



## Rachel Carson National Wildlife Refuge

321 Port Road  
Wells, ME 04090  
(207)646-9226  
[https://www.fws.gov/refuge/rachel\\_carson/](https://www.fws.gov/refuge/rachel_carson/)

### Mount Agamenticus

Big A Road, Cape Neddick, ME  
System of trails of varying distances and difficulty levels

The Mount Agamenticus Conservation Region offers a variety of trails of varied distances and difficulties within 10,000 acres of conservation land in southern Maine. Their trails are open year round for recreational activities including hiking, biking, and snowshoeing. For more information contact: (207) 361-1102 or visit <http://www.agamenticus.org>.

**Directions:** I-95 to exit 7 (York), turn left onto Rt. 1 North, travel 3.5 miles and turn left onto Mountain Road. Go approximately 4 miles to a stop sign. Turn right. Travel 2.5 miles. The gravel parking lot is on the right and a paved road goes to the summit. Trail maps are available at the trailheads.

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# Trail Systems of Southern Coastal Maine



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### Cutts Island Trail

Seapoint Road, Kittery, ME  
1.8 miles

The Cutts Island Trail offers 1.8 miles of easy upland hiking and scenic views of salt marsh. The trail is for foot traffic only. Dogs are not allowed on this trail. There is a restroom at the trailhead. However, there is no running water at this facility. A canoe/kayak launch site is nearby.

**Directions:** Take I-95 to Exit 7 (York/Ogunquit) towards US-1. At the stop light, turn right onto US-1 south (0.3 miles). Then turn left onto Route 1A/York Street (~1.5 miles). Turn right onto Route 103/Brave Boat Harbor Road/Lilac Lane (same road, three names). After 4.3 miles turn left onto Cutts Island Road (~4.1 miles, if you pass the red school house on your left, you've gone too far). At the end of the road, turn left onto Seapoint Road. Parking is just over the Chauncey Creek Bridge on the left.

### Timber Point Trail

Granite Point Road, Biddeford, ME  
1.5 miles

The Timber Point trail is located at the end of Granite Point Road in Biddeford, Maine. This trail offers a scenic walk past a fresh water wetland, coastal shrubland and provides beautiful salt marsh, river and ocean views. A universally accessible trail ends at an observation platform overlooking the mouth of the Little River. At the end of the trail, Timber Island is accessible by a land bridge at low tide, but be mindful of the tides as you cannot return during high tide. The trail is open from sunrise to sunset for foot traffic only. Please stay on the designated trail as the remainder of the peninsula is preserved for wildlife habitat. No pets or bikes are allowed on the trail and all refuge regulations apply.

**Directions:** Take interstate 95 to Exit 32 (Biddeford). Turn left onto Alfred Street, continue onto West Street (~6 miles). Turn left onto Pool Street/Route 9 for 0.4 miles. Turn Right onto Granite Point Road. Follow the road to the end where there is a small parking lot. From Route 9 east, turn right onto Granite. From Route 9 west, turn left onto Granite Point Road

## Other Trail Systems

### Wells Reserve at Laudholm

342 Laudholm Farm Rd, Wells, ME  
7 miles total

The Wells Reserve offers hiking trails that go through a variety of habitats and offer many opportunities to view wildlife. They offer 7-miles of trails from easy to moderate. The trails are open year round for hiking, snowshoeing and cross-country skiing. In addition to hiking trails, the Wells Re-serve offers a visitors center and small store. For more information contact the Wells Reserve at: (207) 646-1555 or <http://www.wellsreserve.org>.

**Directions:** From Route 1 in Wells, turn east onto Laudholm Farm Road. From Route 9, turn southeast onto Skinner Mill Road. Follow Skinner Mill Road for 0.4 miles. The sign for the Reserve is on the left.



### Eastern Trail

*Kennebunk to Biddeford Section*

The Eastern Trail (ET) is part of a 62-mile long multi-use, non-motorized greenway that connects Casco Bay, South Portland, to Kittery. The 6-mile section of trail from Kennebunk to Biddeford is open year-round for hiking, snowshoeing, cross-country skiing, and biking. The trail is flat and the surface is hard-packed stone dust, making it suitable for road bikes or mountain bikes. Find more information at <https://www.easterntail.org>.

**Directions:** To access the Eastern Trail in Wells/Kennebunk, park at the Kennebunk Elementary School at 177 Alewife Road. Another access point is off Limerick Road. From Route 1 in Kennebunk head north on Limerick Road. A trailhead is approximately 1.85 miles on the left.



### Webhannet Marsh Trail

*Wells Harbor Park, Wells, ME*

The Webhannet Marsh Trail consists of two paths and one overlook to the estuary. The nearly quarter-mile trail system crosses a 25-acre parcel owned by the town and incorporated into the Wells Reserve through a conservation easement. The landscape includes grass, shrub, and wooded areas along the edge of the Webhannet River salt marsh. Interpretive signs along the trail explain salt marsh ecology and historical changes at the site.

**Directions:** From Route 1 in Wells, go east on Harbor Road, for approximately 0.75 miles. Turn right into gravel parking lot at Wells Harbor park. At south end of parking is the main trailhead entrance and kiosk.

### Bridle Path Trail

*Kennebunk, ME*  
3.1 miles

The Bridle Path trail is an easy 3.1 mile walking trail along the Mousam River. Some sections of the trail may be affected by high tides and become difficult to navigate. Most of the trail is universally accessible.

**Directions:** From Route 9 in Wells, go east, cross the Mousam River and turn left on Sea Road. Parking is available at the Sea Road School (71 Sea Road) in Kennebunk. Limited, roadside parking is also available at the east end of Mousam River Bridge on Route 9 near Parsons Beach.

