



Kennebec Messalonskee TRAILS

Our mission is to promote and help create/maintain recreation and fitness trails and a bicycle-pedestrian-friendly community throughout the city & towns of Waterville, Winslow, Benton, Fairfield, & Oakland, Maine.

We work closely with the city, towns, colleges, hospitals, and others to create a community-wide network that will be a source of pride and benefit for generations to come.



Quarry Road Trails is a year-round outdoor recreation destination for people of all ages, abilities and walks of life from the greater Waterville area, across Maine and beyond.

For the most up-to-date Quarry Road Trails information, please scan to go to... QuarryRoad.org



LEGEND

- Primary Roads
- Secondary Roads
- ATV Trails
- Railroads
- Activity Trails
- Planned Trails
- Paved Connectors
- Rivers
- Parking
- Hospital
- Boat Launch

Scale: 0, 1/4, 1/2, 3/4, 1 mile (approximate scale)

Kennebec Messalonskee TRAILS

Sunrise to Sunset

Trail Rules

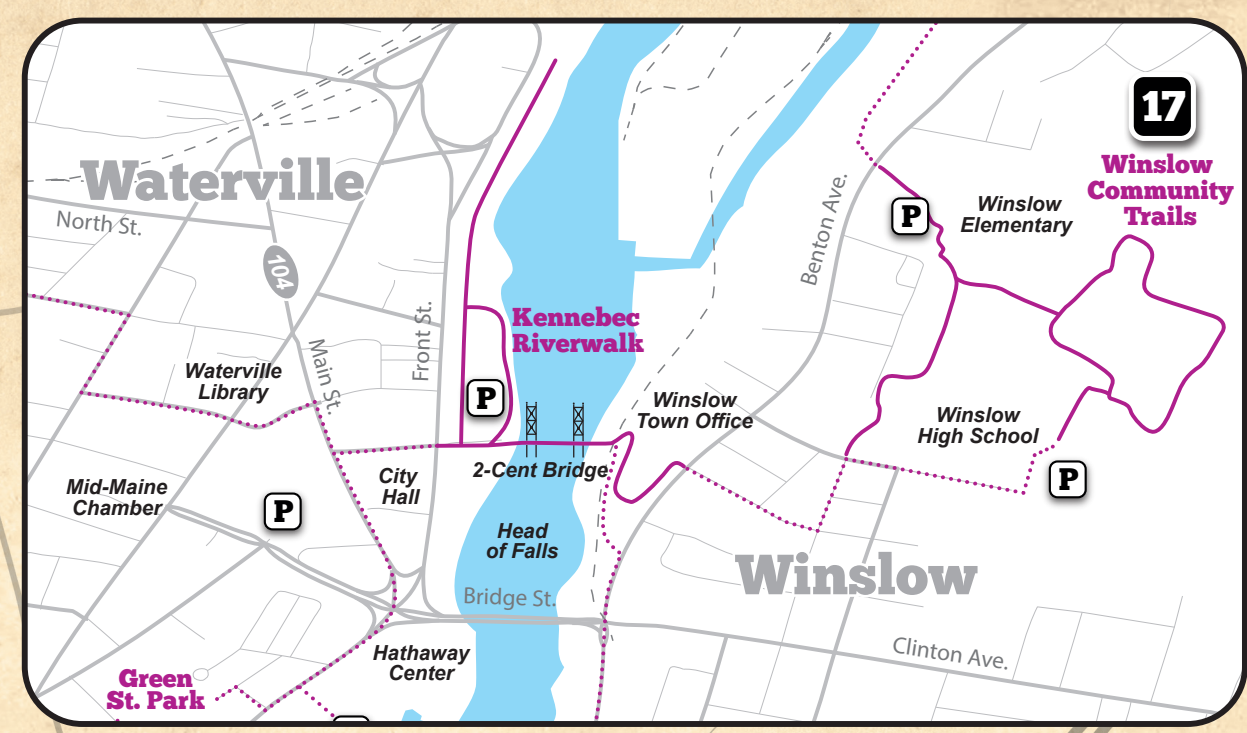
Post your beautiful wildlife photos on our Facebook Page

Please... CARRY OUT WHAT YOU CARRIED IN

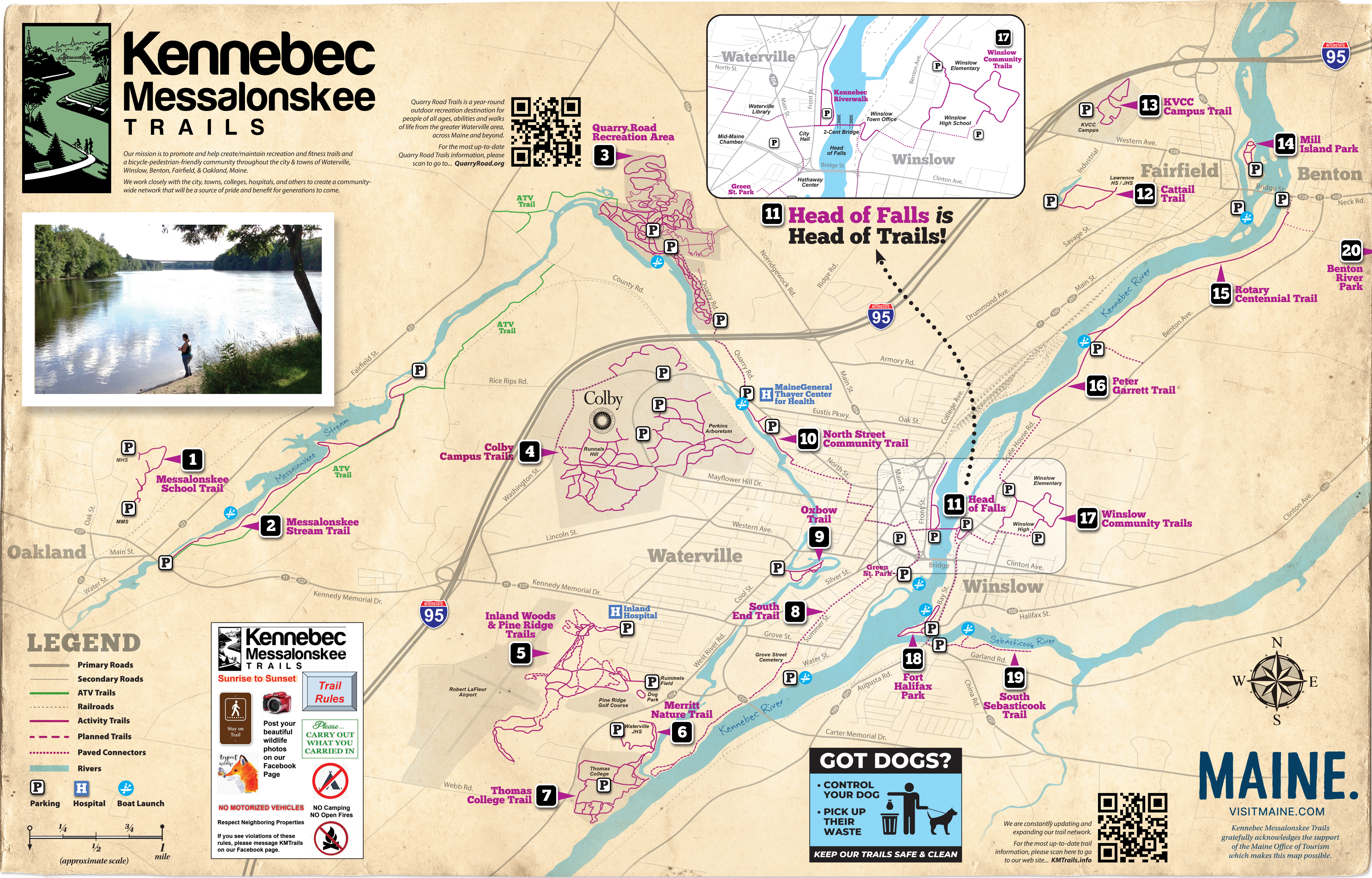
NO MOTORIZED VEHICLES
NO Camping
NO Open Fires

Respect Neighboring Properties

If you see violations of these rules, please message KMTrails on our Facebook page.



11 Head of Falls is Head of Trails!



GOT DOGS?

- CONTROL YOUR DOG
- PICK UP THEIR WASTE

KEEP OUR TRAILS SAFE & CLEAN

We are constantly updating and expanding our trail network. For the most up-to-date trail information, please scan here to go to our web site... KMTrails.info



MAINE.

VISITMAINE.COM

Kennebec Messalonskee Trails gratefully acknowledges the support of the Maine Office of Tourism which makes this map possible.



**Kennebec
Messalonskee
Trails**

P.O. Box 2388
Waterville, ME 04903
(207) 873-6443
KMTTrails.info



www.KMTTrails.info/donate/

Thank you for helping to maintain and grow Kennebec Messalonskee Trails with a tax-deductible donation today.

More than 3 million dollars has been raised to develop the current trail network. Much has come from Maine's Recreational Trails Program and Department of Transportation grants. All require matching funds from municipalities and donors from people like you. Local colleges, schools and hospitals provide ongoing support and landowners have been generous in allowing trail access. Thank you for helping to maintain and grow Kennebec Messalonskee Trails with a tax-deductible donation today.

Funding

The Mission of Kennebec Messalonskee Trails is to promote, create, and help maintain recreation and fitness trails throughout the communities of Waterville, Winslow, Benton, Fairfield, and Oakland. Our Vision is a network of trails, sidewalks and bike lanes contributing to a healthy and active community.

About Kennebec Messalonskee Trails

Trails to promote, create, and help maintain recreation and fitness trails throughout the communities of Waterville, Winslow, Benton, Fairfield, and Oakland. Our Vision is a network of trails, sidewalks and bike lanes contributing to a healthy and active community.



**Kennebec
Messalonskee
Trails**

**Comprehensive Map &
Trail Guide**

3rd Edition • 2024

Guide includes trails within the
City of **Waterville, Maine**
and the Towns of
**Benton, Fairfield,
Oakland, and Winslow**

1 Messalonskee School Trail

1 mile **Easy Moderate Advanced**

The trails are located between the High School and Middle School, with a pine grove, multiple streams with footbridges, a small pond, and remnants of an apple orchard. Log benches at four outdoor classrooms are for school kids and the public.

Directions
Access from: Williams Elementary School, (parking behind the Middle School); or at the High School (student parking area). Large map signs are located at the three trailheads, rear of Middle School, and two on the far side of the football field.

2 Messalonskee Stream Trail

2.5 miles **Easy Moderate Advanced**

Starting at the parking area off Kennedy Memorial Drive, the trail follows Messalonskee Stream, past an original CMP generating station. Further on, see the ruins of a former textile mill. The trail winds through a stunning hemlock forest, across 5 rustic foot bridges, then rises above the stream to the power line access road. Follow it, then turn left down to the Rice Rips dam. Take the steel catwalk along and over the old wooden penstock, following it to Rice Rips Road.

Directions
From Waterville, follow Kennedy Memorial Drive to just before the Messalonskee Stream bridge, turn right at the TRAIL sign to a small fenced-in parking area. From Oakland, cross the stream and turn left. From Colby College, drive down the Rice Rips Road and turn right at the bottom to a small parking area. Cross the road and follow the leaking penstock.



3 Quarry Road Recreation Area

13+ miles **Easy Moderate Advanced**

The City of Waterville and Friends of Quarry Road maintain this extraordinarily diverse set of trails for all seasonal uses and ability levels. During winter, 2.5k trails have snowmaking and lights and are groomed for skate and classic skiing, with competitions on some weekends. There are dedicated trails for snowshoeing and some limited downhill skiing with a short rope tow. During 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 (with limited rock climbing in the small quarry), and impressive woodlands throughout. www.quarryroad.org

Directions
Take Interstate 95 to 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), then right again onto Quarry Road just past Maine-General's Thayer Center for Health. Follow signs to parking areas and Welcome Center.

MAP DESIGNED BY: **ROADSTAR DIRECTIVE**
STELLAR MARKETING, STRATEGIC, COPYWRITING, SOCIAL MEDIA, & GRAPHIC DESIGN
ROADSTARDIRECTIVE.COM

4 Colby College Trails

7.5 miles **Easy Moderate Advanced**

Colby's campus trails are for all interests and abilities. Runnall's Hill includes a short uphill climb through an open field, leading to wooded trails ideal for hiking or running. For mountain bikers, those trails connect to nearby trail networks. Perkins Arboretum, on the downhill side of Mayflower Hill Drive, offers a variety of footpaths in that 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.

5 Inland Woods & Pine Ridge Recreation Area

8 miles **Easy Moderate Advanced**

The Inland Woods Trail provides a convenient link to several 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. Trails are in the process of redevelopment

Directions
Enter the Inland Hospital campus from Kennedy Memorial Drive. Follow the TRAIL signs to a trailhead kiosk at the far corner of the parking lot behind the hospital. Trails can also be accessed via West River Road/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**

Butch Merritt taught indoors and out-of-doors at Waterville's Junior High School. His trail loops from the parking lot, through the steep gullies, to Messalonskee Stream. The trail crosses land with highly erodible soils, remnants from when the Gulf of Maine, milky with silt and clay, flooded all of Central Maine briefly at the end of the last Ice Age (13,000 years ago). Walk through a pine/hemlock forest with patches of ferns, and emerge in the school bus parking area.

Directions
Waterville's JHS is opposite the Pine Ridge Golf Course on West River Road. Park at the far end of the parking lot, and follow signs downhill, through the woods.

7 Thomas College Trail

3.5 miles **Easy Moderate Advanced**

The Sukeforth Family Trail System extends throughout the campus. A 6 foot wide trail with a hardened surface flows in and around the built-up portions and the baseball and soccer fields. It is wheelchair friendly, and about a mile long. A more extensive network of single- and double-track trails extends through the woods to the south of the football fields, some with dramatic views across the Kennebec River, and all good for walking, running and mountain biking.

Directions
Trails can be accessed from several points on campus, including all the major parking lots.

8 South End Trail

4 miles **Easy Moderate Advanced**

From Green Street Park, follow Summer Street sidewalks to Grove Street. Then enter the cemetery following signs to significant stone markers. TRAIL down onto and along Water Street, taking in gorgeous views of the Kennebec River on a roadside trail, leading all the way to the Messalonskee Stream Confluence.

Directions
Park at Green Street Park, or at the Couture Field Baseball field.

9 Oxbow Trail

0.75 miles **Easy Moderate Advanced**

The Oxbow Trail is a short loop that follows Messalonskee Stream as it meanders around a tongue of land. The trail crosses habitats from pine woods and burr oaks, with winding vines of invasive oriental bittersweet. Tall wetlands are resplendent with Joe-Pye Weed in late summer. Distal 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.

Rules of the Trails

- TRAILS OPEN SUNRISE TO SUNSET
- NO MOTORIZED VEHICLES
- NO CAMPING
- NO FIRES
- PETS MUST ALWAYS BE UNDER CONTROL
- REMEMBER, SOME OF OUR TRAIL USERS ARE AFRAID OF DOGS
- CLEAN UP AFTER YOUR PET
- BE RESPECTFUL OF WILDLIFE... KEEP YOUR DISTANCE
- PLEASE STAY ON THE TRAILS
- SHARE THE TRAILS... CYCLISTS ANNOUNCE YOUR APPROACH
- CARRY IN/CARRY OUT
- ENJOY THE TRAILS!
- POST PHOTOS ON OUR FACEBOOK PAGE!

10 North Street Community Trail

0.5 miles **Easy Moderate Advanced**

This paved trail is a neighborhood favorite, offering good views of Messalonskee Stream. Parts have been decorated as a Story Walk. It is wheelchair friendly and good for skateboards too (though watch out for roots pushing up paving).

Directions
Park at the boat landing off North Street, downhill from Thayer's Emergency Room entrance. Alternatively access from the North Street Playground. Or join from a well-signed sidewalk connector from Head of Falls to Edgemont Avenue.

11 Head of Falls

1 mile **Easy Moderate Advanced**

Head of Falls comprises the Kennebec Riverwalk, Two Cent Bridge and Winslow's Scott Park. The Riverwalk has a wide colored walkway, picnic tables and benches, a gazebo at one end and amphitheater at the other, with ornamental gardens and a children's play area between. The Two-Cent Bridge connects Two-Cent Park on the Waterville side, with a larger park and spacious gazebo on the Winslow side. Trails are paved and wheelchair friendly.

Directions
Find parking both at Head of Falls on the Waterville side or at the Winslow Town Office.

12 Cattail Trail

1 mile **Easy Moderate Advanced**

Follow the baseball fence east to a path across a wetland, then through the woods. Turn left at track fence, crossing more wetlands to the baseball field. From the HS track entrance, the choice is woods or wetlands to complete the loop. The pond is good fishing for kids.

Directions
For parking, turn into Industrial Drive opposite Dow's Quick Stop on Route 139 in Fairfield. Park close to the baseball field. For walking and running from the Lawrence High School track, cut through the fence on the south side.



13 KVCC Campus Trail

1 mile **Easy Moderate Advanced**

Students, staff and visitors alike can enjoy this walking trail that winds around the border of rolling fields to the north of the college campus, into the woods, across several bridges and up a slope leading close to (the noisy) Interstate 95. At that point it circles back to the small parking area west of the Lunder Library.

Directions
From Interstate 95 North, take exit 132, turn right onto Western Avenue/Route 139. KVCC is on the left. From downtown Fairfield, follow Western Avenue about 1 mile: KVCC is on the right. Proceed around campus to the parking lot west of the Lunder Library.

14 Mill Island Park

0.5 miles **Easy Moderate Advanced**

Mill Island Park was once a bustling industrial island with factories and homes. Now the northern end has trails following the perimeter of the island. Special features include scenic views of the Kennebec River and overlooks of the former factory basements. Picnic benches, playground equipment, a large play area, and public restrooms are all here.

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

15 Rotary Centennial Trail

3 miles **Easy Moderate Advanced**

This trail was constructed along an old rail bed, level and wide, with a packed gravel surface. It leads through beautiful hardwoods with occasional views of the river. The trail starts with steps up from Crummett Street. It ends at a former rail bridge abutment that extends into the Kennebec River... a scenic rest spot for a picnic.

Directions
There are two parking spots for the trail, both marked by a TRAIL sign at the nearest main road. **North Entrance:** Crummett Street is the first turn right after the Route 139 bridge from Fairfield over the Kennebec River. Turn immediately right to park. Walk, or push bike up steep granite steps 100 yards south along Crummett Street. **South Entrance:** Use the entrance and parking for the Peter Garrett Trail just south of a CMP pole storage yard. Head north to join the Centennial Trail.



GOT DOGS?

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- PICK UP THEIR WASTE

KEEP OUR TRAILS SAFE & CLEAN

17 Winslow Community Trails

1.5 miles **Easy Moderate Advanced**

The Winslow School campus is large, with playing fields, woods, and a network of trails. The trails are 10' wide, level and with a packed gravel surface - a great place for an easy jog with or without a stroller, and a safe place for children to learn to ride a bike.

Directions
Park at the end of Dean Street near the trailhead kiosk. Alternatively, park near the tennis courts behind the High School. The network of trails leads around the ball fields and through the woods.

18 Fort Halifax Park

0.5 mile **Easy Moderate Advanced**

An historic, scenic and charming recreational destination. Wander freely along or off the trails, down to the Sebasticook-Kennebec confluence, and back up to the bandstand and the last remaining blockhouse of Fort Halifax. Bring your family for a picnic at one of the shelters. Watch the birds on the water or wait for a sturgeon to jump out of the water. Mark your calendar for a festival.

Directions
The Park is one mile south of the Winslow-Waterville bridge and just north of the Sebasticook bridge, at 137 Bay Street. There is convenient parking.



19 South Sebasticook Trail

0.75 miles **Easy Moderate Advanced**

A dam once impounded the Sebasticook River as a lake. This trail follows the lake's former shoreline. There is also great fishing at the river's current shoreline. This location is exceptionally quiet, despite being less than 1/2 mile from a busy bridge, with no buildings or roads visible at all...just the river and its shoreline woodlands.

Directions
Park left of Pleau's Store (junction of China Road and the Sebasticook bridge), or drive behind Pleau's along a dirt road, left from a CMP substation to a small parking area. The boat access is at the end of the dirt trail from this latter parking area. For fishing, walk along the shoreline from the Pleau's parking lot, or the boat access. The trail walking access leads up through the pine woods, then down a gully to the trail along the former shoreline.

16 Peter Garrett Trail

2 miles **Easy Moderate Advanced**

Named for the Founder of Kennebec Messalonskee Trails. Your first sight will be wide open views of the Kennebec River across to the railway. South of the parking area, walk through and around an artificial wetland, home to redwing blackbirds in spring, then follow along a grassy old tote road leading to the Scale House Road. Go sit on a granite bench overlooking a duck pond and eagle nesting site. Return along a rough Boy Scout Eagle footpath through the trees and underbrush closer to the river. Launch your boat north from the parking lot, or connect to the Rotary Centennial Trail.

Directions
Drive north from Winslow on Benton Avenue, watching for the TRAIL sign south of the CMP pole yard, then follow the dirt road in and park next to the river. Alternatively, walk or bike north along the Scale House Road from Winslow Elementary School, and enter close to the entrance to Hydro Kennebec's facility.

20 Benton River Park

0.5 miles **Easy Moderate Advanced**

Just south of the Benton Town Office is a public park with a pretty gazebo. Walk beyond for a scenic riverside trail along the Sebasticook River towards the hydro dam.

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

LEGEND

Trail Distance
Round Trip
approximate distance measured walking the complete 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
is enjoyed on many of the trails. Learn more at geocaching.com

Trail Etiquette

Motor Vehicles are NOT ALLOWED on the trails except for authorized maintenance.
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.