



The trail loop starts and ends at the top of the upper employee parking lot.

The trail may also be accessed from the end of Cranberry Lane or from across the street from 81 Medical Center Drive.

The 0.94 mile trail is blazed with blue markers.

Lisa Burrows, RN, has always enjoyed getting out for fresh air and walking among the 120-acre parcel of land that is owned by Mid Coast. Because of her passion for health and wellness, she recently worked with Facilities Management and other dedicated hospital employees to develop hiking trails in the acreage across the road from the hospital.

With a few volunteers to help clear and mark the trail, she has completed a new trail for employees and their families to enjoy hiking and snowshoeing on the hospital campus.

Thank you Lisa for your vision and dedication. We look forward to seeing you out on the trail!

www.midcoasthealth.com/employee-wellness