

WHAT IS THE EASTERN TRAIL?

Part of the East Coast Greenway, a 3000-mile pedestrian trail connecting Calais, ME and Key West, FL, the Eastern Trail proudly boasts 22 of 60+ miles currently off-road.



These maps show the off-road routes, in 3 sections, from Kennebunk to Bug Light Park in South Portland. Off-road sections are wheelchair- and stroller-friendly.



ET road signs help navigate between off-road sections. *(Detailed, color maps of entire trail - Kittery to So. Portland - are available, see back panel.)*



TRAIL ETIQUETTE

Please stay on trail - adjacent land is privately owned.

Leashed dogs are welcome; owners please clean up after them.

Cyclists: Ride under control at moderate speed,
Take care around children or animals,
Use bell or call out before passing others,
Travel on right; move off trail when stopped,
At crossroads always stop / check for traffic.



Bikers yield to walkers & horses;
walkers yield to horses.



No Motorized Vehicles

Please Don't Litter
Carry In / Carry Out!

DISCOVER THE EASTERN TRAIL TODAY!

WANT TO LEARN MORE?

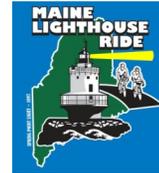
Visit our website to find:

- **DETAILED COLOR MAPS OF ENTIRE TRAIL** - downloadable!

From South Portland's Bug Light Park to Kittery, including turn-by-turn directions and mileage.



- **SPECIAL EVENTS INFO**, including guided day & night hikes (including winter); races for runners, riders, and 'just for fun' events. And don't forget our annual Maine Lighthouse Ride—Always the 1st Saturday in September. This event always fills quickly - reserve your space today!



- **HUNDREDS OF PHOTOS** of events and the trail in all its four season glory!

WWW.EASTERNTRAIL.ORG

EASTERN TRAIL ALLIANCE



The ETA is a non-profit 501(c)3 organization which depends on its supporters and donations. It welcomes new members and those who can volunteer time or lend financial support.

Donations are tax-deductible—and always welcome!

PO Box 250, Saco, ME 04072 207-284-9260

Disclaimer

Bicycling and other outdoor activities have inherent risks. Each person assumes complete responsibility for his or her own safety. This publication is provided for route info only.

WELCOME TO THE OFF-ROAD EASTERN TRAIL IN SOUTHERN MAINE



22 SCENIC, TRAFFIC-FREE MILES ALONG SEASIDE, THROUGH FOREST, ACROSS THE MARSH



WALK. RUN. BIKE.



SKI. SNOWSHOE.



MANY SEASONS. MANY (S)MILES!

