OUT AND ABOUT: YOUR GUIDE TO ADVENTURE
OFFICER CURATED PICKS FOR FAMILY WEEKEND!

BRUNSWICK TOWN COMMONS

WHAT TO KNOW: An extensive network of trails for walking, running, or biking. Check out the website for more info.
WHY YOU WILL LOVE IT: The longest woods trail network directly accessible from campus. Some small ponds provide good wildlife viewing opportunities.
WHERE: 5 minute walk from campus, located at the far end of Farley Field

AIRFORCE BASE TRAILS/BRUNSWICK LANDING PERIMETER TRAIL

WHAT TO KNOW: 5.2 mile trail for walking, running, or biking. A general map is here.
WHY YOU WILL LOVE IT: A great option for those who want to stay close to campus. Get a closer look at the old airforce base and experience the unique ecology of the perimeter area. Stop by for yummy brunch food at Wild Oats before heading back to campus.
WHERE: 1.2 miles from Bowdoin to entrance on Pine St

BRUNSWICK FARMERS’ MARKETS

WHAT TO KNOW: The Brunswick farmers’ market is open Fridays on the Town Common from 8 AM - 1 PM. The Brunswick-Topsham Land Trust market is open Saturdays from 8:30 AM - 12:30 PM.
WHY YOU WILL LOVE IT: Spend your morning snacking on the best food around, supporting the local agricultural economy, and meeting farmers. Bring a blanket and make it a picnic!
WHERE: Friday on the Brunswick Town Common. Saturday at Crystal Spring Farm (3 miles from campus)

CRYSTAL SPRING FARM TRAILS/TOM SETTLEMIRE COMMUNITY GARDEN/Labyrinth

WHAT TO KNOW: Five miles of woods trails threading through farmlands. Check out the this website for more info.
WHY YOU WILL LOVE IT: Explore the community gardens near Crystal Springs Farm and clear your head with a walk through the Labyrinth.
WHERE: Brunswick. 8 minute drive/a medium walk from campus (2 miles)
WOLFE’S NECK STATE PARK/WOLFE’S NECK FARM

WHAT TO KNOW: Stroll through Wolfe’s Neck Farm and visit the animals and cafe, or take an oceanside woods walk and enjoy the early foliage at the adjoining Wolfe’s Neck State Park.
WHY YOU WILL LOVE IT: The farm is a vibrant hub of sustainable agriculture in midcoast Maine. If you’re feeling particularly adventurous, enjoy swimming and bridge jumping in the chilly ocean water beside the farm’s main road. On the way to Freeport, so take a fall drive all the way to LL Bean while you’re at it.
WHERE: Freeport. 20 minute drive from campus. (10 miles)

HAMILTON AUDUBON SANCTUARY

WHAT TO KNOW: 3.1 mile oceanside loop in West Bath for a meandering walk or run. Check out the All Trails website for more info.
WHY YOU WILL LOVE IT: Beautiful ocean views and well preserved forests. Bowdoin hosts Audubon page-turning every month looking at folios of The Birds of America. Check out Special Collections website for more info.
WHERE: West Bath. 17 minute drive from campus (11 miles)

HARPSWELL CLIFF TRAIL

WHAT TO KNOW: Great 2.1 mile woods hike, with a beautiful view of the ocean! Check out the All Trails website for more info.
WHY YOU WILL LOVE IT: Add your own fairy houses to the ones you’ll find along the trail. Go at golden hour for a killer sunset.
WHERE: Harpswell 16 minute drive from campus (8.6 miles)

MERRITT ISLAND

WHAT TO KNOW: Located in West Bath, this small island is great for swimming, camping, or hanging out with friends. For more info check out this website.
WHY YOU WILL LOVE IT: Go during the low tide and you will be able to walk across the beach to Merritt Island, where a trail circumnavigates the beautiful island. There is an incredible camp site on the far south end of the island with amazing ocean views, two large platforms for sleeping and a fire pit.
WHERE: West Bath. 25 minute drive from Bowdoin (13.5 miles)

MORSE MOUNTAIN

WHAT TO KNOW: A beautiful 4 mile oceanside mountain hike for those who are ready for an adventure but not an overnight. Parking can be tricky so get there early! Check out this All Trails website for more.
WHY YOU WILL LOVE IT: Some of the best ocean views around! The hike finishes at a pristine, quiet beach south of Popham. Bring spikeball, a book, or frisbee for a chill day.
WHERE: Phippsburg. 35 minute drive from campus (22 miles)
PORTLAND MUSEUM OF ART

WHAT TO KNOW: Located in downtown Portland, the PMA features a notable collection of modern and traditional art and is free for students! Check out the museum’s website.

WHY YOU WILL LOVE IT: After marvelling at Andrew Wyeth and Winslow Homer’s striking paintings of Maine’s natural beauty, make a day out of it and explore all that Portland has to offer. The built environment is beautiful, too!

WHERE: Portland. 35 minute drive from campus (28 miles). No car? Take the Metro Breeze!

CAMDEN HILLS STATE PARK

WHAT TO KNOW: One of the most extensive mountain trail systems in the Midcoast area with stunning views of the Penobscot Bay. There is a $4 fee for adult Maine residents. More information can be found at the state park website.

WHY YOU WILL LOVE IT: Enjoy the sweeping views of the ocean, huge variety of trail distances and levels of strenuousness, and grab a coffee at the iconic village of Camden 5 minutes away. We recommend the Maiden Cliff Trail: the uphills are worth the view!

WHERE: Camden. 1 hour 21 minute drive from campus (57 miles)

FORT WILLIAMS, CAPE ELIZABETH

WHAT TO KNOW: Lighthouse and park just south of Portland with open trails and expansive ocean views.

WHY YOU WILL LOVE IT: Not only can you experience one of Maine’s most iconic lighthouses, Portland Head Light, but you can also wander through the ruins of a Spanish-American War era fort and breathe the ocean air on a small network of rocky trails.

WHERE: Cape Elizabeth. 49 minute drive from campus (33 miles)

DID YOU KNOW?: There are 65 lighthouses on the coast and inland of Maine!
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PRO TIPS:

Make sure to check the weather before you go out and bring the right footwear, enough snacks and water, clothing, and sunscreen (even when it’s cloudy). Little Dog has amazing homemade trail bars! - Lily

Let a friend know where you’re going if you’re trekking out, especially solo, just in case you get lost and bring a map with you. I like to download offline Google Maps. They are really comprehensive - Lily

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OTHER RESOURCES

TRANSPORTATION KEY

- by foot
- by vehicle / public transit
- by bike, longboard, scooter, etc.

PUBLIC TRANSIT

- Brunswick Explorer
- Greater Portland Metro Breeze
- Amtrak Downeaster

Please to drop personal suggestions or your favorite go-to spots in this survey.

Feel free to reach out with any questions, comments, or corrections to Lily (lpoppen@bowdoin.edu) or Leif (lmaynard@bowdoin.edu)

all photos taken by Leif Maynard & Lily Poppen