

WHAT IS THE EASTERN TRAIL?

Part of the East Coast Greenway, a 3000-mile pedestrian/bike trail connecting Calais, ME to Key West, FL, the Eastern Trail boasts 22 miles of off-road trail—with 65 miles planned for the future.



These maps show the off-road routes, in 3 sections, from Kennebunk to Bug Light Park in South Portland (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.

Hunting occurs on lands adjacent to the trail between Aug. and Dec. Please wear blaze orange.

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.



YIELD 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 for:

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

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

- **EVENTS INFO**, find out about scheduled events, races for runners and cyclists, and other happenings.

And don't forget our annual Maine Lighthouse Ride — Always the 1st Saturday after Labor Day. This event fills quickly every year — reserve your space today!



- **TRAIL RESOURCES**, mobile mapping info, bicycle rentals, trail building campaigns, photos, and more!

WWW.EASTERNTRAIL.ORG

WWW.EASTCOASTGREENWAY.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 information only.



WELCOME TO THE OFF-ROAD
EASTERN TRAIL

Southern Maine's
Multi-Use Greenway



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



WALK. RUN. BIKE.



SKI. SNOWSHOE.



MANY SEASONS.
GREAT COMMUNITIES!



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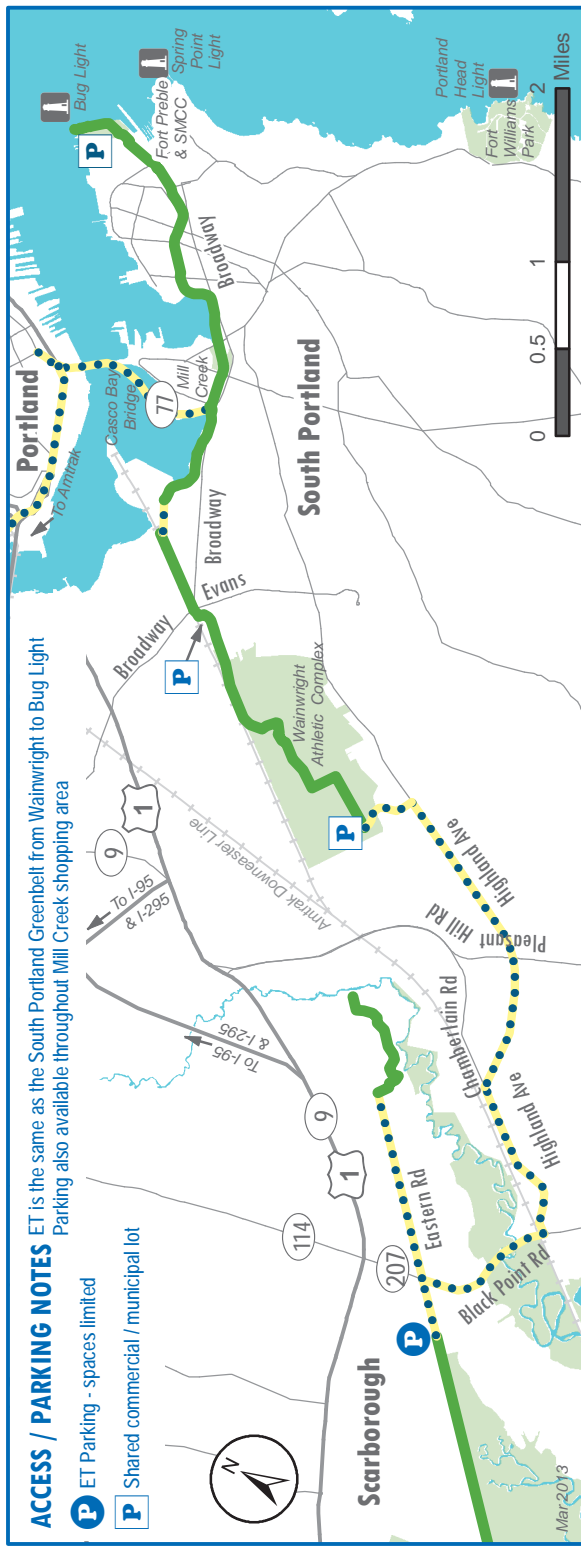


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BIDDEFORD
SAVINGS

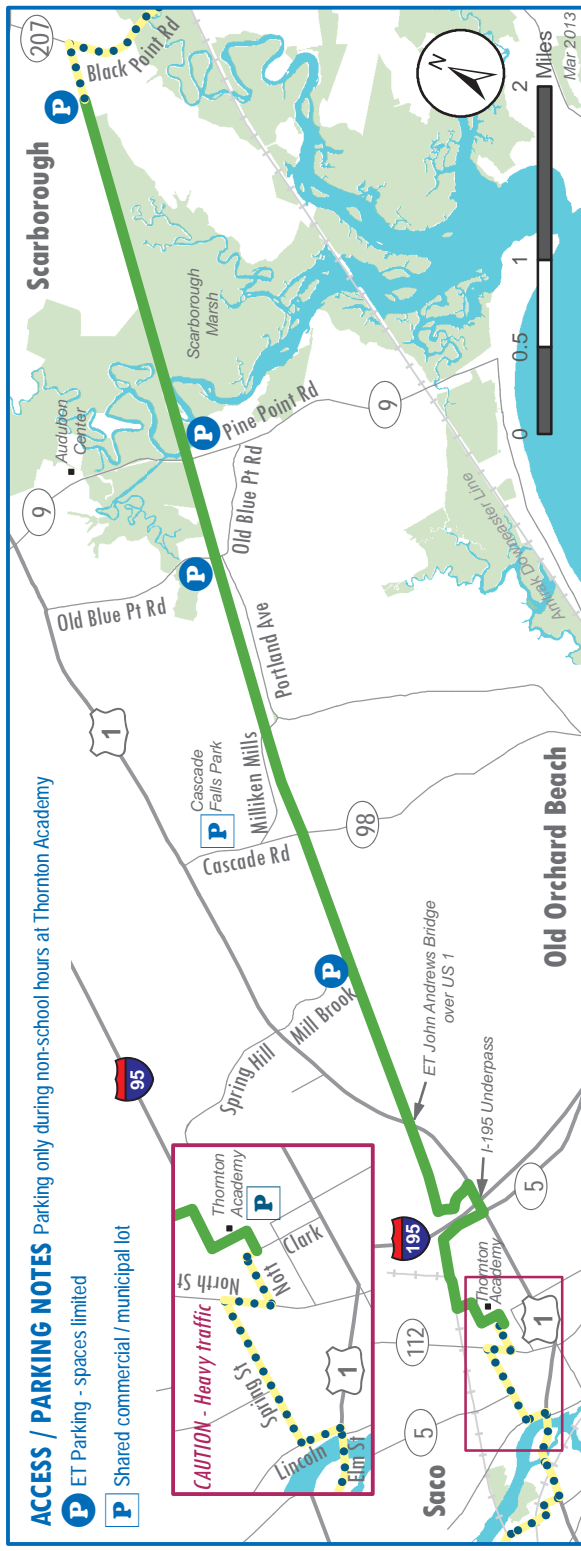
SCARBOROUGH - SOUTH PORTLAND

— Off-Road Eastern Trail ····· On-Road Connector Route



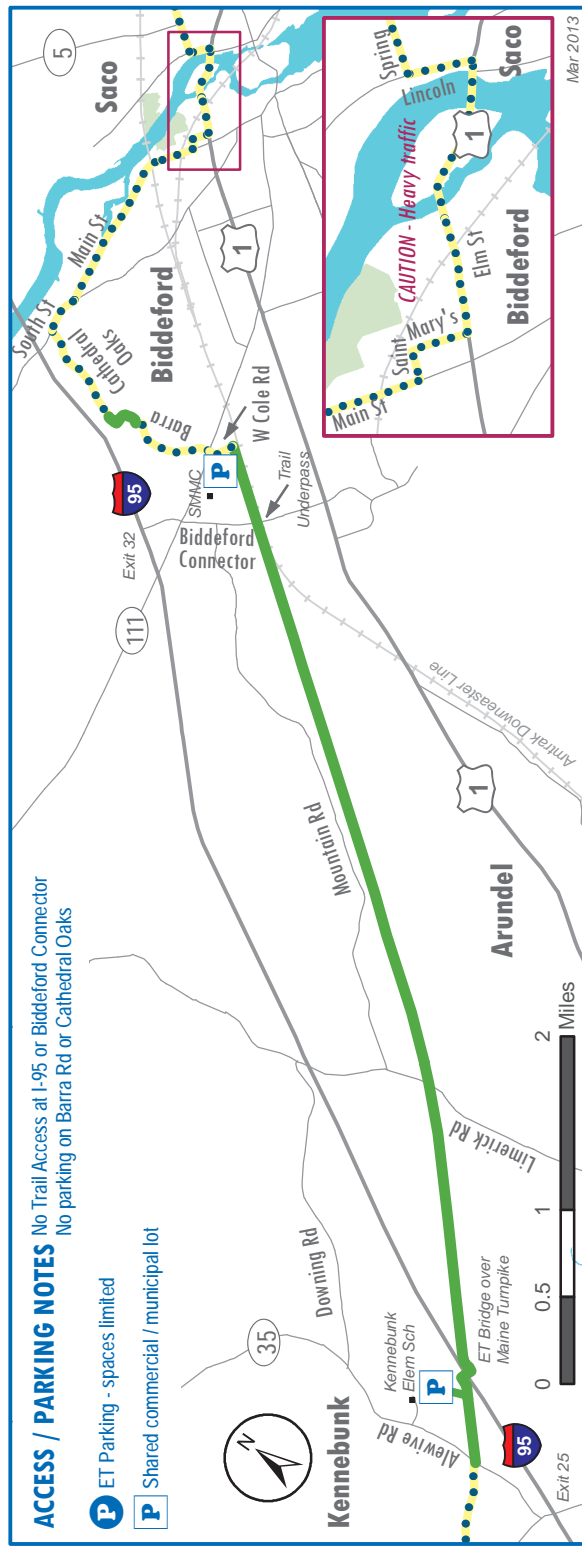
SACO - OLD ORCHARD BEACH - SCARBOROUGH

— Off-Road Eastern Trail ····· On-Road Connector Route



KENNEBUNK - ARUNDEL - BIDDEFORD

— Off-Road Eastern Trail ····· On-Road Connector Route



On-Road ET continues southbound to Kittery. For maps & details, visit www.EasternTrail.org