



**LADIES
ADVENTURE
CLUB**

Here we are, spring is upon us, and many of us are itching to get outside. We may have our favorite trails and ways to connect with nature, but I wanted to share with you some new ideas from LAC Guides and members.

Thoughts on adventuring safely:

If you are heading out alone on a significant hike, let someone know where you're heading, what trail you're taking, and what time you expect to be back. Pack plenty of water, a simple first-aid kit, a headlamp (check your batteries), extra layers, and extra food.

The sunshine may be warm, but the water is still quite cold. Use your smarts before heading out in a canoe or kayak. If it's windy or wavy, think twice about launching. And always use a PFD (personal flotation device).

Guide and Member Favorites

LAC Guide, Stevie Dembowski

Negutaquet Conservation Area, 219 Lebanon Road in North Berwick is a beautiful, relatively flat 2-mile loop. It wanders through an old farmstead, following stone walls, passes a cemetery overlooking a creek (with a Revolutionary War veteran interred there), and through mixed aged forest. The Perimeter Trail is lovely, but I also recommend the Oval Trail as it is nice and wide, the remnants of an old racetrack. The southernmost Connector Trail has a gigantic old double oak worth the detour as well.

The parking lot is small, but there is not usually a lot of foot traffic because it's outside the town center.

Here's the [trail map](#).

LAC Guide, Ann Tartre

One of the better beaches around for trying out your surfing skills is **Higgins Beach** in Scarborough. Check weather, tide, water temperature and wind reports before you go. Typically, the best surf conditions will be when the wind is lighter in the early morning, on an incoming tide with 2-4-foot waves. There is no surfing allowed between 11am-5 pm between June 15-Sept 15 at Higgins. Parking and changing/bathrooms are available at a public pay lot(\$15/day) at 41 Ocean Ave, Scarborough, a short 5 min walk to the beach. If you don't have your own surf equipment, try renting from the nice folks at [Black Point Surf Shop](#). You can also check with the [Maine Surfers Union](#) to see if they will be offering their [Ladies Slide Nights](#) this summer. If



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you are a novice surfer, don't forget to look up "surf etiquette" and some basic ocean safety tips before you head into the water.

Check the Town of Scarborough [website](#) for any updates on beach closures/activities due to the changing situation with Covid19.

LAC member and Advisory Board member, Abby Gordon

Ovens Mouth is my favorite! If you do the one small loop (Ovens Side East) plus the one larger loop (Ovens Mouth West) it's about 3.75 miles/1h30 + stops. Beautiful woods and you're along the coast 3/4 of the time, though back rivers, not open ocean. Lovely though. Two parking lot options to choose from though both only accommodate up to about 4-6 cars, I'd say (Ovens Side East has slightly more parking than West). I tend to avoid Ovens Mouth on the weekends, but Friday with this beautiful weather, I did the West loop around 10am and only ran into one other party the whole hour plus. It does get muddy, especially Ovens Mouth East, but so do all the BRLT (Boothbay Regional Land Trust) trails. Ovens Mouth is great for snowshoeing and microspiking in winter too.

Another favorite is **Zack Preserve (Boothbay) to Dodge Point (Newcastle) via RiverLink** – you can now go the full distance from Zack to Dodge on trails with just one road to cross. It's about 7 or 7.5 miles each way, so 15 round trip and that's not including loops around Dodge Point when you get there or any detours along the way. It's all wooded (no water views) but nice for a longer walk and once you get a bit away from Dodge Point, you're unlikely to run into many other people at all.

LAC co-leader, Alicia Heyburn

You can find quiet and wooded walking, mountain biking, and running trails at the Bethel Inn Resort – these trails are part of the **Bethel Village Trails (BVT)** a program of [Mahoosuc Pathways](#). They're free to use, but donations are appreciated. The trails begin next to the Fitness Center, or at the trailhead located on Fairway Road, and are available for use any time (restrictions may apply during golf events). The trails offer gentle slopes suitable for walkers both young and young-at-heart, as well as beginner mountain bikers.

[Portland Paddle](#) opens May 29th and has put a lot of thought into safe paddling amid Covid-19. Take a class with all equipment provided right from East End Beach, Portland and see Casco Bay from sea level – a wonderful vantage point!



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LAC Guide, Jen Bush

I love taking a bike out to **Peaks Island** or **Long Island** by ferry, biking around the island and stopping to enjoy all of the amazing views. I always feel like I am on vacation when I am out there. [Casco Bay Lines](#) is operating and the islands are open to visitors.

Another favorite local walk is the **Oat Nuts Trail** in Portland. The trail head is off of Summit Street (North Deering), and the trail ends up at the Presumpscot River. Once you get to the river, take a right and follow the trail along the river and you will get to the falls. It's a beautiful spot to stop, and the dogs love it!

LAC founder, Gillian Schair

Over the weekend, I hiked **Ragged Mountain** starting from Hope Street in West Rockport. The Route 17 trailhead was full of cars so we went on to the Western Trailhead, also known as the Thorndike Brook Junction trail. From the intersection of ME Routes 17 and 90 in West Rockport, travel 2.5 miles north on ME Route 17 and turn right onto Hope Street. Travel 0.5 miles to the parking lot on the right.

My husband and I loved the varied path and since my hiking legs are not quite under me, it was a perfect first hike of the spring (not too taxing). We followed the blue blazes all the way to the top. With a stop at the summit, we were probably on the trail for 3.5 hours. Great views and lots of blueberry bushes underfoot that will be loaded in the middle of summer. The elevation of Ragged is just over 1000 feet.

LAC co-leader, Kate Burnham

Maiden Cliff Trail – Camden. **Maiden Cliff Trail to Scenic Trail to Ridge Trail**. This 2.6-mile loop is rated as “moderate.” The trailhead is just off Route 52, about 3 miles from Main Street/Route 1 in Camden. This is a very popular hike just outside the boundaries of Camden Hills State Park. It is somewhat steep in some sections - but by the end of the summer I can trail run a lot of it and make it to the top in less than 30 minutes. You just have to pay attention to your footing as it starts off a little rocky and there are a lot of roots and some boulders/stairs to climb. The cliff rises 800 feet above Megunticook Lake and offers spectacular views of the lake, nearby hills, and Penobscot Bay. There is generally plenty of parking and there is additional parking across the street at Barrett’s Cove, public beach, on Beaucaire Ave. This is also a great spot to take a dip in the lake after your hike. There are NO restrooms at the trailhead - but there are restrooms



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at Barrett's Cove. Pets are permitted. For maps and trail information please visit: [All Trails](#) or [Maine Trailfinder](#).

Finally, here are some tips from [Maine Trail Finder](#) on getting outside in the time of Covid-19:

- **Make the health of everyone in your community your priority.** Go out only if you're feeling healthy and you have not had close contact with anyone who is sick. Wash hands often with soap and warm water for at least 20 seconds. If a sink isn't available, use a hand sanitizer that contains at least 60% alcohol. Avoid surfaces that are touched often, such as doorknobs, handrails, and playground equipment.
- **Stay at least 6 feet away from others** when in a public setting, including the outdoors. Shorten the time you spend at viewpoints, rest spots and picnic areas to ensure everyone can safely enjoy special places.
- **Know before you go.** Some trails have been closed because of overcrowding. Before you leave your house, make sure you are following the regulations from local health officials and the trail manager for the trail you are visiting.
- **Be flexible.** Have a Plan A, B and C. If your first-choice trail is full, go to the next trail on your list. Visit trails at off-peak hours like early in the morning or in the late afternoon.
- **Be prepared.** Trailhead restrooms and other facilities are likely closed. Pack snacks and water and dress for volatile spring weather in Maine.
- **Don't carpool** with non-household members.
- **Engage in low-risk activities;** now is not the time to try something extreme and end up in the hospital, taxing an already taxed health care system.
- **Please leash your dog!** They are members of your household and need to keep their social distance as well (and most standard leashes are 6 feet in length).

Importantly, please also **STAY LOCAL** and **AVOID HIGH USE AREAS** when you are choosing where to recreate.

If you see a lot of cars at a trailhead, try a different trail or go during a less busy time of day.