

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 outcropping 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 lightkeepers 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.

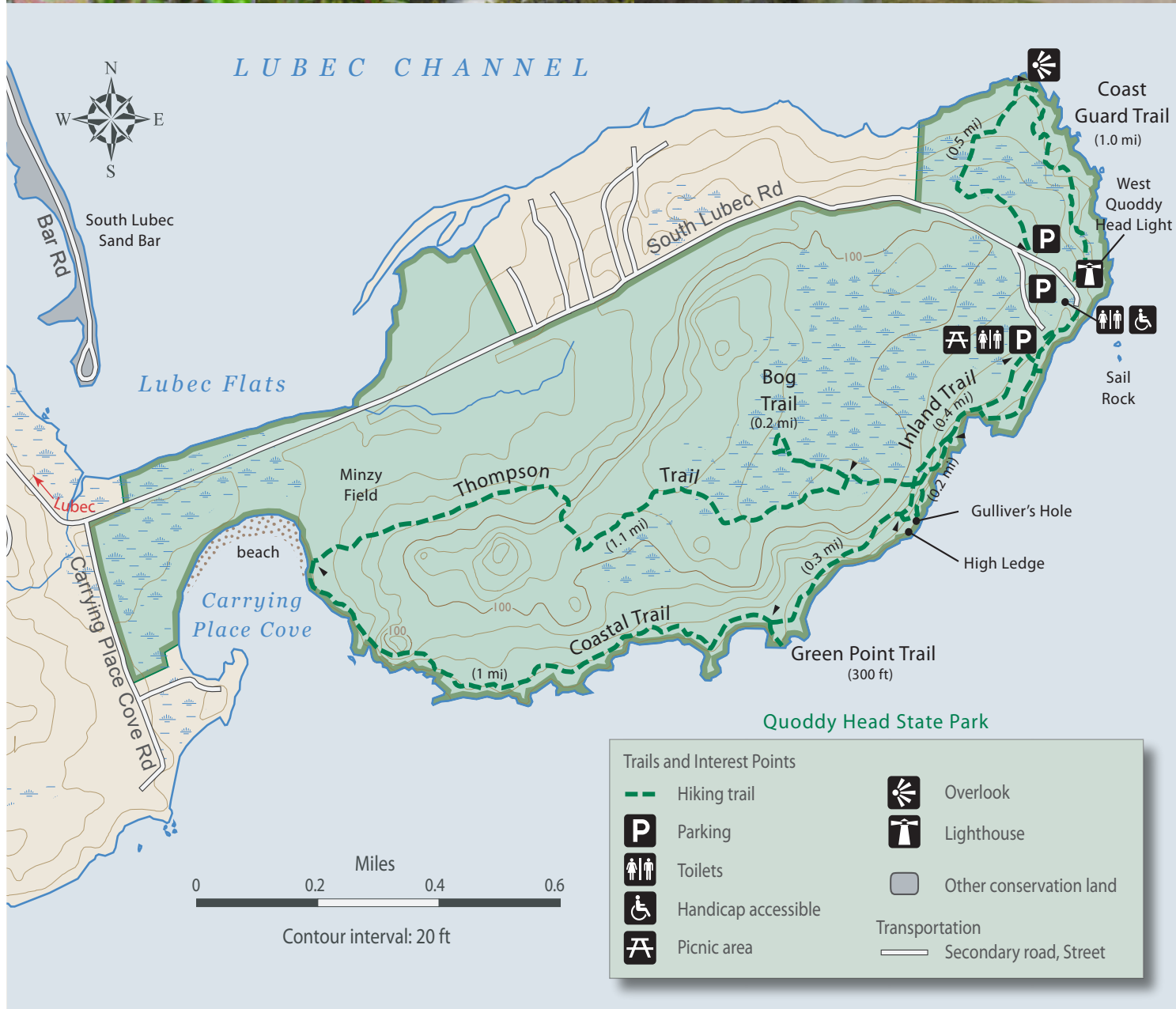
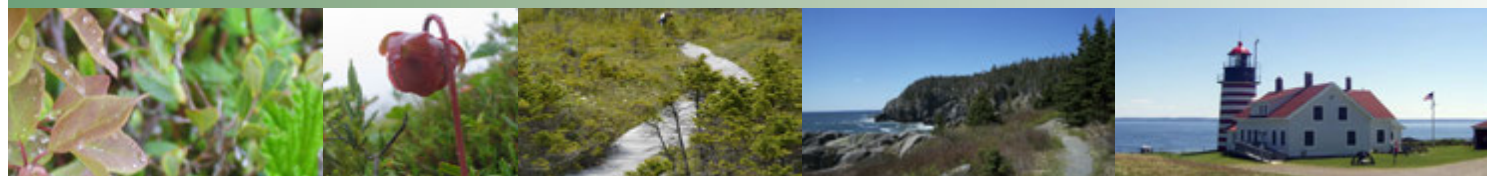
Thompson Trail (1.25 miles, easy), offers a fairly level wooded route running inland between the Bog Trail and Coastal Trail. Carrying Place Cove offers 1,200 feet of sandy beach.

NEARBY DESTINATIONS

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

- **Campobello Island** in New Brunswick has the historic Roosevelt Campobello International Park and East Quoddy Light.
- **Mowry Beach**, a 48-acre preserve owned by the Quoddy Regional Land Trust, offers an accessible 2,100-foot trail and 1,800 feet of beachfront overlooking Lubec Narrows.
- **Cobscook Bay State Park** in Edmunds offers a good base for exploring easternmost Maine with many waterfront camping sites.

For additional hiking opportunities, see the *Cobscook Trails* guide available in area stores or from the Downeast Coastal Conservancy: 207-255-4500 or www.downeastcoastalconservancy.org.



Consider lending a hand.

Contact the Park if you would like to help with land or trail stewardship.

This brochure was made possible in part by funding assistance through the Federal Highway Administration's Recreational Trails Program (RTP), administered by the Maine Bureau of Parks and Lands.

Additional Online Information

- www.parksandlands.com
- www.mainetrailfinder.com