The Maine Highlands Region

Directions
From southern Maine, travel north through Gray, about 19 miles to the Cribstone (South Road) bridge. Take S.R. 73 northwest to Lincoln, 13 miles, then S.R. 170 north to New Sweden, 10 miles, then S.R. 16 northwest to Newry, 10 miles. Continue north on S.R. 16 through the Tumbledown Range of mountains near Mount Tumbledown, 13 miles, then S.R. 5 west to Farmington, 9 miles, then S.R. 9 between Farmington and the town of Hartland. When to Visit

Visitor Rules

Timber Management on Maine’s Public Lands

The Maine Bureau of Parks and Lands (BPL) manages its public lands to conserve multiple habitats, provide public recreation, sustain forest health, and support rural economies. Key considerations regarding timber management are forest health, deer habitat, and other wildlife. The BPL manages timber to ensure a sustainable supply of wood to support a variety of uses, including wood products, wood energy, and other wildlife habitats. The BPL’s timber management plans are developed in collaboration with the Forest Stewardship Council and the Sustainable Forestry Initiative.

Fees

The Maine Highlands Region

Services & Facilities

The Bureau of Parks and Lands maintains several facilities along the Moosehead Lake shoreline, including the Moosehead Lake Visitor Center in Livermore Falls. The center provides information on hiking trails, boating, camping, and other activities in the Moosehead Lake region. The visitor center is open daily from late May to late September. For more information, visit www.maine.gov/nahmakanta.

Other Points of Interest

Contact

Overview

The Tasmania Falls Trail is a short, easy hike that provides a wonderful view of the Tumbledown Range and the Moosehead Lake region.

The Moosehead Lake Area offers an extensive network of hiking trails, boating, and other outdoor activities. The area is home to several distinct ecosystems, including the tundra, boreal forest, and mixed forest. The Moosehead Lake Area also includes several historic sites, including the Moosehead Lake Visitor Center and the Moosehead Lake Trailhead. For more information, visit www.maine.gov/nahmakanta.

When to Visit

The Moosehead Lake Area is a popular destination for outdoor enthusiasts, including hikers, boaters, and campers. The best time to visit is during the summer months, when the weather is warm and the trails are easy to hike. For more information, visit www.maine.gov/nahmakanta.
Hiking Trails

Appalachian Trail (moderate at Nahmakanta) has more than 9 miles that crosses the Nahmakanta Public Lands. If you hike south from the AT road crossing east of Pollywog Pond, about 1.2 miles (one way) you will find stunning views from ledges on Nesuntabunt Mountain.

Turtle Ridge Loop Trail (options from 6.6 miles to 11 miles between the west trailhead on the Long Pond Road and east trailhead on Jo-Mary Road) crosses densely wooded terrain, passing several ponds and open ledges that periodically offer panoramic views of surrounding mountains.

Debsconeag Backcountry Trail (loops of from 7.4 miles to 13 miles roundtrip—moderate): East trailhead near west end of Fourth Debsconeag Lake at ‘new’ parking lot; west trailhead north of Nahmakanta Lake near Rainbow Stream (no foot-bridge). The figure-eight trail layout provides several options to explore pristine ponds nestled throughout the State Ecological Reserve.

Tumbledown Dick Trail (4.6 miles one-way—moderate) links the AT with Leavitt Pond and the Turtle Ridge trail system, providing access to scenic falls and to campsites at Tumbledown Dick and Leavitt Ponds.

Motorized Trails

ITS 85/86, a major snowmobile trail linking Greenville and Millinocket (both snowmobiling hubs), provides trail touring and access for ice fishing on Nahmakanta Lake. The Bureau does not encourage riding on lakes because of potential hazards. Unplowed roads are open to snowmobiling as well (plowing changes year to year based on logging needs—get up-to-date information from BPL’s Off Road Vehicle Program). ATV riders can explore shared-use roads at Nahmakanta (open to ATVs, pedestrians, bicycles, and equestrians). There are also multi-use trails open to ATV riders and snowmobilers. The trail to Farrar Mountain provides scenic views north toward Mount Katahdin.

Access to Nahmakanta across private roads is subject to landowner permission. Please follow posted signs.

For maps and additional information about ATVing and Snowmobiling contact the Bureau’s Off-road Recreational Vehicle Office at (207) 287-4957. Within Maine Only: 1-800-462-1019.

This map shows selected access roads. For complete road information use another map, such as The Maine Atlas and Gazetteer.