

THORNE HEAD

Overlook Trail

Location: Bath, Sagadahoc County

Description of Hike: From the parking lot, the Overlook Trail passes through the forest, a freshwater marsh, across stone walls and near a pond. The trail ends at a scenic overlook above dramatic 100-foot cliffs with views in three directions. For a longer hike, Narrows Trail from the Overlook Trail which leads to the Kennebec Rivers on the eastern shore of the property.

Directions: Thorne Head is 2 miles north of Bath's commercial center. Head north on High Street from downtown. A small parking lot with a kiosk is located at the end.

Total Distance: 1 mile

Hiking Time: Not available

Maps: Maine DeLorme Atlas and Gazetteer Map 6, B-5

Local Attractions:

- Popham Beach
- Seawall Beach

Sources:

- Land for Maine's Future Program. Maine State Planning Office.
http://media.informe.org/lmf/projects/project_detail.php?project=1575
- Lower Kennebec Regional Land Trust.
<http://www.lkrlt.org/ThorneHeadPreserve.php>

LMF Background: With contributions from LMF, the Lower Kennebec Regional Land Trust purchased Thorne Head in 1998 and created a preserve protecting the habitat and wildlife of the Lower Kennebec River Estuary. The 96 acre preserve has six natural features – a fresh water marsh, mixed woods, vernal pools, tidal wetlands, riparian areas and the estuary – that provide critical habitats for more than 100 plant species, birds, deer, fox, raccoon and mink. Thorne Head has a half mile of shore front on the Kennebec River in Merrymeeting Bay.



Photo by Land for Maine's Future and partners

