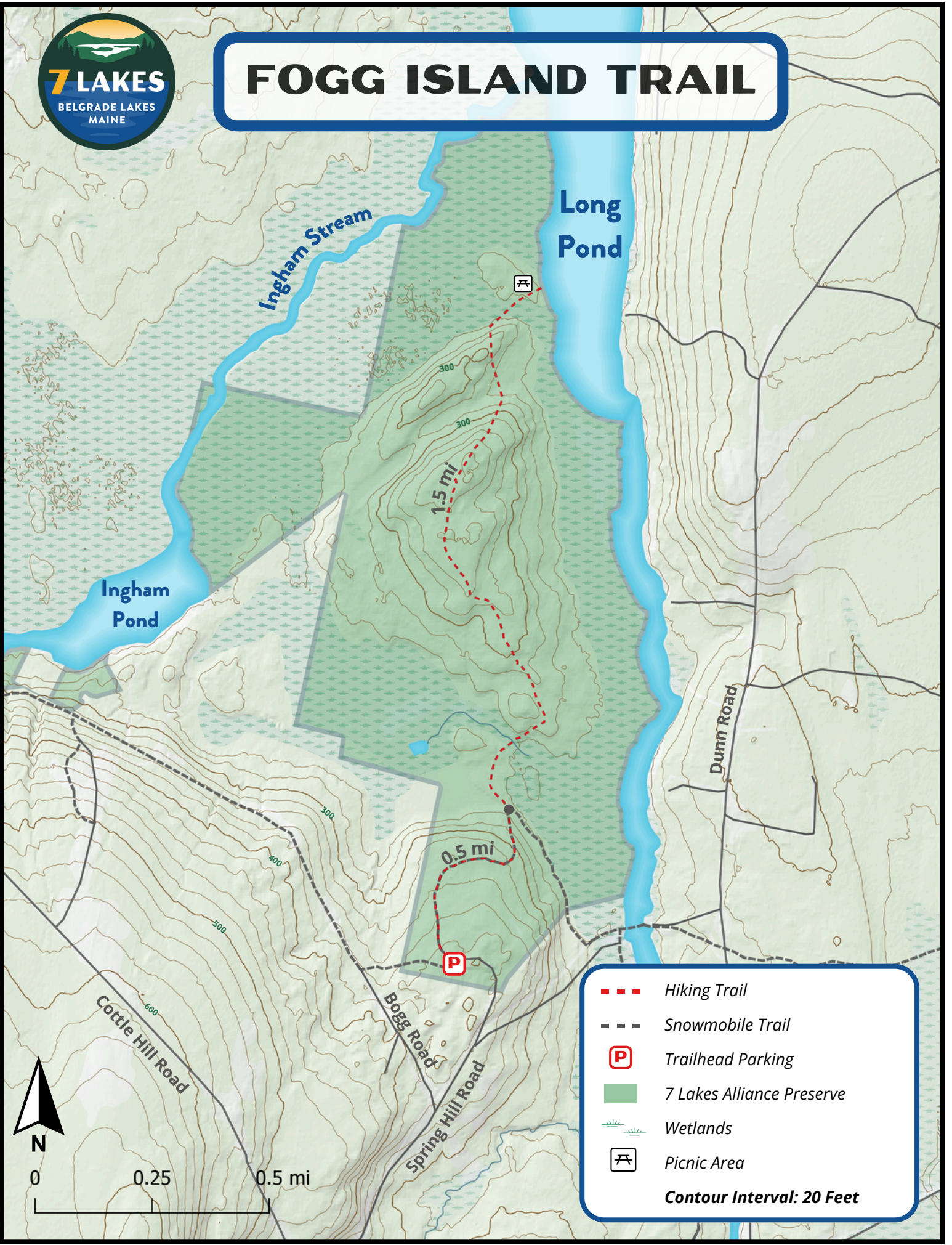




FOGG ISLAND TRAIL



- Hiking Trail
- Snowmobile Trail
- Trailhead Parking
- 7 Lakes Alliance Preserve
- Wetlands
- Picnic Area

Contour Interval: 20 Feet

FOGG ISLAND TRAIL

Driving Directions: From Cottle Hill Road in Mt. Vernon, turn onto Spring Hill Road. You will pass the “Fogg Island Preserve” sign on your left. Take the next left, then follow signs for Fogg Island Trail. Be aware that you will pass a private residence on the way, and be sure not to pull into their driveway, but continue left following the signs to Fogg Island. At the end of the road, you will find a gravel parking area. The trail is located behind the metal gate. Be sure to call (207) 495-6039 if you are lost.

Trail Description: 2 miles one-way (150 ft. elevation gain)
This lightly used trail traverses quiet forests and wetlands until reaching a secluded picnic area on the shore of Long Pond. From the parking area off Spring Hill Road, proceed north following an old road for approximately 1.5 miles, until the trail turns and heads into the woods. Continue through the woods and cross an extensive boardwalk before reaching a picnic area on Long Pond. This trail can also be accessed by a dock at the end of the trail, which is put in in late spring and removed in late fall.