



Take a break & take a walk.

It can relieve your stress, clear your head, get the blood flowing, loosen up those muscles!

MID COAST SENIOR HEALTH CENTER & Baribeau Drive Campus Par Course Connecting to Crystal Spring Farm Trails

Heading Out...

- Start at the trail head behind the CHANS entrance (*bottom far right trail head next to Mid Coast Senior Health Center as shown on map below*)
- Continue straight until trail ends, then take a left over the narrow foot bridge
- At next fork, shortly after the footbridge, bear right onto Main Loop Trail - follow blue markers on trees (the entire Main Loop Trail has blue markers)
- At intersection of Arrowhead Trail and Main Loop Trail, continue straight on Main Loop Trail
- Trail will eventually loop around and turn back the way you came. Take a right onto Pleasant Hill Trail - follow yellow markers on trees
- Follow edge of field and cross the street (Pleasant Hill Rd.) onto the Crystal Spring Farm Trails

Coming Back...

- Follow the edge of the field back onto Pleasant Hill Trail
- Take a right onto Maine Loop Trail - follow blue markers
- Bear right (on Main Loop Trail) where it forks with Wetland Trail
- At next intersection bear right on Main Loop Trail
- Pass Dog Leg Trail then bear left to continue on Main Loop Trail (*or take Dog Leg Trail as a shortcut*)
- At next intersection bear right onto the Garden Trail – follow yellow markers
- Where the Garden Trail empties onto the field, bear left onto unmarked trail that empties back onto trail to CHANS trail head



Walking Paths

