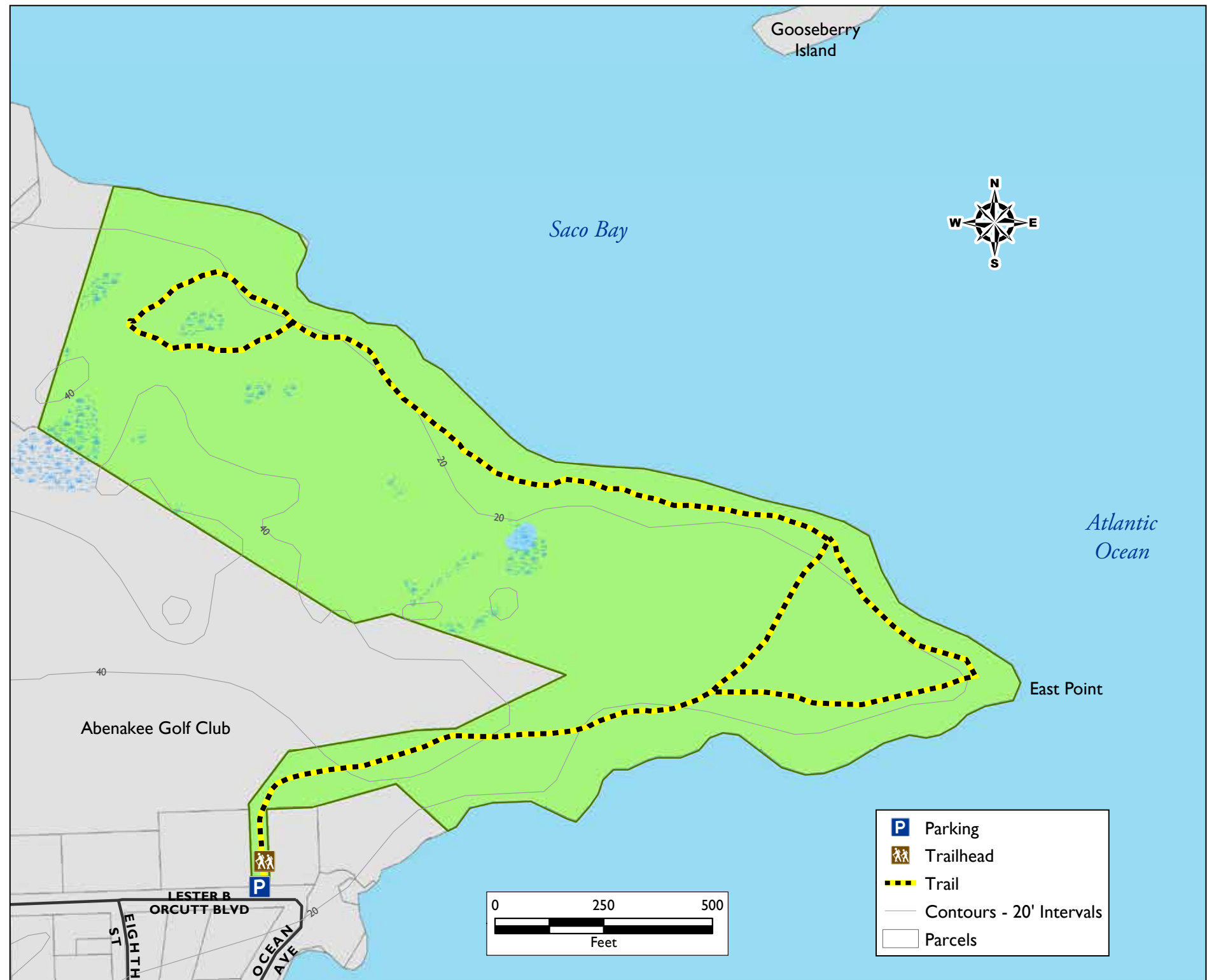


Trails

East Point Audubon Sanctuary contains a short but spectacular trail along the perimeter of the point, offering rare public access to this stretch of the Maine coast.

A short out-and-back trail provides views of Wood Island Lighthouse, the rocky shore, and coastal habitat against the backdrop of both Saco Bay and the Gulf of Maine. Bring binoculars for ducks and shorebirds, find a sitting spot (there are benches along the path), and enjoy the impressive views. Taking the trail out to the point and back is about 0.8 miles; walking the full length of the trail and back will be approximately 1.6 miles.

Parking is very limited at the end of Lester B. Orcutt Blvd. The entrance is marked on the left as you face the water.



East Point Audubon Sanctuary

Biddeford Pool, Maine

Situated at the very end of Biddeford Pool among private residences and a private golf course, the 27-acre East Point Audubon Sanctuary is considered by many to be one of the best birding locations in southern Maine. More than 260 different bird species have been spotted from within the sanctuary. In summer, look for birds nesting in the forests and meadows, including Black-capped Chickadees, Gray Catbirds, and Ruby-throated Hummingbirds. There are as many birds offshore, as the waters off the point are a feeding ground for several species of tern, Common Eider, Northern Gannett, Black Scoter, and other seabirds. East Point's seabird spectacle may be even more impressive in winter, when the surrounding waters are visited by species such as Common Loon, Black Guillemot, Bufflehead, Razorbill, Long-tailed Duck, and others. Look toward Wood Island and nearby small rocky islands for wintering Snowy Owls—but make sure to keep your distance from these shy birds.

Learn more at
maineaudubon.org/visit/east-point



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East Point, *Biddeford Pool*
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Maine Audubon sanctuaries are free and open to the public year round, dawn to dusk. Dogs, even while leashed, are not allowed in our wildlife sanctuaries, as their presence can be disruptive to wildlife.

East Point Audubon Sanctuary
Lester B. Orcutt Blvd.
Biddeford Pool, ME

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