

Kennebec
Messalonskee
TRAILS

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Funding

About Kennebec
Messalonskee Trails



Kennebec Messalonskee Trails

Comprehensive Map & Trail Guide 1st Edition • 2014

CITY of
Waterville
MAINE

and the Towns of
**Benton, Fairfield, Oakland
and Winslow**

1 Messalonskee School Trail

1.5 miles **Easy Moderate Advanced**

These well-marked, double-track trails in the woods surrounding the Messalonskee Schools' athletic fields provide students and community members a variety of exercise opportunities year-round. The trail system consists of 5 trails with a variety of terrain. Markers identify 34 species of trees along the trails.

Directions
Look for TRAIL signs at Williams Elementary School, 55 Pleasant Street and at Messalonskee High School, 131 Messalonskee Drive. Trail entrances are located behind the Middle School, at either end of the High School football field, and from the student parking lot at MHS.

2 Messalonskee Stream Trail

2.5 miles **Easy Moderate Advanced**

The trail is clearly marked and crosses several footbridges, providing a nice walk through hemlock and pine forests with stunning views of Messalonskee Stream. Follow the trail around a peninsula, up to the power line and along it until you reach the dam access road to Rice Rips Road.

Directions
From Waterville, follow Kennedy Memorial Drive to just before the Messalonskee Stream bridge and turn right at the TRAIL sign into a small fenced-in area. From Oakland, cross the stream and turn left. Additional parking is available at the northern end, off Rice Rips Road.

3 Quarry Road Recreation Area

6.5 miles **Easy Moderate Advanced**

This popular city-owned area offers a variety of trails for multiple uses and ability levels. During the winter months, the 16-20' wide trails are groomed daily for Nordic skiing. Snowshoe trails are permanently marked. During the warmer months, trails are used for walking, running, and mountain biking. Great views abound of Messalonskee Stream on one side, the steep hillside on the other, and impressive woodlands throughout.

Directions
From North/South take Interstate-95 exit #130. Go south on Route 104/Main Street (0.7 mi). Turn right onto Eustis Parkway (0.6 mi). Turn right onto North Street (0.1 mi). Turn right onto Quarry Road just past MaineGeneral's Thayer Center for Health. Follow signs to parking areas and Welcome Center Yurt.



4 Colby College Trails

7.5 miles **Easy Moderate Advanced**

Colby offers a variety of trails on their campus for all interests and abilities. The Runnals Hill trails offer a short uphill climb through an open field leading to wooded trails ideal for walking, running, or cross-country skiing. For mountain bikers, they connect to nearby trail networks. Perkins Arboretum on the lower side of Mayflower Hill Drive offers a variety of footpaths in the 128 acre forested preserve. None of the trails are signed, but with the college in the center of the trail network, it's difficult to get lost.

Directions
The trail network is accessed from several locations on the Colby College campus or from Washington Street.

5 Inland Woods & Pine Ridge Trails

8 miles **Easy Moderate Advanced**

The Inland Woods Trail provides a convenient link to miles of trails in the 144-acre Pine Ridge Recreation Area for people of all abilities and interests. From walking paths along meandering streams to old tote roads and twisty single-track mountain bike trails, this is one of Central Maine's most beautiful and surprisingly untouched natural areas.

Directions
Enter the Inland Hospital campus from Kennedy Memorial Drive. Follow the "Trails" signs to a trailhead kiosk in the back corner of the employee parking lot behind the hospital. Trails can also be accessed via the West River Road/ME Route 104 - take Louise Avenue to Norman Street; turn left and park at Rummel's Field.

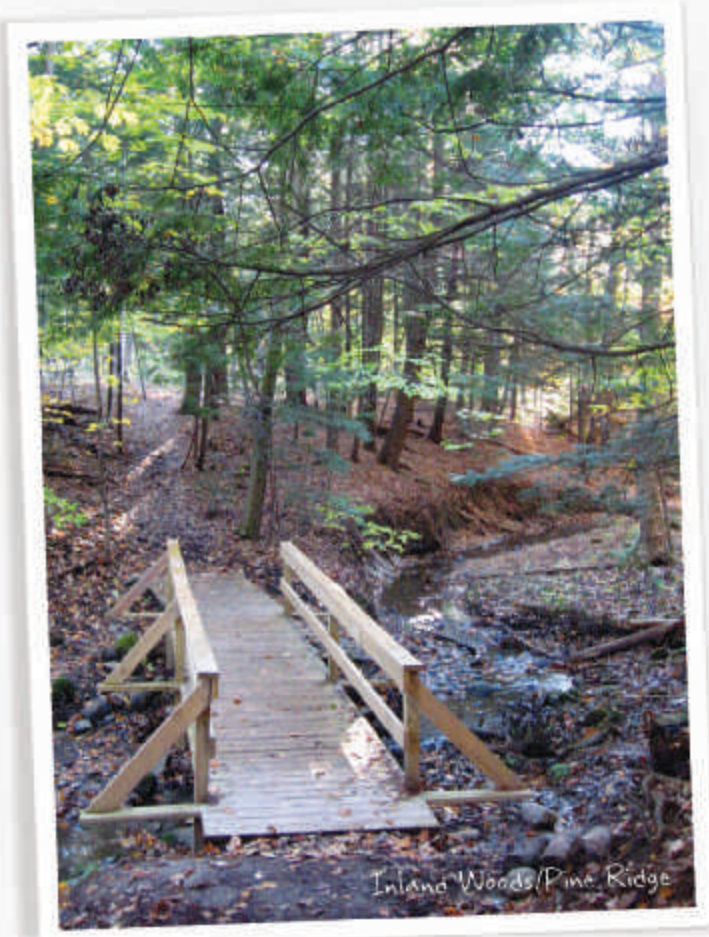


6 Merritt Nature Trail

0.7 miles **Easy Moderate Advanced**

Starting at Waterville's Junior High School, this short trail leads around the campus on land that overlooks and dips into deep gullies that separate it from the Thomas College campus to the south. The trail winds through a mixed forest of pine and hemlock stands as well as patches of ferns and other native vegetation.

Directions
Parking for the trail is located in the north lot at Waterville Jr. High School (100 West River Road). Access to the trail is behind the chain-link backstop beside the school.



Dogs + Trail Etiquette

Municipal leash ordinances apply. Be courteous to other trail users. Carry out your dog's waste. Protect vegetation and wildlife.

7 Thomas College Trail

0.6 miles **Easy Moderate Advanced**

This moderately challenging route traverses a hilly landscape and includes a spectacular viewing spot above the river. It's a short but impressive hike. Enthusiastic hikers can enjoy a longer outing around the nearby Junior High's Merritt Nature Trail or Pine Ridge Trails in the woods beyond the golf course across the West River Road.

Directions
Thomas College is located on West River Road/ME Route 104 approximately 1.3 miles from Kennedy Memorial Drive. Follow the Trail signs through the campus; look for trailhead kiosk beyond the soccer field.

8 Oxbow Trail

0.75 miles **Easy Moderate Advanced**

The Oxbow Trail is a great lunchtime loop that winds gently around a portion of Messalonskee Stream. Habitats vary from pine woods to tall wetland grasslands. Some parts are not accessible at high water.

Directions
Park at the northern end of the Lutheran Church lot (36 Cool Street), and head down the gravel path.

9 Waterville Connector

0.5 miles **Easy Moderate Advanced**

This paved trail connects Quarry Road, Head of Falls and Winslow Community Trails. The route follows along a quiet streamside trail, city streets and sidewalks, through downtown Waterville and across the Kennebec River. The well-marked route is wheelchair accessible, with easy gradients throughout.

Directions
To access the trail from the North, parking is located along North Street or at the boat landing across from MaineGeneral's Thayer Center for Health. From the south, parking is located off Front Street, adjacent to Two Cent Plaza at Head of Falls.

10 Fairfield Community Trails

3 miles **Easy Moderate Advanced**

Mowed paths and dirt tracks wind across the fields surrounding the Richard McGee Athletic Complex, inviting trail users of all ages and abilities. Adventurous trail enthusiasts will enjoy exploring the wooded double-track and single-track trails leading to local schools, area neighborhoods, and the fishing pond.

Directions
From Interstate-95 North, take exit #132, turn right onto Western Ave/Route 139; turn right onto Industrial Road. Park at Richard McGee Athletic Complex. From downtown Fairfield, follow Western Avenue/Route 139 about 1 mile; Industrial Drive is on the left just before Interstate-95.

11 KVCC Campus Trail

1 mile **Easy Moderate Advanced**

Students, staff and visitors alike can enjoy the KVCC Walking Trail that winds around the border of the rolling fields surrounding the school, across several bridges and along a wooded path to the KVCC Annex building.

Directions
From Interstate-95 North, take exit #132, turn right onto Western Ave/Route 139; KVCC will be on your left. Look for Walking Trail sign on right as you enter the campus. From downtown Fairfield, follow Western Avenue/Route 139 about 1 mile; look for KVCC on the right just before Interstate-95.



12 Mill Island Park

0.5 miles **Easy Moderate Advanced**

Mill Island Park was once a bustling industrial island with factories and homes. Now it is a beautiful park with playgrounds, picnic spaces, benches, trails and scenic views of the Kennebec River. The trail follows the perimeter of the park (Watch for poison ivy!). Picnic benches, playground equipment and public restrooms are available.

Directions
Mill Island is located off Bridge Street (Route 139) as it passes over the Kennebec River. The parking lot is at the end of Island Avenue.

13 Benton River Park

0.5 miles **Easy Moderate Advanced**

The Benton Town Office has a pretty gazebo and short, scenic riverside trail along the Sebasticook River.

Directions
From Winslow, take Clinton Avenue (Route 100) to the junction with Route 139. From Fairfield, take Route 139 to the junction with Clinton Avenue (Route 100). The Town Office is at 1279 Clinton Avenue.

14 Rotary Centennial Trail

1.5 miles **Easy Moderate Advanced**

This is a very level, wide trail with a packed surface. Constructed along an old rail bed, it leads through beautiful hardwoods with occasional views of the river. The trail ends at the former rail bridge abutment that extends out into the river, providing a scenic resting spot or picnic.

Directions
There are two parking areas for the trail both marked by a "TRAIL" sign on the nearest main road. **North Entrance...** Walk from Mill Island Park on Route 139 in Fairfield, cross the bridge, turn right on Crummett Street. Proceed up the granite steps to the trail. **South Entrance...** Driving north from Winslow on Benton Avenue, about 300 yards from the intersection with Route 139, a sign on the left at Asher Farms mobile home park directs trail users to the parking area.

15 East Kennebec Trail

1.5 miles **Easy Moderate Advanced**

Connecting the Winslow Community Trails and Rotary Centennial Trail, the gravel and grassy trail passes through a wooded wetland and a wide open stretch with safe river access. There are also open fields to explore up the eastern slope to Benton Avenue.

Directions
Park off Benton Avenue at Dean Street. Cross Benton Avenue opposite Winslow Elementary School. The trail is accessed via the Scale House Road, through a gap in a chain link fence near the Hydro Kennebec dam. Alternately, drive in at 752 Benton Avenue, park at the gate and follow the path down to the river.

16 Winslow Community Trails

1.5 miles **Easy Moderate Advanced**

The Winslow Schools surround a large campus with playing fields and woods, the perfect spot for a network of trails. The trails are 10' wide and level - providing a great place for a daily stroll or easy jog and a safe place for a child to learn to ride a bike. From the school trails, follow Trail signs marking the Winslow Community Trail along residential streets to Scott Park on Benton Avenue, then around the park on a paved trail to the Two-Cent Bridge.

Directions
Park near the Elementary School off Benton Avenue. The trailhead kiosk is located south of the school next to the ballfield and track. The trails can also be accessed around the tennis courts behind the High School, or along a paved trail behind the Jr. High. Parking is also available at the Winslow Town Office, 114 Benton Avenue.

17 Head of Falls and Two-Cent Bridge

0.75 miles **Easy Moderate Advanced**

The Head of Falls trail runs north along the Kennebec River. Nearly 20' in width and covered with crushed stone, it's a great trail if you're downtown and feel like getting out for some fresh air and exercise. Benches are scattered around Two-Cent Plaza for those looking to take a break and enjoy the scenery.

Directions
Parking is located off Front Street across from City Hall. Access to the trail is at the north end of the lot.

18 Fort Halifax Park

1 mile **Easy Moderate Advanced**

There are no marked trails, but an open lawn and riverbanks to explore. Enjoy a pleasant walk around the perimeter of the park or to the confluence of the Kennebec and Sebasticook Rivers, and upstream through a silver maple grove to the ledges leading to Ticonic Falls. The park offers picnic shelters, a gazebo, and the Fort Halifax blockhouse, a National Historic Landmark.

Directions
The park is located 1 mile south of the Winslow-Waterville bridge on US Route 201 at 137 Bay Street.



LEGEND

Trail Distance

Round Trip approximate distance measured walking the complete trail

One Way typical distance measured when entrances are on either end of trail

Trail Difficulty **Easy Moderate Advanced**

Easy Relatively level trails that can be enjoyed by almost anyone.

Moderate May have short, steep sections. Most people should have little difficulty completing.

Advanced May have steep sections, exposed roots, rocks, or slipping hazards.

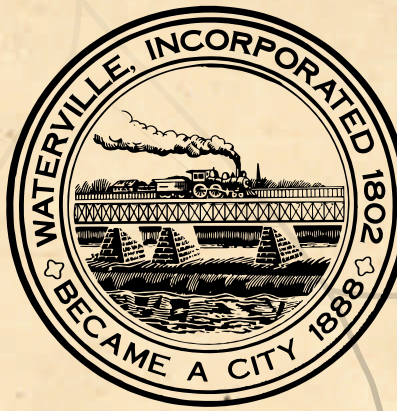
- Trail Activities**
- Walking / Hiking
 - Mountain Biking
 - Cross-County Skiing
 - Snow-Shoeing
 - Snow Sledding
- Scenic Views**
- Picnic Areas
 - Wheelchair Access
 - Fishing
 - Boat Launch
 - Geocaching

Trail Etiquette

Motor Vehicles are NOT ALLOWED on the trails except where noted.

Trash - Please pack out your trash and any you see to leave the trails beautiful for others to enjoy.

Stay on trails to protect local flora and the privacy of neighbors.



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3 Quarry Road Recreation Area

Quarry Road Recreation Area provides outstanding opportunities for a variety of activities including cross-country skiing, snowshoeing, walking/running, biking, and more. The area offers 10 km (6 miles) of groomed ski trails and a top-notch snowmaking system. The 200+ acre facility is owned by the City of Waterville and managed by Waterville Parks & Recreation with the assistance of Friends of Quarry Road, a group of dedicated volunteers.



quarry road
recreation area
QuarryRoadRecArea.org



Kennebec Messalonskee TRAILS

LEGEND

- Highways
- Primary Roads
- Secondary Roads
- ATV Trails
- Railroads
- Activity Trails
- Paved Connectors
- Rivers
- Property Boundaries
- Parking
- Hospital



Inland Hospital
Where YOU come first
EMHS MEMBER

Inland Woods/Pine Ridge Trails

The Inland Woods Trail provides a convenient link to the 144-acre city-owned Pine Ridge Recreation Area and several miles of trails for mountain biking, walking, geocaching, cross-country skiing, and snowshoeing. Abundant single-track trails make the area a popular destination for mountain bikers from near and far.