BANGOR AREA TRAILS

MAP & GUIDE

MAINE TRAIL FINDER

*Visit **MaineTrailFinder.com** to browse interactive maps, view photos, and read recent trail user comments for trail systems featured in this guide (and elsewhere in Maine).*

TRAIL MANAGERS & MAINTAINERS

Take time to learn more about the organizations that take care of the trail systems shown on this map. Most groups provide detailed maps and background information about their open space properties on their websites.

Bangor Land Trust
PO Box 288, Bangor, ME 04402
(207) 942-1010
info@bangorlandtrust.org
bangorlandtrust.org

Bangor Parks and Recreation Department
647 Main Street, Bangor, ME 04401
(207) 992-4490
parks.rec@bangormaine.gov
bangorparksandrec.com

Brewer Land Trust / Brewer Parks & Recreation Department
318 Wilson Street, Brewer, ME 04412
(207) 989-5199
brewerlandtrust.org brewerrec.com

City of Old Town
265 Main Street, Old Town, ME 04468
(207) 827-3965

Dorothea Dix Psychiatric Center
Superintendent's Office
PO Box 926, Bangor, ME 04402
(207) 941-4000

Hirundo Wildlife Refuge
15 Hudson Road, Alton, ME 04468
(207) 944-9259
web@hirundomaine.org
hirundomaine.org

Maine Forest and Logging Museum
262 Government Road, Bradley, ME 04411
(207) 974-6278
info@maineforestandloggingmuseum.org
maineforestandloggingmuseum.org

Orono Bog Boardwalk
jim.bird@maine.edu
umaine.edu/oronobogwalk

Orono Land Trust
PO Box 4, Orono, ME 04473
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oronolandtrust.org

Penobscot Region New England Mountain Bike Association
prnemba@gmail.com
pr.nemba.org

Penobscot Valley Ski Club
skiclub@pvskiclub.org
pvskiclub.org

Town of Orono
59 Main Street, Orono, ME 04473
(207) 866-2556

Town of Veazie
1084 Main Street, Veazie, ME 04401
(207) 947-2781

University of Maine, Campus Recreation
5797 Hilltop Road, Orono, ME 04469
(207) 581-1082
umcrec@maine.edu
umaine.edu/campusrecreation/facilities/trails

University of Maine, Forestry Office
250 Nutting Hall, Orono, ME 04469
(207) 581-2849

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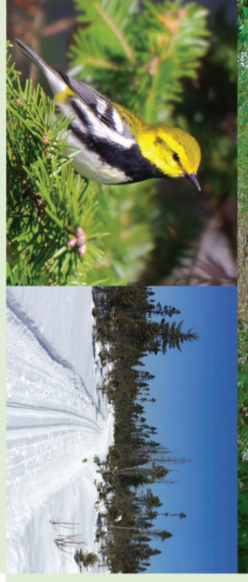
BANGOR AREA TRAILS

MAP & GUIDE

THIRD EDITION . 2021

PRESENTED BY BANGOR GREENDRINKS

Use **Bangor Area Trails** to find great riverfront strolls, solitary walks in the woods, challenging singletrack for mountain biking, and winter trails for cross-country skiing, snowshoeing, and fat biking.



BANGOR GREENDRINKS is a small environmental nonprofit founded in 2010 that organizes free, family-friendly gatherings of like-minded folks in the Bangor region. We focus on communicating the value of the natural environment, sharing goals for sustainability, and seeking to promote and develop green initiatives.

Our mission is simple: cultivate sustainability and community in the Greater Bangor Region, one pint at a time. Learn more at: **bangorgreendrinks.org** and on social media.

*Bangor Area Trails was funded through a **Bangor Greendrinks Green Grant** with additional support from **Bangor Savings Bank**.*

Bangor Savings Bank

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BANGOR CITY FOREST
(Bangor Parks and Recreation)
17.4-mile network **Easy–Moderate**

This interconnected trail system provides non-motorized users with more than four miles of wide gravel forest roads and many more miles of narrow woods trails. Highlights include abundant wildlife, a grassy overlook, access to the Veazie Railroad Bed, and several pools and wetlands. Neighboring connected trail systems include the Orono Bog Boardwalk, Walden-Parke Preserve, North Penjajawoc Forest, and Northeast Penjajawoc Preserve.

Directions: *Bangor City Forest parking is located at the end of Kittredge Road or Tripp Drive. Both are accessed off of Stillwater Avenue north of the Bangor Mall.*

BANGOR MUNICIPAL GOLF COURSE
(Bangor Parks and Recreation)
6-mile network **Easy–Moderate**

Groomed classic and skate skiing in the heart of Bangor on 10-15 kilometers of trails looping through the golf course. These trails feature rolling terrain that is great for beginner and experienced skiers alike. There is also a short, lighted loop that allows skiing after dark.

Directions: *The Bangor Municipal Golf Course is located at the end of Webster Avenue, which can be accessed off US-2 in Bangor. There is a plowed parking area on the left before the clubhouse.*

BREWER RIVER WALK
(Brewer Parks and Recreation)
0.7 miles one-way **Easy**

A scenic, paved pathway along the Penobscot River that passes by the Children's Garden and offers views of Bangor. Great for walking, dog walking, and evening strolls, the 0.7-mile trail is lighted and features numerous benches and scenic river overlooks with access to the low-tide shoreline via granite steps.

Directions: *At the southern end of the trail there is limited parking available in front of the Mason's Brewing on Hardy Street just off South Main Street; on the northern end there is city-owned parking at the intersection of South Main Street and Wilson Street.*

BROWN WOODS
(Bangor Parks and Recreation)
1-mile network **Easy**

This forested wetland sits within city boundaries, but feels far more remote. Numerous old-growth white pines tower overhead, and the packed gravel trails are wheelchair accessible with the exception of the side trail to the pond.

Directions: *The small Brown Woods parking lot is located on Ohio Street north of its intersection with Griffin Road.*

BUCK HILL
(Town of Veazie)
2-mile network **Easy–Moderate**

Buck Hill offers gentle walking and hiking in Veazie accompanied by the peaceful quiet of this natural place. Wide, mown trails crisscross this property's hillside fields and the forest canopy shades numerous narrow foot trails.

Directions: *Parking is located at the kiosk at the top of Mutton Lane. Access is through the Greystone Mobile Home Park off of State Street/US-2.*

CARIBOU BOG CONSERVATION AREA
(Orono Land Trust, Town of Orono)
18.3-mile network **Easy–Advanced**

This massive trail network offers year-round recreation across a diverse landscape that includes Bangor Hill, Caribou Bog, and Newman Hill with its scenic views. Excellent mountain biking, hiking, snowshoeing, and groomed Nordic skiing opportunities are available throughout the conservation area. Please check in at the kiosk to see what trails are suitable for your activity.

Directions: *Park in the lot on the left side of Putnam Road just after the turn off of Taylor Road (known locally as the dump road) in Orono.*

CASCADE PARK
(Bangor Parks and Recreation)
0.5-mile network **Easy–Moderate**

This park is a very popular picnicking spot with an iconic fountain and dirt trails that loop around a 20-foot, man-made waterfall built into the center of the piney knoll. The trails connect to nearby Saxl Park via a path at the top of the hill and offer excellent walking and hiking.

Directions: *Plenty of parking is available in the large lot on the northside of State Street just north of Eastern Maine Medical Center.*

CENTRAL PENJAJAWOC PRESERVE
(Bangor Land Trust)
1.8-mile network **Easy**

This 265-acre preserve of mixed forests and fields offers quiet in the heart of Bangor. Two narrow foot trail loops provide hiking access to scenic views across Penjajawoc Marsh, an excellent vantage for birding, especially during the spring and fall migrations. Pedestrians only on this preserve. No dogs, please.

Directions: *Parking is located in a dirt lot on the east side of Essex Street, south of the intersection with the Burleigh Road.*

DAVIS CONSERVATION EASEMENT
(Orono Land Trust)
0.8-mile network **Easy**

This loop traverses several diverse, undisturbed forest habitats. The far end of the loop follows the woods along I-95 for a short way before turning back in toward the trailhead parking area. An old logging road forms one side of the loop, and the trail can be wet in spots, especially in the spring.

Directions: *From Orono, head south on US-2 towards Veazie. Turn right on Gardner Road and drive to the parking area at the end.*

DEMERITT UNIVERSITY FOREST (NORTH)
(University of Maine Forestry Office)
13.5-mile network **Moderate–Advanced**

The northern section of the DeMeritt University Forest is a working forest that includes woods roads and singletrack trails suitable for walking, trail running, and mountain biking. The trails connect to the southern University Forest trails as well as Fourth Street Park in Old Town.

Directions: *There are two primary access points via gated woods roads directly off College Avenue Extension approximately 1.1 and 1.8 miles from the Stillwater Avenue traffic light.*

DEMERITT UNIVERSITY FOREST (SOUTH) AND UNIVERSITY BIKE PATHS
(University of Maine Campus Recreation)
27-mile network **Easy–Advanced**

The University Forest surrounding the UMaine campus hosts an extensive network of trails ranging from wide woods roads and flat paved bike paths to more challenging singletrack running and mountain biking trails, many miles of which are groomed for skate and classic skiing. These trails are connected to the northern section of DeMeritt University Forest and Piney Knoll in the south.

Directions: *The large Hilltop Parking Lot provides on-campus parking for the University trail system. Parking is also available in a small lot along Stillwater Avenue, 0.5 miles past the intersection with College Avenue and at a gated entrance to the right off the Old Town Elementary School driveway. Streetside parking along University Farm Road may be found 0.5 miles before the Farm.*

ESSEX WOODS
(Bangor Parks and Recreation)
4.1-mile network **Moderate**

These hiking and biking trails traverse a hilly landscape of mixed forests and wetlands with surprising views and excellent wildlife watching opportunities. A popular spot for sledding and fat biking in the winter, and blooming with natural beauty in the summer, Essex Woods offers plenty to explore. The sustainable, purpose-built mountain bike trails are suitable for all ages and levels of experience. Dogs are permitted without a leash within the fenced dog park.

Directions: *Ample parking is located at the end of Watchmaker Street off of Essex Street.*

FOURTH STREET PARK
(City of Old Town)
1-mile one-way **Easy–Moderate**

This municipal park provides scenic green space along the banks of the Penobscot River and easy access to the North Fourth Street Trail which follows the Penobscot River before heading away from the river to end at ME-43/Gilman Falls Avenue. Access to the University Forest trail system is just across the road.

Directions: *Parking is located in the lot on the left across from the boat launch at the end of Fourth Street Extension in Old Town.*

GOULD'S LANDING
(Orono Land Trust)
0.5-mile loop **Easy–Moderate**

This short forest path on the southern shore of Pushaw Lake provides a chance to meander through a broadleaf forest dotted with glacial boulders. A short spur trail provides lakeshore access and benches which offer birdwatchers an excellent wetland overlook.

Directions: *Parking for this trail is at Gould's Landing located at the end of Essex Street in Orono. The trailhead is located just across Hemlock Point Road from the parking area.*

HIRUNDO WILDLIFE REFUGE
(Hirundo Wildlife Refuge)
7.4-mile network **Easy–Moderate**

This network of land and water trails provides year-round recreation, wildlife viewing opportunities, universal access and interpretive trails along the Pushaw and Dead Streams. Free canoe and kayak rentals are available during the summer.

Directions: *Two parking areas are located off of ME-43/Hudson Road. Four different gates provide access to hiking and paddling trails. Visitors are welcome every day from dawn to dusk.*

INDIAN TRAIL PARK
(Brewer Parks and Recreation)
1.8-mile network **Moderate**

Two loops of dirt and gravel trails traverse the rocky wooded banks of the Penobscot River, joining Indian Trail Park with the lands surrounding the Penobscot County Conservation Assoc. Steep trails with roots and stones access a long gravel beach on the rivershore.

Directions: *Indian Trail Park and the Penobscot County Conservation Association both have public parking lots with access to the trails off of ME-9/North Main Street.*

JEREMIAH COLBURN NATURAL AREA
(Orono Land Trust, Town of Orono)
3.5-mile network **Moderate**

Trails are narrow, curving, and over rocks and roots through a forest split by a small stream and dotted with several notable old trees. The trails are connected to Rampe Conservation Easement behind Orono High School and there is an access trail north to the Orono Tech Park.

Directions: *The most commonly used entrance to these trails is on Forest Avenue approximately 0.75 miles from central Orono with roadside parking. Access is also available from Winterhaven Drive, at the end of Forest Hills Terrace, and from the Northern Light Health parking lot at the Orono Tech Park.*

KENDUSKEAG STREAM TRAIL
(Bangor Parks and Recreation)
2.3 miles one-way **Easy–Moderate**

This scenic urban trail through the center of Bangor begins at Broad Street Park (where the Kenduskeag Stream flows into the Penobscot River), weaves through downtown, and follows the wooded banks of the stream for over two miles before ending on Valley Avenue at Kenduskeag Stream Park. The trail overlooks the downtown canals, crosses the stream five times on bridges, and passes numerous falls and rapids, remnants of old mills, small parks, and picnic areas.

Directions: *Three parking areas are located off Valley Avenue along the upstream half of the trail. Foot access is available from downtown Bangor in many locations.*

MAINE FOREST AND LOGGING MUSEUM
(Maine Forest and Logging Museum)
2.4-mile network **Easy–Moderate**

This network of trails provides gentle walking on a streamside carriage road, looping wooded trails , and short paths among the unique historic reproductions of the Maine Forest and Logging Museum at Leonard' s Mills. Walk around the gate and explore! Website lists events and current open hours of the buildings.

Directions: *Park in the visitor lot and go to the gift shop just past the gate to pay a small admission fee and access the trails.*

MCPHETRES FARM FOREST / DAVIS FOREST / MANTER WOOD
(Town of Veazie, Orono Land Trust)
1.9-mile network **Easy–Moderate**

A densely-wooded network of narrow foot trails close to the center of Veazie. These trails gradually climb into the forest behind the Fairview Cemetery, cross multiple small streams, and pass through old-growth white pine stands. The Manter Wood portion centers on the impressive Manter Pine, the largest tree in Veazie with a 16-foot circumference.

Directions: *Parking is behind Fairview Cemetery, off State Street/US-2 in Veazie, 0.25 miles north of the Mt. Hope Cemetery. Use the dirt road on the northern end of the cemetery to access the trails and parking area. A trailhead with no parking is located off the sidewalk on US-2, across from Arbor Drive in Veazie.*

MOUNT HOPE CEMETERY
(Mount Hope Cemetery Corporation)
2.5-mile network **Easy–Moderate**

Established in 1834, and recognized as America's second garden cemetery, this historic, hilly cemetery offers one of Bangor's most stunning, albeit somber, vistas. Rolling hills stretch for miles framing centuries- old headstones and mausoleums of Bangor's most famous residents. Walking tour maps are available online. Pedestrians only. No dogs, please.

Directions: *Parking at main gate on outer State Street, in Bangor 0.5 miles before the Veazie town line and at secondary gate on Mt. Hope Avenue 0.25 miles from the Veazie town line.*

NORTHEAST PENJAJAWOC PRESERVE AND NORTH PENJAJAWOC FOREST
(Bangor Land Trust)
3.3-mile network **Moderate**

These two adjacent preserves offer miles of looping trail through a wide variety of deep forest and wetland. The trails lead to excellent views from the northeast part of Penjajawoc Marsh and also abut the Veazie Railroad Bed. This primitive trail system is connected to the more widely used paths of the Bangor City Forest to the north.

Directions: *Park on the shoulder of Kittredge Road 0.5 miles from the intersection with Stillwater Avenue. The Bangor Land Trust kiosk for Northeast Penjajawoc Preserve can be seen on the left, set back from the road. The North Penjajawoc Forest is accessed via the Preserve.*

ORONO BOG BOARDWALK
(Orono Bog Boardwalk)
0.9-mile loop **Easy**

The Orono Bog Boardwalk is an ADA-compliant wheelchair-accessible wooden walkway that passes through a mixed wooded fen and then loops around a northern peat bog that is host to a bounty of plant and animal species. Benches are stationed every 200 feet along the boardwalk and there are seven large interpretive panels.

Directions: *Well-signed parking is at the end of Tripp Drive off of Stillwater Avenue. The Boardwalk is open from May 1st to the last Sunday in November.*

OTTER POINT CONSERVATION AREA
(Orono Land Trust)
1.7-mile network **Easy–Moderate**

An old woods road and narrow and curving loop trail run through early successional forests and wetlands. A spur off the loop trail offers excellent wildlife viewing opportunities at the headwaters of Pushaw Stream.

Directions: *Parking is located at the kiosk near the end of Birch Tree Drive. Birch Tree Drive is a left hand turn at the end of Whitmore Landing Road, off of ME-43/Old Town Road, 8 miles from I-95.*

PINEY KNOLL CONSERVATION AREA
(Orono Land Trust)
3.1-mile network **Easy**

Stunning riverviews, marsh, field, and towering pine forest can all be found along the miles of gentle walking trails within the Piney Knoll Conservation Area. This trail network is near an active rail line and connects north across Park Street to the University of Maine bike path and DeMeritt Forest.

Directions: *Parking can be found in four roadside dirt lots in Orono on Marsh Lane, Colburn Drive, Hillside Road, and at the end of Penobscot Street.*

PRENTISS WOODS
(Bangor Parks and Recreation)
1.5-mile network **Easy**

Prentiss Woods offers a well-defined network of trails intermingled with several small streams under the shaded canopy of an old growth pine forest. Located directly behind Bangor High School, these trails are great for running, dog-walking and cross-country skiing in the winter.

Directions: *Trailhead parking is located on the north side of Grandview Avenue just past Bangor High School.*

RAMPE CONSERVATION EASEMENT AND TOWN WOODS
(Orono Land Trust, Town of Orono)
4-mile network **Easy–Moderate**

Miles of trail meander through a mixed hardwood forest with access to two vernal pools. The trails include cross-country trails, groomed classic and skate skiing and a ropes course, and they connect to Sklar Park to the south and Jeremiah Colburn Natural Area to the north.

Directions: *Take Westwood Drive to Orono High School and park near the track; the trailhead is located on the far side of the track. A second trailhead with limited roadside parking is located on Forest Avenue, 0.8 miles from central Orono.*

RICK SWAN TRAIL SYSTEM AT PERCH POND
(University of Maine Forestry Office)
15-mile network **Moderate–Advanced**

Miles of exciting singletrack trail and mowed woods roads wind through the Perch Pond Woodlot. Users may spot moose, deer, porcupine, and other wildlife and an abundant supply of wild blackberries will provide a sweet snack for late summer visitors.

Directions: *There are two gravel parking lots with trail access on the westside of Kirkland Road and one lot on the northside of Poplar Street in Old Town.*

RIVER CITY TRAIL
(City of Bangor)
1.9-mile network **Easy–Moderate**

The route stretches more than two miles through five economic hubs in Bangor's downtown district and includes wayfinding signs, a main path, a scenic route, and a spur for bicyclists to Brewer via the Chamberlain Bridge. The route was developed by local Bike-Ped safety advisory committee Walk-N-Roll with funding from the Bicycle Coalition of Maine.

Directions: *Accessible throughout Downtown Bangor and the Waterfront.*

SAXL PARK
(Dorothea Dix Psychiatric Center)
2.6-mile network **Easy–Moderate**

Mowed trails and stone-dust paths loop through an expansive field, encompassing a small pond, numerous benches, and excellent birding opportunities. Saxl Park trails connect Cascade Park on State Street with a trail across Mt. Hope Avenue that leads through the Eastern Maine Community College campus.

Directions: *Multiple parking areas for Saxl Park are located adjacent to the State Office complex just north of Bangor; take the access road off of Mt. Hope Avenue and stay right, or take State Hospital Drive off of State Street and stay left.*

SHERWOOD FOREST PARK TRAIL
(Brewer Parks and Recreation)
0.5-mile network **Easy**

This well-signed 0.5-mile trail loops through dense forest and wetlands hidden at the heart of the suburban Sherwood Forest housing development. The trail features a small brook crossing on a wooden bridge and is several feet wide and mulched along its full length.

Directions: *Park at the end of Robin Hood Drive where it intersects Little John Lane. Robin Hood Drive is off Parkway South near the new Brewer Community School. No off-street parking; please do not park on lawns.*

SKLAR PARK
(Orono Land Trust, Town of Orono)
3.5-mile network **Easy–Moderate**

The white-blazed trails of Sklar Park wind through a dense pine wood, crossing Johnny Mac Stream, emerging at several public trailheads, and connecting to the Rampe Conservation Easement trails to the north. An open field near the Mainewood Avenue trailhead offers wildflower and wildlife viewing opportunities.

Directions: *Parking is located at the end of Gilbert Street and Mainewood Avenue just off Main Street in Orono.*

STILLWATER RIVER TRAIL
(Orono Land Trust, Town of Orono)
2 miles one-way **Easy–Moderate**

The Stillwater River Trail follows a historic rail bed along the banks of the Stillwater River just north of Orono. The trail is primarily flat and constructed of packed dirt and gravel with short bridge sections. Look for beaver dams along the river's edge and remnants of the old railroad.

Directions: *Abundant parking and easy trail access is available at Brownie's Park, 0.3 miles north of Orono on ME-16/Bennoch Road.*

VEAZIE RIVERSIDE PARK
(Town of Veazie)
0.3-mile loop **Easy**

This 25-acre park on the shore of the Penobscot was created on the site of the former Veazie Dam and gifted to the town of Veazie in 2017 by the Penobscot River Restoration Trust. The removal of the former dam opened up 2,000 miles of river habitat for migratory fish species in the watershed.

Directions: *Parking is located at the end of Veazie Street, 0.7 miles from the intersection of Main Street and US-2.*

WALDEN-PARKE PRESERVE
(Bangor Land Trust)
5.2-mile network **Easy–Moderate**

Wide trails and narrow singletrack wind gently through the early successional forests of this preserve, passing several beaver dams and intersecting with the Veazie Railroad Bed. Bangor City Forest, North Penjajawoc Forest, and Northeast Penjajawoc Preserve are all accessible from the Walden-Parke trails.

Directions: *Parking is located along the shoulder of the cul-de-sac at the end of Tamarack Trail. Tamarack Trail is a right hand turn just before the end of Walden-Parke Way, off of Essex Street in Bangor.*

WATERFRONT TRAIL
(Bangor Parks and Recreation)
1 mile one-way **Easy**

A scenic, paved pathway along the Penobscot River that runs through Bangor's vibrant Waterfront Park. The trail connects to the East Coast Greenway, Kenduskeag Stream Trail, and River City Trail, and features beautiful views of the Penobscot, sculptures, a public small craft dock, and food trucks. In the summer, the park is home to a number of concerts and festivals.

Directions: *Several municipal parking lots are located near the intersection of Front and Railroad Streets and offer restrooms, a water fountain, and food trucks.*

WEST PENJAJAWOC GRASSLANDS
(Bangor Land Trust, Maine Audubon Society)
Trails vary seasonally **Easy**

Trails are mowed at varying times through this upland meadow, offering leisurely walking and excellent birding, with views across Penjajawoc Marsh. For the protection of nesting birds such as the Bobolink and Savannah Sparrow, pets are not permitted April 1-July 31; otherwise, pets are permitted on leash.

Directions: *Parking is located along the shoulder of the cul-de-sac at the end of Fox Hollow Lane. Fox Hollow Lane is off the east side of Essex Street in Bangor approximately one mile north of Burleigh Road.*

KEY TO ACTIVITIES

Hiking & Walking · Biking · Mountain Biking · Cross-Country Skiing · Snowshoeing · Wildlife Watching · Scenic Views · Fishing · Paddling · Wheelchair Accessible