



From the First Parking Lot

Fastest Way to the Water - 0.1 mile. Follow the path marked "To Shore". In 5 minutes you will be enjoying the beauty of the bay.

Harraseeket Hike - 1.8-mile loop with some steep and uneven terrain, 1.5 to 2 hours. Enter the woods on the trail to the right of the big wooden sign. Take your first right onto the Harraseeket Trail, and follow it through the woods across the Old Woods Road Trail, Power Line Trail, and Wolf Neck Road (dirt). After a gradual descent, the trail runs along the cliffs above the Harraseeket River with views of South Freeport before turning uphill and re-crossing the Wolf Neck Road (tar). Passing the southern ends of the Hemlock Ridge, Old Woods Road, and Ledge Trails, the Harraseeket Trail goes over two small hills and ends at the shore, where the Casco Bay Trail to the left leads back to the parking lot.

Woods and Water, Your Way - 1.0 to 1.5-mile loop with some uneven terrain. Enter the woods on the trail of your choice: Ledge Trail (shortest loop), Old Woods Road Trail (gentlest), or Hemlock Ridge Trail (longest loop). When your trail ends, turn left and follow the Harraseeket Trail to the rocky shore and gravel beach on Casco Bay. Then return on the Casco Bay Trail.

Introducing...Your Environment!

Along the trails, numbered interpretive signs, listed below and shown on the map, introduce special features of the park.

- 1 White Pines
- 2 From Field to Forest
- 3 Life Between the Tides
- 4 Life in the Estuary
- 5 Osprey Nesting Area
- 6 The Rocky Shore
- 7 Animals of the Bay
- 8 Islands and Beyond
- 9 Dry Ledges and Wet Woods
- 10 Of Rocks and Hemlocks

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Osprey Tour - 0.2 mile one way. Pass the accessible bathrooms, fountain, and picnic sites, as your path curves through the field to the White Pines Trail along the shore. Turn right and watch for birds in the woods and on the bay until you reach panel #4 about the estuary that supports the ospreys. Continue along the shore to the sign and benches opposite Googins Island, where you are likely to see osprey activity from May through August. (Walkers can take the stone steps to the rocky shore below.)

Forest and Shore Tour - 0.75 mile loop with benches for resting and enjoying the forest and shore. From the bend in the parking lot, take the White Pines Trail into the shady woods with wildflowers and birdsong in season. At the 4-way junction, turn right to stay on the accessible path toward the bay. Look for woodpecker holes in the trees and chipmunk holes near the trail. Along the bay, watch for ducks, gulls, and wading birds. At panel #5, watch for ospreys from May through August. (Steps lead walkers to the rocky shore and Casco Bay Trail.) To return to the parking lot, backtrack and take the path across the field.

Casco Bay Walk - 1.25 miles round trip. From the benches, pass the picnic shelter and cross the field to the White Pines Trail. Go left to panel #3 and down the stairs to see who lives in the salt marsh and mud flat. Backtrack along the White Pines Trail and go to panel #5 to look for ospreys. Down the stone stairway, the rocks have small tide pools to explore at lower tides. Go along the rocks to the right and take the trail beside the rocky shore panel up to the junction. Turn left and follow the Casco Bay Trail about 0.25 mile to panel #7 and stairs to the rocky shore. Go another 0.25 mile for island views and stairs to the rocky shore and the gravel beach, which is covered by the highest tides. Return on the same trail or by a trail through the forest.

