The Whitten Hill, Bog Brook and Northern Headwaters preserves were created by the Sheepscot Wellspring Land Alliance (now Midcoast Conservancy) to protect more than 1,250 acres of contiguous habitat.

These properties conserve large areas of forever wild land - this prohibits timber cutting, development and most human manipulation of the land. Protecting some land as forever wild is crucial for long-term ecosystem health and biodiversity.

“It seems fitting that creatures of privilege, gifted beings, able to use language, to pass messages across geographies and generations, should speak and act on behalf of those who cannot.” – Janisse Ray, Author

Trails cross the forever wild preserves and privately owned lands; the generosity of private landowners makes this network possible. Please be respectful of the land to help us retain this privilege. A section of these trails is also a part of the Waldo County Trails Coalition’s 46-mile Hill to Sea Trail, which links towns from Belfast to Unity. In addition, these trails connect to 11 miles of trail maintained by Georges River Land Trust.

The trails meander along pristine headwaters streams, pass glacial erratic and weave through groves of mature trees – some more than 200 years old. Panoramic views greet hikers at the tops of Frye Mountain, Highbank Mountain, and Goose Ridge. Signs of wildlife abound and the birding is excellent. Along the Bog Brook Trail beavers are very active and moose, deer and other animals use the old logging roads that intersect the trail. The Goose Ridge Trail crosses two dams built in the early 1800s that powered a sawmill a quarter of a mile downstream. The Hemlock Hollow Trail crosses the uppermost section of the Sheepscot, which is excellent rearing habitat for brook trout and Atlantic salmon. If you look closely in the shallow pools you may see wild Atlantic salmon fry only a few inches long. Anglers can help endangered Atlantic salmon by practicing catch and release on the Sheepscot River and its tributaries.

Protected with assistance from Land for Maine’s Future, Maine Natural Areas Resource Conservation Program, Swett Water Trust, Whitley Fund of Tides Foundation, John Sage Foundation, An Environmental Trust, Maine Community Foundation, Butler Conservation Fund, Davis Conservation Foundation, Field’s Pond Foundation, and other private funders.

During Your Visit
Stay on trails (foot traffic only)
Carry out what you carry in
Keep dogs on leash
Keep campsites clean
No fires or camping

How to Get There
WHITTEN HILL TRAILHEAD PARKING LOT
From Route 3 in Liberty:
Take Route 220 north. In 3.3 miles, turn left on Hall Dale Road. In 0.5 miles, take slight right to stay on Halldale Rd. In 1.1 miles, parking lot is on the left.
From Route 137 in Freedom:
Take Route 220 south. In 1.8 miles, go straight onto Halldale Rd. In 3.6 miles, parking lot is on the right.

Get Involved
Support from members and volunteers makes this preserve possible.

Join Today
Unlimited use of preserves without day use fees
Discounts on cabins, camp sites, events, classes and workshops
Special events for members
Keep Midcoast Maine a beautiful place for all
Be a member visit www.midcoastconservancy.org

Volunteer
You can help maintain trails and buildings, staff recreational events, lead guided walks, and more. You too can make a difference in your community!

Midcoast Conservancy
207-389-5150
midcoastconservancy.org