

The Bowdoin Outing Club presents:

# OUT AND ABOUT: YOUR GUIDE TO ADVENTURE

Local spots to enjoy the outdoors!



## TRANSPORTATION KEY



**BY FOOT**



**BY VEHICLE/  
PUBLIC TRANSIT**



**BY BIKE, LONGBOARD,  
SCOOTER, ETC.**

## 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 L.L. 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)



Spikeball on the beach at Morse Mountain



A double rainbow at Wolfe's Neck

## 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)



Cows enjoying the sunset at Wolfe's Neck



## 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!

## 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!*

**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.



Gorgeous vista views and sky at Camden Hills

## 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 uphill is 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!



A lighthouse view at Fort Williams. Fun rock formations nearby.

# 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](#)

## QUESTIONS OR COMMENTS?

*We love to hear from you!*

For questions about gear, please reach out to John Soeder ([jsoeder@bowdoin.edu](mailto:jsoeder@bowdoin.edu)) or Ross Grundy ([rgrundy@bowdoin.edu](mailto:rgrundy@bowdoin.edu))

With all other questions, please reach out to the officer team, found on the Bowdoin Outing Club website ([www.bowdoin.edu/outing](http://www.bowdoin.edu/outing))