

Appalachian Trail through Maine Seasonal Event

APPALACHIAN TRAIL, from Maine's Border with New Hampshire to the AT's Northern Terminus at Mount Katahdin

Extended Distance SE – Y2479, rated 3C

We are sanctioning all of the Appalachian Trail (AT) in Maine, with a strong warning. The Maine portion includes some of the most difficult hiking along the entirety of the AT. The terrain is up and down in most areas, and the trail difficulty rating is between 3B and 5D. Allow extra time to complete your hike. Always check weather conditions before planning your hike. You are advised not to walk the trail alone. Hiking shoes/boots and hiking sticks are recommended. Carry water and snacks.

Although the entire AT in Maine is sanctioned as an extended distance event, these instructions include several moderate suggestions, including some near the NH border more convenient to southern New England. There are many additional areas that you may choose to hike. You are not limited to the sections recommended. You may do an out and back, southbound or northbound, anywhere you have access to the trail. Be well prepared by extensively reading and researching beforehand, and do not risk hiking beyond your abilities.

THE BASICS – HOW TO WALK THE APPALACHIAN TRAIL IN MAINE

The AT in Maine is approximately 281 miles (452 kilometers) long, and extends from the Maine's border with New Hampshire to Mount Katahdin in northern Maine. This event has a minimum 5K distance, and may be done over multiple days, for up to the entire length of the AT through Maine. You may start a walk from any access point, for any length of 5K or more, and it will qualify for the IVV event stamp. You must register and pay for IVV credit separately for each day walked. The AT is a long-established national trail with many available guidebooks and maps, so we are not providing detailed walk directions in this document. You may walk any section in either direction as an out-and-back walk or do a "shuttle walk" where, using two cars, a car is left at both ends of the walk so you only need to walk one way.

WALK GUIDELINES

1. The AT is marked with white blazes (white vertical stripes painted on trees or rocks). While walking, make sure you see these blazes frequently to make sure you are still on course. Two white blazes, one above the other, signal a turn, or other situation that requires you to be especially alert to changes in trail direction. Sometimes the two blazes will be offset in the direction of the turn.
2. The AT through Maine often has a very rocky or root-filled surface, and there may be mud, snow, or ice, depending on the weather. Hiking boots and one or two hiking poles are strongly suggested. If you have difficulty with uneven and rocky surfaces, this event is not for you.
3. Walk with a friend! It is not recommended to do this walk alone.

4. Check the weather forecast and sunset times before heading out. Many of the day hikes may take 4-6 hours or more. Be sure you have plenty of time to safely complete the walk during daylight hours.
5. Please practice safe wilderness procedures. Carry a portable rain slicker with you, a map or trail book, food and plenty of water, a small first aid kit, sunscreen, bug spray, and a well-charged phone in case of emergencies.
6. Let a friend or family member know where you are walking that day and let them know when you are safely off the trail.
7. IN CASE OF EMERGENCIES : Dial 911. For inquiries about these directions, contact the P.O.C., Carolyn Adams at (802) 757-2500.

These walk instructions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

AFTER YOU HAVE COMPLETED THE WALK

Please remember to log back into the OSB system to “finish/complete” your online registration after doing the walk. Completion information includes the date the event was walked, the distance walked and applicable special programs.

Note : The OSB system does not deduct any walk event credit fee from your Event Bank until you have submitted the walk completion info. If you have paid the \$2 fee for this PDF file download then this fee is credited toward the walk event fee when you submit the walk completion information as a credit walker. This PDF file download credit is available if you return to the OSB to submit the walk completion information within 60 days.

SPECIAL PROGRAMS

Appalachian Trail – This new AVA special program requires completion of an AT walk in each of the fourteen AT states. This event qualifies for the state of Maine.

Bridges – Many walks on the AT in Maine have one or more footbridges which would qualify for this program.

Border Crossings – The AT in Maine touches the border of New Hampshire, so a segment that begins or ends in New Hampshire would qualify for this program.

BOOKS FOR PLANNING YOUR HIKE

A couple of books which might be helpful for planning your hike are:

- Best of the Appalachian Trail Day Hikes. By Leonard M. Adkins & Victoria and Frank Logue: [Click here to locate this book on Amazon.com](#)
- Exploring the Appalachian Trail, Hikes in Northern New England. By Kodas, Weeger, Condon, & Scherer: [Click here to locate this book on Amazon.com](#). This book breaks down the AT into segments suitable for day hikes. This book provides driving directions to the start and

end of each segment, as well as details on what to expect on each hike. Be forewarned that the book is two decades old, though it is quite amazing that much of the information is still current.

- A very useful, reasonably current source for parking and other trailhead information is the following website:
http://rohland.homedns.org:8008/AT/State/state_menu/at_state_menu.aspx?id=12
- For those who use Facebook, the Group “Maine Hiking” is a good source of information about recommended hikes and current trail conditions.

SUGGESTED SHORTER HIKES:

The following are two suggested hikes in the Rangeley area.

MODERATE HIKE

Rangeley, Maine: MOXIE, LONG, AND SABBATH DAY PONDS (options from 5 to 12 km, vertical around 700 ft.). Directions: From US 2 in Rumford, turn onto ME 17 West/Roxbury Road and drive about 26 miles. The A.T. parking area is about 0.5 mile north of the Bemis Stream trailhead, on the south side of the road. GPS Coordinates: N44° 50.162' W70° 42.596'

HIKE: Follow the A.T. northward, reaching the summit of Spruce Mt. at 0.8 mile, and arriving at Moxie Pond at 1.6 miles (5 km RT). Rise to an overlook of Long Pond on Bates Ledge at 2.7 miles (km RT), and come to a sandy beach along the pond's edge at 3.4 miles (11 km RT). Reach Sabbath Day Pond and a leanto at 3.7 miles (12 km RT). Return the way you came.

MORE DIFFICULT HIKE

Stratton, Maine: LITTLE BIGELOW MT. (10 km, with easier 5 km option). Directions: Take ME 16 to N. New Portland, where Long Falls Dam Rd. begins. Take Long Falls Dam Rd. for 17.4 miles, then take a left on Bog Brook Rd. After 0.7 miles take the left fork onto E. Flagstaff Rd. (the right fork dead ends at Flagstaff Lake). There is parking in the gravel pit on the right just before the A.T. crossing 0.1 miles after the fork. GPS Coordinates: N45° 08.092 W70° 10.275

HIKE: From the trailhead, climb steadily through a mixed hardwood forest, following a brook. The trail to the lean-to leaves to the right side at 1.4 miles. (Optional to visit, 5 km turnaround). Continuing past the leanto, continue 1.7 upward to the East Peak of Little Bigelow, where there are great views south and west towards Sugarloaf and the rest of the Bigelow Range.

BAXTER STATE PARK HIKE

This is a separate Seasonal Event which also qualifies for the AT Special Program. Search Events at www.ava.org, or go to the OLSB at www.cva4u.org. The event is labeled Millinocket – Appalachian Trail Y2179

OTHER RESOURCES:

Appalachian Trail Conservancy: <http://www.appalachiantrail.org/>

The Appalachian Trail Conservancy has a Visitor Center in Monson. Webpage:

<http://www.appalachiantrail.org/home/about-us/get-in-touch/monson-visitor-center>

Facebook: : <https://www.facebook.com/monsonatvisitorcenter/>

Phone: (207) 573-0163

Hours: 8:00 - 11:00 AM and 1:00 - 5:00 PM, 7 days a week, June 6 through October 14, 2018.

(In 2019, the visitor center will re-open in June, dates tba.)

Location: They are located in the Monson Historical Society building on the town's main street (Route 6/15).

Street address: 6 Tenney Hill, Monson, Maine 04464

Email: monsonvisitorcenter@appalachiantrail.org

Appalachian Trail Communities in Maine:

Kingfield, Millinocket, Monson, and Rangeley.

The trail does not necessarily go through these towns, but they are near the AT and have services for hikers, both through hikers and day hikers.

Passport Stamps are available here in Maine:

True North Adventureware

Bethel ME

Pine Ellis Lodging Andover ME

Little Red Hen

Ellis River Books

Human Nature Hostel

Andover ME

Andover ME

Andover ME

The Cabin East Andover ME

Fieldstone Cottages

The Rangeley Inn

Rangeley ME

Rangeley ME

Ecopelagicon

Hostel of Maine

Rangeley ME

Carrabassett Valley ME

Stratton Motel & Hostel Stratton ME

White Wolf Inn Stratton ME

Sterling Inn Caratunk ME

Caratunk House B&B

Three Rivers Trading Post

Caratunk ME

The Forks ME
Lakeshore House Monson ME
Shaw's Hiker Hostel Monson ME
ATC Visitors Center Monson ME
White House Landing
Boatsman's Bar & Grill
Sawmill Bar and Grill
100 Mile Wilderness
Millinocket ME
Millinocket ME
The Appalachian Trail
Lodge Millinocket ME
The Appalachian Trail Café Millinocket ME
Katahdin - Baxter State Park

From the AVA Appalachian Trail Special Program literature:

Appalachian Trail

Program starts January 1, 2018 – December 31, 2028. Redeem books by December 31, 2029. The Appalachian National Scenic Trail is the famous hiking trail in the eastern United States from Springer Mountain in Georgia to Mount Katahdin in Maine. The trail is roughly 3,500 km long and goes through 14 States. Walkers are required to hike/walk a section of the trail in each state. A qualifying AVA walk is one that goes on the AT or a blue-blazed trail for at least 4 km. An AVA walk will count for only one state; the sponsoring club will determine which one. Complete the 14 required events; Traditional, Seasonal, or YRE as indicated in the booklet. You must pay for each event. Each AVA stamp can only appear once in the book. Use of the On Line Start Box is approved. Due to the unique nature of this program, participants have space in the program book to add a picture, notes, and other local stamps such as the Park or AT Passport stamp.

PARKING ALONG THE A.T.

This link give information for parking:

http://rohland.homedns.org:8008/AT/State/state_menu/at_state_menu.aspx?id=12

SUGGESTED DAY HIKES ON THE A.T. IN MAINE

All the suggestions made come from printed resources. Please review these with your own safety and abilities in mind. This is not intended to be the last word on any of these section or day hikes; if any of these interest you, you will need to do more research on them. None are mandatory. You can devise your own walk, using some or none of these suggestions.

EASY TO MODERATE:

Andover Maine; DUNN NOTCH AND FALLS; 400 foot elevation gain, 2 waterfalls, 2 miles (about 3k). Directions: Drive 8 miles north from Andover on East B Hill Rd to find the trailhead.

Walk south on the A.T. from East B Hill Road. The Trail will cross a brook and enter Dunn Notch. At mile 0.8, reach the West Branch of the Ellis River. An old tote road leads down to the bottom of the lower falls. By following the river upstream for 0.2 mile, you can reach the upper falls. Retrace your steps.

AVA – MAINE APPALACHIAN TRAIL RESOURCES

This information is meant to be of help to AVA walkers who choose to create their own AT walk in Maine. It is not intended to take the place of a good Appalachian Trail Day Hike book, or guidance that can be more fully communicated by the AMC (Appalachian Mountain Club) through its employees, guides and publications, or those of the ATC.

In addition to Baxter State Park, in 2019 we are sanctioning all of the AT in ME, with a strong warning. Maine includes some of the most difficult hiking along the entirety of the AT. Our instructions will include several moderate suggestions, including some near the NH border. The terrain is up and down in most areas and trail difficulty is between 3B and 5D. Allow extra time to complete your hike. Always check weather conditions before planning your hike. You are advised not to walk the trail alone. Hiking shoes/boots and hiking sticks are recommended. Carry water and snacks. The entire 281 miles of the AT in Maine is sanctioned as an extended distance event. We have identified day hikes in Andover and Rangeley where the passport stamp can be found. There are many additional areas that you may choose to hike. You are not limited to the sections recommended. You may do an out and back, southbound or northbound, anywhere you have access to the trail. Be well prepared by extensive reading beforehand and do not risk hiking beyond your abilities.

Appalachian Trail Conservancy: <http://www.appalachiantrail.org/>

Visitor Center:

The Appalachian Trail Conservancy has a Visitor Center in Monson. They are probably a good source of information.

Webpage: <http://www.appalachiantrail.org/home/about-us/get-in-touch/monson-visitor-center>

Facebook: <https://www.facebook.com/monsonatvisitorcenter/>

Phone: (207) 573-0163

Hours: 8:00 – 11:00 AM and 1:00 – 5:00 PM, 7 days a week, June 6 through October 14, 2018. (In 2019, the visitor center will re-open in June, dates tba.)

Location: We are located in the Monson Historical Society building on the town's main street (Route 6/15).

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Passport Stamps are available here in Maine:

True North Adventureware	Bethel ME
Pine Ellis Lodging	Andover ME
Little Red Hen	Andover ME
Ellis River Books	Andover ME
Human Nature Hostel	Andover ME
The Cabin	East Andover ME
Fieldstone Cottages	Rangeley ME
The Rangeley Inn	Rangeley ME
Ecopelagicon	Rangeley ME
Hostel of Maine	Carrabassett Valley ME
Stratton Motel & Hostel	Stratton ME
White Wolf Inn	Stratton ME
Sterling Inn	Caratunk ME
Caratunk House B&B	Caratunk ME
Three Rivers Trading Post	The Forks ME
Lakeshore House	Monson ME
Shaw's Hiker Hostel	Monson ME
ATC Visitors Center	Monson ME
White House Landing	100 Mile Wilderness
Boatsman's Bar & Grill	Millinocket ME
Sawmill Bar and Grill	Millinocket ME
The Appalachian Trail Lodge	Millinocket ME
The Appalachian Trail Café	Millinocket ME
	Stamped at AT Café
Katahdin - Baxter State Park	