**Visitor Rules**

To ensure a safe & pleasant visit for everyone:

**Leave No Trace**
- Stay on trails or stairs to protect the headland's fragile vegetation, and please do not pick or remove anything or disturb ground cover. Use the stairs by the picnic area to access the shore.
- No camping for State Park camping locations visit www.campwithme.com
- No fire
- Pets: Must be leashed, attended and under control at all times. Clean up their waste.

**Trash**
- Carry all trash.

**Wildlife**
- Please do not feed, touch or disturb wildlife.
- View or photograph them from a distance so they do not flush or become alarmed.

**Hunting**
- No hunting is permitted within 1,000 feet of the lighthouse. Visit www.maine.gov/ifw for hunting laws.
- Must be leashed, attended and under control at all times. Clean up their waste.
- Clean up their waste.

**Pets**
- These areas are not appropriate for dogs.

**Camping**
- Do not leave valuables unattended in your vehicle.

**Watching**
- View or photograph them from a distance so they do not flush or become alarmed.

To access the shore:

- Carrying Place Cove Rd
- South Lubec Rd

**Special Considerations**

The Park is often wreathed in fog that forms when warm, moist air from the mainland meets masses of cold air over the surrounding waters. Fog and sea breezes can make for chilly conditions, even in the height of summer, so wear layered clothing.

**Nearby Destinations**

Quoddy Head State Park lies within the Downeast-Acadia Region that encompasses Hancock and Washington Counties and represents the easternmost corner of the United States. Nearby destinations include:

- **Campbell’s Island**: In New Brunswick with the historic Rollo Bay, Campobello, International Park and East Quoddy Lighthouse.
- **Misty Beach**: A 48-acre preserve owned by the Quoddy Regional Land Trust, offers an accessible 1,100-foot trail and 1,800 feet of beachfront overlooking Lubec Narrows.
- **Campobello Island**: In New Brunswick with the historic Rollo Bay, Campobello, International Park and East Quoddy Lighthouse.
- **Misty Beach**: A 48-acre preserve owned by the Quoddy Regional Land Trust, offers an accessible 1,100-foot trail and 1,800 feet of beachfront overlooking Lubec Narrows.
- **Carrying Place State Park**: In Edmunds offers a good base for exploring easternmost Maine with many waterfront camping sites. For additional hiking opportunities, see the Coastal Path Guide available in area stores or from the Downeast Coastal Conservancy: 207-255-4500 or www.downeastcoastalconservancy.org.

**Trails**

Hikers may choose from five trails that wind through forest and wetlands and offer expansive coastal views. Trails closest to the parking area allow some wheelchair access. For shore access, use the stairway near the picnic area. Please be careful near high cliffs and bluffs and be prepared for wet terrain.

- **Bog Trail**: (1-mile round-trip from trailhead, the bog loop is 0.2 miles, easy), has a raised boardwalk and interpretive signs describing how the plants here adapt to high levels of acidic water and few nutrients. Please stay on the raised boardwalk to prevent damaging bog plants.
- **Coastal Trail**: (4 miles round-trip, moderate), affords more challenging terrain (and spectacular ocean views), with some steep and rocky sections. This trail passes Gulliver’s Hole (a narrow chasm formed from the erosion of a vertical fault in the volcanic gabbro rock). High Ledge (a 150-foot bluff); and Green Point (a large ledge overlooking where hikers can reach the beach).
- **Coast Guard Trail**: (1 mile, easy–moderate), allows easy access to a high cliff overlook typical of the “Bold Coast” with views north across the Lubec Channel to the town of Lubec. This trail was originally used by the lighthouse keepers when returning to the lighthouse. The first 0.5 miles of the western portion of the Coast Guard Trail to the overlook is accessible to motorized wheelchairs, and with assistance for non-motorized chairs.
- **Inland Trail**: (0.75 mile loop, easy–moderate), offers a walk through conifer woods rich in mosses and lichens and climbs steadily uphill to Green Point.
- **Thompson Trail**: (1.25 miles, easy), offers a fairly level wooded route running inland between the Bog Trail and Coastal Trail. Carrying Place Cove offers 1,200 feet of sandy beach.