



WELCOME TO THE EASTERN TRAIL IN SOUTHERN MAINE





**FRIENDS & FAMILY
MANY SEASONS. MANY (S)MILES.**



WALK. RUN. RIDE.

PEDAL. PADDLE.
SKI. SIGHTSEE.



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ABOUT THE EASTERN TRAIL

The Eastern Trail (ET) is a 30% complete vision of a 65-mile recreation/transportation greenway connecting Casco Bay at Bug Light in South Portland with Strawberry Banke in Portsmouth, New Hampshire. This world-class, 10-foot wide trail is enjoyed by thousands of users for hiking, snowshoeing, cross-country skiing, walking, biking, birding, nature study and many other muscle-powered healthy activities. To provide end-to-end connectivity as off-road construction progresses, the ET is currently a connected series of off-road and on-road segments.

The ET offers views of pristine Casco Bay at its northern end. It crosses cities and Maine's largest saltwater marsh. It passes over the Maine Turnpike as part of a 6.2-mile greenway section connecting Biddeford, Arundel and Kennebunk. It's near Maine's sandy saltwater beaches—the finest anywhere. It passes through miles of quiet woodland with streams and wetlands. ET explorers may see great blue heron, snowy egrets, bald eagles, seals, wild turkey, deer, turtles, and other Maine wildlife, and historic mills and railroad artifacts.



THE EAST COAST GREENWAY

The East Coast Greenway is a developing trail system, spanning 2,900 miles as it winds its way between Calais, Maine and Key West, linking all the major cities of the eastern seaboard. Like the ET, more than 25 percent of the route is already on safe, traffic-free paths. See Greenway.Org. The Eastern Trail is the southern Maine section of the East Coast Greenway.

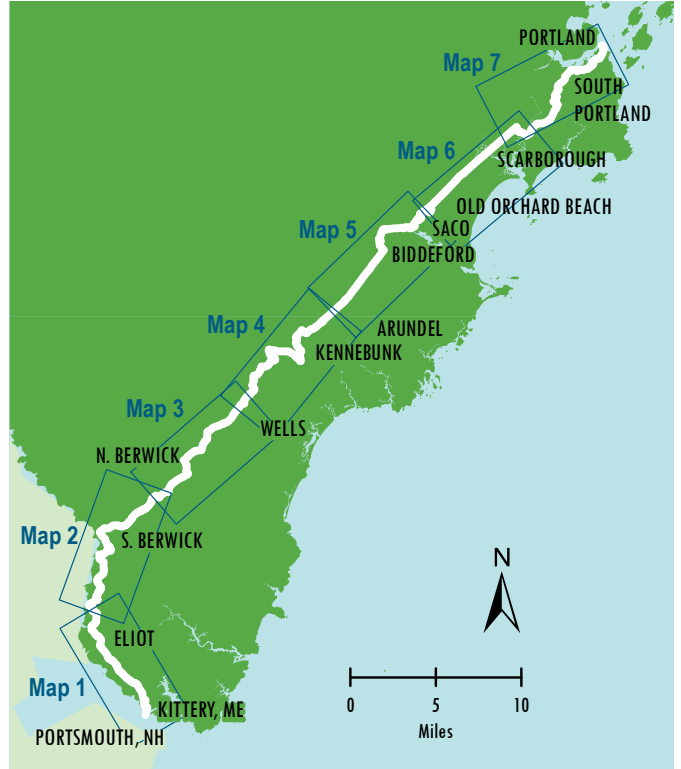
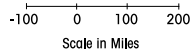
East Coast Greenway®

CONNECTING CITIES FROM MAINE TO FLORIDA



East Coast Greenway®

The Eastern Trail Alliance is solely responsible for content of this guide. Please direct comments or report errors to: ETA@EasternTrail.org.



ABOUT THE EASTERN TRAIL ALLIANCE

The Alliance was founded in 1997 as a volunteer-based 501 (c) (3) non-profit land trust whose mission is to advocate for the creation of a greenway mostly following the historic Eastern Railroad corridor. The Alliance works in partnership with the municipally-based Eastern Trail Management District, whose mission is to manage construction and trail operations. ETA depends upon member support. Please, if not already a member, join online at EasternTrail.org.

Suggestions and Comments

Please send suggestions for trail guide improvements to:

ETA@EasternTrail.Org

Guide to the ET

PO Box 250

Saco, Maine 04072.

Additional information about navigating the Eastern Trail (ET)

This trail guide supplements ET trail signs. A Maine highway map will make a good traveling companion. DeLorme's *Maine Gazetteer* is an excellent reference that also shows the historic Eastern RR route as an old railroad grade.

Explore Maine by Bike, published by MaineDOT, includes 35 Maine bike loop rides: www.exploremaine.org/bike

For other MaineDOT Quality Community programs: www.maine.gov/mdot/opt/bicycle-transportation.php.

See ETmap.Org for a description of the Southern Maine section of US Bike Route 1, a mostly paved on-road bike route that parallels the Eastern Trail. That route will connect Calais with Key West, as part of a mostly on-road national bike route system.

EASTERN TRAIL ETIQUETTE

- Be considerate of other trail users and nearby land owners.
- Only stray from the trail on public areas. Don't litter!
- When stopping along the trail, move off the traveled portion of the trail if you can, or as far to the right as possible.
- Clean up after your pet.
- Dogs must be kept on a leash.
- When passing horses, use your voice to calm the horse.
- Bikes yield to walkers and horses. Walkers yield to horses.
- Riders always wear a helmet! Be a good example for your kids.
- Always ride slowly in single file when meeting others or when being overtaken.

*There are still very few toilets on the trail.
Every Maine police station provides a public rest room.*

- Ride in a straight line. This is especially difficult for children, so remind and encourage your children not to weave around on the trail.
- When overtaking other trail users, call out a warning, such as “passing on your left” or use a warning device such as a bell. Be especially careful when passing children.
- The only allowed motorized vehicles are for public safety, authorized maintenance and motorized wheelchairs.
- Share the trail with Maine's wildlife.
- During hunting season, wear blaze orange.

For on-road bike safety information see:
www.greenway.org/rules.aspx

Courtesy takes precedence!

Map Legend & Cue Sheet Definitions

ET Off-Road Route		Interstate	
ET On-Road Route		Major Road	
Alternate On-Road		Road	
ET Future Route		Railway	
Other Local Trail		Map Overlap	
Town Line		State Line	

Parking		Restrooms	
Amtrak Station		Hospital	
Bus Station		Bike Shop	
Ferry		Hazard Note	
Canoe Access		Lighthouse	



ET - Eastern Trail

ECG - East Coast Greenway

USBR1 - US Bike Route 1

SPGB - South Portland Greenbelt

Trail Mileage / ● **S 18.8** Southbound
Cue Reference **N 46.4** Northbound



State Route

US Route

Interstate

Cue Sheet Definitions

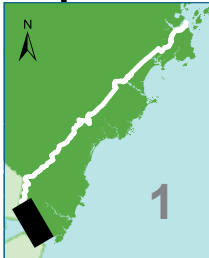
46.4 Trail Mileage Shown on Map

R Turn RIGHT	bR Bear Right
L Turn LEFT	bL Bear Left
S Stay STRAIGHT	QR Quick Right
	QL Quick Left

NOTE: Cue Sheets provided are for the Eastern Trail / East Coast Greenway as a continuous path either On- or Off-Road. Alternate Routes (USBR1 when not along the ET/ECG, Connector Routes, Interim Routes, and Scenic Routes) are shown with only general cue info. For more info about these routes or continuing your trip at either end of the ET, please visit www.greenway.org or other map sources.

Map 1 KITTERY / ELIOT

0 2 mi.



Getting To/From the Eastern Trail at Kittery, ME:

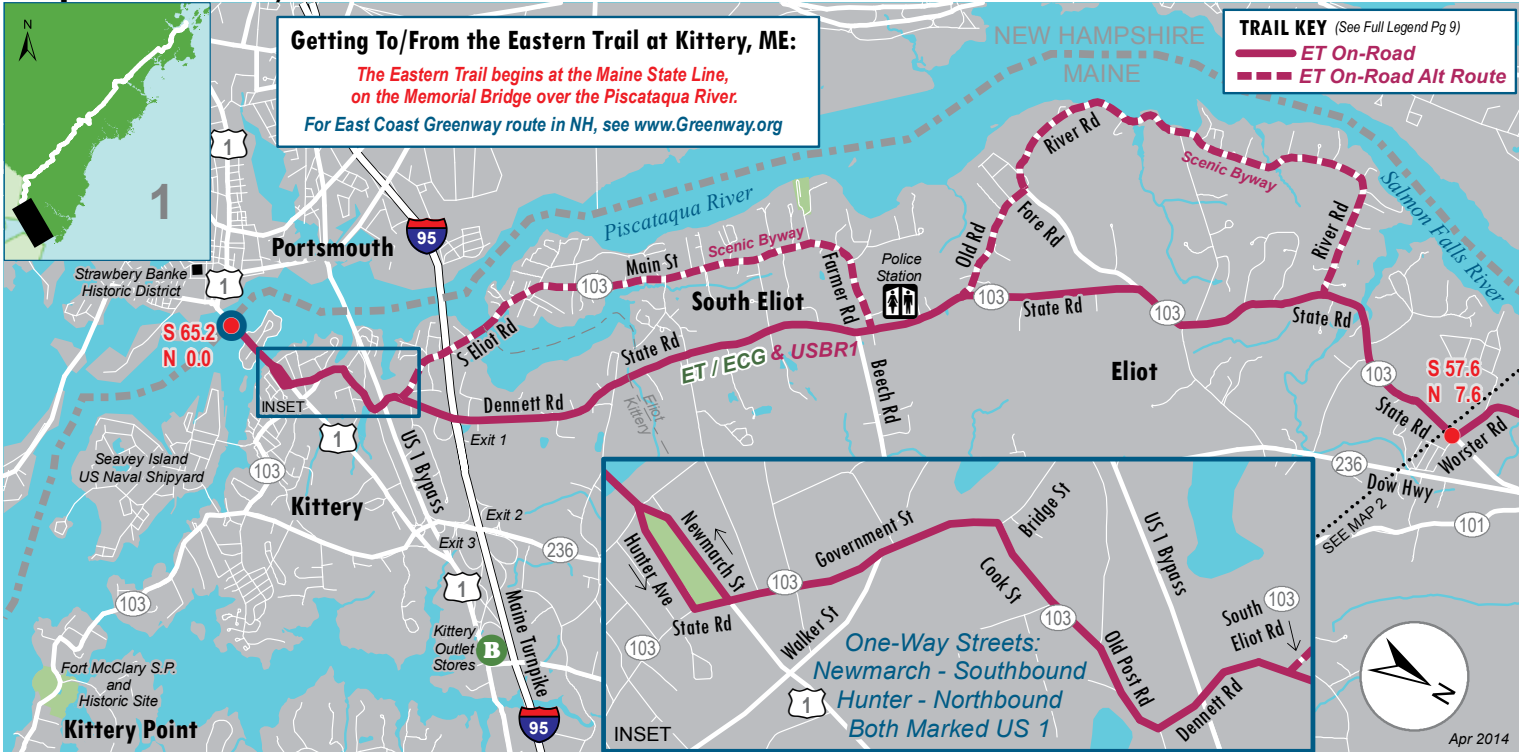
The Eastern Trail begins at the Maine State Line, on the Memorial Bridge over the Piscataqua River.

For East Coast Greenway route in NH, see www.Greenway.org

TRAIL KEY (See Full Legend Pg 9)

ET On-Road

ET On-Road Alt Route



S 65.2
N 0.0

S 57.6
N 7.6

ET / ECG & USBR1

One-Way Streets:
Newmarch - Southbound
Hunter - Northbound
Both Marked US 1

Northbound →

At Go Onto

- 0.0** S Memorial Bridge (US 1)

- 0.2 S Hunter Ave (US 1)
- 0.4 L Government St (ME 103)
- 0.6 S Government St (ME 103)
- 0.7 R Cook St (ME 103) /
Old Post Rd (ME 103) /
Dennett Rd (ME 103)

- 1.2 S Dennett Rd

- 2.5 S State Rd
- 3.8 S State Rd (ME 103)

- 4.4 S State Rd (ME 103)
- 6.4 S State Rd (ME 103)

- 7.6** L Worster Rd

Map 1 KITTERY / ELIOT

For Notes

- 0.2 See www.greenway.org for East Coast Greenway in NH

- 0.2 One-way Northbound.
- 0.2 ME 103 joins from R.
- 0.1
- 0.5 Bridge St goes straight.
Road changes name several times.
Dennett Rd crosses US 1 Bypass.

- 1.3 Leave ME 103; later pass under Maine Turnpike (I-95). **For Scenic Byway - L onto S.Eliot Rd (ME 103).**

- 1.3 Road changes name at town line.
- 0.6 **Scenic Byway rejoins route from L (Farmer Rd / ME 103).**
- 2.0 **For Scenic Byway - BL onto Old Rd.**
- 1.2 **Scenic Byway rejoins route from L (River Rd).**
- 0.5 Continue on Map 2.

At Go Onto

- 57.6** R State Rd (ME 103)
- 58.8 S State Rd (ME 103)
- 60.8 S State Rd (ME 103)

- 61.4 S State Rd

- 62.7 S Dennett Rd

- 64.0 S Dennett Rd (ME 103) /
Old Post Rd (ME 103) /
Cook St (ME 103)
- 64.5 L Government St (ME 103)
- 64.6 bR Government St (ME 103)

- 64.8 R Newmarch St (US 1)
- 65.0 S Memorial Bridge (US 1)
- 65.2** End ET at ME/NH border

← Southbound

For Notes

- 1.2 Start from Map 2, on Worster Rd
- 2.0 **For Scenic Byway - R onto River Rd.**
- 0.6 **Scenic Byway rejoins route from R (Old Rd).**

- 1.3 Leave ME 103. **For Scenic Byway - R onto Farmer Rd (ME 103).**

- 1.3 Road changes name at town line. Later pass under Maine Turnpike (I-95).

- 0.5 ME 103 (**& Scenic Byway**) rejoins from R (S.Eliot Rd). Cross US 1 Bypass. Road changes name several times.

- 0.1 Bridge St goes R. Follow ME 103.
- 0.2 Main road curves left. **BEAR RIGHT to STAY ON** Government St (ME 103).

- 0.2 One-way Southbound.
- 0.2 See www.greenway.org for NH route

Northbound →

At Go Onto

- 7.6** L Worster Rd
8.1 L Houde Rd
8.3 R Heron Cove Dr
8.8 L Dow Hwy (ME 236)
8.9 bL Dover-Eliot Rd (ME 101)
9.1 R Oldfields Rd / Brattle St

12.8 L Dow Hwy (ME 236)
12.8 QR Academy St

14.0 R Main St (ME 236 / ME 4)
14.1 R Portland St (ME 4)

14.4 bR Agamenticus Rd
16.0 S Knights Pond Rd
18.3 bR Hooper Sands Rd
18.5 L Great Hill Rd / Gray Rd

For Notes

- 0.5** From Map 1, on State Rd (ME 103)
0.2
0.5
0.1
0.2
3.7 Pass Vaughn Woods SP. **For Side Trip - At 2.2 miles, R onto Fife's Ln.**
0.0
1.2 At 0.2 miles, **TURN LEFT** to **STAY ON** Academy St (Wadleigh Ln goes S).
0.1 South Berwick town center.
0.3 Last services on route until Biddeford (~30 miles).
1.6
2.3 Road changes name.
0.2
0.7 Continue on Map 3.

Map 2 ELIOT / SOUTH BERWICK

At Go Onto

- 46.7** R Hooper Sands Rd
46.9 bL Knights Pond Rd
49.2 S Agamenticus Rd
50.8 L Portland St (ME 4)
51.1 L Main St (ME 236 / ME 4)
51.2 L Academy St

52.4 L Dow Hwy (ME 236)
52.4 QR Brattle St / Oldfields Rd

56.1 L Dover-Eliot Rd (ME 101)
56.3 bR Dow Hwy (ME 236)
56.4 R Heron Cove Dr
56.9 L Houde Rd
57.1 R Worster Rd
57.6 R State Rd (ME 103)

For Notes

- 0.2** From Map 3, on Great Hill Rd
2.3
1.6 Road changes name.
0.3 South Berwick town center.
0.1
1.2 At 1.0 mile, **BEAR RIGHT** to **STAY ON** Academy St (Wadleigh Ln goes L).
0.0
3.7 Pass Vaughn Woods SP. **For Side Trip - At 1.4 miles, L onto Fife's Ln.**
0.2
0.1
0.5
0.2
0.5
1.2 Continue on Map 1.

← Southbound

Northbound →

At	Go Onto
18.5	L Great Hill Rd / Gray Rd
19.2	L Thurrell Rd
20.9	L Boyds Corner Rd
21.7	R Finson Rd / Boyd Rd
22.7	bR N Berwick Rd (ME 9)
23.1	L Bragdon Rd
24.2	bR Bragdon Rd
25.4	S Bragdon Rd
27.1	L Sanford Rd (ME 109)
27.2	R Meetinghouse Rd

Map 3 NORTH BERWICK / WELLS

For	Notes
0.7	From Map 2, on Hooper Sands Rd
1.7	
0.8	
1.0	Road changes name at town line.
0.4	
1.1	
1.2	Perry Oliver Rd goes L.
1.7	For Alt Route - R onto Swamp John Rd to Wells Transportation Center.
0.1	For Alt Route - R onto Sanford Rd (ME 109) to Wells Transportation Center.
1.8	Continue on Map 4.

← Southbound

At	Go Onto
38.0	L Sanford Rd (ME 109)
38.1	R Bragdon Rd
39.8	S Bragdon Rd
41.0	bL Bragdon Rd
42.1	R N Berwick Rd (ME 9)
42.5	L Boyd Rd / Finson Rd
43.5	L Boyds Corner Rd
44.3	R Thurrell Rd
46.0	R Gray Rd / Great Hill Rd
46.7	R Hooper Sands Rd

For	Notes
0.1	From Map 4, on Meetinghouse Rd
1.7	For Alt Route - S on Sanford Rd (ME 109) to Wells Transportation Center.
1.2	For Alt Route - L onto Swamp John Rd to Wells Transportation Center.
1.1	Perry Oliver Rd goes R.
0.4	
1.0	Road changes name at town line.
0.8	
1.7	
0.7	
0.2	Continue on Map 2.

Northbound →

At	Go Onto
27.2	R Meetinghouse Rd
29.0	bR Meetinghouse Rd
29.2	L Chick Crossing Rd
30.8	L Day Hill Rd / Branch Rd
31.6	R Maguire Rd
33.6	L Whitten Rd
35.1	S Whitten Rd
35.1	L Cat Mousam Rd / Mill St
35.8	R Alfred Rd
36.1	L Warrens Way
36.7	S Eastern Trail
37.2	S Eastern Trail

Map 4 WELLS / KENNEBUNK

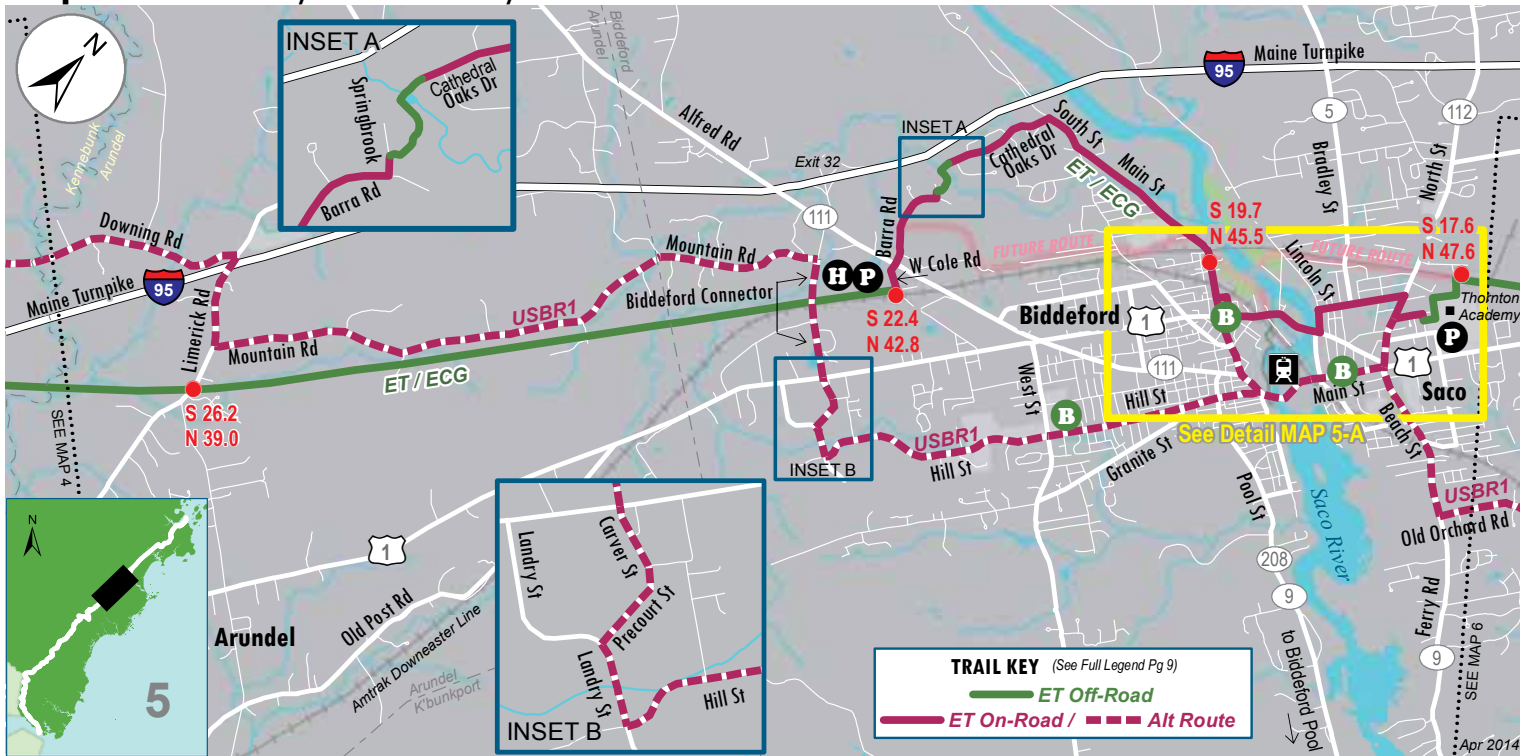
For	Notes
1.8	From Map 3, Sanford Rd (ME 109)
0.2	Wire Rd goes L.
1.6	
0.8	Road changes name at town line.
2.0	
1.5	
0.0	Cross Webber Hill Rd (ME 99).
0.7	Stay on main road (bR) as it becomes Mill St after ~200 ft.
0.3	For USBR1 - S onto Thompson Rd.
0.6	
0.5	Cross Alewife Rd; Off-Road begins. At 0.4 miles, L to Parking at Kennebunk Elementary School.
1.8	Cross ME Turnpike Bridge. Continue on Map 5.

← Southbound

At	Go Onto	For	Notes
28.0	S Eastern Trail	0.5	From Map 5, Eastern Trail. R to Parking at Kennebunk Elem School.
28.5	S Warrens Way	0.6	Cross Alewife Rd; begin On-Road route.
29.1	R Alfred Rd	0.3	
29.4	L Mill St / Cat Mousam Rd	0.7	For USBR1 - R onto Thompson Rd.
30.1	R Whitten Rd	0.0	
30.1	S Whitten Rd	1.5	Cross Webber Hill Rd (ME 99).
31.6	R Maguire Rd	2.0	
33.6	L Branch Rd / Day Hill Rd	0.8	Road changes name at town line.
34.4	R Chick Crossing Rd	1.6	
36.0	R Meetinghouse Rd	0.2	
36.2	L Meetinghouse Rd	1.8	Wire Rd goes R.
38.0	L Sanford Rd (ME 109)	0.1	Continue on Map 3.

Map 5 ARUNDEL / BIDDEFORD / SACO

0 2 mi.



Northbound →

At Go Onto

39.0 S Eastern Trail

42.8 L W Cole Rd

43.0 S Barra Rd

43.5 L Springbrook St

43.5 R Eastern Trail

43.7 S Cathedral Oaks Dr

44.3 R South St

44.5 bL Main St

45.5 *Continue with Cues for Map 5-A*

Map 5 ARUNDEL / BIDDEFORD / SACO

For Notes

3.8 From Map 4, Eastern Trail.
Cross Limerick Rd. At 3.4 miles, pass
under Biddeford Connector / USBR1.

0.2 Begin On-Road route. Parking available
at Southern Maine Health Care.

0.5 Cross Alfred St (ME 111).

0.0

0.2 Short Off-Road section begins alongside
Crisis Response Services access road.

0.6 On-Road route continues.

0.2

1.0 Continue on Map 5-A.

At Go Onto

19.7 R Main St

20.7 S South St

20.9 L Cathedral Oaks Dr

21.5 S Eastern Trail

21.7 L Springbrook St

21.7 R Barra Rd

22.2 S W Cole Rd

22.4 R Eastern Trail

26.2 S Eastern Trail

← Southbound

For Notes

1.0 From Map 5-A, Diamond Match Park
(open 2012)

0.2

0.6

0.2 Short Off-Road section through woods.

0.0 On-Road route continues.

0.5

0.2 Cross Alfred Rd (ME 111). Last Services
on route until S.Berwick (~30 miles).

3.8 Begin Off-Road route. Parking available
at Southern Maine Health Care. At 0.4
miles, pass under Biddeford Connector /
USBR1.

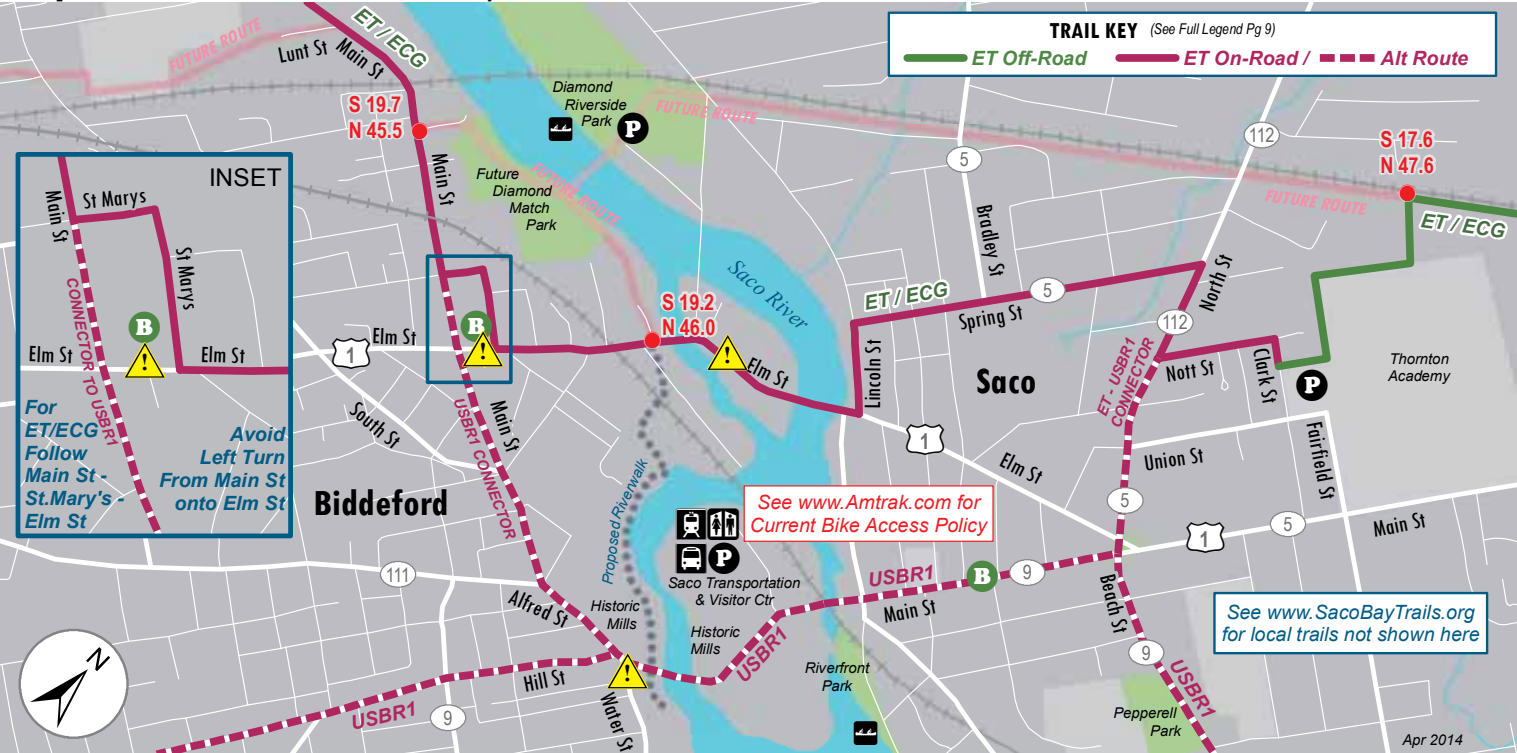
1.8 Cross Limerick Rd. At 1.7 miles,
cross Maine Turnpike Bridge.

Map 5-A DETAIL - BIDDEFORD / SACO

0 1/2 mi

TRAIL KEY (See Full Legend Pg 9)

ET Off-Road ET On-Road / Alt Route



Northbound →

At **Go Onto**

45.5 S Continue on Main St

45.7 L St Marys St

45.8 L Elm St (US 1)

46.0 L Elm St (US 1)

46.3 L Lincoln St

46.4 R Spring St

46.8 R North St (ME 5/ME 112)

46.9 L Nott St

47.1 R Clark St

47.2 L ET - Connector from
Thornton Academy

47.6 R Eastern Trail

Detail Map 5-A BIDDEFORD / SACO

For Notes

0.2 From Map 5, Main St.
Future park access point.
See www.eastertrail.org for updates.

0.1

0.2 Caution - heavy traffic. RR underpass.

0.3 Future park access point.
Caution - heavy traffic. Cross river.

0.1

0.4 At 0.2 miles, ME 5 joins from L
(at Bradley St).

0.1

0.2

0.1

0.4 Off-Road route begins. Parking available
at Thornton Academy.

0.7 Continue on Map 6.

At **Go Onto**

17.6 L ET - Connector from
Thornton Academy

18.0 R Clark St

18.1 L Nott St

18.3 R North St (ME 5/ME 112)

18.4 L Spring St (ME 5)

18.8 L Lincoln St

18.9 R Elm St (US 1)

19.2 S Elm St (US 1)

19.4 R St Marys St

19.5 R Main St

19.7 S Continue on Main St

← Southbound

For Notes

0.4 From Map 6, Eastern Trail. Parking
available at Thornton Academy.

0.1 On-Road route begins.

0.2

0.1

0.4 At 0.3 miles, ME 5 leaves Spring St
(at Bradley St).

0.1

0.3 Caution - heavy traffic. Cross river.

0.2 Future park access point.
See www.eastertrail.org for updates.
Caution - RR underpass.

0.1

0.2

1.0 Future park access point.
Continue on Map 5.

Map 6 OLD ORCHARD BEACH / SCARBOROUGH

0 2 mi.



See www.Amtrak.com for Current Bike Access Policy

Northbound →

- At** **Go Onto**
48.3 S Eastern Trail
- 49.3** S Eastern Trail
- 51.0** S Eastern Trail
- 53.3** S Eastern Trail
- 55.5** S Eastern Rd
- 55.8** R Black Point Rd (ME 207)

Map 6 OLD ORCHARD BEACH / SCARBOROUGH

For Notes

- 1.0** From Map 5-A, Eastern Trail. Sidewalk under highway (I-195), then path returns to RR corridor.
- 1.7** Bridge across US 1.
- 2.3** Cross Cascade Rd (ME 98).
Alt Route - R to USBR1.
- 2.2** Cross Pine Point Rd (ME 9). Entering Scarborough Marsh.
Alt Route - R onto USBR1.
- 0.3** Begin On-Road route. Parking available at end of Off-Road section.
- 0.8** Caution - heavy traffic. Continue on Map 7.

At Go Onto

- 9.4** L Eastern Rd
- 9.7** S Eastern Trail
- 11.9** S Eastern Trail
- 14.2** S Eastern Trail
- 15.9** S Eastern Trail
- 16.9** S Eastern Trail

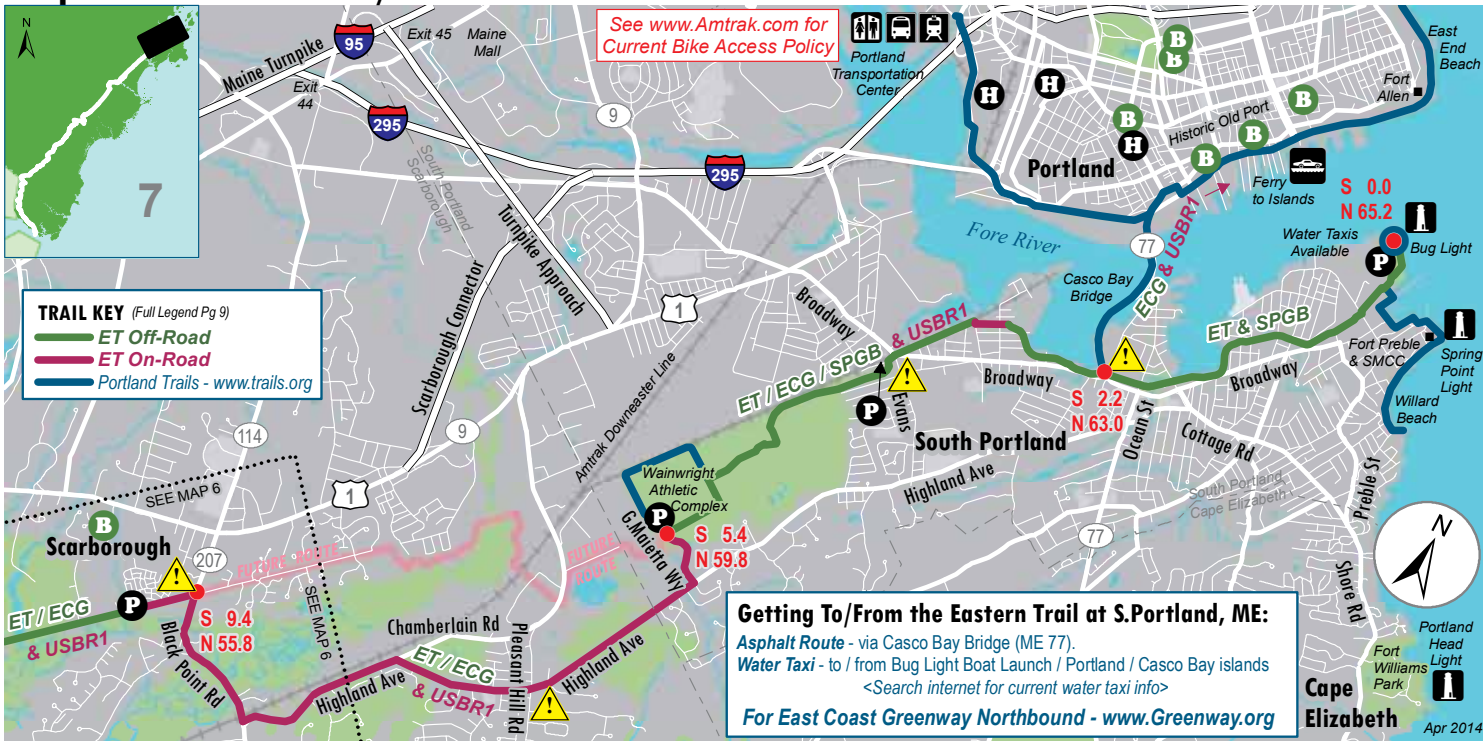
← Southbound

For Notes

- 0.3** From Map 7, Black Point Rd (ME 207)
- 2.2** Begin Off-Road route through Scarborough Marsh.
- 2.3** Cross Pine Point Rd (ME 9).
Alt Route - L onto USBR1.
- 1.7** Cross Cascade Rd (ME 98).
Alt Route - L to USBR1.
- 1.0** Bridge across US 1.
- 0.7** Path crosses under highway (I-95). Continue on Map 5-A.

Map 7 SCARBOROUGH / SOUTH PORTLAND

0 2 mi.



See www.Amtrak.com for Current Bike Access Policy



TRAIL KEY (Full Legend Pg 9)

- ET Off-Road
- ET On-Road
- Portland Trails - www.trails.org

Getting To/From the Eastern Trail at S.Portland, ME:

- Asphalt Route** - via Casco Bay Bridge (ME 77).
- Water Taxi** - to / from Bug Light Boat Launch / Portland / Casco Bay islands
<Search internet for current water taxi info>

For East Coast Greenway Northbound - www.Greenway.org

Cape Elizabeth Apr 2014

Northbound →

At Go Onto

55.8 R Black Point Rd (ME 207)

56.6 L Highland Ave

57.6 R Highland Ave

58.4 S Highland Ave

59.5 L Gary Maietta Way

59.8 R ET / South Portland Greenbelt (SPGB)

61.7 S ET / SPGB

62.2 R N Kelsey St

62.2 QL Chestnut St

62.4 R ET / SPGB

63.0 S ET / SPGB

65.2 End ET at Bug Light Park

Map 7 SCARBOROUGH / SOUTH PORTLAND

For Notes

0.8 From Map 6, Eastern Rd

1.0

0.8 Chamberlain Rd goes S.

1.1 Cross Pleasant Hill Rd.

0.3 Enter Wainwright Athletic Complex.

1.9 Off-Road route begins. Follow ET signs before parking lot. When fields in use, Restrooms available at Rec Ofc.

0.5 Cross Evans St & Broadway.

0.0 Short On-Road section, residential streets

0.2

0.6 Off-Road route continues.

2.2 ECG kiosk. Cross ME 77 & Waterman Dr; continue on path. **For asphalt ECG Northbound - L on ME 77.**

See www.greenway.org for ECG Northbound via Water Taxi.

At Go Onto

0.0 S Eastern Trail / South Portland Greenbelt

2.2 S ET / SPGB

2.8 L Chestnut St

3.0 R N Kelsey St

3.0 QL ET / SPGB

3.5 S ET / SPGB

5.4 L Gary Maietta Way

5.7 R Highland Ave

6.8 S Highland Ave

7.6 L Highland Ave

8.6 R Black Point Rd (ME 207)

9.4 L Eastern Rd

← Southbound

For Notes

2.2 Begin Eastern Trail at Bug Light Park along South Portland Greenbelt.

0.6 Cross both Waterman Dr & ME 77, then continue on path (ECG kiosk here). ET now becomes part of ECG. **For ECG Northbound - R onto ME 77.**

0.2 Short On-Road section, residential streets

0.0

0.5 Off-Road route continues.

1.9 Cross Broadway & Evans St. At 1.4 miles, enter Wainwright Athletic Complex; when fields in use, Restrooms avail at Rec Ofc.

0.3 On-Road route begins.

1.1

0.8 Cross Pleasant Hill Rd.

1.0 Chamberlain St goes R.

0.8

0.3 Continue on Map 6.

Acknowledgments

The Eastern Trail Alliance appreciates the generosity of the landowners, including Unital, who allow the Eastern Trail to be built on their property. Without their willingness to allow the public's use, there would be no off-road Eastern Trail. We also recognize the people and organizations that have contributed their financial support. Their faith in the vision of the Eastern Trail shows courage and a love of Maine, its people, and visitors.

We are grateful to the municipal governments along the historic Eastern Railroad corridor for forming, with the Alliance, the Eastern Trail Management District: Kittery, Eliot, South Berwick, North Berwick, Wells, Kennebunk, Arundel, Biddeford, Saco, Old Orchard Beach, Scarborough, and South Portland.

Among those providing significant support: Maine Department of Transportation – National Park Service, Rivers Trails and Conservation Assistance Program – Bicycle Coalition of Maine – East Coast Greenway Alliance – the corridor town governments – Maine Turnpike Authority – and countless volunteers and ETA members.

Disclaimer

Neither the authors nor the Eastern Trail Alliance (ETA) nor anyone distributing this document assumes any responsibility for its accuracy nor for any consequences from its use. This is a best-effort guide representing views of the Eastern Trail Alliance, www.EasternTrail.org.

Bicycling and other outdoor activities have inherent risks. Each person must assume complete responsibility for his or her own safety. This guide is provided for trail evaluation and for guidance for experienced adults.

The volunteer-based ETA takes sole responsibility for the content.

Design Team

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RELAX. ENJOY.



THANK YOU FOR ENJOYING THE EASTERN TRAIL.

Published with support from:



\$10.00

WWW.EASTERNTRAIL.ORG