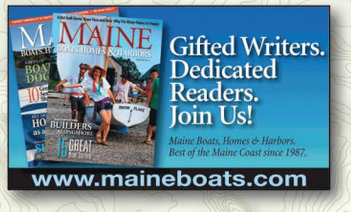

TRAILRUNNERS OF MIDCOAST MAINE
A community of fun-loving girls and boys who run amok in the woods and mountains of midcoast Maine.
CHECK OUT OUR LYNX:
FACEBOOK: FACEBOOK.COM/TRAILRUNNERSOFMIDCOASTMAINE
FACEBOOK GROUP PAGE: FACEBOOK.COM/GROUPS/1962415471 06893
INSTAGRAM: TRAILRUNNERSOFMIDCOASTMAINE

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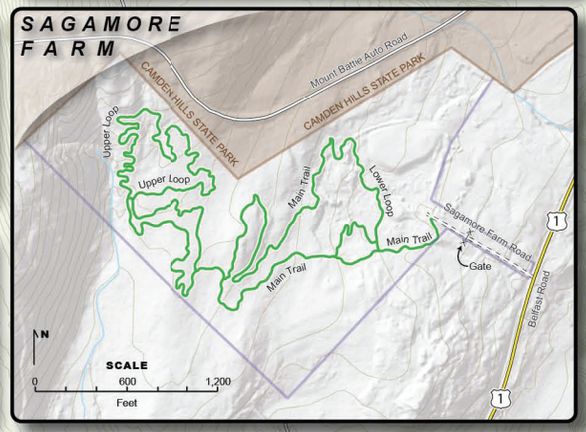

Trail Rules & Safety Information

- Wear a helmet.
- Carry in, carry out. Leave no trace. Respect wildlife.
- Ride only open trails; observe, respect and obey all signage.
- Stop at all road crossings, slow down at intersections.
- Ensure water crossings are safe.
- Stay in control at all times. Pass with care.
- Share the trail. Yield to pedestrians and other trail users.
- Riding a loop may require riding the shoulder of a public road. Sight lines on roads are limited; please watch for traffic.
- Many of our trails are remote. Plan ahead, ensure equipment is working properly and you have spare parts and basic tools.
- Don't count on cell phones. Please let someone know where you are going and when you plan to be back. Ride in groups if possible.
- Always ride with food and plenty of water.

Emergency Information

- In the event of a medical emergency, first attempt to use a cell phone to call 911
- If riding in a group of three or more, have at least one person stay with the injured person.
- Mark the location of the injured person on a map, and if possible use a GPS to get a coordinate.
- DO NOT attempt to move the injured person if a head, neck or back injury is suspected
- Attempt to keep the injured person warm and dry.
- Assist the injured person to the nearest road if the injury is not to the head, neck or back.

Thank You Landowners

- Without the permission of public and private landowners, our trail system would not be possible. We Thank You!
- Please respect landowners. Ride only on marked trails.
- This trail system is a work in progress. In time we plan to expand the network throughout the area.

Please note:

- The use of this map bears full responsibility and assumes all risk for this or her safety. Midcoast Region NEMBA, the Town of Camden, the Coastal Mountains Land Trust, and affiliates will not accept responsibility for personal injury and/or property damage while using this map.

There is no parking at the Rollins Road Trailhead. If you are driving to the trail please park at the Snow Bowl Trailhead.

These trails are closed during hunting season. Please respect the wishes of the landowners and do not use these trails during the month of November.

Thank You Landowners & Partners

NEW ENGLAND MOUNTAIN BIKE ASSOCIATION NEMBA

CAMDEN SNOW BOWL

COASTAL MOUNTAINS LAND TRUST

Scale: 1" = 200 Feet
200 0 200 300 600
Feet
60 0 60 120 180
Meters

Mountain Bike Trail Map
Camden / Rockport, Maine

MIDCOAST NEMBA 2017-18
www.McNEMBA.com

Photo Courtesy of Michael O'Neil

map project made possible by the Bangor Savings Bank FOUNDATION

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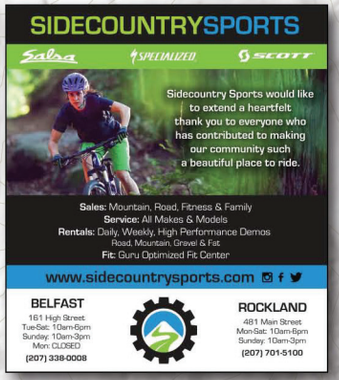
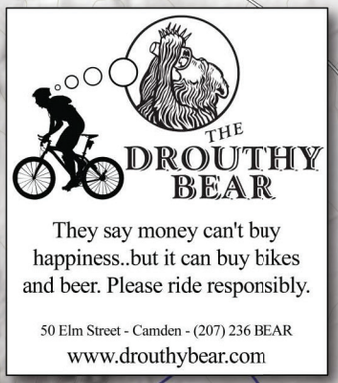
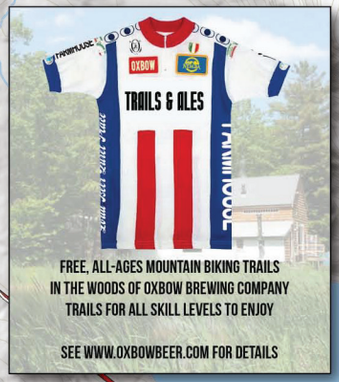
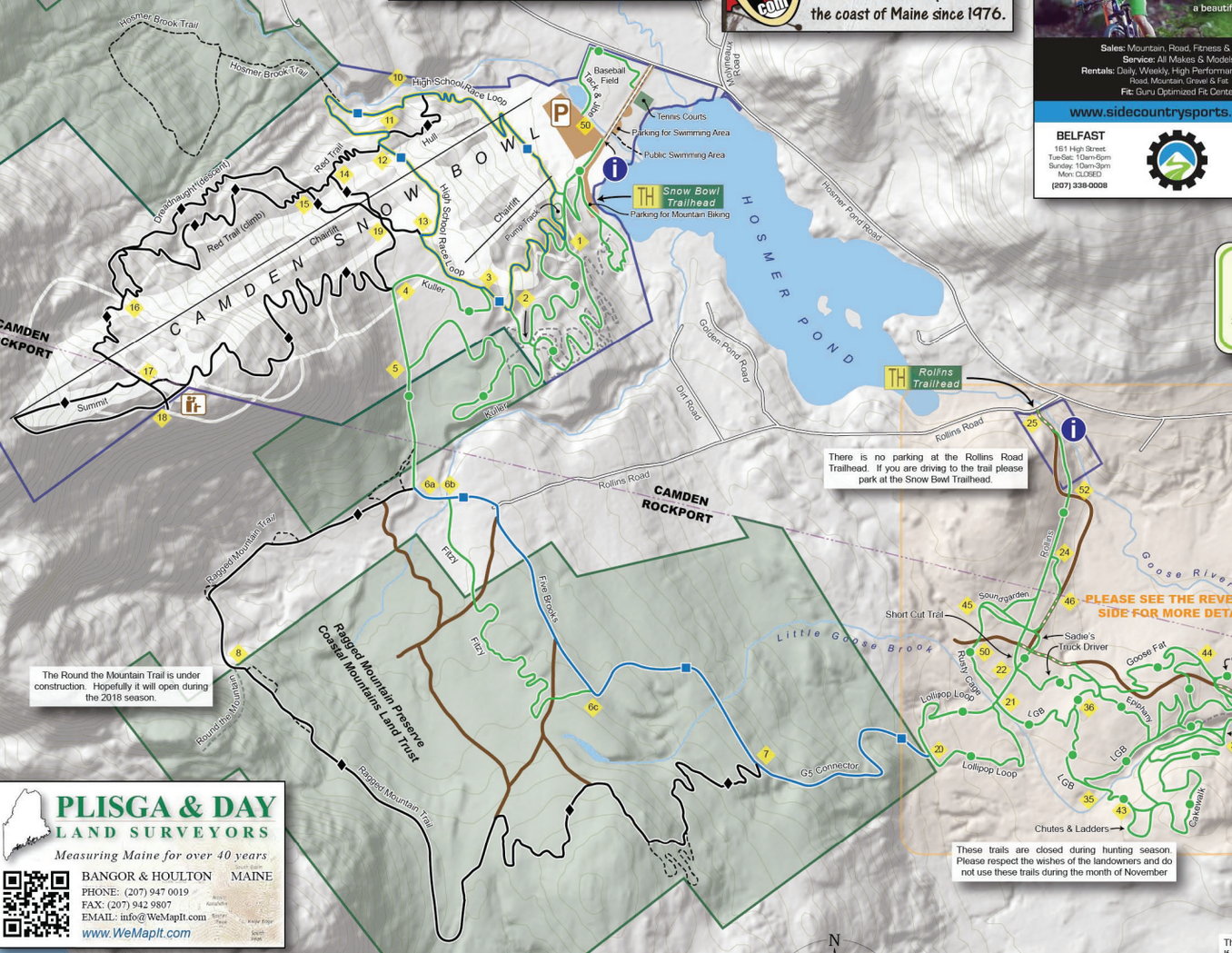




BayChiropractic
Blaine W. Curtis, DC
CENTER





Scale: 1" = 600 Feet
600 0 600 1,200 1,800
Feet
200 0 200 400 600
Meters

TRAIL NAMES

Easiest
Apple Tree
Axl
Baseline
Black Dog
Cakewalk
Change Up
Chutes & Ladders
Crazy 8
Drop Kick
Epiphany
Goose Fat
Goose River
IPA
Kuller
LGB
Lollipop Loop
River Run
Rollins
Rusty Cage
Rusty Wheels
Sadie's
Short Cut
Smizzier
Soundgarden
Tim's Berm
Tim Pan Alley
Truck Driver

More Difficult
Five Brooks
G5 Connector

Most Difficult
Dreadnaught (descent)
Lower Traverse
Mid Station
Ragged Mountain Trail
Red Trail
Summit

LEGEND

TRAILS
- Easiest Single Track
- More Difficult Single Track
- Most Difficult Single Track
- Single Track Variation
- Future Single Track
- Hiking Only
- ATV Trail
- ATV & Mtn Bike Trail

OWNERSHIP
- Coastal Mountains Land Trust
- Town of Camden

ROADS
- State Highway
- Paved Road
- Gravel Road
- 20' Contour Interval (2' Contour Interval on reverse side)

SYMBOLS
- Scenic View Point
- Trailhead Parking
- Picnic Area
- Information Kiosk
- Trail Intersection Marker
- Landmark
- Bridge

Contour, water, town line, and road data obtained from the Maine Office of GIS.
Projection/Datum: UTM, NAD83 Zone 19
Date: June 26, 2017
Map created by Plisga & Day Land Surveyors

PLISGA & DAY
LAND SURVEYORS
www.WeMapIt.com