



Protecting land for the community, *forever*.

# Journey to Health

---



Pen Bay Medical Center | Waldo County General Hospital

## HAPPY WANDERERS, 2022 SCHEDULE:

All walks begin at 10:00 a.m. on the first Thursday of each month.

Pre-registration is required at [journeytohealth.coursetorm.com](http://journeytohealth.coursetorm.com)

Thursday, January 6: Fernald's Neck Preserve, Lincolnville - 1.8 miles, moderate

Thursday, February 3: Ragged Mountain Preserve, Thorndike Brook Trailhead - Hope, level footing with moderate terrain

Thursday, March 3: Beech Hill Preserve, Camden - 2.2 miles, easy, Trailhead: 316 Beech Hill Road

Thursday, April 7: Head of Tide Preserve, Belfast - 1 mile (can be made longer), easy

Thursday, May 5: Meadow Brook Preserve, Swanville, Hauk-Fry Trail - 2 miles, easy

Thursday, June 2: Ducktrap Preserve, Lincolnville - 5.6 miles (can be made shorter), moderate

Thursday, July 7: McLellan-Poor Preserve, Belfast - 2.6 miles (1.3 miles with a car drop), moderate

Thursday, Aug. 4: Hatchet Mountain Preserve, Hope - 1.2 miles, difficult

Thursday, September 1: Bald Mountain Preserve, Camden - 2.6 miles, difficult

Thursday, Oct. 6: Long Cove Headwaters Preserve, Searsport - 2.3 miles, easy

Thursday, November 3: MCHT Erikson Fields Preserve to CMLT Beech Hill Preserve, Rockport - 5 miles, moderate (wear orange)

Thursday, December 1: Stover Preserve, Belfast - .9 miles, easy

For more info email: [info@coastalmountains.org](mailto:info@coastalmountains.org)