



FREE GUIDED HIKES

Presented by L.L.Bean

Discover some of Maine's most beautiful trails, led by some of Maine's most knowledgeable guides. From casual weekend walks and serious summits to virtual hikes and a kids' trail challenge (with prizes!), we've assembled a schedule of adventures for every age and fitness level to enjoy.

SATURDAYS, JULY 3-SEPT. 25

Guided Hiking Series in the High Peaks of Maine
Saddleback Mountain Guides, Rangeley

Nestled in the northwestern mountains of Maine, Saddleback Mountain is introducing a weekly hiking series for enthusiasts of all abilities to explore the natural splendors of the region. Saddleback Mountain Guides will lead these treks while sharing their local take on the area's diverse wildlife and topography.

- July 3 - Piazza Rock
- July 10 - Bald Mountain
- July 17 - Perham Stream Birding Trail
- July 24 - Cascade Stream Gorge
- July 31 - Cranberry Peak
- August 7 - Long Pond and Sabbathday Pond Hike
- August 14 - Mt. Abraham
- August 21 - Aziscohos Trail
- August 28 - Mountain Pond Trail
- September 4 - Berry Picker Trail
- September 11 - Diamond Peaks Trail
- September 18 - South Bog Trail
- September 25 - Saddleback and The Horn

Registration required - please email adventures@saddlebackmaine.com to inquire about the hike you would like to attend. Meeting locations will be at the designated trailheads. Directions will be provided as road conditions and parking availability will vary.

SUNDAYS, JULY 11-AUG 29, STARTING AT 10 A.M.

Guided Beginner-to-Intermediate New Hampshire Hikes
with Appalachian Mountain Club (AMC)

Join an AMC hike leader on a guided hike in Crawford Notch - the heart of the White Mountain National Forest. Two different hikes, Mount Willard (moderate) and Ammonoosuc Lake and Red Bench (easy) will be offered throughout the summer, alternating each Sunday. All hikes will start at the AMC Highland Center in Crawford Notch.

Mount Willard - Moderate
July 11 & 25, August 8 & 22

This trail follows an old carriage road making for a very moderate grade, with one shallow stream crossing, and stunning panoramic views of Crawford Notch from the summit. The hike is 3.2 miles roundtrip, with a 900-foot elevation gain. On average, this out-and-back hike takes three hours to complete.

Registration required - visit activities.outdoors.org and search "Summer Across Maine" for details.

SUNDAYS, JULY 11-AUG. 29, 10 A.M.-NOON

Guided Local Beginner Hikes
with Appalachian Mountain Club (AMC)

Join AMC's experienced guides on a casual, family-friendly hike featuring a different local favorite trail every Sunday.

- July 11 - Mill Brook Preserve, Westbrook
- July 18 - Beavers Build Wildlife Habitat at Libby Hill Forest Trails, Gray
- July 25 - Crazy Beaver Lodge Wander Along the Presumpscot River, North Windham
- August 1 - Fore River Sanctuary Hike, Portland
- August 8 - Little River Community Trail, Belfast
- August 15 - Bald Rock Mountain, Lincolnville
- August 22 - Roundtop Mountain, Rome
- August 22 - Little River Community Trail, Belfast
- August 29 - Blackstrap Hill Preserve - Cumberland

Registration required - visit activities.outdoors.org and search "Summer Across Maine" for details.

Ammonoosuc Lake and Red Bench - Easy
July 18, August 1, 15 & 29

This late-morning loop hike will take you along the Around the Lake Trail to Red Bench, circling Ammonoosuc Lake, with a detour to a scenic outlook. Here, you'll enjoy stunning views of the southern Presidential Range. This hike is just under two miles, with short hills mixed with relatively flat walking.

WEDNESDAYS, JULY 1-OCT. 31

The Kids' Movement Project Trail Challenge

Each Wednesday morning, the Kids' Movement Project will post information on their [Instagram](https://www.instagram.com/kidsmovementproject) and [Facebook](https://www.facebook.com/kidsmovementproject) pages about a new trail to explore in Greater Portland. Simply complete five of these trails and earn a \$25 L.L.Bean gift card!

Visit www.kidsmovementproject.com for more information.

JULY 1-OCT. 15

"Hidden Hikes of Maine" Virtual Hiking Series
in Partnership with Back 40 Events

We've compiled a list of lesser-known hikes that are some of the most beautiful Maine has to offer. All entrants will receive a buff. Complete five of the recommended hikes and submit a summit photo to receive an L.L.Bean water bottle and a medal. Complete 10 of the recommended hikes to receive an L.L.Bean Airlight Hoodie and a medal.

Registration required - visit runsignup.com/hiddenhikes for more details and to reserve your spot.