东点奥杜邦保护区包含一条短但壮观的小径沿着点的 perimeter，提供稀有的公众访问到缅因州海岸的这一段。

一条短的往返小径提供对伍德岛灯塔、岩石海岸和海岸栖息地的景色，背景是萨科湾和大西洋。带望远镜观看鸭子和涉禽，找到一个坐的地方（路径沿线有长椅），并欣赏令人印象深刻的景色。沿着小径走到尽头并返回是大约 0.8 英里；沿着小径走全程并返回大约是 1.6 英里。

停车非常有限，位于勒斯特 B. 奥克特路的尽头。入口面向水面时在左边。
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 Gannet, 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.