Cobscook Bay

Cobscook Bay is a marine ecosystem rich with life and beauty. Cold, nutrient-laden waters and tides rising and falling an average of 20 feet twice daily combine with a highly convoluted shoreline to create a thriving environment for an amazing diversity of marine species. The bay is rich with waterborne plankton that support species higher up the marine food chain. At the bottom of the bay are clams, scallops and lobsters. Birds include a cornucopia of fish-eating species (including a large nesting population of Bald Eagles), resident and migratory waterfowl (including a notable portion of Maine's wintering Black Duck population), incredible numbers of North American shorebirds on their annual migrations, and large numbers of marine mammals such as harbor seals, porpoises and, nearby, many species of whales. Today, as in the past, Cobscook Bay plays a central role in the economies of the nine communities that ring its shores. These communities are working to combine traditional marine harvests, deep-water shipping, modern aquaculture and nature- and heritage-based tourism to maintain their quality of life and the environment that sustains them.

Bold Coast

The "Bold Coast" derives its name from a 40-mile stretch of coastline from West Quoddy Head in Lubec to the Town of Cutler. Dramatic cliffs rise as high as 150 feet from the water's edge and feature blow holes, caves and arches at their base. Raised coastal peatlands host a variety of specialized plants including many found in alpine or sub-arctic habitats. In our peatland ecosystems, vegetative growth exceeds decomposition, due to cool, acidic, waterlogged, and oxygen-poor soils. Sphagnum bogs are repositories of the past, providing clues to past vegetative and climatic patterns. Bold Coast trails featured on this map cover miles of shoreline and look out across the Grand Manan Channel to the Bay of Fundy. The deep waters of this bay provide critical feeding and rearing areas for the Minke, as well as the federally endangered Fin, Humpback, and Atlantic

COBSCOOK TRAILS COALITION

Cobscook Trails Coalition is a consortium of private and public conservation landowners who seek to support and expand opportunities for naturebased recreation and tourism in eastern Washington County. The Coalition has been meeting for close to two decades to share

knowledge and work collaboratively. Cobscook Trails Coalition partners include the following organizations that actively manage trails around Cobscook Bay and along the Bold Coast.

> **Maine Coast Heritage Trust** 1 Bowdoin Mill Island, #201 Topsham, ME 04652 (207) 729-7366

www.mcht.org **Downeast Coastal Conservancy** P.O. Box 760

www.downeastcoastalconservancy.org **Roosevelt Campobello International Park**

Machias, ME 04654

(207) 255-4500

P.O. Box 129 Lubec, ME 04652 (506) 752-2922 or (877) 851-6663

www.fdr.net Maine Department of Inland Fisheries & Wildlife P.O. Box 220

www.maine.gov/ifw

Jonesboro, ME 04648

(207) 434-5927

Maine Bureau of Parks & Lands 22 State House Station Augusta, ME 04333

(207) 287-3821 www.parksandlands.com

Moosehorn National Wildlife Refuge Headquarters Road Baring, ME 04694 (207) 454-7161

www.fws.gov/refuge/moosehorn **The Nature Conservancy**

14 Maine Street, #401 Brunswick, ME 04011

SUPPORT COBSCOOK TRAILS

Help us care for these trails and continue to create new ones. If you would like to mak a tax-deductible contribution to support the Cobscook Trails Coalition, maintenance of nanagers know the nature and location of any trail issues that need attentior



Bell's Mountain and Crane Mountain at Tide Mill Farms Edmunds (D-3)

Difficulty: Moderate (Watch for exposed roots and blowdowns) Length and Type: 1.2 mile, Loop; 1.4 mile, Loop

Trail Uses: Hiking, Snowshoeing

Trail Manager: Maine Department of Inland Fisheries & Wildlife

Trailhead Directions: Following Route 1 north from Edmunds, turn left onto Bell Mountain Road (gravel) roughly 2.5 miles after the intersection of Route 1 and Route 189. Southbound on Route 1, turn right onto Bell Mountain Road 0.3 miles after the green bridge crossing Crane Mill Brook. Proceed 0.25 miles to Bell's Mountain trailhead on left. To reach Crane Mountain trailhead, continue on gravel road for 0.7 miles. Bear right at fork in the road and follow to the end of a short road for trailhead parking. If the gate providing access to Crane Mountain parking lot is closed, park at the Bell's Mountain parking area and walk.

Trail Description: Bell's Mountain Trail: A blazed, rooted path climbs the eastern side of this privately-owned mountain through a spruce/ fir/cedar forest from which Tide Mill Farms, Cobscook Bay, and the Town of Whiting are visible to the east. Near the 213-foot summit, the trail becomes steep. The trail descends the steep, western face of Bell's Mountain via switchbacks and then becomes more gradual. Crane Mountain Trail: The blazed trail climbs through mixed hardwood/ softwood forest that covers this privately-owned mountain. A short climb takers hikers to the summit, which offers westerly views of Big Meadow Pond and easterly views across Whiting Bay.

M Bog Brook Cove-Moose Cove

Difficulty: Easy - Difficult Length and Type: 3 miles, Network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Birding,

Beachcombing, Picnicking Trail Manager: Maine Coast Heritage Trust

Trailhead Directions: From Route 191, turn onto Moose River Road, (20 miles east of Route 1 in East Machias and 6.7 miles from Route 189 in Lubec). Continue 1.1 miles to the end of a private gravel road to the

Trail Description: The 1,775-acre Bog Brook Cove preserve lies at the heart of Maine's Bold Coast with spectacular coastal views. The Moose Cove section includes an 1,100-foot handicapped accessible trail and the scenic Ridge and Chimney trails. The preserve has roughly 80 acres of privately leased commercial organic wild blueberry barrens.

Bog Brook Cove–Norse Pond Cutler (E-3)

Difficulty: Moderate (Difficult trail spur to Bog Brook Cove Beach) Length and Type: 3 miles, Network

Trail Uses: Hiking, Snowshoeing, Birding, Beachcombing, Picnicking Trail Manager: Maine Coast Heritage Trust

Trailhead Directions: From the junction of Route 1 and Route 191 in East Machias travel 18.5 miles to the Norse Pond Trail parking lot on Route

Trail Description: The 1,775-acre Bog Brook Cove preserve lies at the heart of Maine's Bold Coast. The Norse Pond Trail leads to an 11-acre pond and Bog Brook Cove Beach—the only public access to this beautiful cobble beach. The preserve has roughly 80 acres of privately leased commercial organic wild blueberry barrens.

M Cobscook Bay State Park Edmunds Twp (C-3)

Difficulty: Easy - Moderate

Length and Type: 0.2 - 1.2 miles, Network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing (groomed)

Trail Manager: Maine Bureau of Parks & Lands

Trailhead Directions: Take Route 1 to Edmunds and look for park signs marking the turnoff onto South Edmunds Road. The main park entrance is on the right 0.5 miles from the turnoff. There is a day use fee to use the park.

Trail Description: A 1.2-mile Nature Trail, with two scenic overlooks, and the 0.75-mile Shore Trail offer easy to moderate walks for hikers of all ages. Note: trail to overlooks includes a short, steep, rocky section. The 0.2mile Firetower Trail climbs steeply, offering a short but moderate hike, from the park entrance road to Little's Mountain and an old firetower.

N Commissary Point Trescott (D-3)

Difficulty: Easy - Moderate Length and Type: 1.5 - 1.8 miles, Network

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing Trail Manager: Maine Department of Inland Fisheries & Wildlife

Trailhead Directions: Take Route 1 to Route 189. Go 1.7 miles east on Route 189. At the sign for the Cobscook Community Learning Center, turn left onto Commissary Point Road (gravel). Travel 0.4 miles and pass in

gate with a small parking area on the left. Trail Description: Rocky Point Trail is a blazed trail begins at a wood sign and register at the parking area. It passes through coniferous forest and then along the edge of Rocky Point peninsula, with intermittent views of Whiting Bay, a salt marsh and the mouth of the Orange River (to the southwest). Follow grassy management trails beyond the gate, which lead to Commissary, Wilbur, and Leighton Points. These headlands feature old homestead sites with fields and woodlands bordering coastal wetlands.

front of a cape-style house on the right and an additional 0.1 mile to a

Cutler Coast Public Lands Cutler (F-3)

Difficulty: Difficult

Length and Type: 3 - 9.6 miles, Network

Trail Uses: Hiking, Backpacking, Wildlife Watching, ATVing Trail Manager: Maine Bureau of Parks & Lands

Trailhead Directions: From the North, from the intersection of Route 1 and Route 189 in Whiting, take Route 189 to Route 191. Turn right and travel 10 miles to the parking area and trailhead on the left of the road (marked by a blue/white sign). From the South, from the intersection of Route 1 and Route 191 in East Machias, turn right on Route 191 and travel 16.9 miles to the parking area/trailhead on right of the road (marked by a blue/white sign).

Trail Description: The Coastal Trail to Ocean—2.8-mile round trip—is the easiest trail segment. It runs through a cedar swamp, a maritime spruce/ fir forest, and offers a promontory overlooking the ocean. The Black Point Brook Loop—5.5-mile round trip—combines wooded and rocky, cliff-side segments while leading to a small cobble beach at Black Point Cove (accessible via a log ladder). The return route, via the Inland Trail, is somewhat rocky but runs over fairly gentle terrain and through an Acadian forest. The Fairy Head Loop—9.2-mile round trip—provides 3.8 miles of trail skirting the shore. At Fairy Head, the trail turns inland through open meadows and forest, passing by a freshwater grass marsh and a large beaver pond. Three first-come, first-serve primitive campsites are available at Fairy Head. ATV use is permitted on designated shareduse roads and trails on the north side of Route 191.

Dennison Point Trescott (D-3)

Difficulty: Easy - Moderate Length and Type: 1.5 -1.8 miles, Network

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing Trail Manager: Maine Department of Inland Fisheries & Wildlife

Trailhead Directions: Take Route 1 to Route 189. Go 1.7 miles east on Route 189. At the sign for the Cobscook Community Learning Center (CCLC), turn left onto Commissary Point Road (gravel). Go 500 feet and on the left park at the CCLC to access the East Stream Trail, or 0.3

mile to park at the junction of the Dennison Point management road.

Trail Description: A mowed track runs 0.6 mile along the length of the Wildlife Management Area to a series of fields and old homestead. Staying to the left-hand fields, hikers can continue about 0.3 mile to reach the shore near Pressley Point, with views south toward the mouth of the Orange River and Whiting Village. East Stream Trail: Trailhead is located beyond the pond in the center of the CCLC campus. It crosses rocky outcrops, meanders along tidal East Stream, passes through distinctive tree stands, winds through a low lying cedar-dominated area, and crosses a freshwater stream in three places. At 1 mile, the trail joins the Dennison Point Trail. Hikers can turn right along the Dennison Point Trail for another 0.5 mile to reach Commissary Point Road and loop back to CCLC, or turn left to explore Dennison Point.

N Down East Sunrise Trail Pembroke, Dennysville, Edmunds, Marion (A-2, C-3)

Length and Type: 85 miles, One Way

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Mountain Biking, Horseback Riding, ATVing, Snowmobiling Trail Manager: Maine Bureau of Parks & Lands, Maine Department of

Trailhead Directions: In the Cobscook Bay region, the trail can be accessed from four locations in Dennysville (Marion Road, Route 86) and Pembroke (Smith Ridge Road, Ayers Junction Road).

Trail Description: The Down East Sunrise Trail is an 85-mile, multi-use rail-to-trail corridor enjoyed by snowmobilers, ATV-ers, pedestrians, bicyclists, cross-country skiers, and equestrians. This wide, gravel trail runs from Ellsworth to Perry, crossing most of the Downeast coastal region, and connecting multiple scenic conservation areas. Visitor information is available at www.sunrisetrail.org.

Hamilton Cove Lubec (D-5)

Difficulty: Easy - Moderate

Length and Type: 3.5 miles, Network

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Picnicking, Birding Trail Manager: Maine Coast Heritage Trust

Trailhead Directions: From Route 189 in Lubec, take the South Lubec Road towards Quoddy Head State Park. In 2.7 miles turn right onto Boot Cove Road and continue 2.4 miles to the parking area on the left.

Trail Description: This 1225-acre preserve boasts a 1.5 mile shoreline with an observation platform at Lawrence Head, a bench facing east towards Quoddy Head, and Hamilton Cove Beach. The preserve also includes the Benny's Mountain Trail, which leads past mature trees to a small summit with expansive views of the area. The preserve's many habitat types support diverse plants and wildlife. The preserve is open dawn to dusk and is suitable for foot traffic only.

M Hersey Point Preserve Pembroke (B-3)

Difficulty: Easy Length and Type: 0.8 miles, Loop Trail Uses: Hiking, Wildlife Watching Trail Manager: The Nature Conservancy

Trailhead Directions: The trail begins at a sharp corner in the Hersey Road. There is no parking lot, though limited room exists to park on the shoulder of the road. The path follows a mown right-of-way across private property (please stay on the trail) and continues over rough and sometimes wet ground to emerge at the northwest corner of Sheep's Cove. There is a small blazed loop around a portion of the point looking into Hersey Cove. Pets are not allowed at Hersey Point Preserve.

Trail Description: The trail offers a short hike through mixed woods communities to a quiet sheltered cove and gravel beach. Hersey Point provides critical nesting and roosting sites for bald eagles as identified by the State of Maine. Because foot traffic near bald eagle nests can lead to nest abandonment, visitors are asked to stay on the path and avoid the property's interior.

M Horan Head Lubec (C-4)

Difficulty: Easy - Moderate Length and Type: 6 miles, Network Trail Uses: Hiking, Snowshoeing

Trail Manager: Maine Department of Inland Fisheries & Wildlife

Trailhead Directions: Route 1 to Route 189 towards Lubec. Travel 5.6 miles east on Route 189 and turn left onto Crow's Neck Road. Turn right after 0.4 miles onto Lead Mine Road and make a quick left turn after 0.2 miles onto Straight Bay Road. The Unit is 3.2 miles up Straight Bay Road on the right side. A short gravel road leads to the parking area, which is marked by several tall wooden signs identifying the area. A diamondshaped "Cobscook Trails" sign is at the roadside

Trail Description: The trailhead lies beyond the gate at the parking area and through the fields following the path leading to the woods. The Horan Head Unit trail network offers options ranging from a roughly 2.5 mile round trip to a rocky ledge on South Bay, to a 6-mile hike that provides a variety of views and ways to experience some of the inner coves of Cobscook Bay. Directional signs are sparse on the trail, so visitors are advised to carry a paper map with them.

🦮 Klondike Mountain

V Lubec (C-5)

Difficulty: Easy - Moderate Length and Type: 0.6 miles, Network

Trail Uses: Hiking, Snowshoeing

Trail Manager: Downeast Coastal Conservancy

Trailhead Directions: Trailhead and parking area are located 1 mile north of Route 189 on the North Lubec Road. Look for the Klondike Mountain

Trail Description: Trail begins in open field sprinkled with apple trees. The trail skirts along the water before rising 150 feet through forested land to a bald summit overlooking South Bay, Cobscook Bay, Lubec, Eastport, Campobello Island and more.

Morong Cove Lubec (C-4)

Difficulty: Easy - Moderate Length and Type: 3.3 miles, Network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing Trail Manager: Maine Department of Inland Fisheries & Wildlife

Trailhead Directions: Route 1 to Whiting and turn onto Route 189 towards Lubec. At 5.6 miles, turn left onto Crows Neck Road. Drive 1.8 miles and turn right onto Thompson Road. The parking area and trailhead are 0.6 miles ahead, at the end of the gravel road. Trail Description: The trail begins past the gate at the end of the gravel road.

The first mile of hiking is on a grassy lane that winds through a network of old fields. At the last field, the path transitions to a 2.25-mile forested hiking trail which loops around and returns to the grassy road roughly 0.25 miles from the trailhead. Alternatively, a shorter loop leaves the grassy road about 0.5 miles from the trailhead and loops back to the same connection point. Signs and trail markings may not yet be in place, so be prepared to navigate without aids on the trail.

Mowry Beach

Lubec (C-5)

Length and Type: 0.4 miles, One Way

Trail Uses: Hiking, Snowshoeing, Beachcombing Trail Manager: Downeast Coastal Conservancy

Trailhead Directions: Trailhead and parking is located at the south end of Pleasant Street in Lubec. Trail can also be accessed from South Street, park in the southern corner of the Lubec Consolidated School parking lot, near the Mowry Beach sign.

Trail Description: Short gravel path leads to a 1,700-foot boardwalk. The gravel trail and boardwalk are smooth and level and are accessible to wheelchairs. Walkers can access the beach near the Pleasant Street parking area. Please stay off the dunes, dune vegetation is fragile and cannot withstand trampling.

Moosehorn National Wildlife

Refuge-Baring Unit Baring, Calais, Charlotte, Meddybemps, (A-1)

Difficulty: Easy - Moderate

Length and Type: 62 miles, Network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Mountain Biking Trail Manager: U.S. Fish & Wildlife Service

Trailhead Directions: From Route 1 take the Charlotte Road for 3 miles until you reach Headquarters Road on your right (look for brown wildlife refuge signs). The refuge office is located half of a mile from the Charlotte Road turnoff. Trailheads leaving from Route 191 and Charlotte Roads are marked in most cases by gated service roads. Parking is off the side of the road or in designated pullouts.

Trail Description: Three of the trails, Charlotte, Woodcock, and Greg's Pond, have interpretive panels highlighting species, habitats, and refuge management. Two trails are groomed in the winter for cross-country skiing. Five trails are located in the core wilderness area where all vehicle traffic (including bicycles) are prohibited, providing a remote wilderness experience. The trails and service roads have gentle grades, while the refuge's landscape is varied, with rolling hills, large ledge outcrops, streams, lakes, bogs, and marshes.

Moosehorn National Wildlife Refuge-Edmunds Unit Edmunds, Pembroke (C-3)

Length and Type: 20 miles, Network

Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Mountain Biking Trail Manager: U.S. Fish & Wildlife Service

Trailhead Directions: The Edmunds Unit of Moosehorn NWR straddles Route 1 in Edmunds. The unit's trails can be accessed from parking areas located at the end of North Trail Road and South Trail Road on the west side of Route 1 near to Cobscook Bay State Park.

Trail Description: Most trails follow service roads with gentle grades. A 3-mile trail through the Refuge's designated Wildness Area prohibits all vehicle traffic (including bicycles) and provides a remote trail experience. The refuge's landscape is varied, with rolling hills, large ledge outcrops, streams, lakes, bogs, and marshes. A northern hardwood forest of aspen, maple, birch, oak, spruce and fir dominates the upland. Scattered stands of majestic white pine are common.

M Orange River Water Trail Whiting (D-2)

Difficulty: Easy Length and Type: 2.5 miles, One Way

Trail Uses: Canoeing, Kayaking, Picnicking, Wildlife Watching, Fishing Trail Manager: Downeast Coastal Conservancy

Trailhead Directions: Reynolds Marsh Overlook, located on Route 1, 3 miles south of the Route 189 turn-off. For Orange River Landing from Route 1 in Whiting (0.8 miles south of the Route 189 turn-off) turn onto Playhouse Lane. Go 0.1 mile and turn right onto Landing Road. Take Landing Road past the house (where it becomes dirt) to the end where there is a small parking area.

Trail Description: Both sites provide water access to the Orange River for day use canoeing and kayaking. Note: the Orange River is dammed to provide optimal habitat, water levels will vary throughout the year.

Pike Lands Lubec (C-4)

Difficulty: Easy

Length and Type: 1.2 miles, Network Trail Uses: Hiking, Snowshoeing

Trail Manager: Downeast Coastal Conservancy

Trailhead Directions: Trailhead parking area is located 5 miles north of Route 189 on the North Lubec Road. Trail Description: On the north side of the road, hikers can hike the Cove

Trail. The Cove Trail goes to a beach on Cobscook Bay which can be hiked at most levels of tide. The larger trail network is on the south side of the road, by the parking lot, the trail begins at the back of the parking lot. After a short hike, the West Loop Trail diverges to the right part-way up a slope. The West Loop Trail and Huckins Beach Trail form a loop for hikers. A short spur takes hikers to the beach on South Bay.

Quoddy Head State Park Lubec (D-5)

Difficulty: Easy - Moderate

Length and Type: 0.4 - 4 miles, Loop/Network Trail Uses: Hiking, Snowshoeing, Wildlife Watching, Picnicking Trail Manager: Maine Bureau of Parks & Lands

Trailhead Directions: From intersection of Route 1 and Route 189 in Whiting, follow Route 189 for 8.5 miles to South Lubec Road. Turn right and continue for 2 miles to a fork. Bear left and continue 2 miles to the park entrance. There are two trailheads. The first, on the left as soon as you enter the park, provides access to the Coast Guard Trail. To reach the second trailhead bear right after entering the park and follow a short dirt road to a parking area with picnic tables, grills and outhouses. There is a day use fee to use the park.

Trail Description: Hikers may choose from five trails that wind through forest and wetlands and offer expansive coastal views: Inland Trail (0.75 miles, easy), Bog Trail (0.2 miles, easy), Thompson Trail (1.1 miles, easy) Coastal Trail (1.3 miles, moderate), and Coast Guard Trail (0.9 miles, easy-moderate). For shore access, use the stairway near the picnic area. Trails near the parking area provide some access for wheelchairs but the entire trail network is not handicap accessible.

Reversing Falls

Pembroke (C-3)

Difficulty: Easy Length and Type: 1.1 miles, Round Trip Trail Uses: Hiking, Snowshoeing, Picnicking Trail Manager: Downeast Coastal Conservancy

Irailhead Directions: Take Route 1 to Pembroke. Turn east onto the extension of Route 214, immediately beside the Irving gas station. Turn right at the stop sign and then take an immediate left up a small hill onto the Leighton Point Road. Continue 3.3 miles, then turn right onto Clarkside Road and continue for 1.2 miles. At the end of this road, turn left onto a dirt road and continue 1.5 miles to the parking area.

Trail Description: The Town of Pembroke owns and maintains 32 acres including the parking area and fields. Hiking path starts from the eastern parking lot and continues along the wooded shore. Spur trails lead to rocky view points. Hikers can return via the same path or return via an unimproved woods road to the parking lot. Caution: the currents at Reversing Falls change quickly. It is unsafe to wade or swim at any time. Boating should be done only with an experienced local guide.

Roosevelt Campobello International Park Campobello Island (C-5)

Difficulty: Easy - Moderate

Length and Type: 8.3 miles, Network Trail Uses: Hiking, Birding, Wildlife Watching, Wildflower Viewing Trail Manager: Roosevelt Campobello International Park Commission

Trailhead Directions: Take Route 1 to Whiting, ME and then Route 189 to Lubec. Cross the international bridge to Campobello Island, Canada (bring passport). Clear Canada Border Services and continue 1.5 miles north on Highway 774 to the Park entrance. Stop at the Park Visitor Center (on left) for a trail guide and an introduction to the Park.

Trail Description: This international park commemorates President Franklin Roosevelt and the close relationship between the United States and Canada. The park includes an interpretive center, the FDR Summer Home, and a 2,800-acre Natural Area. Friar's Head and Eagle Hill Bog are separate trails. Fox Farm and Liberty Point trails provide loop experiences when combined with short sections of Park road. Shoreline trails weave between forest and shore and past secluded coves, cobble and sand beaches, headlands, and spectacular ocean views. Interior trails wind through mixed woods, regenerating and maintained fields, sphagnum bog, and hardwood forest. Scenic observation decks and panoramic views at Friar's Head, Eagle Hill, Lower Duck Pond, and Liberty Point.

N Shackford Head State Park Eastport (C-5)

Difficulty: Easy - Difficult

Length and Type: 3.4 miles, Loop/Network Trail Uses: Hiking, Wildlife Watching Trail Manager: Maine Bureau of Parks & Lands

Trailhead Directions: From North or South take Route 1 to Route 190 in Perry. Travel 7 miles, passing the Passamaquoddy Indian Reservation and two causeways. As you approach the city of Eastport, at the Dollar Store take a hard right-hand turn onto Deep Cove Road, and travel 0.8 miles to the entrance of Shackford Head State Park (a gravel drive on your left just before the campus of the Maine State Marine Technology School, known locally as the "Boat School." The main trailhead is just off the circular gravel drive to the left of the large brown sign beyond the interpretive panels. There is a day use fee to use the park.

Trail Description: Hike along the 173-foot rocky headland for stunning views of Campobello Island and overlooks of the park's pocket beaches and protected coves. Shackford Head and Overlook Trails (1.2-mile round trip) provide fantastic views of Cobscook Bay and surrounding peninsulas. If you enjoy challenging terrain with additional overlooks, continue on the Ship Point Trail (an additional half-mile loop) and return to the parking lot via the Schooner Trail for a total of roughly 2 miles. Trails near the parking area provide some access for wheelchairs but the entire trail network is not handicap accessible.

★ Sipp Bay Preserve Perry (B-3)

Difficulty: Easy

Length and Type: 1 mile, Network Trail Uses: Hiking, Snowshoeing, Cross-country Skiing, Picnicking Trail Manager: Maine Coast Heritage Trust

Trailhead Directions: Access to the preserve is from Route 1 via Burby Road in Perry. Travel 0.6 miles to a kiosk and parking area. From the west, follow Route 1 north from the intersection of Route 1 and Route 214 for 3.8 miles and turn right on Burby Road. From the east and the intersection of Route 1 and Route 190, follow Route 1 south for 2.8 miles and turn left on Burby Road.

Trail Description: The Sipp Bay Preserve encompasses 92 acres with a trail system that offers a beautiful shoreline walk around the grassy peninsula separating inner and outer Sipp's Bay. From the kiosk, walk west down the gravel road to the inner Bay shoreline trail and follow the loop to the old woods road. Continuing along the road south to the open field and gravel beaches you will find a spectacular shoreline walk along the tip of the peninsula. Trails are blazed blue. Bring a picnic. Watch for the eagles that nest here as well as tidal wading birds and waterfowl.

Treat Island Trail Eastport (C-5)

Difficulty: Easy - Moderate Length and Type: 1.5 miles, Network

Trail Uses: Hiking, Birding, Picnicking Trail Manager: Maine Coast Heritage Trust Trailhead Directions: Treat Island is only accessible by private boat. Public

launch sites are available in Eastport, Lubec and Pembroke. There are good landing beaches on the southern portion of the island. From either landing beach, follow the mown path to the central kiosk. Be aware of extreme tides and strong tidal currents, as well as quickly changing weather when boating in Passamaquoddy or Cobscook Bay.

Trail Description: A loop trail leads through spruce woods to an old gravesite down a cut for the international boundary markers, past the 1863 battery and back through open fields to the kiosk. A cross-island trail that meanders through the woods to the north end of the island can be accessed half way down the hill from the boundary marker.





The Nature Conservancy

Cartography & Design: Center for Community GIS

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Cobscook Trails Coalition wishes to acknowledge the businesses printing of this map and guide. Please show them your support.

Harris Point Shore Cabins & Motel 24 Harris Point Road (207) 853-4303

The Tides Institut

Lubec Hardware 33 Water Street (207) 733-2839 Northern Tides 24 Water Street (207) 733-2839 www.northerntide

Home Port Inn

Roosevelt Campobello Park Machias Savings Bank

13 Woodcock Way (207) 454-2130 www.cobscookhikesa



BE TRAIL WISE

CAUTION! TAKE CARE!

Please always show good judgment while out on trail. Some concerns particular to this region are:

Poor cell phone reception. Cell service is spotty and unreliable

Large tidal ranges. Extreme tides (20 feet) and strong currents can quickly cover beach areas and limit access across sand bars. Cold water. Ocean temperatures can induce hypothermia

Steep cliffs. Many trails run along steep cliffs that fall away to

Uneven and slippery surfaces. Past glacial activity and shallow soils mean many trails have exposed roots and rocks. Wooden bog bridging and rocks may be slippery when wet.

Rapid changes in weather. This region is known for foggy conditions that result from cold ocean waters nearby.

Ticks. Lyme-disease bearing ticks are present in the area.

Check yourself and others.

Shared trails and lands. Multiple uses, like ATVing and hunting, are allowed on trails in the area. During hunting season wearing blaze orange clothing is strongly encouraged. One region, two countries. Trails featured on this map are located in the U.S. and Canada. A passport is required to cross the border between New Brunswick and Maine.

One region, two time zones. Campobello Island and neighboring parts of Canada are in the Atlantic TimeZone, which is one hour later than Eastern Time. Electronic devices may read Atlantic time even when the user is standing in Maine.

TRAIL STEWARDSHIP

This map offers opportunities to enjoy local trails. Please help us

and do your best to leave no trace by remembering to: Stay on the trail • Limit foot traffic to established trails, rock ledges and boardwalks in order to minimize disturbance to the often-

fragile soils, shores and slopes upon which native plants and

care for the resources that make this area special. Tread lightly,

wildlife depend.

Do not disturb wildlife or plants • Local wildlife and plants have been here for thousands of years; it is their home and our visiting place.

• Keep clear of nesting birds. If you see a nest, you are too close! • Do not approach wildlife, especially young that you think might be abandoned. Young animals have usually been left temporarily by a parent that will return shortly. Your interference may lead to abandonment. This is particularly, but

not exclusively, true for nesting birds, seals, and eagles.

• Please do not pick flowers or other vegetation. Some

plants along these trails are rare or threatened and need your • Do not feed the wildlife. Animals have a healthy, natural

diet and will be at risk (as will humans) if they come to expect

human handouts.

• Carry out any waste, including food scraps, that you have or find. This protects the land, wildlife and other hikers.

• Most of the sites on this map do not have trash cans and depend on your help. Observe rules about fires, camping, hunting and fishing

• Campfires are only permitted at Cobscook Bay State Park.

Consult park personnel about rules. • Camping is allowed at two sites: Cobscook Bay State Park and the Cutler Coast Unit. Learn more about camping rules

and fees by visiting www.parksandlands.com. • Hunting is permitted at many sites listed in this guide.

Consult the site owners regarding specific hunting rules. Keep motorized vehicles on approved roads and trails • All terrain vehicles (ATVs) are permitted at two locations

on this map: the inland portion the Cutler Coast Unit (north of Route 191) and on the Down East Sunrise Trail. • Road vehicles (cars, trucks, jeeps) are generally permitted only on the designated roads to and within these sites.

• Snowmobiles are permitted on trails at selected sites

(generally state and federal locations) in the winter season.

Contact the site owners for details. WELCOME TO COBSCOOK BAY

This trail map and guide highlights the magnificent natural resources and conserved coastal lands in the Cobscook Bay region, making these special places more accessible to both residents and visitors.

AND THE BOLD COAST

We hope that you enjoy a life-enriching experience when visiting the special places that appear on this map and that you will be inspired to help care for these lands to ensure they are available to future generations of walkers and nature enthusiasts.

WHAT YOU'LL FIND IN THE REGION Diverse hiking and other recreational

> Extensive conserved and undeveloped lands Distant from crowds. You may have the trails to yourselves! Quiet. Dark night skies. Water

Extraordinary beauty with views to

Whales, seals and eagles Small friendly towns Art galleries, museums, free evening concerts, and summer festivals, farmers' markets

Visit Cobscook Trails online! www.cobscooktrails.org





Port O'Call The Commons 51 Water Street (207) 853-4123 www.thecommon

Eastland Motel 385 County Road (207) 733-5501 www.eastlandmotel.

Peacock House B & B 27 Summer Street (207) 733-2403 www.peacockhouse.com

Bangor Savings Bank 1 Center Street (207) 255-4522 www.bangor.com Downeast Coastal Cons 6 Colonial Way, Suite 3 (207) 255-4500 www.downeastcoastalconse

Maine Blackfly Breeders As Sunrise County Economic Council
53 Prescott Drive, Suite 3
(207) 255-0983

Perry Scythe Supply 496 Shore Road (207) 853-4750 www.scythesupply.co

TreeHugger Trail Design Little Deer Hill (207) 546-2745

The Nature Conservan Brunswick, Maine (207) 729-5181 www.nature.org

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