

GENERAL INFORMATION

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

In case of Emergency:
Dial 911.

Event Related
Assistance:

Denise Macaronas
(207)245-8233

Walk Rating

6k walk = 1B

10k walk = 2B

Walk Description

As you walk through Fort Williams Park, take the time to enjoy all the sites and attractions such as the Children's Garden, the picnic

shelter, gazebo, and walking trails.

Starting Point

Official start of the walk is at Portland Head Light for both walks.

Getting There

Fort Williams Park
1000 Shore Road
Cape Elizabeth ME

Latitude/Longitude

Latitude 43.5637

Longitude 70.2000

Parking

Park in OVERFLOW LOT (photo), adjacent to Children's Garden. This is a grassy area for free parking. If not available, there are parking lots throughout the park that have paid parking. Pay at kiosk: 2025 rates 2-hour minimum is \$6. Fee is \$2 per hour after two-hour minimum. Please note, this park is a carry-in/carry-out facility as well as a non-smoking, non-alcoholic area.

Restrooms

Porta Potties available at Start Point. There are a few businesses along the route.

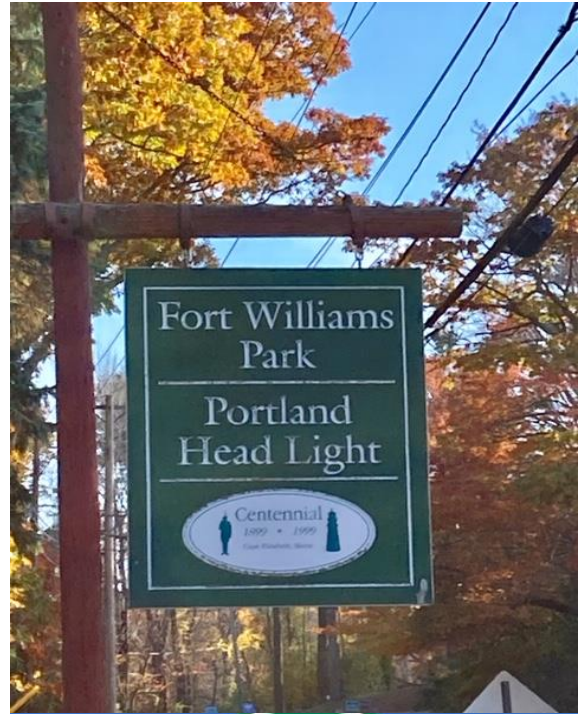
Point of Contact

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Cape Elizabeth 6k Walk

Official start of walk is at Portland Head Light.

1. Upon arrival at the lighthouse, see the gift shop on the left (open from Memorial Day to Indigenous Peoples Day) and follow the walkway around the keeper's residence, now a museum (open from Memorial Day to Indigenous Peoples Day; 10:00am-4:00pm. Admission is \$2 for adults, \$1 for children ages 6-18).

Ram Island Ledge Lighthouse can be seen offshore. This lighthouse marks the northern entrance into Portland Outer Harbor, and protects one of the spots most feared by local mariners. It is now powered by solar energy. During storms, the waves crash over the top.
<https://lighthousefriends.com/light.asp?ID=780>

2. Continue on pathway to the light tower.

Portland Head Light is the oldest lighthouse in Maine, commissioned by President George Washington. It was first lit on January 10, 1791. It is also the most photographed lighthouse in the United States.

The Annie C. Maguire was shipwrecked here on Christmas Eve, 1886. Keeper Joshua Strout, his son, wife and volunteers rigged an ordinary ladder as a gangplank, and all 14 on board made it to safety. For more information about the fort and lighthouse, check out <https://portlandheadlight.com> and <https://newenglandlighthouses.net>

Henry Wadsworth Longfellow who was born in Portland, was a frequent visitor to Portland Head Light in his younger years.

His poem "The Lighthouse" may have been inspired by his many visits to Portland Head Light and the lighthouse keeper.

3. Continue on the sidewalk, passing a small kiosk. In season, the Gorgeous Gelato stand is adjacent to the kiosk.
4. Turn **RIGHT**, heading to the main entrance of the park. On your left, you will see 'Bite into Maine', a food truck featuring lobster rolls.

CAUTION: Beware of seagulls that are always on the lookout for a good meal, especially lobster! Do not leave food unguarded.

5. Continue on the sidewalk. This is a busy road, cross only at crosswalks. Cross at the crosswalk at the Ship Cove sign. Turn **RIGHT** and continue on the sidewalk (passing a large field, beach/picnic

area, a playground, and the Goddard Mansion ruins on the opposite side of the street) to the end at Shore Road (no sign, at entrance to the park).

This mansion was built in 1858 for Orono, Maine lumber baron/ Civil War Colonel John Goddard. In 1900, it became part of Fort Williams. It fell into disrepair in 1962 and was intentionally burned in 1981 due to safety concerns. All that remains today is the stone shell.

6. Turn **RIGHT** onto Shore Road. Continue on Shore Road. You will pass The Cookie Jar Pastry Shop on your right. Shore Road changes to Cottage Road at the Cape Elizabeth/ South Portland line. Just after 428 Cottage Road, you will see the Phyllis Thaxter Theater, home of The Portland Players.

This theater was named after Maine's stage actress (1921-2012) who

worked as a Broadway actress in the '30s and eventually signed an MGM contract in 1944. Her movie debut was opposite Van Johnson in the war-time film 'Thirty Seconds Over Tokyo'. She is known for her role as Clark Kent's adoptive mother in the 1978 film 'Superman'.

7. Turn around at the theater and retrace your steps back to Fort Williams Park.

There are a few Maine-based restaurants and markets on the opposite side of the street.

8. Continue on Shore Road to Fort Williams Park. Cross park entrance at crosswalk. Turn **LEFT** into the park. As you enter the park, stay on the sidewalk, crossing at crosswalks.
9. As you approach the hill, cross over at the second crosswalk at the beach area and turn **RIGHT**. Enter the semicircle drive on the left. Look for the

gravel pathway leading towards the 'Pedestrian Traffic Only' sign and head towards the sign. This is Cliffside Trail.

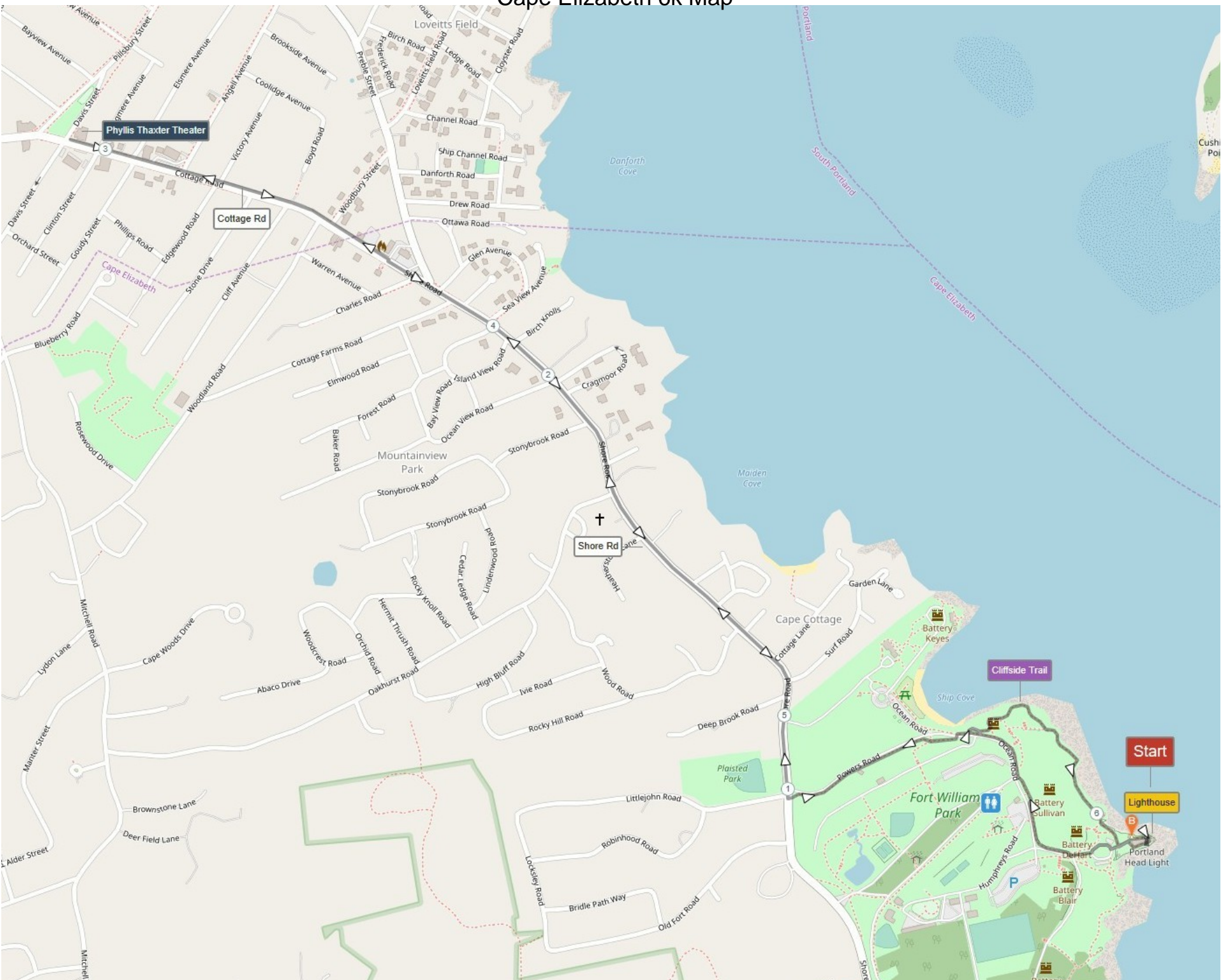
CAUTION: This pathway can have uneven footing and may be slippery when wet. Use the vehicle road if uncertain.

Note: there is a hill on this trail heading toward Portland Head Light. Use vehicle road if concerned.

10. Continue on the path to the fork. At the fork, take the lower path on the left. Ram Island Ledge Light is again visible offshore. Follow the lower walkway for stunning views of the ocean and Portland Head Light.
11. Bear **LEFT** at the fork when you can see Portland Head Light. Continue to the Finish point at the lighthouse.

Thank you for walking with SMVA.

Cape Elizabeth 6k Map



10K CAPE ELIZABETH LIGHTHOUSE WALK

[https://lighthousefriends.com/li
ght.asp?ID=780](https://lighthousefriends.com/li
ght.asp?ID=780)

The official start of the walk is at Portland Head Light.

1. Upon arrival at the lighthouse, see the gift shop on the left (open from Memorial Day to Indigenous Peoples Day) and follow the walkway around the keeper's residence, now a museum (open from Memorial Day to Indigenous Peoples Day, 10 am-4 pm. Admission is \$2 for adults and \$1 for children ages 6-18).

Ram Island Ledge Lighthouse can be seen offshore. This lighthouse marks the northern entrance into Portland Outer Harbor and protects one of the spots most feared by local mariners. It is now powered by solar energy. During storms, the waves crash over the top of its lantern room.

2. Continue on pathway to the light tower.

Portland Head Light is the oldest lighthouse in Maine, commissioned by President George Washington. It was first lit on January 10, 1791. It is also the most photographed lighthouse in the United States.
<https://www.lighthousefriends.com/light.asp?ID=546>

The Annie C. Maguire was shipwrecked here on Christmas Eve, 1886. Keeper Joshua Strout, his son, wife, and volunteers rigged an ordinary ladder as a gangplank, and all 14 on board made it to safety. For more information about the fort and lighthouse, check out www.portlandheadlight.com and www.Newenglandlighthouses.net

Henry Wadsworth Longfellow, who was born in Portland, was a frequent visitor to Portland Head Light in his younger years. His poem, 'The Lighthouse' may have been inspired by his many visits to Portland Head Light and the lighthouse keeper.

3. Continue on the sidewalk, passing a small kiosk. In season, the Gorgeous Gelato stand is adjacent to the kiosk.
4. Turn **RIGHT**, heading to the main entrance of the park. On your left, you will see 'Bite into Maine', a food truck featuring lobster rolls.

Caution: Beware of seagulls that are always on the lookout for a good meal, especially lobster! Do not leave food unguarded.

5. Continue on the sidewalk. This is a busy road. Cross only at crosswalks.

Cross at the crosswalk at the Ship Cove sign. Turn **RIGHT** and continue on the sidewalk (passing a large field/picnic area, a playground, and the Goddard Mansion ruins on the opposite side of the street) to end at Shore Road (no sign, at entrance to the park).

This mansion was built in 1858 for Orono (Maine) lumber baron/Civil War Colonel John Goodard. In 1900, it became part of Fort Williams. It fell into disrepair in 1962 and was intentionally burned in 1981 due to safety concerns. All that remains today is the stone shell.

6. Turn **RIGHT** onto Shore Road. Continue on Shore Road until you see Glen Avenue on the right. Immediately after Glen Avenue, bear **RIGHT** onto Preble Street.

Reminder: Walk on sidewalks when

available. Otherwise, walk facing traffic. Cross at crosswalks when available.

7. Start counting the streets on the right on Preble Street, as you need to turn **RIGHT** on Deake Street, the sixth street. (The street sign is not visible from the road, but it is after Frederick Road.) Cross at crosswalk at 519 Preble Street. Continue straight onto Deake Street. Proceed to Willard Haven Road (last street on your left).
8. Turn **LEFT** onto Willard Haven Road and follow it to the end.
9. Turn **RIGHT** and walk to the entrance of the beach. Turn **LEFT** to walk on the beach. From the beach, you can see Spring Point Ledge Lighthouse. (Walking is easier at low tide; beach access is limited during high tide.)

10. Continue walking along the beach to the first set of wooden stairs. Walk up the stairs to Southern Maine Community College in South Portland.

11. Turn **RIGHT** at the top of the stairs towards the Old Settlers Cemetery. Turn **RIGHT** into the parking lot, keeping the cemetery on your right. Student dining hall is opposite the cemetery. When open, rest rooms and 'all you can eat' buffet is available (\$14.14 cash).

12. Continue straight. At the Greenbelt Detour sign on the fence, turn **LEFT** and then an immediate **RIGHT** onto Bunker Lane. Turn **RIGHT** on Fort Road until you see Spring Point Ledge Lighthouse.

<https://lighthousefriends.com/light.asp?>

This lighthouse is a caisson-style light station (sparkplug lighthouse) at the end of a breakwater. It was constructed in 1897, at a time when seven steamship companies were carrying over 500,000 passengers annually past the dangerous ledge.

Please note: Walking the breakwater is not part of the official route and is not recommended.

13. Leaving the lighthouse, turn back on Fort Road toward Bunker Lane. Continue uphill on Fort Road. At the second stop sign, turn **LEFT**. Continue to Willard Square (popular local spots include Scratch Bakery and Willard Scoops).

14. Turn **LEFT** on Preble Street to first crosswalk. Turn **RIGHT** onto crosswalk toward Willard Scoops. Turn

RIGHT then turn **LEFT** onto Pillsbury Street.

15. Continue straight on Pillsbury Street and bear **LEFT** onto Davis Street. Continue to the end of the street (Cottage Road-no sign). At 420 Cottage Road, you will pass the Phyllis Thaxter Theater.

16. Turn **LEFT** on Cottage Road. At the corner, you will pass the Phyllis Thaxter Theater, home of The Portland Players.

This theater was named after Maine's stage actress (1921-2012) who worked as a Broadway actress in the '30's and eventually signed an MGM contract in 1944. Her movie debut was opposite Van Johnson in the wartime film 'Thirty Seconds Over Tokyo'. She is known for her role as Clark Kent's adoptive mother in the 1978 film 'Superman'.

17. Continue on Cottage Road. There are a few Maine-based restaurants and markets on the opposite side of the street. Cottage Road becomes Shore Road at the South Portland/Cape Elizabeth town line (near The Cookie Jar Pastry Shop).

Caution: This pathway can have uneven footing and may be slippery when wet. Use the vehicle road if uncertain.

NOTE: There is a fairly steep hill on this trail heading towards Portland Head Light. Use vehicle road if concerned.

18. Continue on Shore Road to Fort Williams Park. Cross park entrance at crosswalk. Turn **LEFT** into the park. As you enter the park, stay on the sidewalk, crossing at crosswalks.

20. Continue on path to the fork. At the fork, take the lower path on the left. Ram Island Ledge Light is again visible offshore. Follow the lower walkway for stunning views of the ocean and Portland Head Light.

19. As you approach the hill, cross over at the second crosswalk at the beach area and turn **RIGHT**. Enter the semicircle drive on the left. Look for the gravel pathway leading towards the 'Pedestrian Traffic Only' sign and head towards the sign. This is the Cliffside Trail.

21. Bear **LEFT** at the fork when you can see Portland Head Light. Continue to the Finish point at the lighthouse.

Thank you for walking with SMVA.

Cape Elizabeth 10k Map

