



Indoor & Outdoor Walking Trail Guide



Kennebec County Trails



Prevention efforts supported by the Maine CDC

Guide

Level of Difficulty

 Easy

 Moderate

 Hard



Pet Friendly Trail



Story Walk Trail



Indoor Trail



Outdoor Trail

*Level of Difficulty provided by All Trails

Town/City	Trail Name	Distance	Time	Tags
Augusta	Kennebec River Rail Trail	12.9 mi	Est. 4h	  
	Viles Arboretum	1.0 mi	Est. 23 min	  
	Augusta Nature Center Loop	1.6 mi	Est. 37 min	  
	Bond Brook Trails	3.0 mi	Est. 1h 15m	 
	Augusta Greenway Trails	2.3 mi	Est. 44 min	  
	Augusta Nature Center Loop	1.6 mi	Est. 37 min	  
	Capitol Park Loop	0.7 mi	Est. 13 min	  
	Whitney Brook Trail	1.2 mi	Est. 22 min	  
Belgrade	Fogg Island Reserve Trail	4.0 mi	Est. 1h 36m	 
Gardiner	Corniche Trail Loop	1.9 mi	Est. 44m	  
	Brook Trail	1.0 mi	Est. 25 min	  
	Rice Pines Trail	1.0 mi	Est. 25 min	  
	Kennebec River Rail Trail	12.9 mi	Est. 4hr	  
	Jamie's Pond Trail	1.8 mi	Est. 37 min	  
	Webber-Rogers Farmstead Loop	1.5 mi	Est. 32 min	  
	West Gardiner Nature Trail	1.9 mi	Est. 43 min	  
Hallowell	Howard Hill from Effie L. Berry Conservation	1.8 mi	Est. 42 min	  
	Pipeline and Quarry Trails	2.6 mi	Est. 53 min	  

Town/City	Trail Name	Distance	Time	Tags
	Wildflower Trail	1.7 mi	Est. 33 min	
	Piney Woods	3.8 mi	Est 1h 18m	
	Lower Rice Pines Trail	0.9 mi	Est. 28 min	
Manchester				
	Jamie's Pond Trail	1.8 mi	Est. 37 min	
	Jamie's Pond Loop	4.5 mi	Est. 1hr 47 min	
	Allen-Whitney South Loop	2.9 mi	Est. 1h 7min	
	Allen-Whitney North Loop	2.2 mi	Est. 1 hr	
Monmouth				
	Curtis Homestead Trails	2.9 mi	Est. 1hr	
	Whittier Woods Boundary Trail	1.3 mi	Est. 29 min	
	Woodbury Nature Sanctuary Green and Orange Trails	1.7 mi	Est. 36 min	
Mount Vernon				
	Jamie's Pond Trail	1.8 mi	Est. 37 min	
	Jamie's Pond Loop	4.5 mi	Est. 1h 47m	
	Allen-Whitney South Loop	2.9 mi	Est. 1h 7m	
	Allen- Whitney North Loop	2.2 mi	Est. 1hr	
Oakland				
	Messalonskee Trail	3.2 mi	Est. 1hr 12m	
	Pleasant Point Trail	0.4 mi	Est. 7 min	
Palermo				
	Palermo Preserve Loop	0.7 mi	Est. 16 min	
Richmond				
	Swan Island Loop	1.0 mi	Est. 23 min	
	Augusta Nature Center Loop	1.6 mi	Est. 37 min	

Town/City	Trail Name	Distance	Time	Tags
Readfield	Tyler Conservation Area Loop	12.9 mi	Est. 4hr	
Rome	Mount Philip Loop Trail	1.4 mi	Est. 45 min	
	French's Mountain Trail	0.8 mi	Est. 25 min	
	Sanders Hill	3.2 mi	Est. 1hr 25 min	
Sidney	Reynolds Forest Loop	0.7 mi	Est. 23 min	
Vassalboro	Davidson Nature Preserve Loop	1.1 mi	Est. 25 min	
Waterville	Messalonskee Trails	2.8 mi	Est. 53 min	
	Riverside, Charlies Inner Loop, North Koons Trail Loop	1.0 mi	Est. 23 min	
	Kennebec River Walk	1.6 mi	Est. 37 min	
	Upper Colby, South Koons, Portal Trails	12.9 mi	Est. 4hr	
	Inland Woods and Trail Ridge	1.0 mi	Est. 23 min	
	North Street Recreation Area Trail	1.6 mi	Est. 37 min	
	Oxbow Paths	12.9 mi	Est. 4hr	
	Mill Island Park Loop	1.0 mi	Est. 23 min	
	Perkins Yellow and Red Loop	1.6 mi	Est. 37 min	
	Wayne	MacDonald Woods Inner Loop	2.3 mi	Est. 53 min
Winslow	Winslow Memorial Park Nature Trail	1.4 mi	Est. 26 min	



Storywalk Trails



Storywalk Trails are a great way for families to enjoy nature, get outside, stay active and find their new favorite children's story!

Please check back for more updates on new stories and locations.

Farrington Elementary School
Viles Arboretum
Readfield Community Library
Gardiner Public Library
Bailey Library
Lithgow Library
Gardiner Regional Middle School
and many more!

Check out our Facebook for updates on Storywalk Trails!



Interested in installing a Storywalk in your community or at your school?
Contact us for more information.

Sarah Young – Healthy Eating, Active Living Coordinator
Healthy Communities of the Capital Area | s.young@hccame.org



Indoor Trails and Community Centers



Looking for places to walk indoors this winter? Use the list below to locate an Indoor Walking area near you!

Kennebec Valley YMCA

YMCA of Greater Waterville

Alfond Youth Community Center

Buker Community Center

We are actively looking for new indoor recreation opportunities!

Check back regularly for more updates and information.



Interested in learning more?

Contact us:

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