

2025

MAINE ISLAND TRAIL GUIDE



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MAINE ISLAND TRAIL GUIDE

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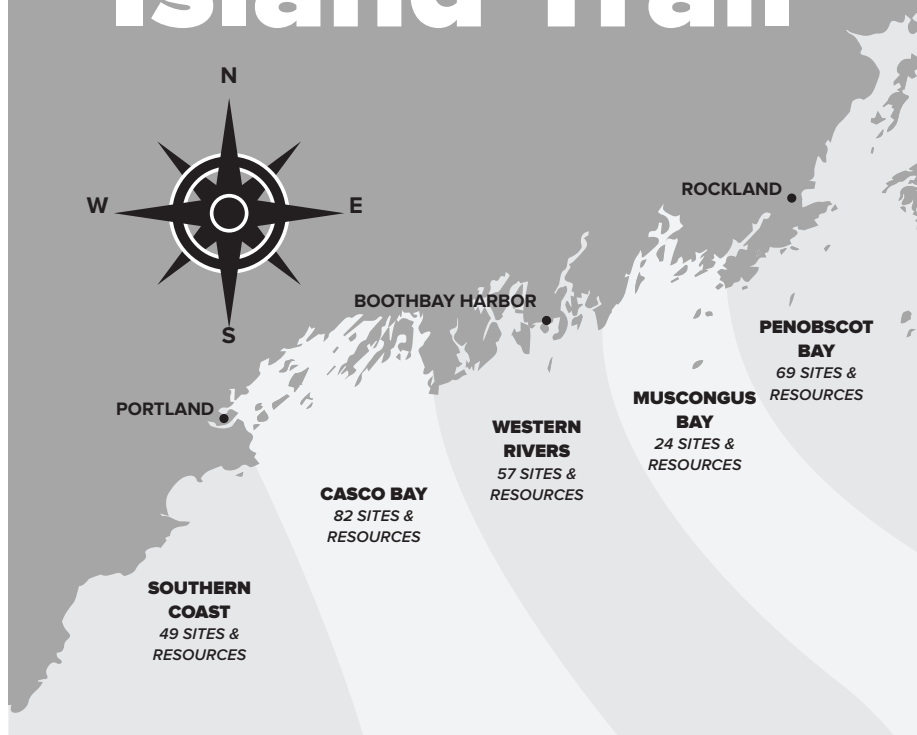
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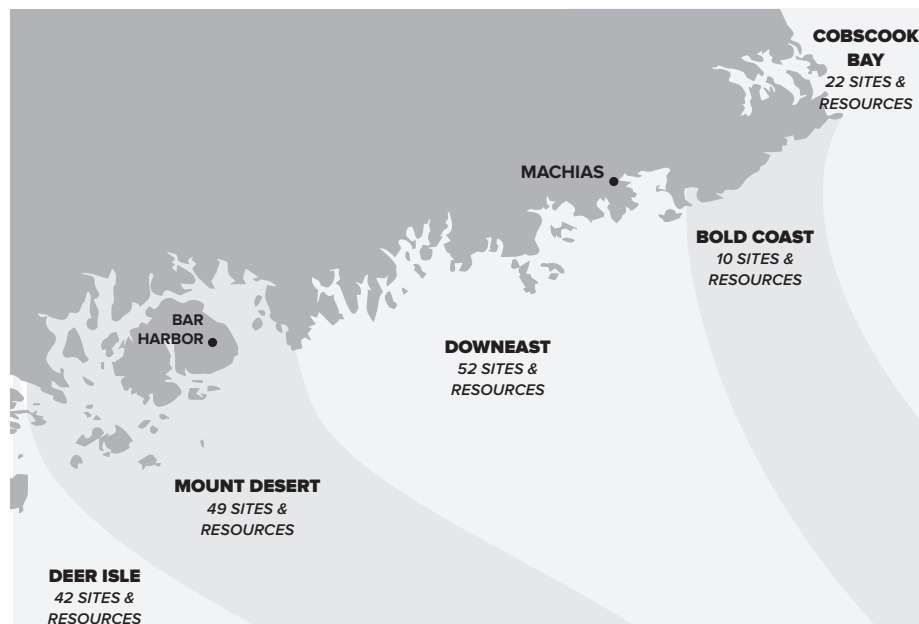
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**A water trail created, protected,
and enjoyed by people who
love the coast of Maine.**



Join MITA or renew your membership at mita.org/join

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Welcome to the Maine Island Trail

THE MAINE ISLAND TRAIL is a 375-mile coastal water trail that extends from Portsmouth Harbor to Cobscook Bay. The Trail winds along the coast through protected estuaries and bays, around magnificent and exposed capes, and among islands large and small. It comprises over 220 island and mainland sites available for day visits or overnight camping.

Maine's complex and varied shoreline was once part of a landmass located many miles inland. When glaciers receded 11,000 years ago and sea levels rose, chains of mountains became strings of islands; former valleys became bays and estuaries. There are now more than 3,000 islands off the Maine coast and thousands of intertidal ledges. Roughly one quarter of these islands have some vegetation. Humans inhabit around 170 Maine islands, many of them only seasonally. Most of the islands on the Maine Island Trail are wild and undeveloped, without facilities of any kind. Landing conditions vary with the tide, from sand and gravel beaches to rough, algae-covered rocks.

Please remember that all sections of the Maine Island Trail can be potentially hazardous, even in fairly good conditions. Read the cautionary notes contained within carefully and follow their guidance. We urge you to keep your safety and the safety of others in mind at all times.

Cover photo by MITA staff

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MITA is not responsible for any injury or other loss that may result directly or indirectly due to the use of this guide or the Maine Island Trail.

MITA.org | 100 Kensington Street, 2nd Floor, Portland, ME 04103 | 207-761-8225

The Maine Island Trail Association

The mission of the Maine Island Trail Association (MITA) is to advance a model of thoughtful use and volunteer stewardship of Maine's wild islands, creating an inspiring recreational water trail that is cared for by the people who use it.

For nearly 40 years, MITA has promoted responsible access for island adventurers and recreational boaters in Maine. MITA owns no properties on the Trail. Instead, the Trail is built on partnerships and handshake agreements with property owners. The success of the Trail rests on balancing recreational use with volunteer stewardship and visitor education. Every year, hundreds of volunteers contribute thousands of hours of work to help maintain the sites on the Trail. People who travel the Trail also pitch in, and pledge to leave no negative trace of their visits. This unique tradition of user stewardship and landowner trust has been remarkably effective at keeping Trail sites clean and open for use. As you explore the Maine Island Trail, please remember that access to these special places is a privilege, and treat them with the utmost care and respect.

MITA is committed to diversity, equity, and inclusion in all that it does. If you experience harassment on the Trail, please report it to MITA and to law enforcement as appropriate.



Using the Maine Island Trail Guide

This guide is your personal reference to the Maine Island Trail. The information it contains is effective for the publication year only. The Trail is always changing, with sites added and removed annually. Using an out-of-date guide may put island wildlife or MITA's agreements with property owners at risk. For the most up-to-date information on the Trail, please refer to the MITA App (mita.org/app).

By learning and respecting the usage guidelines set by the landowners, you can help ensure continued access to the sites on the Trail.

This guide divides the coast into 10 geographic regions ranging from the Southern Coast to Cobscook Bay. The regions are further subdivided into Trail sections (25 in total) with maps showing the general locations of the Trail sites and resources in that section. Use the maps to locate the Trail sites and the surrounding boat launches, marina services, points of interest, and danger areas nearby. Following each section map are pages with detailed site descriptions outlining usage guidelines and other notable characteristics of specific Trail sites. The chartlets on these pages are for identification purposes only. Please refer to full NOAA nautical charts or dedicated navigational apps for navigating.

Honoring the Landowners

The Maine Island Trail traverses the homeland of the people of the Wabanaki Confederacy. We respectfully acknowledge these People of the Dawn—past, present, and future—and their sacred connection to these lands and waters.

MITA is also grateful to the present-day property owners, including hundreds of private, nonprofit, federal, state, and municipal landowners that have chosen to include their properties on the Trail. Most owners ask only one thing in return: that visitors adhere to low-impact principles and site-specific guidelines and restrictions. Please help MITA uphold our commitments to landowners and ensure the longevity of the Trail by respecting the guidelines and practicing responsible, low-impact recreation when you visit.

Below are the institutions that own, manage, or hold easements on Trail sites.

Nonprofits/Corporations

- | | |
|--|---|
| American Lighthouse Foundation | National Audubon Society |
| Appalachian Mountain Club | North Haven Conservation Partners |
| Blue Hill Heritage Trust | Oceanside Conservation Trust |
| Boothbay Region Land Trust | Portland Trails |
| Bowdoin College | Rippleffect |
| Chebeague & Cumberland Land Trust | Royal River Conservation Trust |
| Chewonki Foundation | Wells Reserve |
| Coastal Mountains Land Trust | Wood Island Life Saving Station Association |
| Coastal Rivers Conservation Trust | |
| Cobscook Shores | |
| Downeast Coastal Conservancy | |
| Freeport Conservation Trust | |
| Frenchman Bay Conservancy | |
| Friends of Seguin Island Light Station | |
| Georges River Land Trust | |
| Great Pond Mountain Conservation Trust | |
| Harpswell Heritage Land Trust | |
| Hurricane Island Center for Science and Leadership | |
| Hurricane Island Outward Bound School | |
| Island Heritage Trust | |
| Kennebec Estuary Land Trust | |
| Kennebunkport Conservation Trust | |
| Maine Audubon | |
| Maine Coast Heritage Trust | |
| Maine Sport Outfitters | |
| Midcoast Conservancy | |

Federal Government

- Acadia National Park
- Maine Coastal Islands National Wildlife Refuge
- Rachel Carson National Wildlife Refuge

State Government

- Maine Bureau of Parks & Lands
- Maine Dept. of Inland Fisheries & Wildlife
- Maine Dept. of Marine Resources

Municipalities

- | | |
|-------------|---------------|
| Camden | Surry |
| Kittery | Swan's Island |
| Lubec | Tremont |
| North Haven | Vinalhaven |
| Portland | |

A Commitment to Stewardship

We encourage you to be a thoughtful steward of Maine's islands by acting as a respectful visitor, adhering to island usage guidelines, and following Leave No Trace practices. MITA believes that we all need access to remote places for renewal and inspiration, and that we all share an ethical responsibility to protect and care for these lands. In addition to practicing responsible recreation, please consider supporting MITA's stewardship work through one or more of the activities below. To learn more about opportunities to come out and volunteer with MITA, visit mita.org/volunteerinfo or email stewards@mita.org.

Join an Island Cleanup or Group Work Day

MITA coordinates island cleanups and group work days each year. These events are open to anyone and offer a chance to experience new islands and enjoy good company while helping us provide vital stewardship services.

Volunteer as an Island Adopter

Through our Adopt an Island Program, volunteers can sign up to serve as a steward for one or more Trail Islands. Adopters make occasional visits to their island using their own boat to clean shorelines and campsites, dismantle unauthorized fire rings, record information about island conditions, and raise awareness about low-impact practices.

Become a Monitor Skipper

Volunteer monitor skippers are experienced small boaters who utilize MITA workboats to check on Trail islands throughout the boating season. Skippers walk the shorelines and trails, inspect and clean campsites, interact with visitors, and record information about recreational use activity on the islands.



AARON STAPLES

Harbor



Town: Isle au Haut

Approximate Acreage: 7

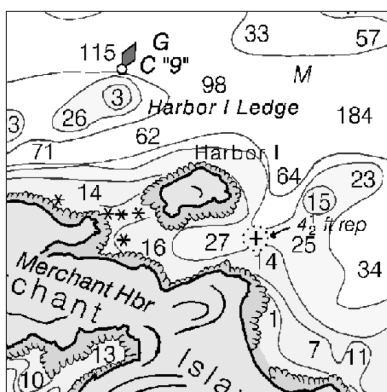
Owner: Bureau of Parks & Lands

Camping Guidelines: The island has three campsites available: Camping capacity: SW meadow and NE woods sites, 10 people each; SE point, 2 people.

Fire Guidelines: Fires allowed only with state permit, call 207-827-1800 for permit information.

Pet Guidelines: Pets allowed under strict owner control; leash pets or leave them at home to protect visitors and wildlife. Pack out all solid pet waste.

Anchorage: To the southeast of Harbor, north of Merchant Island. The anchorage is well protected from southwest winds but can have some roll in bad weather.

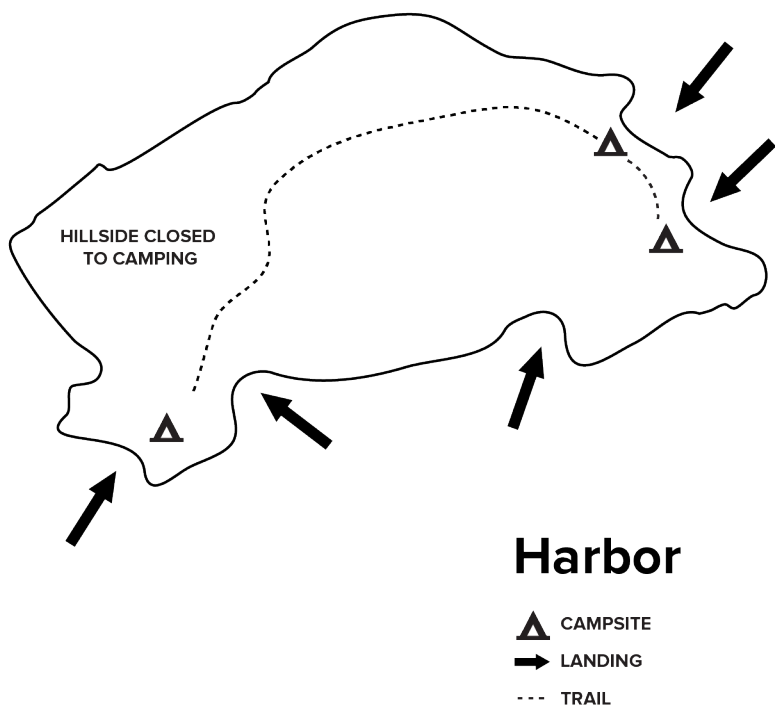


44° 06.647' N 68° 38.749' W

Harbor is a large and ecologically diverse island with grassy meadows, spruce groves, and several pocket beaches. Cruising boats and the occasional schooner anchor to the south of the island and use the south meadow, beaches, and rocks for picnics. A heavily traveled area in the high season, campers should expect to share this area with day users.

There are three primary camping spots on Harbor, each with its own shore access points. Please camp only in the designated campsites at the southwest meadow, the northeast woods, and the southeast point. Please refrain from camping on the hillside facing the south meadow or on the western point. There is a path that connects the campsites and allows for interior exploration.

There is no record of people ever living on Harbor Island, however it was used by residents of nearby Merchant Island for grazing sheep.



Pond Cove



Town: Roque Bluffs

Approximate Acreage: 50

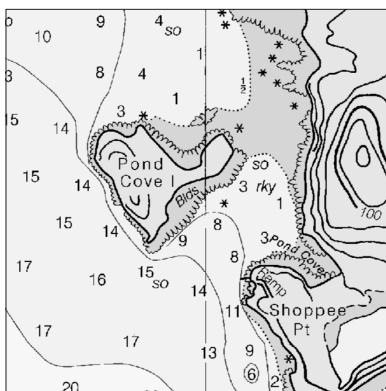
Owner: Bureau of Parks & Lands

Camping Guidelines: Camping capacity 12 people.

Fire Guidelines: Fires allowed only with state permit, call 207-827-1800 for permit information.

Pet Guidelines: Pets allowed on leash only. Pack out all solid pet waste.

Anchorage: Between Pond Cove Island and the public launch at Shoppee Point.



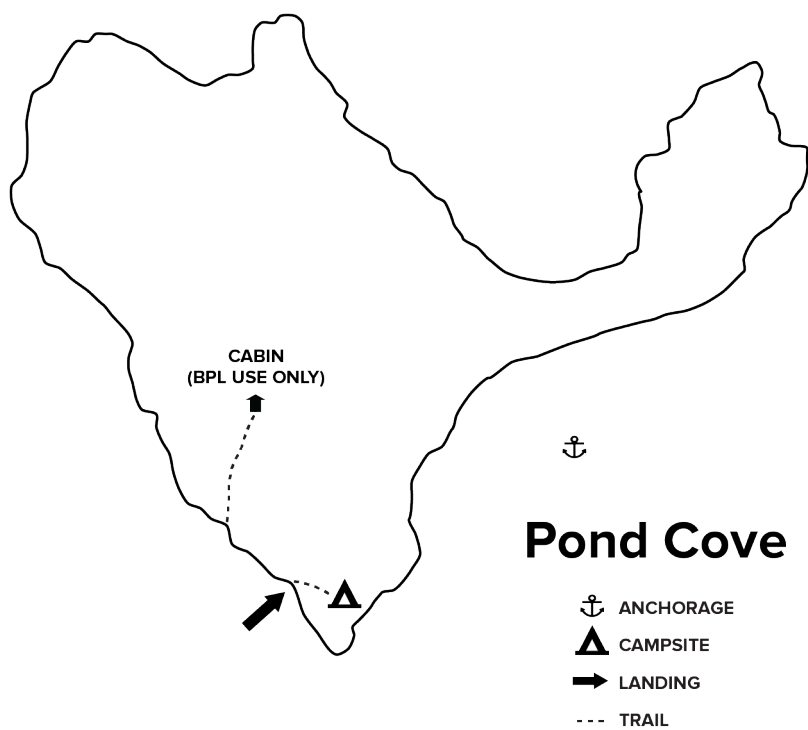
44° 37.066' N 67° 30.260' W

Less than a third of a mile separates Pond Cove Island from a nearby public boat launch at Shoppee Point. Its proximity to shore, its location within the sheltered upper reaches of Englishman Bay, and its rim of beaches suitable for landing small boats combine to make Pond Cove a reasonably safe and accessible downeast camping destination compared to further-flung islands in the region.

Pond Cove Island was integrated into Roque Bluffs State Park in 2021 when it was acquired by the Bureau of Parks and Lands with help from Maine Coast Heritage Trust. The island enhances the existing recreational activities at the park—including picnicking, swimming, beachcombing, fishing, and hiking—and adds an option for wilderness camping. Protecting the island had been a priority for the Bureau for many years for its recreational potential as well as its intertidal wetlands, which provide habitat for tidal waterfowl and wading birds.

A primitive campsite was established near the southern point in 2022. Nestled beneath a canopy of birches, the site is airy and spacious enough for groups. The campsite is best accessed via a short path from the gravel beach on the west shore located about 250 feet from the southern point. Following the shoreline northwest for another 400 feet will lead to steps and a cabin constructed by the prior owners for summertime use. The cabin and surrounding infrastructure are not open for public use. Please be respectful and steer clear.

Forestry operations have occurred on Pond Cove at various times in the past. Visitors will see evidence of recent logging in places. Despite the forestry disturbance, the cabin infrastructure and the closeness to shore, Pond Cove still maintains much of the charm of its more remote downeast cousins.



Cutler Coast Public Reserved Land



Town: Cutler

Approximate Acreage: 12,234

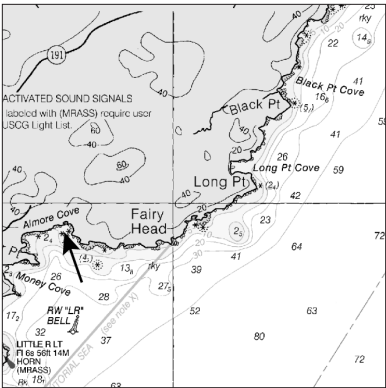
Owner: Bureau of Parks & Lands

Camping Guidelines: A water-access only campsite is located in Almore Cove. Camping capacity 6 people. Additional campsites are available in Long Point Cove and Black Point Cove, but these sites are often occupied by hikers during the summer.

Fire Guidelines: Fires not allowed.

Pet Guidelines: Pets allowed under strict owner control; leash pets or leave them at home to protect visitors and wildlife. Pack out all solid pet waste.

Anchorage: Overnight anchorage is not advised due to exposure. At Long Point Cove and Black Point Cove, it is possible to anchor for day use in calm sea conditions.



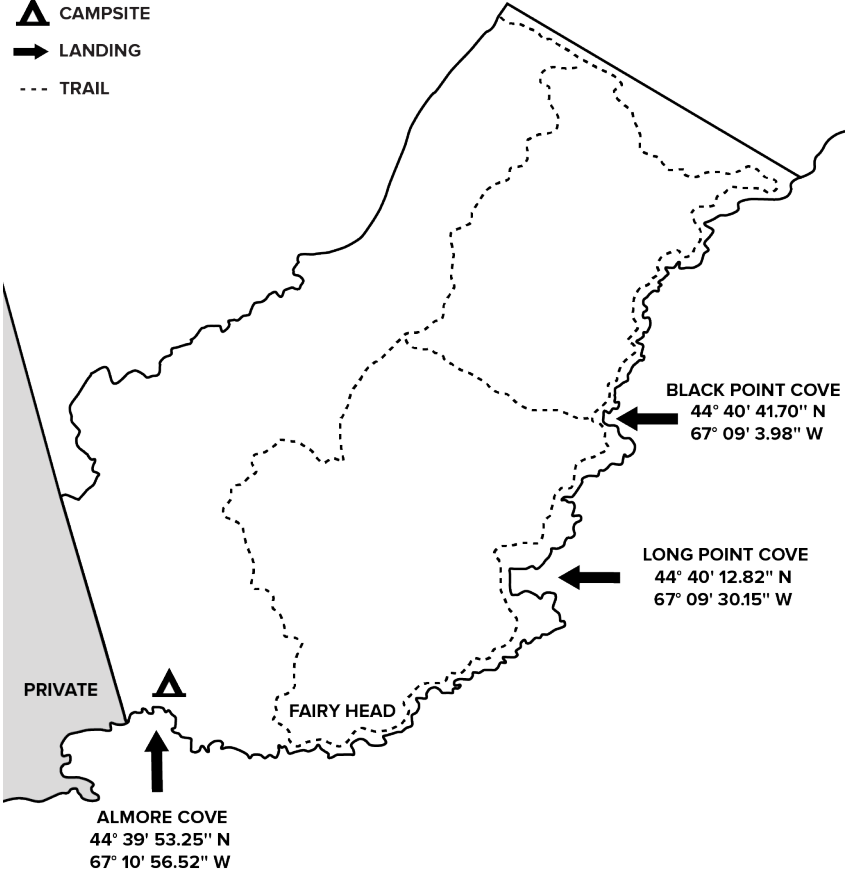
The Cutler Coast Public Reserved Land consists of thousands of acres of woodlands, peatlands, meadows, and blueberry barrens in eastern Washington County. It protects an undisturbed 4.5-mile stretch of shoreline along the Bold Coast from Almore Cove on the west to Holmes Cove on the east.

The coastal portion of this massive property includes a 10-mile network of hiking trails originating at a roadside trailhead on Rt 191. While remote, this trail network is very popular with hikers, many of whom camp overnight at one of the first-come, first-served campsites located at Fairy Head, Long Point Cove, or Black Point Cove. Since these campsites are often full during the summer months, a primitive, water-access only campsite has been established in Almore Cove for those exploring the Bold Coast by boat. No walking trails lead to or from this site. It is fronted by a southwest-facing cobble beach that provides a decent place to land at all tides when conditions allow.

The remainder of the property is open for day use anytime. There are several pocket beaches that may be landable in good conditions, but these are often surrounded by cliffs and provide only a temporary respite. There are deep, east-facing gravel beaches at Long Point Cove and Black Point Cove, which may offer some protection from wind and swell. For more information about the property, visit parksandlands.com.

Cutler Coast Public Reserved Land

-  CAMPSITE
-  LANDING
-  TRAIL



Emergency Numbers

*Please **do not call MITA** in an emergency*

U.S. Coast Guard 24-hour Emergency Response: 207-767-0303 (VHF 16)

U.S. Coast Guard Small Boat Stations

Portsmouth	603-436-4415
South Portland	207-767-0320
Boothbay Harbor	207-633-2661
Rockland	207-596-6667
Southwest Harbor	207-244-4270
Jonesport	207-497-5700
Eastport	207-853-2845

Emergency Services

Maine Warden Service	800-452-4664
Marine Animal Reporting Hotline	800-532-9551
Marine Patrol - Kittery to Belfast	207-633-9595
Marine Patrol - Belfast to Canadian Border	207-664-2392
Poison Control	800-222-1222
Red Tide Hotline	207-624-7727
State Fire Permit (East of the Penobscot River)	207-827-1800
State Fire Permit (West of the Penobscot River)	207-624-3700
State Police	207-624-7076

Hospitals

Maine Medical Center, Portland	207-662-0111
Mid Coast Hospital, Brunswick	207-373-6000
St. Andrew's Hospital, Boothbay Harbor	207-633-2121
Penobscot Bay Medical Center, Rockport	207-301-8000
Waldo County General Hospital, Belfast	207-338-2500
Eastern Maine Medical Center, Bangor	207-973-7000
Northern Light Hospital, Blue Hill	207-374-3400
Northern Light Hospital, Ellsworth	207-664-5311
Mount Desert Island Hospital, Bar Harbor	207-288-5081
Down East Community Hospital, Machias	207-255-3356



**Help us to foster the next
generation of stewards of the
Maine Island Trail**

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