate; picnic area, walking and dog-walking

### FROM I-95 EXIT 184:

**From South:** Turn left onto Ohio St.

**From North:** Turn right onto Union St., right onto Griffin Rd., then left onto Ohio St. Brown Woods is on the left between Finson Road & Davis Road.

## 3 BANGOR CITY FOREST

**Description:** 600 acre forest with access trails, foot trails, wetlands, and examples of reforestation and tree regeneration. Hiking, running, cross-country skiing, & mountain biking.

### FROM I-95 EXIT 187:

**From South:** Turn left onto Hogan Rd.

**From North:** Turn right onto Hogan Rd.

Go forward through four sets of lights. This puts you on Kittredge Road. Follow to the end.

## 4 ESSEX WOODS

**Description:** Recreation, wildlife and forest management area with hiking trails, mountain bike trails, wetlands and reforested areas. Popular sliding hill and trails for cross - country skiing

### FROM I-95 EXIT 185:

**From North & South:** Turn right onto Broadway.

Turn right onto Grandview Avenue (4/10 mile after Broadway Shopping Center, on right). At stop sign, turn right on Essex Street. Turn left onto Watchmaker Street. Located near large blue water tower.

## 5 HUSSON HIKING TRAILS

**Description:** Hiking trail behind Hart Hall on Husson Campus.

### FROM I-95 EXIT 185:

**From North and South:** Turn right on Broadway. Left onto Husson Ave. Right onto Grandview Ave.

## 6 KENDUSKEAG STREAM TRAIL

**Description:** Existing and proposed trails through

the Downtown area of Bangor for walking, running and picnicking

**FROM I-95 EXIT 182A:** Follow signs for I-395 East. Take exit 3B off of I-395, turn right on to Main Street. Drive on Main to the ninth traffic light where you are forced to turn right in downtown Bangor. At next set of lights, turn left onto Harlow Street. Go forward on Harlow Street through two traffic lights, parking on left after Intown Plaza and on right after stream.

## 7 ORONO BOG WALK

**Description:** One Mile boardwalk loop that passes through changing vegetation. <http://www.oronobogwalk.org>

**From North:** On I-95 Take exit 191 Kelly Road.

Turn Right at Kelly Road. Turn Left onto Stillwater.

Approximately 1 mile. **From South:** On I-95 take exit 186 for Stillwater Avenue. Turn Right onto Stillwater. Approximately 3 miles.

## 8 PRENTISS WOODS TRAILS

**Description:** 7,290 feet of trails with scattered benches along the routes for walking and dog-walking. Adjacent to the City of Bangor Nursery, which contains many of the cities trees, shrubs and perennial flowers.

**FROM I-95 EXIT 185:** Turn right onto Broadway. Turn right onto Grandview Avenue (4/10 mile after Broadway Shopping Center,. Prentiss Woods is in on the left after the entrance to Bangor High School.

## 9 SAXL PARK (Fred Boyce Trail System)

**Description:** The Saxl Park trail is located on the grounds of the Dorthea Dix Psychiatric Center. It is a series of interconnected trails totaling 3 miles in length.

### FROM I-95 EXIT 187:

**From North:** Turn left onto Hogan Road. Take right onto State St. Approximately 1/4 Mile.

**From South:** Turn right onto Hogan Road. Take right onto State St. Approximately 1/4 Mile.

## 10 LEONARD'S MILL

**Description:** Maine forest and logging museum. Includes hiking trail. <http://www.leonardsmills.com>

**Directions:** From Brewer, take Rt. 9 north and turn left onto Rt. 178. Watch for Leonard Mill's Signs. From Millford follow Rt. 178 South to the experimental forest access road.

## 11 PEAKED MOUNTAIN

**Description:** A 2.6 mile hike up a steep trail. Affords some of the best vistas of the surrounding area.

**Directions:** Starting from the Paul Bunyan statue in Bangor; go 0.7 miles North on Main Street in Bangor. Turn Right at Union Street and go 0.5 miles. Crossing the bridge,

turn left onto Maine Street (Rt. 9) in Brewer. Go 16.6 miles On Rt. 9. Take the Chick Hill Rd on the left. Drive Approximately 0.7 miles to the Parking area.

## 12 ECOTAT GARDENS & ARBORETUM

**Description:** Site encompasses gardens, old & new woods, and a swamp.

**FROM I-95 EXIT 182B:** Follow signs for U.S. Route 2 WEST approximately 8 miles to the Annis Road in Hermon. Ecotat is on the right-hand corner. Turn right.

## 13 FIELDS POND NATURE CENTER

**From: I-395:** At Exit 5 from either direction turn left at the end of the ramp onto Parkway South. Go 1.5 miles to an intersection, turn left on Wiswell Road. Drive 2 miles and turn right on Fields Pond Road. Nature Center is approximately 1 mile on the left before road curves to the right. There is a sign and parking lot.

## 14 SUNKHAZE MEADOWS NATIONAL WILDLIFE REFUGE

**Description:** Hiking, mountain biking, cross-country skiing, and canoeing

**From U.S. Route 2** in Milford or Costigan:

Follow the County Road EAST from Milford

Follow the Stud Mill Road EAST from Costigan

## 15 KENNARD TRAIL

**Description:** Looping trail through 122 acres on quiet hillside in Newburgh.

**Directions:** Starting from the Paul Bunyan statue in Bangor, go south on Main Street (Rte 9 & 1A); Continue straight for 4.3 miles; turn right onto Rte 202 & 9; drive 9.5 miles; turn left onto Kennard Rd; 0.6 miles to trailhead on right.

## 16 CARRIBOU BOG

**Description:** Wide trail leading through woods, marshland, and bogs is a great opportunity for seeing wildlife. Trail may be wet in spots, especially during spring. Approximately 5 miles in length.

**Directions:** Start from Paul Bunyan statue in Bangor. Head south on Main Street in Bangor for 0.1 miles; take ramp to get on I-395 North; drive 1.2 miles; take Exit 1B off I-95 towards Orono; Drive 10.3 miles to Exit 193; turn left onto Stillwater Avenue; go 0.9 miles; turn right onto Forest Avenue; drive 1.4 miles; park at end of Taylor Rd; trail across Forest Ave.

## 17 UNIVERSITY OF MAINE FOREST TRAILS

**Description:** Large land area containing extensive cross-country ski trails, hiking trails and bike paths.

## FROM I-95 EXIT 193:

**From South:** Turn right onto Stillwater Avenue.

**From North:** Turn left onto Stillwater Avenue. Turn right onto College Avenue (third traffic light). Take first left after Alford Arena (approx. 1 1/2 miles on left). Parking next to Field House (Straight ahead).

## 18 OLD TOWN/ORONO BIKE ROUTES & TRAILS

**Description:** Bike trails running through Old Town, Orono and the University of Maine for biking, rollerblading, walking, running, cross-country skiing

### FROM I-95 EXIT 193:

**From South:** Turn right onto Stillwater Avenue.

**From North:** Turn left onto Stillwater Avenue.

Go forward through three traffic lights. Turn right after Roy Brothers Inc. (on right). Parking available.

### FROM I-95 EXIT 191:

**From South:** Turn right onto Kelly Road.

**From North:** Turn left onto Kelly Road.

At stop sign turn left onto Main Street. Parking available along route.

## 19 ORONO TRAILS & PUBLIC LANDS

**Description:** Trails on Orono Public Land

**From Downtown Orono:** There appears to be 3 parking lots—2 off of Forest Avenue at the end of Mountainview and 1 off of Bennoch Road at the end of Winterhaven

## 20 BUCK HILL-JONES WOODLAND

**Description:** 60 acres on which Veazie Conservation Commission is working to establish and maintain a recreation trail system.

**Directions:** Starting from the Paul Bunyan statue in Bangor, go north on Main Street 1.0 miles; turn right onto State Street; continue on State Street 3.7 miles (at 1.8 miles, you will need to bear right to stay on State Street); turn left onto Chase Rd; go 1.1 miles; turn right onto Jackson Rd; go 0.5 miles to end of Jackson Rd; turn left onto Buck Hill; trail will be immediately on your right.

## 21 MCPHETRES FARM FOREST

**Description:** Several short, interconnecting trails on twenty acre parcel of land.

**Directions:** Starting from the Paul Bunyan statue in Bangor; go north on Main Street 1.0 miles; turn right onto State Street; continue on State Street 3.3 miles (at 1.8 miles, you will need to bear right to stay on State Street); Parking is located behind the Fairview Cemetery on your left.