

2023

MAINE ISLAND TRAIL
GUIDE



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MAINE ISLAND TRAIL GUIDE

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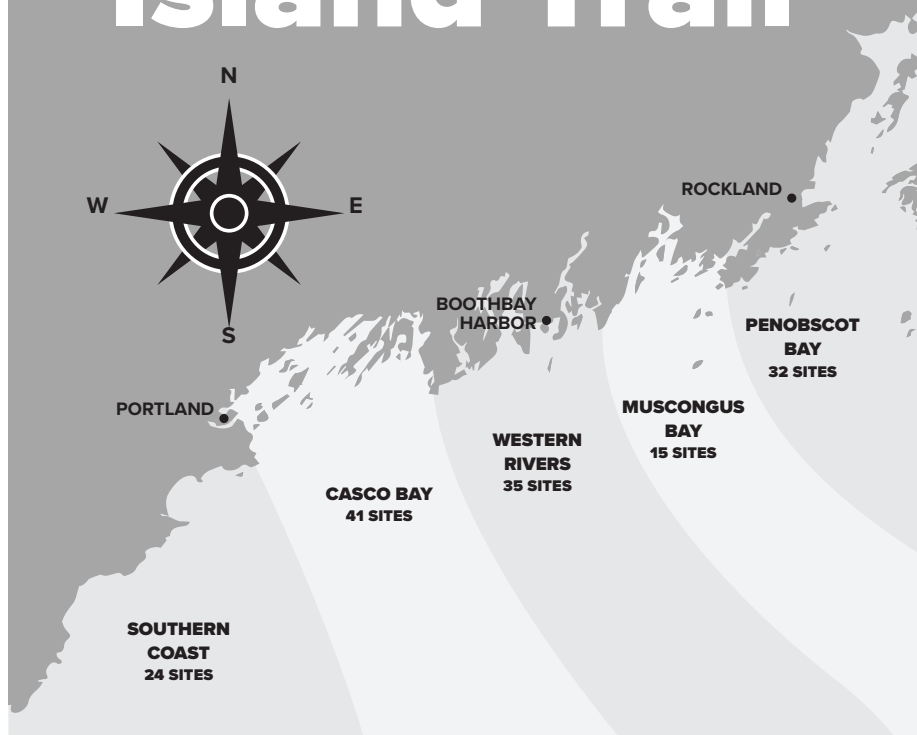
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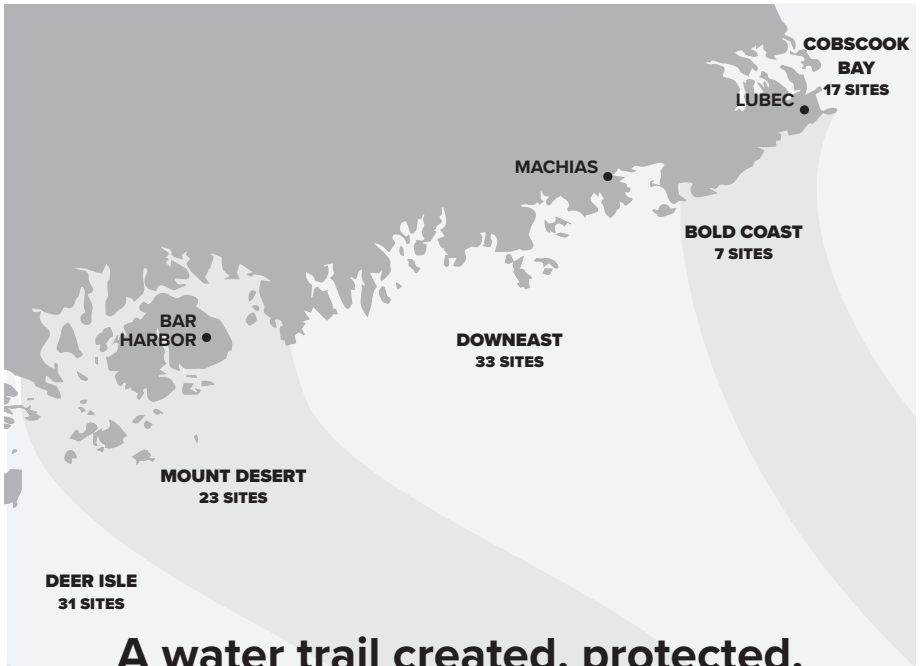
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**A water trail created, protected,
and enjoyed by people who
love the coast of Maine.**



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ASSOCIATION**

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

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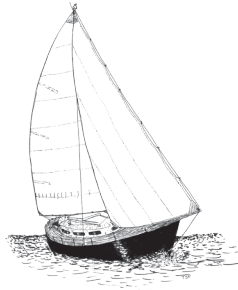
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SAMPLE
REFERENCE INFO
PAGES



CREDIT TREVOR PETERSON

Guide Icon Key

-  Anchorage Nearby
-  Boat Launch
-  Camping Allowed
-  Danger Area
-  Day Use Only
-  Fires Not Allowed
-  Group Camping (8 or more)
-  Hand Carry Launch
-  Hiking Trails
-  Marina Service
-  Pets Not Allowed
-  Privy Available
-  Seabirds Nesting



MAINE ISLAND TRAIL
ASSOCIATION

Welcome to the Maine Island Trail

THE MAINE ISLAND TRAIL is a 375-mile coastal waterway 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 is comprised of over 250 islands 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-fourth 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 sections of the Maine Island Trail can be potentially hazardous in small boats, even in fairly good conditions. Read the cautionary notes in this Guide carefully and heed them. As Joseph Conrad once observed, "I have known the sea too long to believe in its respect for decency." 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 St, 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 35 years, MITA has promoted responsible island access for 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. Boaters who travel the Trail also pitch in, and pledge to practice Leave No Trace during 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.



TREVOR PETERSON

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

This book 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 for navigating.

Honoring the Landowners

The Maine Island Trail traverses the homeland of the Wabanaki People. 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
 Appalachian Mountain Club
 Blue Hill Heritage Trust
 Boothbay Region Land Trust
 Bowdoin College
 Chebeague & Cumberland Land Trust
 Chewonki Foundation
 Coastal Mountains Land Trust
 Coastal Rivers Conservation Trust
 Cobscook Shores
 Downeast Coastal Conservancy
 Freeport Conservation Trust
 Freeport Historical Society
 Frenchman Bay Conservancy
 Friends of Seguin Island
 Georges River Land Trust
 Harpswell Heritage Land Trust
 Hurricane Island Center for Science and Leadership
 Hurricane Island Outward Bound
 Island Heritage Trust
 Kennebec Estuary Land Trust
 Kennebunkport Conservation Trust
 Kennebunk Land Trust
 Maine Audubon
 Maine Coast Heritage Trust
 Maine Sport Outfitters

Midcoast Conservancy
 National Audubon Society
 North Haven Conservation Partners
 Oceanside Conservation Trust
 Portland Trails
 Rippleffect
 Royal River Conservation Trust
 Wells Reserve
 Wood Island Life Saving Station Association

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

Municipalities

Bar Harbor, Bath, Brunswick, Camden, Cape Elizabeth, Harpswell, Kittery, Lamoine, Lubec, Machiasport, North Haven, Portland, St. George, Surry, Swans Island, Tremont

A Commitment to Stewardship

We hope you will 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 these opportunities, visit mita.org/volunteer 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 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.






Sign an Island Logbook or Submit a Report

Record your island visit by signing an island logbook or submitting an electronic report to MITA. By registering your visit you are providing valuable information that aids MITA's management and stewardship efforts. If you performed any stewardship work during your visit, such as cleaning up marine debris, please let us know that as well. Reports can be submitted using the online form at mita.org/report, by emailing stewards@mita.org, or by calling or texting 207-370-8358.




Date: 8/15/22

How many people in your group? 6

How did you get here?  sail  paddle/row  motor _____ other

Who are you with?
 private group of family/friends
 organized group (group name: _____)

Are you spending the night? no yes (1 nights)
 sleeping on island sleeping on boat

Comments & musings:
Feel free to continue on back
 Loved every minute on this pristine island - highlight of our summer! Watched a blazing orange moonrise last night - we are here for but an instant, but what a beautiful instant it is!    from NYC.

Optional:
 Name: Amelia Home town & state: Brooklyn NY
 Email: _____

Sample logbook page

Leave No Trace on Maine's Islands

A Guide to Low-Impact Practices

One of the best ways to practice responsible recreation is to minimize your impact on the places you visit. The low-impact guidelines in this section have been adapted from principles developed by the Leave No Trace Center for Outdoor Ethics, a national nonprofit organization dedicated to building awareness, appreciation and respect for wild lands through a model of outdoor low-impact skills and ethics (visit LNT.org for more information). By following these recommendations and adhering to island-specific guidelines, you can help protect the natural integrity of the islands and preserve a high quality experience for others. Please remember that safety is paramount. Respect the rights of others and protect the natural environment while traveling the Trail, but above all, be safe.

1. Plan Ahead and Prepare

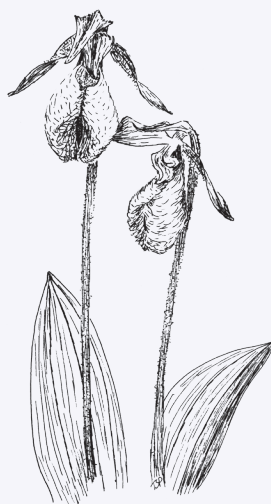
Limiting your impact on islands requires forethought and planning. This first principle is integral to following all other Leave No Trace guidelines.

- Carry relevant guides and navigational charts. On the Maine coast, this includes NOAA nautical charts, your MITA Guide, ecological field guides and other informational sources.
- Keep group size to a minimum. MITA recommends that groups traveling the Trail limit their size to 6 or fewer people. Many Trail islands have recommended camping capacities; remember to check the island's capacity limit before you leave home.
- Select appropriate equipment. Freestanding tents allow you to camp on the most impact-resistant sites available, such as granite or sand. Lightweight cook stoves allow you to cook without a fire and a flashlight will enable you to find your way when the sun is down. Be sure to have a system for carrying out your trash and human waste.
- Plan meals carefully. Before you leave, repackage food from boxes, glass containers, or plastic bags to save weight and space and to reduce potential litter. Plan to cook only as much as you need to minimize food waste.
- Consider mainland lodging. Choose to spend some nights at shoreside lodgings to help reduce island impacts while supporting local communities. Sailors and powerboaters are also encouraged to sleep on their boats where practical.

2. Travel & Camp on Durable Surfaces

The health of an island's ecosystem is intricately tied to that of its soil. Island soils tend to be shallow and comprised of a very thin layer of organic material, to which vegetation fatefully clings. Easily compacted by overuse or eroded by wind or water, island soils can quickly transform into lifeless dirt that may take centuries to rebuild. To minimize your impact on fragile island soils, please follow these guidelines:

- Walk only on sand or stone beaches, rock ledges, resilient grassy areas, and established trails. Island vegetation often has shallow roots and is easily damaged. Do not scramble over dirt banks or shrubby ledges, and avoid trampling mosses and lichens, which can take decades to recover. Refrain from bushwhacking through island forests, and avoid walking in wet, boggy areas.
- Arrive early and use existing campsites. An early arrival ensures that you'll have the time and energy to set up a low impact camp. If campsites are unavailable on your destination island, use the extra daylight to move on to a nearby alternative. If it is unsafe to continue on, squeeze into an existing site or bivouac on smooth granite, sand or gravel. Do not expand established sites or clear new ones.
- Do not cut or clear vegetation. Island vegetation anchors fragile island soils and provides coverage and nesting places for birds and other wildlife. Avoid cutting trees or limbs – dead or alive – for any purpose.
- Avoid damaging trees and plants when setting up camp. If you need to tie tent lines or a tarp to trees, place padding between the string and the tree to protect the bark. Try not to break or bend tree limbs when setting up camp. Carry a sleeping pad or plastic sheet rather than using boughs for padding or shelter.
- Limit your stay to two nights. A brief stay can reduce your impact by giving the ground time to recover between uses. It also allows others an opportunity to use the site.
- Clean the site before departing. When breaking camp, replace any rocks or sticks that you moved. Cover scuffed areas with natural materials, and brush out footprints or matted grass with a stick.



TREVOR PETERSON

3. Dispose of Waste Properly

Human and Pet Waste

It is illegal to discharge solid waste into U.S. waters. On islands, exposed waste is a biohazard and digging “catholes” is not appropriate due to shallow, easily eroded soils. So what do you do when nature calls? MITA requests that all island visitors carry off solid human and pet waste and dispose of it safely on the mainland. This section lists several good carry off methods to help you deal with solid waste on the Trail.

- Choose a location with a privy or toilet. For those who are not adequately equipped or feel uneasy about carrying off human waste, we suggest visiting Trail islands that have a privy or staying at shoreside lodging with restroom facilities.
- Urinate on rocks or sandy areas away from camp or below the high tide line. Although urine has an aesthetic impact, research shows that it has minimal direct effect on vegetation or soils, and poses little threat to human health.
- Carry off all solid human and pet waste and toilet paper. Do not leave toilet paper on an island; it is not as biodegradable as you might think. Try one of the carry off methods listed below to help get your solid waste and toilet paper to the mainland safely and cleanly.

Personal Disposable Toilet Kit: Plastic bag systems with chemicals that break down the human waste. Used bags can be deposited in mainland trash. For more info, visit cleanwaste.com, restop.com, or biffybag.com.

Ammo-box or Boom-box: Portable toilet-style devices suitable for motor and sailboats. Appropriate disposal at marine pump out stations. For more info visit eco-safe.net.

Tupperware Party or Bucket Bowl: Any plastic container with a water-tight lid (for individuals) or a 5-gallon bucket with a tight-fitting lid (for groups or boaters with ample storage space). Line with an appropriately-sized plastic bag and fill one quarter of the container with seawater, kitty litter, sand or other inert material, and a porta-potty deodorizer to absorb odors. Back on shore, empty the contents into a privy or pump out station and disinfect the container for future use.

The Crap Wrap: A DIY system promoted by MITA member Jim Shaffer involving newspaper and Ziploc bags. To use this approach you'll want full-page sheets of newspaper and freezer-grade Ziploc bags (both sandwich and gallon size). Simply deposit your solid waste and used toilet paper on the newspaper, carefully fold it up and fit this package into the Ziploc sandwich bag. The gallon bag can accommodate multiple sealed sandwich bags. When back ashore, dispose of the contents of the sandwich bags (not the plastic bags themselves) into a privy, campground waste facility or marine pumpout station. Be sure to check that the waste facility can accommodate newspaper.

Trash and Garbage

- Pack out all that you pack in, and encourage others to do the same. Please consider taking along an extra trash bag for carrying out litter or marine debris that you encounter on the Trail.
- Set up your cooking and cleaning area in the intertidal zone. Establish your camp kitchen below the high tide line. Soap is unnecessary for most dishwashing jobs and pollutes the water. Hot water, sand (as an abrasive), and a little elbow grease can tackle most cleaning chores. If you use soap, choose a biodegradable variety with natural ingredients. Remove all food bits from cooking water before disposing of it (a small strainer works well), and pack these particles out with food and trash. Non-soapy wastewater can be poured into the ocean.
- Leave NO garbage at your campsite. Even organic scraps such as fruit peelings must be packed out. If it didn't come from the ocean, it shouldn't go into ocean; if it didn't come from the island, it shouldn't be left on the island. Make a last sweep of cooking areas and campsites before leaving.



TREVOR PETERSON

4. Leave What You Find

People are drawn to islands for their unspoiled character and their essence of wildness. Allow others a sense of discovery by leaving rocks, plants and other natural objects where you find them.

- Leave flowers and plants. Picking flowers, leaves, or plants can disrupt island ecosystems. Enjoy plants without picking them, opting instead to take home photographs, drawings, and memories. When edibles are in season harvest only a small amount, leaving the rest for future visitors or wildlife to enjoy.
- Preserve archaeological sites. Ancient stone walls, cellar holes, shell middens, and other markers of the past contain important archeological information. Disturbing such sites in any way, especially searching for arrowheads or pottery shards, is illegal.
- Minimize campsite modifications. Do not attempt to “improve” campsites by constructing lean-tos, tables, or chairs out of island materials. Leave sanctioned fire rings intact.

5. Minimize Campfire Impacts—Kindle No Fires

Many people can't imagine a tenting experience without a campfire, but fires on islands can present hazards to both personal safety and the environment. On islands, fires can spread rapidly due to changing winds and interconnected root systems. In an emergency, help is often unavailable. While fires are permitted on some Trail islands, MITA recommends no fires on the Trail. For cooking, we suggest using a cook stove below the high tide line. If you do have a fire, please adhere to the following guidelines to minimize its impact.

- Be sure fires are allowed on the island. Refer to the island descriptions to learn about each island's fire policy.
 - **"Fires not allowed"** means that open fires are prohibited by request of the property owner. Property owners have many reasons for requesting that you kindle no fires; please respect their wishes.
 - **"Fires allowed only with state permit"** indicates that fires are acceptable so long as you obtain a permit from the Maine Forest Service. Details on how to obtain a fire permit are included in the fire guidelines for each site.
- Select an appropriate fire site. The best place to build a campfire on an island is below the high tide line on sand, in a fire pan, or in a designated fire ring. Fire pans are metal trays with sides high enough to contain wood and ashes (a metal trash can lid works well). You can also build a pit or a mound fire on the beach, but be sure to scatter the sand and ashes in the intertidal zone when done. Avoid building a fire on or around any surface that may scar (such as granite) or on organic island soils as fire could spread underground. By restricting fires to the intertidal zone, you reduce foot traffic in the fragile island interior and decrease the risk of a runaway island fire.
- Keep fires safe and small. A small and well-contained fire has the least potential to cause damage.
- Use driftwood gathered from the shore. Do not gather dead and downed wood from the island interior as it is important for soil replenishment and habitat. Do not bring wood from the mainland as this can introduce diseases and exotic pests onto the islands.
- Always have a bucket of water nearby. Never leave a fire unattended.
- Allow fires to burn down to fine ash as this helps to minimize the impact of the fire. Fully extinguish fires and disguise the fire site. Scatter the ash and any unused wood below the high tide line.
- **Seek help in a fire emergency. If a fire gets out of control, immediately contact the Maine Forest Service (at 888-900-FIRE) or alert the Coast Guard by VHF radio.**

6. Respect Wildlife

Visitors to Trail islands have an extraordinary opportunity to view wildlife in its natural habitat, but also a responsibility to behave in a manner that does not threaten or disturb them. By keeping a low profile and being aware of wildlife activity, you can improve your chances of seeing animals while helping to protect them.

- Keep a tight lid on food. Tightly seal food containers and store them safely in your boat overnight. Keep a tidy camp kitchen to prevent animals from becoming accustomed to human food.



SEABIRD NESTING ISLAND

Area closed to public use April 1-August 31 to protect sensitive nesting birds. Please help conserve this island and the future of Maine's seabirds.

Birds on the Coast

Maine islands provide safe nesting habitat for colonial seabirds, many of which return to the same sites each year. Seabirds often have low reproductive rates (raising only one or two chicks a year) and typically nest on small, treeless islands that are free of predators. A variety of species are found on the Maine coast and their preferred nesting sites vary widely. Eiders and gulls nest in shrubby or grassy areas while terns nest above the high tide line on gravelly beaches. Petrels dig shallow nesting burrows just below the ground's surface (which can be crushed by the weight of a person walking overhead), and guillemots nest in rock crevices, fitting into the spaces between boulders. Cormorants nest in colonies on barren rocky areas, while eagles and ospreys usually prefer treetops.

Between April and August these birds are courting, mating, laying and incubating eggs, and raising their young. To protect the birds during this critical time, seabird nesting islands are closed to visitors during the nesting season. The simple act of landing a boat, letting pets run loose, walking across nesting areas or even staying too long in one place may cause adult birds to leave nest sites or abandon their young. When human activity flushes birds from their nests, eggs and chicks are left vulnerable to predation or fatal exposure to the elements.

Please adhere to the following guidelines to ensure that you do not disrupt nesting birds:

- Look for island signs. The Friends of Maine Coastal Islands National Wildlife Refuge maintains signs on many of Maine's most vulnerable seabird nesting islands. The 2' x 3' signs are visible from the water and indicate that island access is restricted during seabird nesting season, April 1 - August 31. Most seabird nesting islands are not part of the Trail and are closed to access during nesting season.
- Change course if you see nesting seabirds on an island. Even islands that are not designated nesting islands can have nests. Birds circling over an island or flushing out from a shoreline bank may indicate a nesting area. Please stay at least 100 yards from likely bird nesting islands.
- Keep an eye out for ground nesting birds. If you see one bird, there are likely to be more. If you discover a nest, remain quiet and move slowly and deliberately out of the area, walking in single file and watching where you step.
- Give a wide berth to rafting eiders. If you encounter a group of brown ducks swimming, they are likely to be female eiders (possibly with young chicks). Disturbing the raft can make the chicks vulnerable to predation by gulls or crows. Stay well clear and—if you're motoring—watch your wake.
- Give ospreys space. Ospreys frequently nest above campsites and other areas of human activity. While ospreys tolerate human presence, it is best to respect their space during their nesting season (from mid-March until late June). If you are too close they will signal a warning by circling overhead and crying out. If the osprey seems particularly disturbed by your presence, move to another designated camping area or to another island altogether.
- Steer clear of eagles. Bald eagles tend not to tolerate humans well and will take to the air when they detect a person inside their "space" – a distance of up to 1,000 feet from their nest. Always maintain a safe distance from perching or nesting eagles. If you believe an eagle may be nesting on a Trail island and it is not mentioned in this guide, please alert the MITA office.

Seals

Seals are highly intelligent mammals that are well adapted to Maine's coastal waters. Those who travel the Trail are likely to see them hauled out on ledges or poking their heads above the surface of the water. Once hunted for food and clothing or killed because they were seen as competitors for valuable fish species, seals have flourished since passage of the Marine Mammal Protection Act in the early 1970s. Harbor seals are the most common species found on the Maine coast, followed by gray seals and the occasional harp seal or hooded seal. Understanding the habits and needs of seals can help you enjoy their presence while protecting them from harm.

- Steer clear of hauled out seals. Seals are only semi-aquatic. It is normal and important for them to come out of the water. They are also easily stressed by people and dogs. Stay at least 150 feet away from ledges so that seals do not raise their heads and chests in the air or plunge into the water. This is particularly important during pup season, from mid-May to mid-June. Disturbance can cause seal pups to become separated from their mothers, making them vulnerable to starvation or predation. Fleeing seals must consume extra food to keep warm in the water and have a greater risk of developing skin infections during molting season.
- Keep a constant lookout for seals in the water. Scientists estimate that 800 harbor seals a year are killed or seriously injured due to collisions with boats, propeller strikes, or other human encounters. View seals from a distance, staying far enough away so that the seals do not respond to your presence.
- Leave stranded seals alone. Do not attempt to handle or rescue a seal pup that appears to be abandoned; its mother will not return if you are there.
- **Report strandings of live and dead seals, whales, porpoises or sea turtles to the Maine Marine Animal Reporting Hotline: 1-800-532-9551.**

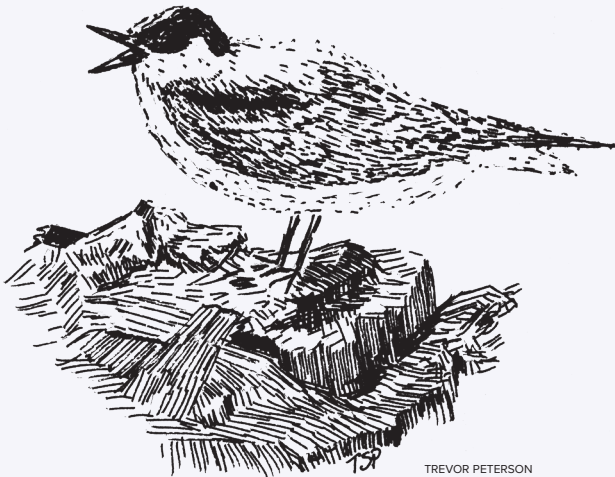
Pets

The Maine Island Trail is a patchwork of properties belonging to many different landowners. Some owners welcome pets on their land and others do not. Even in instances where pets are permitted, MITA recommends leaving pets at home while traveling the Trail.

Dogs in particular need places to run, swim, fetch, stretch, scratch, bark, roll, and roam freely. But these activities can have unintended consequences for islands and for other visitors. Some people may find an active or barking dog intimidating or disruptive, and energetic dogs can unwittingly frighten wildlife and destroy sensitive habitat. Some islands are particularly vulnerable to impacts due to delicate vegetation, thin soils, productive shellfish flats or nesting bird activity. Simply put, pets and wildlife do not mix.

If your pet is with you on the water, it is best to leave it on the boat while exploring the islands. If you choose to bring your pet ashore where pets are permitted, please keep it leashed and under strict control at all times. Do your best to calm an exuberant or barking dog so that tranquility and nature's sounds can prevail. And always collect and pack out solid pet waste.

Pets can enrich our lives with joy and companionship, but it is up to us to ensure that their presence does not disturb wildlife, harm the islands or detract from the experience of others. Ultimately, the principles of Leave No Trace apply to pets just as they do to us.



TREVOR PETERSON

7. Be Considerate of Other Visitors

The Maine coast holds a special place in the hearts of many, but often for very different reasons. Whether you are exploring an island or region for the first time or have been enjoying it for decades, it is important to consider the experience of others when you visit. Your activity on the islands, in the water and even at the boat launch can affect others who live, work and recreate in the area. The following reminders can help you preserve a high quality experience for others around you and for future visitors.

- Be considerate of those who live and work in the area. When at the boat launch, please remain out of the way when packing your gear and preparing your boat. Minimize your time on the ramp and give way to local fishermen both at the launch and on the water.
- Select an appropriate campsite. Choose a campsite that is appropriately-sized for your group and leave larger campsites for larger groups. Keep your group together in one site if possible and be willing to share space. Set up camp on the day you plan to camp (not in advance), and break camp in the morning.
- Be sensitive to other island visitors. Look for a landing site away from other visitors or consider another island altogether. Preserve the peace and quiet of the islands by talking quietly and avoiding use of portable music devices. Store gear and boats inconspicuously. If you are settled on an island and another group lands before sundown wishing to camp, do your best to accommodate them.



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MAINE ISLAND TRAIL
ASSOCIATION

SAMPLE
SITE INFO PAGES

Jewell



Town: Portland & Chebeague Island

Coordinates: 43° 41.227' N 70° 05.430' W

NOAA Chart(s): 13288, 13290

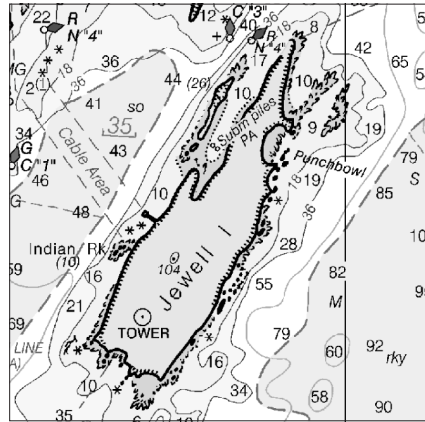
Approximate Acreage: 221

Owner: Bureau of Parks & Lands

Camping Guidelines: 16 campsites available. Island can accommodate large groups.

Fire Guidelines: Fires allowed only in the designated fire rings.

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

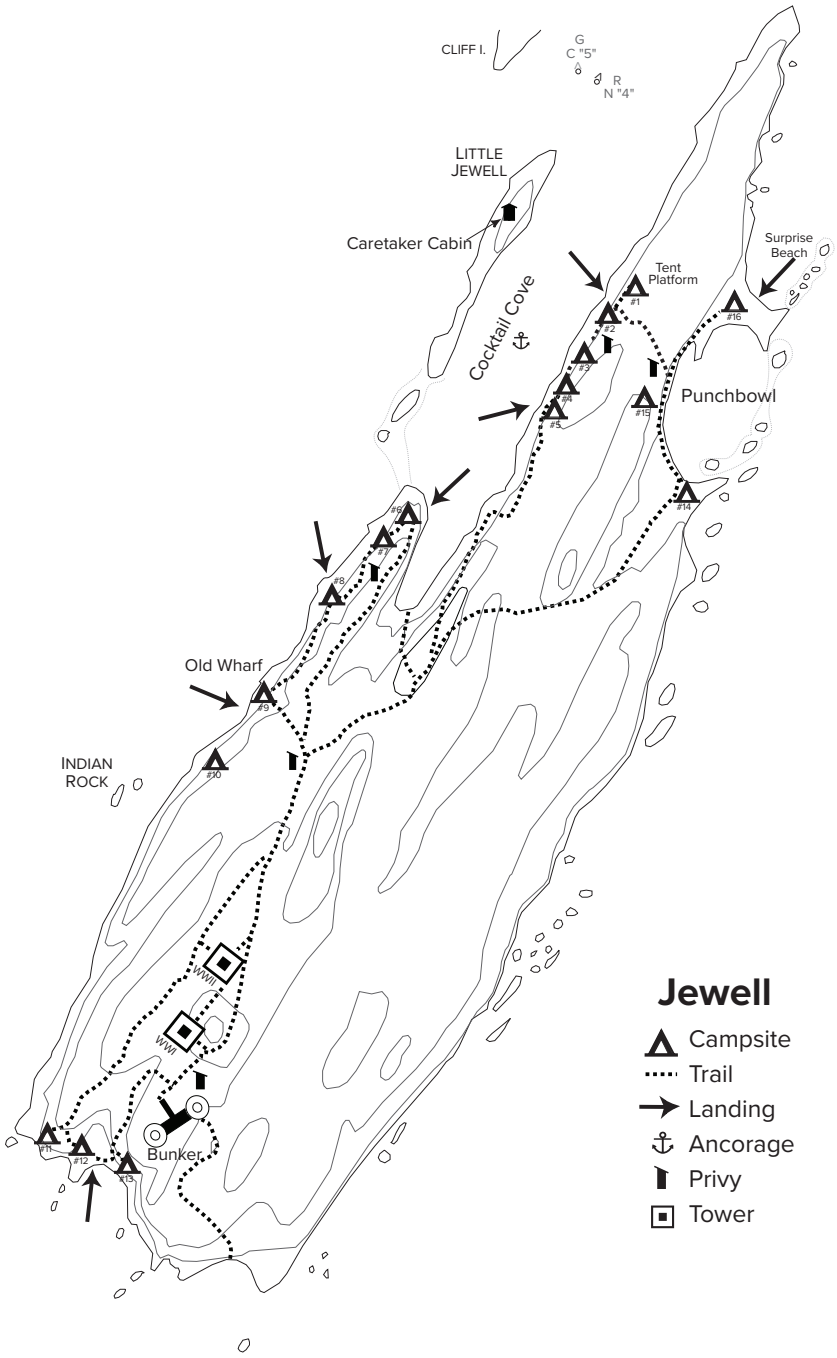


This big, brawny island guards the sea approaches to Casco Bay, and it has the forts to prove it. The remnants of an old military installation are scattered throughout the island, and the towers at the southern end offer an excellent view of Casco Bay. A network of hiking trails lead visitors to the many unique features of the island.







Because of its size and numerous spacious campsites, Jewell is a good choice for larger groups. However, it is a very popular destination, especially on summer weekends; a mid-week or off-season visit is a better bet if you seek solitude. The cove at the north end provides good anchorage for cruisers, but is often crowded with dozens of boats on summer nights. There are five privies on the island, but please plan to use your own toilet paper.

From Memorial Day through Labor Day, a seasonal caretaker resides on Little Jewell and serves as an educational resource, looking after Jewell island and encouraging thoughtful use. In the fall, the island is often used by hunters. Please plan accordingly.

A book titled "History of Jewell Island Maine" is available at the Cliff Island Historical Society or online if you are interested in more history and photos of the island.



Jewell

-  Campsite
-  Trail
-  Landing
-  Anchorage
-  Privy
-  Tower

Warren Island State Park



Town: Islesboro

Coordinates: 44° 16.437' N 68° 56.620' W

NOAA Chart(s): 13302; 13305; 13309

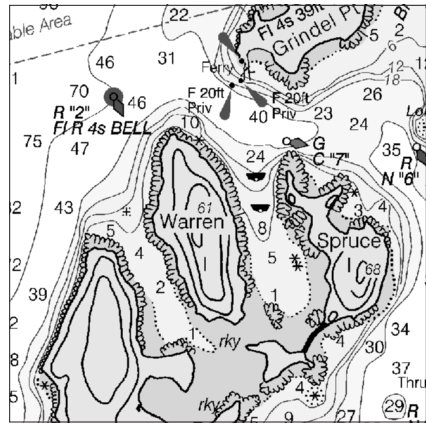
Approximate Acreage: 70

Owner: Bureau of Parks & Lands

Camping Guidelines: Fee campground with nine campsites and three group camping areas. Reserve at www.campwithme.com. Camping allowed Memorial Day to Sept 15, day use year-round.

Fire Guidelines: Fires only in designated fire rings.

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



This rugged, 70-acre forested island is the only state-managed saltwater park in Maine developed exclusively for boaters. The unique island setting and minimal man-made improvements make for a much more remote and wild atmosphere than might be expected at most mainland parks.

The three-mile crossing from the mainland over to Warren can be very rough (note: it is also a busy shipping channel). There is a parking fee at Lincolnville Beach. A less demanding option for those with kayaks is to take the ferry over to Islesboro and make the short crossing from there. This requires careful planning, however, because kayaks can only be transported on top of your car, and non-resident parking is very limited on Islesboro in the summer. The town of Islesboro requests that you check with them before parking overnight (call 207-734-2253). Warren Island is also reachable by water taxi or charter boat (call Quicksilver at 207-557-0197).

Warren has numerous sites accessible from the landing beach and dock on the east side of the island, making it a good choice for groups. Some campsites may be reserved by calling ahead; others are available on a first-come, first-served basis. Call for fees and reservation information: 207-446-7090 from May 15 - September 15, 207-941-4014 from September 16 - May 14, or visit www.campwithme.com.

Sellers



Town: Brooklin

Coordinates: 44° 13.315' N 68° 32.368' W

NOAA Chart(s): 13312; 13313; 13316

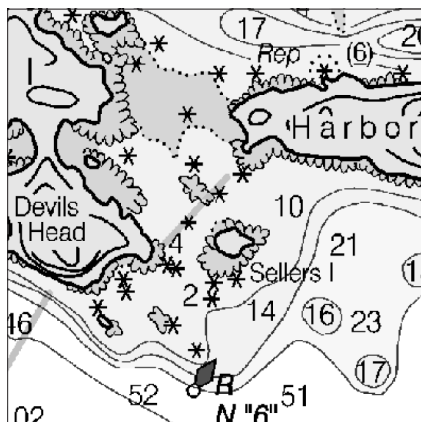
Approximate Acreage: 1

Owner: Bureau of Parks & Lands

Camping Guidelines: Camping capacity 8 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.



Marked by thick glacial moraine soils with large boulders around much of the shoreline, Sellers features an attractive sand beach on the north side. The island can be reached quite easily by approaching from the east and landing at a small north-facing sand beach. At low tide the northern approach is littered with rocks and sandbars; use caution and go slowly in vessels with any kind of draft.

This is a good place for a picnic. If you plan to stay over, you will find a path leading to a spacious wooded campsite in the northwest corner of the island. Please use this trail to access the island interior; do not climb up the steep banks, which are subject to erosion.

Mink



Town: Addison

Coordinates: 44° 32.317' N 67° 46.084' W

NOAA Chart(s): 13324; 13325

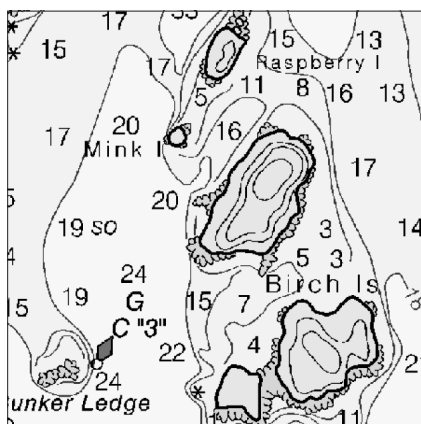
Approximate Acreage: 1

Owner: Bureau of Parks & Lands

Camping Guidelines: Camping capacity
4 people.

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.



Mink Island is located in the town of Addison, in Pleasant Bay just west of Upper Birch Island. High and wooded with a mixture of soft and hard woods, Mink is identifiable from the south by a large boulder at the edge of the trees.

Open for day use and overnight camping, Mink provides a superb base for exploring the many waterways in the area. The best landing is at the north end, where a short path leads to a camping area in the center of the island. Please use care when ascending the island banks to prevent unnecessary erosion.

Historically, Mink has been an eagle nesting site. While no eagles have nested here for several years, several pairs of mature eagles remain in the area and it is possible that they could take up residence on the island again. Please report any signs of nesting activity to the MITA office.

Daniels



Town: Addison

Coordinates: 44° 32.048' N 67° 41.303' W

NOAA Chart(s): 13324; 13325; 13326

Approximate Acreage: 1

Owner: Bureau of Parks & Lands

Camping Guidelines: Camping capacity 8 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.



Daniels Island sits in the northern part of Whoha Bay, just north of Sheldrake Island. It is a moderately high island consisting primarily of glacial sediment and exposed bedrock. It is marked by a low hill covered with a south-facing open meadow of grasses and shrubs and several copses of small poplar trees. The island offers fine views of surrounding Whoha Bay and the Jonesport area. Please use care when stepping on rocks covered with fragile lichens.

Daniels is best approached from the west side. Access to the island is most convenient from the northwest or northeast sides. Campers should set up tents wherever practical on the durable grass on the south end of the island.

Daniels is a good spot to use when conditions prevent traveling further out in the bay.

The Sands



Town: Addison

Coordinates: 44° 28.135' N 67° 40.460' W

NOAA Chart(s): 13324; 13325; 13326

Approximate Acreage: 1

Owner: Bureau of Parks & Lands

Camping Guidelines: Day use recommended, but camping is allowed wherever practical on the upper parts of the sand beach or on the flat ledges exposed at high tide. Waves may wash over the island at higher parts of the lunar tide cycle or in rough weather, so camp at your own risk.

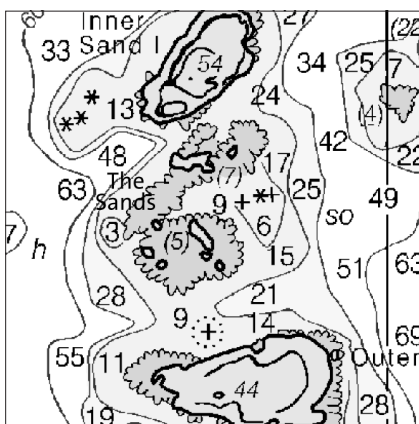
Fire Guidelines: Fires allowed only with state permit, call 207-827-1800 for permit information.

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.

The Sands, a marvelous little stretch of beach about 100 yards south of Inner Sand Island, makes for a great day stop in a beautiful part of the coast. Because it is located in an area rich with wildlife, we ask that you take the utmost care not to disturb seals or nesting seabirds and eagles.

The Sands transforms from a tiny rock ledge at high tide to an extensive, visitor-friendly sandbar island at low tide. There is no permanent vegetation on the island above the high water line. This island is best suited for day use, but camping is allowed wherever practical on the upper parts of the sand beach or on the flat ledges exposed at high tide. Waves may wash over the island at higher parts of the lunar tide cycle or in rough weather, so camp at your own risk.

Because the ledges are most extensive to the southwest, the best boat access is from the north side in the channel between Inner Sand Island and The Sands. Landing can be difficult due to ocean swells, so please take care when seas and winds are up.



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



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