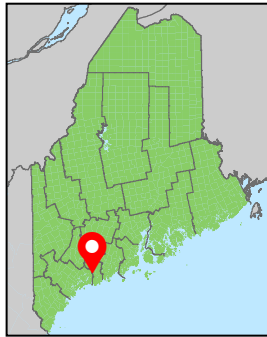


# Trails



## Red Trail

Starting across the road from the sanctuary parking lot, the Red Trail loops around an open meadow, offering great views of Back Cove's marshes and mud flats.

## Blue Trail

Take the Red Trail a short distance to reach the trail head for the Blue Trail, which traverses spruce and pine forest and crosses a brook before hugging the peninsula's eastern shore. Reaching commanding views at Back Cove Point, the trail continues to follow the shoreline and reconnects with the Red Trail. Benches along the way offer spots to enjoy spectacular views of rocky shoreline, salt marsh, and open water.

## Yellow Trail

In the heart of the sanctuary, this spur off the Blue Trail weaves between rocky outcroppings and a freshwater marsh.

## Green Trail

An additional loop off the Blue Trail, the Green Trail adds an additional mile and a quarter around the peninsula to the east. It passes a freshwater pond and forested wetland while offering great views of Back Cove and nearby Williams Island.



Parking	Red Trail
Toilet	Blue Trail
Trail Head	Yellow Trail
Bench	Green Trail
Scenic Overlook	Contours - 20' Intervals
Cove/Mud Flats Access	Parcels
Caretaker Residence (Private)	

# Hamilton Audubon Sanctuary

West Bath, Maine

Encompassing 86 acres in West Bath, Hamilton Audubon Sanctuary lies on a peninsula in the New Meadows River. A 2.75-mile trail system winds through the coastal forest of pine, spruce, and fir. Trail spurs lead to a former ice pond that has reverted to freshwater marsh and vistas overlooking the cove's channels, salt marsh, mud flats, and open water.

Hamilton Audubon Sanctuary was established in 1987 at the bequest of Millicent Hamilton, an avid birder and naturalist who lived on the property for 40 years. With its coastal marsh, mudflats, and freshwater wetlands, the sanctuary provides habitat for birds like American Oystercatcher, Bald Eagle, American Bittern, Great Blue Heron, and migratory birds such as warblers, sparrows, and flycatchers. Mammals like deer, fox, raccoon, and mink depend on the sanctuary's habitat, too.

Learn more at  
[maineaudubon.org/visit/hamilton](http://maineaudubon.org/visit/hamilton)



**Visit all of Maine  
Audubon's sanctuaries:**

Borestone Mountain, *Elliotsville*  
East Point, *Biddeford Pool*  
Fields Pond, *Holden*  
Gilsland Farm, *Falmouth*  
Hamilton, *West Bath*  
Mast Landing, *Freeport*  
Josephine Newman, *Georgetown*  
Scarborough Marsh, *Scarborough*

Photo Richard Fournier/FLCKR

JOIN

DONATE

Thank you for visiting  
a Maine Audubon  
wildlife sanctuary.

Maine Audubon works to conserve Maine's wildlife and wildlife habitat by engaging people of all ages in education, conservation, and action.

Your support is crucial to our work on behalf of Maine's wildlife and habitat. Please become a member today at [maineaudubon.org/join](http://maineaudubon.org/join).

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.

**Hamilton Audubon Sanctuary**  
681 Fosters Point Road  
West Bath, ME

MAINE   
AUDUBON



Maine Audubon Headquarters  
20 Gilsland Farm Road  
Falmouth ME 04105  
207.781.2330; [info@maineaudubon.org](mailto:info@maineaudubon.org)  
[maineaudubon.org](http://maineaudubon.org)

— Trail Guide —