

Explore   
THE HIGH PEAKS  
**SCENIC 7**  
HIKING CHALLENGE



*Maine's*  
**LAKES AND MOUNTAINS**

THE SCENIC SEVEN HIKING CHALLENGE IS AN INITIATIVE LED BY THE HIGH PEAKS ALLIANCE, IN PARTNERSHIP WITH MAINE'S LAKES & MOUNTAINS.

# SCENIC 7 HIKING CHALLENGE

Join us on the Scenic 7 Hiking Challenge and embark on an unforgettable adventure in the heart of Maine's High Peaks Region!

Whether you're a seasoned hiker or a beginner looking for a new challenge, these seven hikes will test your limits and reward you with stunning views and tranquil moments in nature.

To participate, you must reach the summits of all four mountains and three scenic trails designated as Scenic 7 Hiking Challenge locations. Download the booklet from [HighPeaksAlliance.org](https://HighPeaksAlliance.org) to get started!

Once you've completed the challenge, submit your name at [HighPeaksAlliance.org](https://HighPeaksAlliance.org). You'll receive a Scenic 7 Hiking Challenge Champion patch and sticker, available only those who complete the challenge. As a finisher, your name will be forever listed in our Challenge Champion roster.

Don't miss out on this opportunity to immerse yourself in the beauty of Maine's mountains and experience the thrill of exploring new peaks.



## High Peaks Alliance

The High Peaks Alliance is committed to conserving access to the High Peaks Region for the benefit of future generations.

When you become a member you'll contribute to safeguarding public access and conserving the picturesque landscapes that define this region.

We invite you to protect these beautiful natural environments for everyone to appreciate and enjoy.

Visit [HighPeaksAlliance.org](https://HighPeaksAlliance.org) or scan the QR code to join as you kick off the Scenic 7 Hiking Challenge!

### SPECIAL THANKS TO OUR CONTRIBUTORS:

Doug Dunlap, Rebecca Goldfine & Sam Shirley

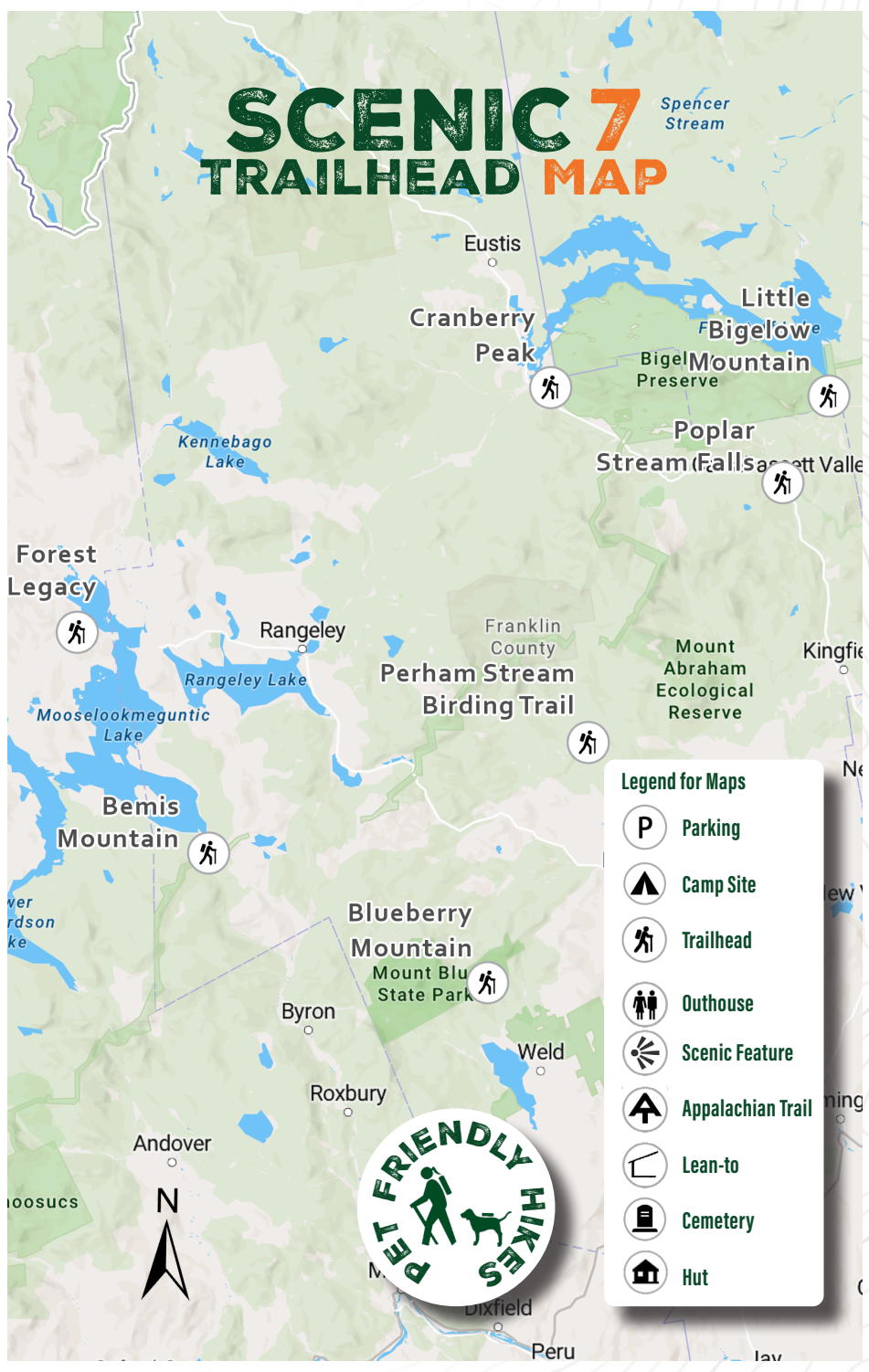
Cover Photo: Bemis Mountain | Photo Credit: Sam Shirley

Back Cover: Poplar Stream Falls | Photo Credit: Sam Shirley

Design: Amanda Laliberte

# SCENIC 7 TRAILHEAD MAP

Spencer Stream



### Legend for Maps

-  Parking
-  Camp Site
-  Trailhead
-  Outhouse
-  Scenic Feature
-  Appalachian Trail
-  Lean-to
-  Cemetery
-  Hut



# 1 FOREST LEGACY

## Adamstown Township

On the west shores of Cupsuptic and Mooselookmeguntic Lakes, the Forest Legacy Conservation Area contains roughly 9 miles of lightly used trails. Though they are generally well-marked and signed, trails may have areas of overgrowth or blowdowns. Many loops can be made here, and hikes range from easy to advanced, depending on the route taken.

**Features:** Beautiful views of Mooselookmeguntic and Cupsuptic Lakes, wildlife viewing, old coniferous forest

**Terrain:** A variety of forest types, ranging from open hardwood forest to recently logged areas and mossy older-growth coniferous forest

**Distance:** 7 miles in suggested route

**Elevation Change:** ~900 feet

**Hiking Level:** Moderate

**Fees:** No fees for day use. Fees apply for campsite reservations.

**Camping:** There are 5 backcountry tent sites located along the shoreline, which are accessible by trail or water. These sites are available by reservation through the Cupsuptic Lake Campground. Call (207) 864-5249.

**Trailhead & Parking:** The trailhead is located at the end of Mud Pond Road, roughly a half mile from Highway 16. Mud Pond Road is on the south side of Highway 16, 9.1 miles west of Oquossoc, and there are usually signs marking this turn. Mud Pond Road is a narrow gravel road that is not plowed in winter and may have significant mud in the spring and after major rain events.

### Suggested Route

A 7-mile perimeter loop follows Skid Road, Timberland Trail, Shoreline Trail, and Skyline Trail.

### Trail Directions & Distances

#### Mile

- 0.0 Trailhead, parking area: Continue past the gate on Skid Road.
- 0.5 Skid Road & Timberland Trail junction: Find the trail on the left, at the far end of a log yard. Proceed downhill.
- 1.0 Timberland Trail & Shoreline Trail junction: Continue straight down a short spur to Raven Campsite, or proceed south along the shore, passing older-growth coniferous forest with a lush mossy floor. Continue past Cold Brook Campsite and the junctions with Skid Road and Drop Down Trail, and the two campsites (Cedar Bay and Eagle Cove), to reach the public dock.
- 3.4 Public dock at the junction of the Shoreline Trail & Skyline Trail: Turn

- right onto Skyline Trail, heading uphill away from the lake.
- 3.6 Mud Pond: Take a short spur to a beautiful backcountry pond where wildlife can often be spotted. From the spur, cross bog bridging to ascend a wooded hill (you will pass the junction with Drop Down Trail).
  - 6.5 Summit of unnamed hill (2,121' elevation): Descend to the parking area. Take care to follow the small white blazes of Skyline Trail, not the large yellow blazes of the property boundary.
  - 7.0 Trailhead, parking area, & outhouse

**Trails maintained by Rangeley Lakes Heritage Trust.**

**Photo: Forest Legacy Trail | Photo Credit: Sam Shirley**





# 1 FOREST LEGACY

**Advisory:** This map offers a useful overview of the trails. Be cautious as some trails might not be shown. Use sound judgment and take necessary precautions while navigating.

**Tip:** In Maine's High Peaks Region cellular service cannot be relied upon. Make a plan, tell someone where you are going and when you'll be back.

# 2 BEMIS MOUNTAIN

## Township D

This large mountain with interesting views and wild-feeling landscapes to the south of Mooselookmeguntic Lake has four summits—the tallest is the westernmost peak, rising to 3,592 feet above sea level. Our suggested mountain loop uses two trails: the Appalachian Trail (AT) and the Bemis Stream Trail. Besides long-distance AT hikers during summer and fall, Bemis Mountain sees little hiker traffic. **Recommended for experienced hikers only.**

**Features:** Variety of views and a wild backcountry experience

**Terrain:** Steady ascent, steep in sections, through a coniferous forest, Rugged up/down in sections

**Distance:** 11.3 miles

**Elevation Change:** 2,525 feet

**Hiking Level:** Strenuous, due to length and rugged terrain

**Fees:** None

**Camping:** There are two free camping areas—all first-come, first-served—along the suggested loop hike. Two campsites are located off Bemis Road on either side of Bemis Stream at the road crossing. They are vehicle accessible and require a fire permit from the Maine Forest Service. The lean-to, with a capacity of 8 plus multiple tent sites, is located 1.7 miles east of the main peak of Bemis Mountain.

**Trailhead & Parking:** Multiple trailheads can access Bemis Mountain trails.

The recommended trailhead for the suggested hike is the AT trailhead on Bemis Road, with roadside parking. It's located 7.3 miles north of where Bemis Road leaves Route 17, and 0.7 miles south of the intersection of Bemis Road and Shelton Trail/South Arm Road.

### Suggested Route

Loop utilizes Bemis Road, Bemis Stream Trail, and Appalachian Trail. Please note: The Bemis Stream Trail is a lightly used trail through a wild and remote area. Care is required to follow the trail in places, and stream crossings are usually unbridged. Be prepared for a backcountry experience, and carry a good map and compass. This route has been marked on the trail map.

### Trail Directions & Distances

#### Mile

0.0 Appalachian Trail trailhead on Bemis Road: Walk south on the road.

1.0 First Bemis Stream crossing on Bemis Road bridge & campsites

- 1.1 Start of Bemis Stream Trail: Turn right onto the trail where it crosses the road, passing through mixed forest south of the stream. The section east of Bemis Road has been abandoned.
- 2.0 Second Bemis Stream crossing (unbridged): This crossing can be difficult during high water.
- 3.3 Third Bemis Stream crossing on an old logging road bridge: After crossing, the trail diverges right off the road, passing through beautiful older-growth coniferous forest.
- 3.8 Unbridged bog crossing and view of Bemis Mountain: Take care to stay dry on the laid-out logs.
- 4.4 Fourth Bemis Stream crossing: Ford the stream. Start climbing through the spruce-fir forest.
- 5.7 Junction of Bemis Stream Trail & Appalachian Trail: Upon reaching the ridge, turn right to head north on the AT. Climb through spruce-fir forest to reach the wooded, viewless West Peak, the highest of Bemis's four peaks.
- 6.4 Summit of Bemis Mountain (West Peak): Beyond the peak, the rolling trail passes a few minor viewpoints, including one over the wild landscape toward Old Blue Mountain. After crossing Third Peak, the AT reaches the side trail to the Bemis lean-to, on the trail's south side.
- 8.1 Bemis Mountain Lean-To: Continue along the ridge to an open area of ledge and scrub. Look for a sign to Second Peak.
- 9.5 Bemis Mountain Second Peak: The best viewpoint on the loop is located just beyond Second Peak on an east-facing ledge. The trail becomes mostly wooded again, crossing two minor summits before descending steeply to Bemis Road.
- 11.3 Appalachian Trail trailhead on Bemis Road

**Trails maintained by the Maine Appalachian Trail Club.**

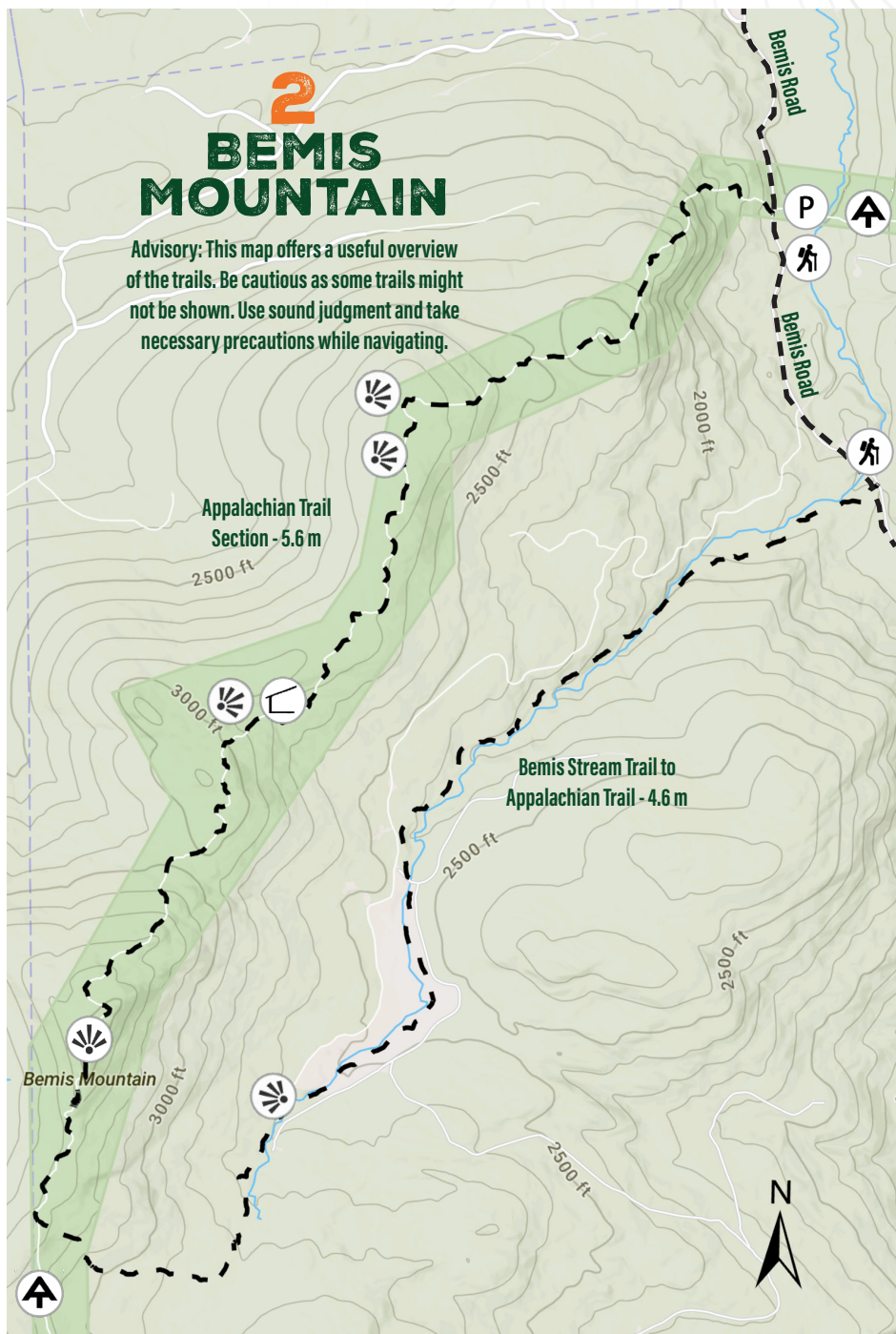
**Photo: A view along the Bemis Mountain trail | Photo Credit: S. Shirley**





## 2 BEMIS MOUNTAIN

Advisory: This map offers a useful overview of the trails. Be cautious as some trails might not be shown. Use sound judgment and take necessary precautions while navigating.



Tip: Check the weather report, be prepared for sudden changes. Carry a compass and supplies.

*Bemis Mountain is not suitable for beginners.*

# 3 BLUEBERRY MOUNTAIN

## Township 6

This moderate-sized peak is located northwest of Weld and just east of Jackson Mountain. Blueberry Mountain provides excellent views in all directions from its rocky 2,962-foot summit. A blue-blazed trail from the south provides a short but steep ascent to the summit. The lower half of the trail is on Blueberry Mountain Bible Camp land and the upper half is within the state-owned Tumbledown Public Land.

**Features:** Excellent views from the rocky summit

**Terrain:** Wild blueberry bushes, ledges and rocky summit

**Distance:** 2.8 miles

**Elevation Change:** 1,450 feet

**Hiking Level:** Moderate, due to steepness

**Fees:** None

**Camping:** There is no camping allowed in Tumbledown Public Land. Camping is available at nearby Mt. Blue State Park.

**Trailhead & Parking:** The trailhead is located on the road to Blueberry Mountain Bible Camp. The road has a sign for the camp where it leaves the west side of Highway 142 in Weld. This turn is located 8.7 miles south of the junction of Highway 142 and Highway 4, and 3.8 miles north of the four-way stop in the center of Weld. Follow the dirt road to the camp for roughly 1.5 miles, and you will see a parking lot to the left with a sign for hiker parking. If you reach the camp, you have gone too far.

### Suggested Route

Blueberry Mountain Trail

### Trail Directions & Distances

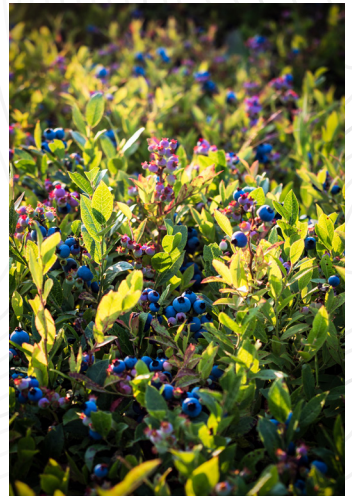
#### Mile

- 0.0 Trailhead & parking lot: Look for a sign for the “Blue Trail” near the back of the lot. Follow the grassy trail a short distance through a sometimes muddy area to a woods road near the bible camp.
- 0.2 Trail joins woods road: The old road climbs steeply, and the trail eventually becomes a footpath. It ascends steeply through a wooded boulder field. Over the next mile, the trail alternates between steeper and more mellow sections.
- 0.9 Viewpoint of Webb Lake: Roughly 2/3 of the way up, a viewpoint provides a directional view to the south across Webb Lake. As the trail

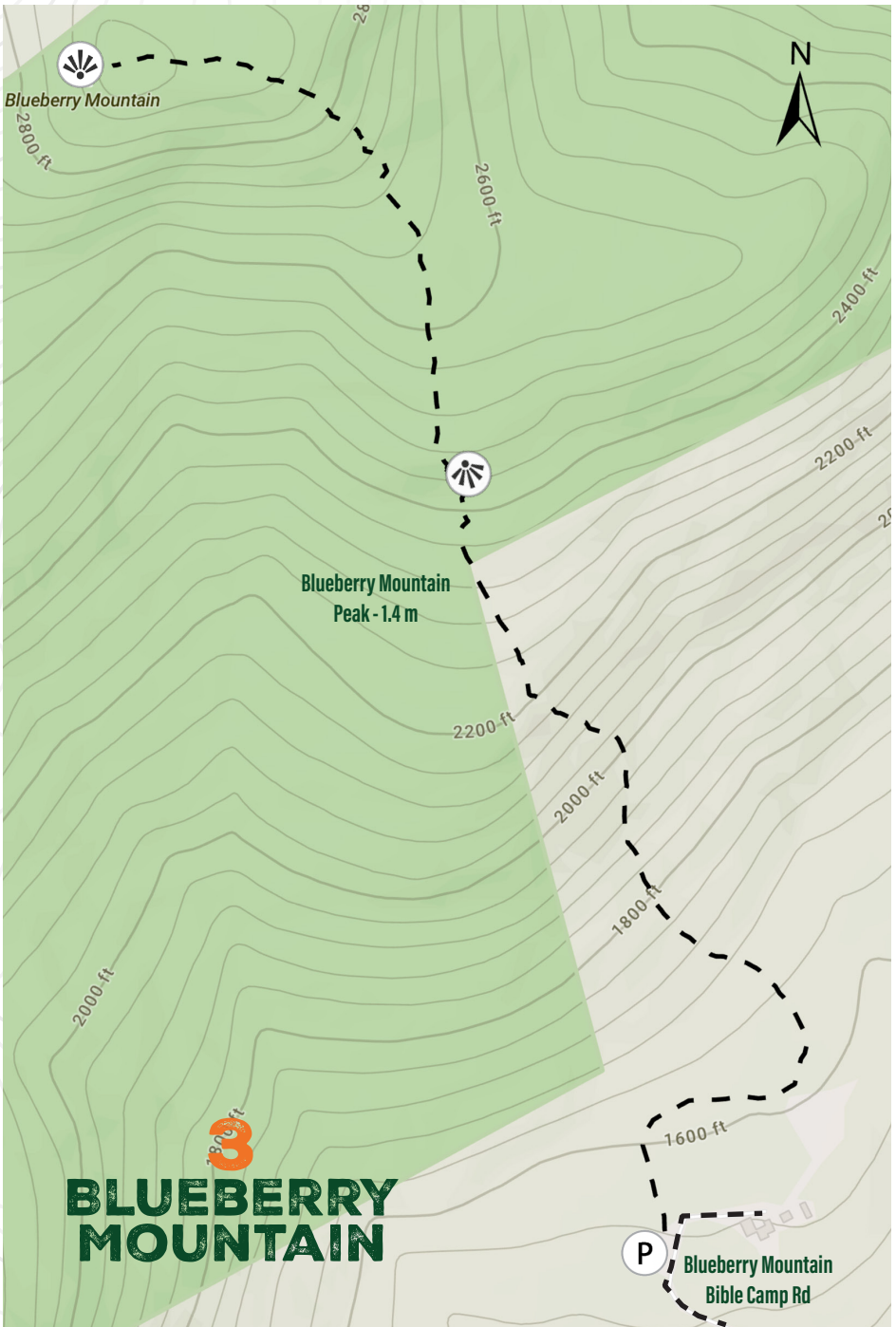
approaches the summit it reaches a ledgy area where the trees are significantly shorter. During July and early August, this area provides excellent blueberry picking.

- 1.4 Summit: Shortly after, the trail reaches the summit, where there are outstanding views of the Weld region, Maine's High Peaks, and beyond.

**Trails maintained by Bureau of Parks and Lands.**



**Top & Bottom Left: Views from Blueberry Mountain | Photo Credit: S. Shirley**  
**Bottom Right: Wild Maine blueberries**



**Tip: Bring a container to collect wild blueberries in late July and August.**

# 4 PERHAM STREAM BIRDING TRAIL

## Madrid Township

The historic Perham Stream settlement in the East Madrid intervale offers rare south-lying foothills views to Saddleback and Mt. Abraham Ranges and late fall-winter views west to Jackson Range. The 80-acre property has fine birding opportunities in mixed forests, meadows, foothills, and riverine environments.

Visitors can visit a history museum in the adjacent barn. The hike is a good choice for those seeking a gentle walk, families with young children, birders, and photographers. Open in winter for snowshoeing and cross-country skiing.

**Features:** Birding opportunities in mixed forests, meadows, foothills, and riverine environments, nearby settlement museum, dark sky site

**Terrain:** Rolling terrain, open fields, mixed conifer and deciduous forest, stream-side spur and loop options

**Distance:** 2.5-mile trail system, including viewpoint spurs; shorter or longer hikes available by choice of routes.

**Elevation Change:** <100'

**Hiking Level:** Mostly easy over grassy farm lanes or twitch trails; two short (100 yards) uphill spurs on woods trails

**Fees:** None. Donations welcomed

**Camping:** No camping

**Trailhead & Parking:** 553 East Madrid Road, 4.7 miles north of Maine Highway 142. The trailhead is marked by a kiosk and sign.

### Suggested Route:

Hike clockwise to Cow Point combining the newly reworked and extended Sheep Trail and the Point Trail loop, hiking first to Perham Stream, passing through streamside mixed-growth forest, and ascending through shaded woods to high meadows, long views, and an intersection with the Point Trail. Continue clockwise to access spurs to the Cow Point and Saddleback lookouts, and more meadow mountain views, returning on the Point Trail to the trailhead. This route has been marked on the trail map.

Keep an eye out for moose tracks.



## **Trail Directions & Distances**

### **Mile**

**0.0 Trailhead**

**0.1 Bear left onto the Sheep Trail.**

**0.5 Junction: Bear left for Point Trail. Stay left along the field edge; views to Saddleback Range and Potato Hill.**

**0.6 Spur to Cow Point (0.1 RT); views to Big Jackson Mountain.**

**0.6 Continue north on Point Trail along the field edge, and enter the woods.**

**0.9 Spur lane (0.4 RT) to Saddleback viewpoint.**

**0.9 Continue Point Trail.**

**1.2 Fields; views to Farmer Mountain, Lone Mountain, and Mt. Abraham Range.**

**1.4 Junction: Perham Settlement Cemetery is visible immediately north of the junction; Fox Hollow on the right, descend to the south to meet Point Trail.**

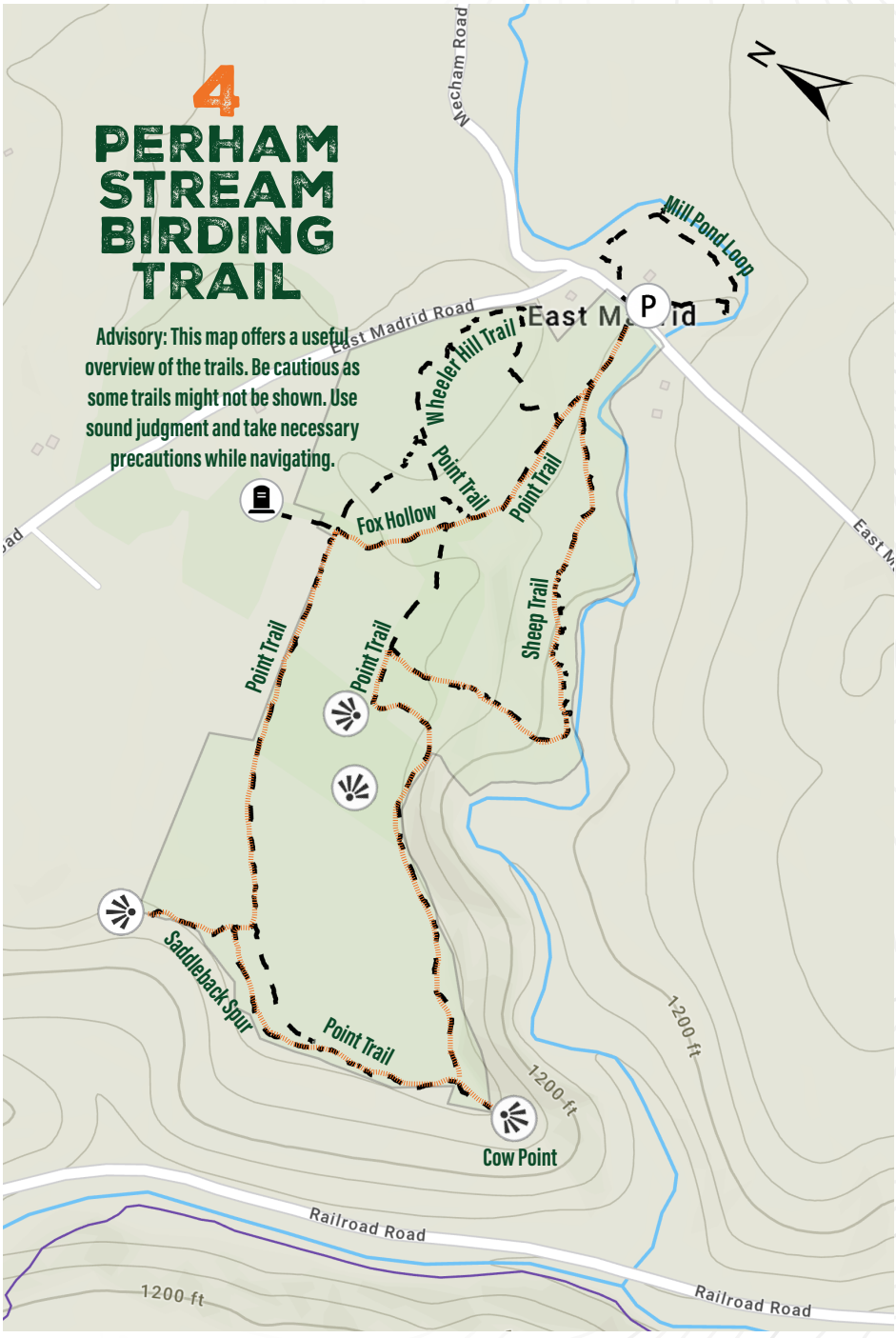
**1.7 Return on Point Trail to Trailhead and Parking.**

**Trails maintained by the High Peaks Alliance.**



# 4 PERHAM STREAM BIRDING TRAIL

Advisory: This map offers a useful overview of the trails. Be cautious as some trails might not be shown. Use sound judgment and take necessary precautions while navigating.



**Naturalist Note:** 140 bird species are documented at PSBT.  
**Left:** Looking to Mt. Abraham from the fields at PSBT | Photo Credit: R. Goldfine

# 5 CRANBERRY PEAK

## Coplin & Wyman Townships

The western-most peak of Bigelow Range, the 3213-foot Cranberry Peak offers 360-degree views to Flagstaff Lake; North and South Horn; West and Avery Peaks along the Bigelow Range, Carrabassett Valley, Sugarloaf, Crocker, and Redington Range; north-lying mountains bordering Quebec; and the Dead River route of the 1775 Benedict Arnold Expedition to Quebec City.

The hike is a good introduction to the rigors and rewards of high-peak hiking but at a lower elevation. Winter access for snowshoe and crampon hiking is also possible, but the parking area is not plowed — instead, hike to the trailhead from Highway 27.

**Features:** Far views from Cranberry Ledges and the summit, dark sky site

**Terrain:** Steady ascent, steep in sections, through fir and spruce forest to ridge line ledges. Rugged up/down route with some bouldering and scrambles from ledges to the summit

**Distance:** 6.2 miles roundtrip

**Elevation Change:** 1,900 feet

**Hiking Level:** Strenuous

**Fees:** None

**Camping:** Camping at Cranberry Stream tent site on point-to-point option. No campsite on the out-and-back route between Currie Street trailhead and Cranberry Peak.

**Trailhead & Parking:** Currie Street, Stratton/Eustis; east-side Highway 16/27 (no trail sign) adjacent to Coplin Town Office, across from Fotter Field, 0.5 miles south of Stratton-Eustis Town Office and Library. Drive 0.6 miles to the parking area for Bigelow Range Trail. Trailhead sign. Vault toilet. Do not block the gate to the maintenance and emergency access road at the southeast corner of the trailhead area. Winter access for snowshoe and crampon hiking (parking area not plowed; hike to the trailhead from Highway 27).

### Suggested Route

Out and back hike to the summit; blue blazes, 6.2 miles roundtrip. A 7.8-mile point-to-point hike option is to spot a vehicle at the Appalachian Trail crossing on Highway 27 in Wyman. Hike the Bigelow Range Trail past Cranberry Summit and Cranberry Pond to junction with AT (white blazes) and south on AT to Wyman crossing.



## Trail Directions & Distances

### Mile

- 0.0 Trailhead, end of Currie Street.
- 1.0 Panberry Stream. (Last water source.)
- 1.6 Arnold's Well, right of the trail, 6-foot rock cleft with ice into midsummer (not a water source).
- 1.7 Cranberry Ledges.
- 1.8 Side trail to "The Cave" rock slab.
- 1.8 Trail swings to the north slope, descending and ascending over boulder terrain.
- 3.1 Summit

## Point-to-Point Route

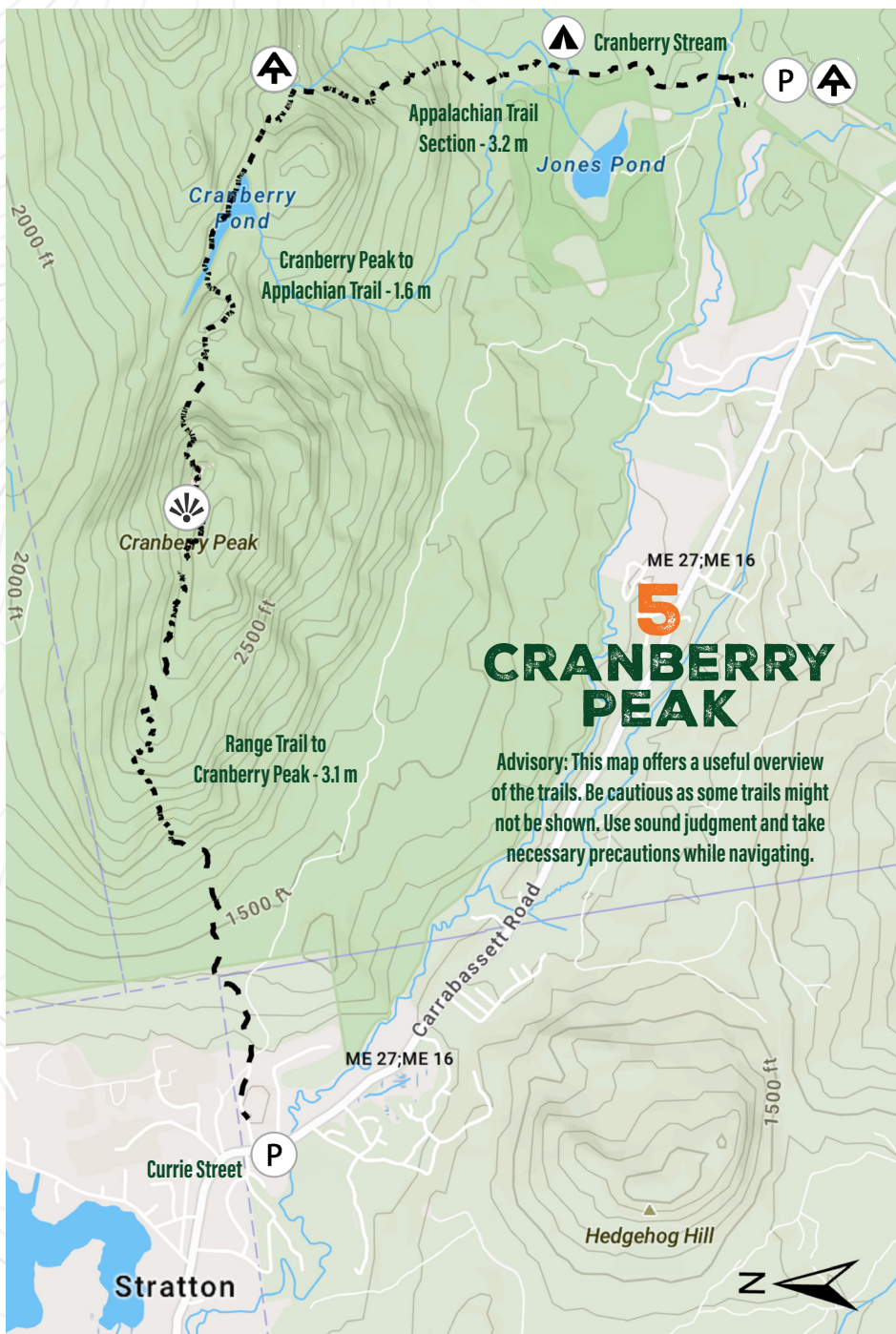
### Mile

- 3.7 Cranberry Pond.
- 4.7 Junction with AT, follow AT south.
- 5.7 Cranberry Stream tentsite.
- 6.8 Stratton Brook Pond Road (gravel).
- 7.9 Highway 27 AT parking area.

**Trails maintained by the Maine Appalachian Trail Club.**



Above: Cranberry Peak sign | Photo Credit: D. Dunlap



**Advisory:** This map offers a useful overview of the trails. Be cautious as some trails might not be shown. Use sound judgment and take necessary precautions while navigating.

**Naturalist Note:** At the summit look closely to see low-growing black cranberry in the nooks of rocks.

# 6 LITTLE BIGELOW MOUNTAIN

## Dead River Township

Little Bigelow Mountain, 3100', offers a 6-mile long rampart-like ridge, crossed by the Appalachian Trail, with multiple viewpoints over the east end of Flagstaff Lake and the remote Dead River region to the north and east; Carrabassett and Poplar Stream Valleys Sugarloaf and Crocke Ranges to the south, and Avery Peak in the Bigelow Range to the west.

Little Bigelow rewards hikers with its pristine views and the opportunity to modify the length of an outing by choosing one of many ledge viewpoints below the true summit as a turn-around spot. Winter hiking requires an additional 0.8 mile roundtrip hike from the winter parking area by Bog Brook Road.

**Features:** Watch for raptors riding thermal currents, wild blueberries in late summer, sharply cold, stream-scoured rock "bathtubs" in the stream below Little Bigelow Campsite, dark sky site

**Terrain:** Hardwood forest at lower elevation; fir, spruce, and white birch higher; open ledges provide viewpoints

**Distance:** 6.2 miles roundtrip

**Elevation Change:** 1,200 feet

**Hiking Level:** Moderate, with steady ascent

**Fees:** None

**Camping:** Camping is available at nearby Round Barn Campsites in the Bigelow Reserve. If camping, bring a tent. Lean-to is for distance hikers and is always shared space.

**Trailhead & Parking:** East Flagstaff Road, Dead River Township. From North New Portland village, junction Highway 16, follow Long Falls Dam Road north 17.2 miles north. Watch for East Flagstaff Road (gravel) on the left (west) and a small sign for Bigelow Preserve; on the right. Drive 1.0 miles, making no turns. Parking on the right by the old gravel pit. Appalachian Trail southbound turns from the road into the woods 50 yards past the parking area, on the left (south) side of the road.

**Alert:** Some map apps and publications mis-name East Flagstaff Road as Bog Brook Road or Dead River Road.

### Suggested Route

Appalachian Trail, white blazes

## **Trail Directions & Distances**

### **Mile**

0.0 Parking at the gravel pit.

0.05 AT trailhead, go south.

1.4 Side trail to Little Bigelow campsite (blue blazed), 0.1 to site. (Last water source).

1.8 Views from north and east-facing ledges—north over Bog Brook Cove, Flagstaff Lake, Roundtop and Stewart Mountains, and south to Poplar Stream Valley and Poplar and Little Poplar Mountains.

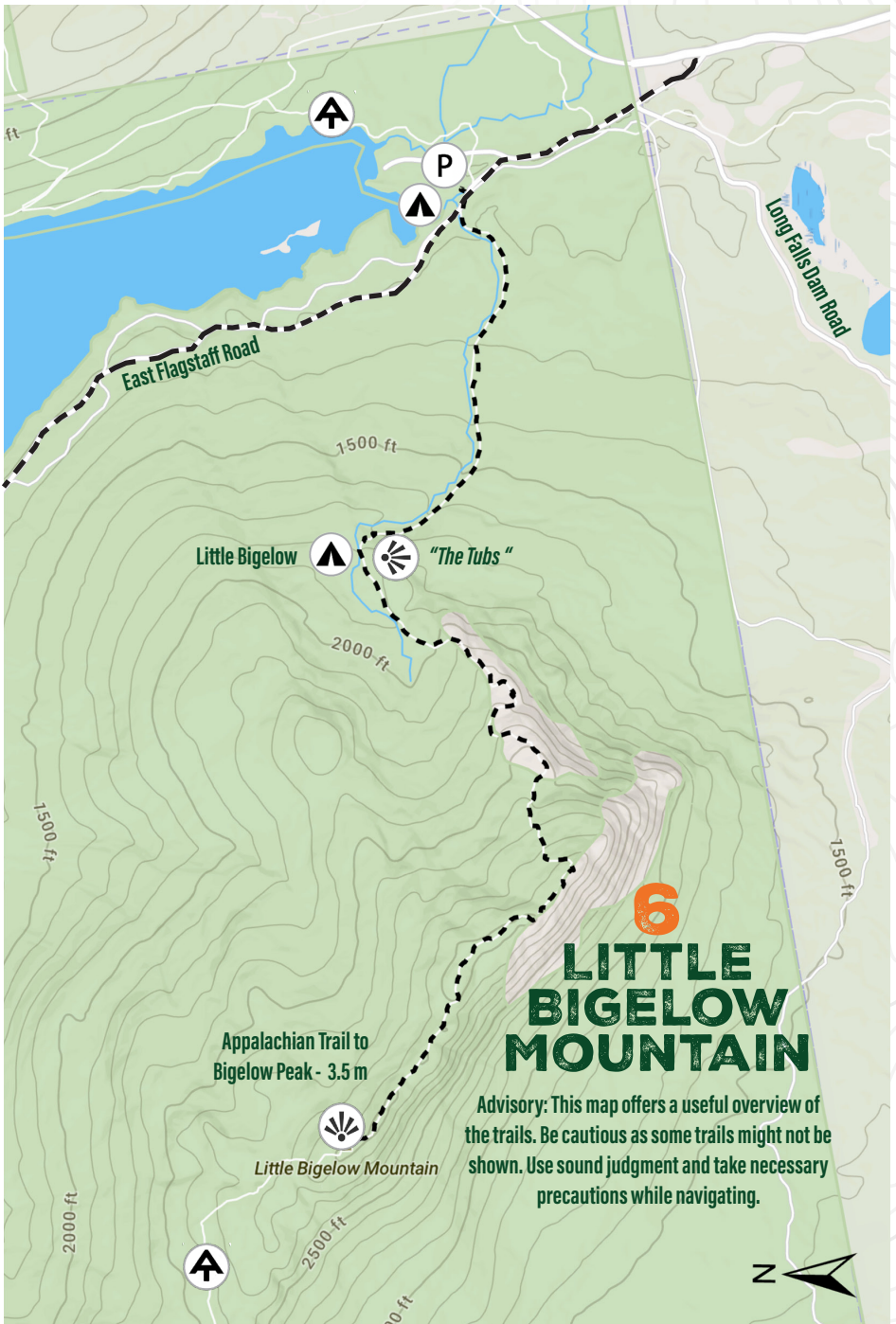
2.9 Ledges, views north to Mile Beach and Dead River outlet at Long Falls Dam.

3.0 Ledge outcrop scramble, dramatic views to Sugarloaf and neighboring peaks, Carrabassett Valley, Stratton Brook, and Huston Brook valleys, and of Avery Peak's summit cone in the Bigelow Range.

3.5 True summit, wooded (marked with a sign).

**Trail maintained by the Maine Appalachian Trail Club.**





Left: The view from Little Bigelow | Photo Credit: R. Goldfine

# 7 POPLAR STREAM FALLS

## Carrabassett Valley

Poplar Stream Falls is a relatively accessible hike for this area, offering remote-feeling wilderness and two of the most striking waterfalls in the High Peaks region.

The trail ascends along the east side of Poplar Stream. Loop hikes are possible by returning via Warren's Trail on the west side of the stream, or by continuing to Poplar Hut of Maine Huts System and descending along the main route connecting the hut with the Airport Trailhead.

**Features:** The 51-foot South Poplar Falls and 24-foot Poplar Stream Falls drop into pristine pools bordered by natural amphitheaters, accessed by trails of the Maine Huts and Trails System (MHT)

**Terrain:** Mixed hardwood and softwood forest, much of the route is stream-side, with level to rolling terrain and one rock staircase near the falls.

**Distance:** 6 miles roundtrip

**Elevation Change:** 300 feet

**Hiking Level:** Moderate, with some steep sections

**Fees:** None. Fees apply to overnight stays at Poplar Hut, but not for trail system use. Contact [MaineHuts.org](http://MaineHuts.org) for hut reservations.

**Camping:** No camping. You can stay in the Poplar Hut.

**Trailhead & Parking:** Airport Trailhead, Maine Huts and Trails (MHT), 1.0 mile north of Carriage Road on Highways 16/27; adjacent to Sugarbowl restaurant and bowling alley.

### Suggested Route

Ascending on the Maine Hut Trail to Larry's Trail, and returning via Warren's Trail and MHT.

### Trail Directions & Distances

#### Mile

0.0 Parking at airport trailhead.

0.25 Munzer Memorial Bridge (for foot traffic and snowmobiles only)

0.25 Five-way trail junction. Take the MHT trail toward Poplar Falls, which bears right at the sign, enters woods, and arcs around the low ridge.

1.3 Sharp descent to Carriage Road crossing.

1.3 Recreational bridge over Poplar Stream. Before the bridge, Warren's Trail departs north along the west bank of Poplar Stream to reach Poplar Falls in 2.0 miles. On the far side of the bridge, MHT continues

- toward Poplar Hut along the east side of Poplar Stream.
- 1.8 Larry's Trail diverges left along the stream to reach South Poplar Falls.
  - 2.8 South Falls: Higher of the two falls, with a natural amphitheater. Return by Larry's Trail or continue to Poplar Falls.
  - 2.8 To Poplar Falls: Ascend the 80-step rock staircase 0.05 to the junction with Warren's Trail (left) and route to Poplar Hut (straight).
  - 2.95 Descend 0.05 miles to the broad pool below the falls. Rough pathways drop into the water. Continue on the east side of the stream to a gravel road, cross the bridge, and reach a sharp turn left on Warren's Trail to descend to Poplar Stream Bridge.
  - 3.0 Pass rough pathways that descend to the pool and outflow. Continue 1.5 miles south to Poplar Stream Bridge and junction with MHT. This route passes through extensive lady slipper growth at the height of blooming in mid to late June. Follow the MHT Trail back to the airport trailhead.

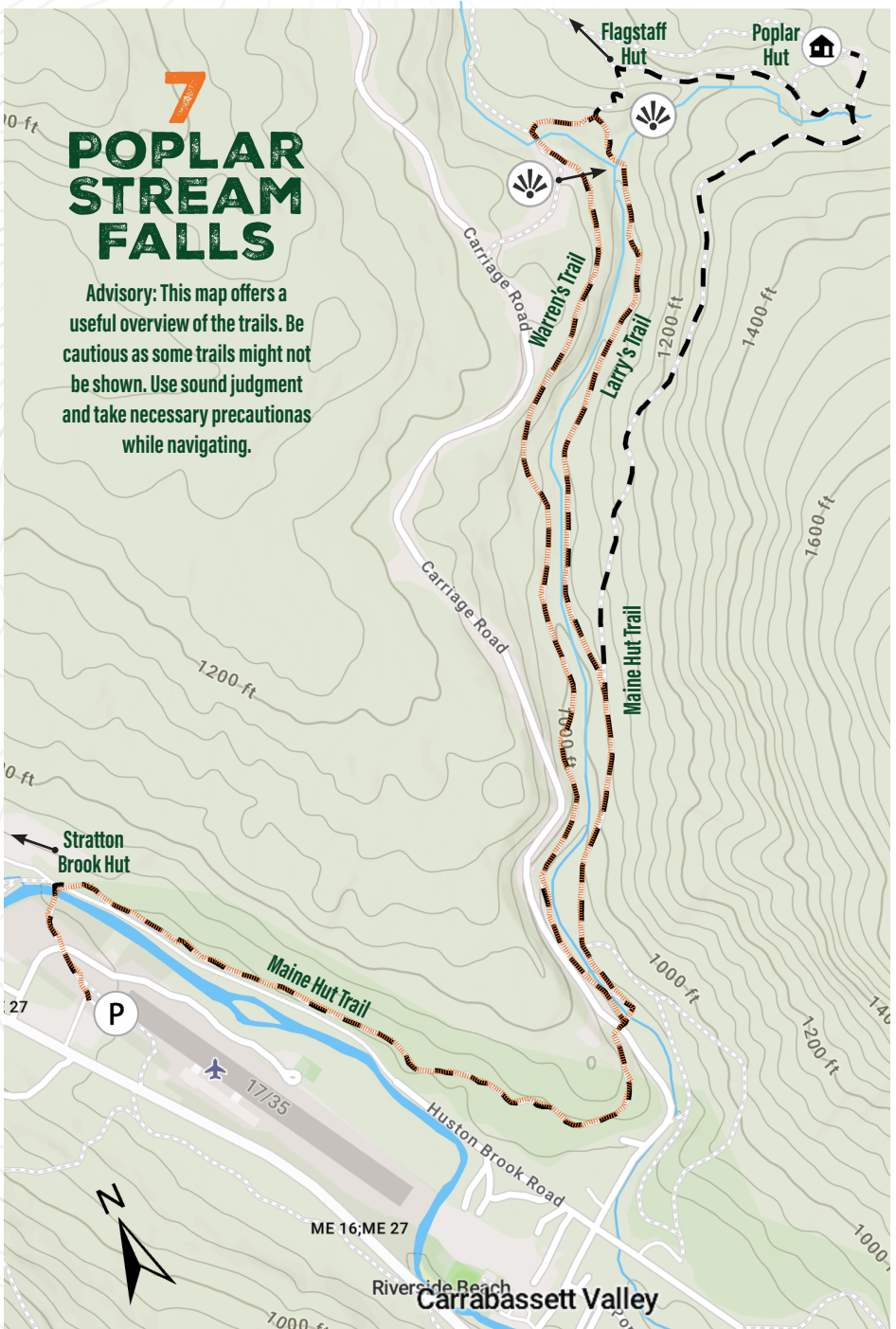
**Trails maintained by the Maine Huts & Trails & the Town of Carrabassett Valley.**



**Photo: Poplar Stream Falls | Photo Credit: Sam Shirley**

# 7 POPLAR STREAM FALLS

Advisory: This map offers a useful overview of the trails. Be cautious as some trails might not be shown. Use sound judgment and take necessary precautions while navigating.



**Tip: Bring a swimsuit and a towel. Take a dip at the Poplar Stream Falls.**



# SCENIC 7 CONTRIBUTORS

## Doug Dunlap

Doug Dunlap, an experienced hiker and author of six guidebooks, specializes in the Western Mountains of Maine. Doug has completed the Long Trail in Vermont and the entire Appalachian Trail and actively contributes to the High Peaks Alliance as a dedicated Board member.



**"These 7 trails are a sampler of some less visited but truly spectacular hiking terrain - some of the best of Western Maine. I hope to see you on trail!" - Doug**

## Rebecca Goldfine

Rebecca is the driving force behind Maine By Foot, a comprehensive guide to the state's trails. She values public access to these trails made possible by generous landowners and the efforts of land trusts and conservation organizations and is a big supporter of land conservation, too, for its own sake. Additionally, she is an advisor for the High Peaks Alliance.



**"After walking all over the state, I consider the Scenic Seven hikes to be among the best of Maine, for their beauty, nature, peaceful trails, and dramatic scenery. Happy exploring!" - Rebecca**

## Sam Shirley

Sam Shirley is an avid outdoor enthusiast and Registered Maine Guide who is deeply committed to the conservation of land and ensuring access to the outdoors. Sam assessed the recreational infrastructure of the High Peaks Region. His data was the baseline documentation used in the State of the High Peaks Reports, providing insights and recommendations for the improvement of the region's recreational assets. Sam is an advisor for the High Peaks Alliance.



**"The High Peaks region has so many off the beaten path hikes to discover, and these seven are a great way to experience some of the best that the area has to offer! There's something for every type of hiker, and these hikes will hopefully encourage you to seek more adventures in the High Peaks!" - Sam**

# SCENIC 7 SWAG

## Gear up for Adventure!

Visit the High Peaks Alliance shop and grab your Scenic 7 Gear today. From stickers to t-shirts, we have everything you need to show your love for the great outdoors! [HighPeaksAlliance.org/Shop](https://HighPeaksAlliance.org/Shop)



# SCENIC 7 COMMUNITY PARTNERS

## Maine By Foot

Maine By Foot serves as a comprehensive guide to exploring the myriad of remarkable trails throughout Maine. Maine By Foot offers guidance on whether dogs are allowed on preserves, highlights swimming opportunities, and provides a list of wheelchair-friendly, all-access trails. To enhance navigation, Blue Dot technology is incorporated with Google Maps. Users can track their location on the trail by accessing the embedded Google map on the website. [MaineByFoot.com](https://MaineByFoot.com).



## Maine Trail Finder

Maine Trail Finder is a free mapping site that helps people find various trails in Maine for hiking, walking, snowshoeing, mountain biking, cross-country skiing, and paddling. They aim to encourage outdoor activity and exploration of both popular and lesser-known treasures in the state. With detailed trail descriptions, users can access essential information, share trip comments and photos, discover nearby geocaches, and much more. [MaineTrailFinder.com](https://MaineTrailFinder.com)



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Explore  THE HIGH PEAKS

# SCENIC 7

## HIKING CHALLENGE



Discover these overlooked & breathtaking trails to complete the challenge! Once completed, visit [HighPeaksAlliance.org](https://HighPeaksAlliance.org) to register & for \$10 you'll receive a Scenic 7 exclusive patch and sticker. You'll also be added to our online member roster. Push your limits. Start now!

Earn a Maine Trail Finder badge too! Scan to start.



# HIGH PEAKS

ALLIANCE

## Keeping the Maine High Peaks Wild and Accessible to Traditional Use. Join us.

Celebrate the beauty of nature and the thrill of adventure with the Scenic 7 Hiking Challenge. Visit [HighPeaksAlliance.org](https://HighPeaksAlliance.org).