Geology Trail, 0.6 mile:
The most rigorous hike in the sanctuary, the extremely varied and steep Geology Trail begins in the meadow just north of the cellar hole and, proceeding clockwise, winds through coniferous woods to Robinhood Cove, parallels the eastern shore of the cattail marsh, and returns to the meadow.

Rocky End Trail, 1.25 mile:
Branching off from the Geology Trail near the cattail marsh and featuring beautiful views of marshes, mud flats, and the cove's rocky shore, proceeding counterclockwise, the Rocky End Trail takes you through the deciduous forest in the center of the property and then winds back along the East Branch of Robinhood Cove to rejoin with the Geology Trail not far from the meadow.

Horseshoe Trail and Cabin Trail, 0.75 mile:
Beginning at the southern end of the meadow, the Horseshoe Trail offers a short spur to a beautiful small waterfall and brook before turning eastward and joining the Rocky End Trail after half a mile, at which point you can either cut back on the interior portion of the Rocky End Trail (an old haul road) and follow its coastal leg back to the meadow, or continue to follow the short Cabin Trail into the deciduous forested interior of the sanctuary, to the ruins of a small cabin high on a ledge. Combined with the interior leg of the Rocky End Trail, this trail provides the easiest walking on the sanctuary.
A hidden gem bounded on two sides by salt marsh, the sanctuary features more than 2.5 miles of trails that traverse meadows, coastline, forest, and rocky ridges. Visitors can usually expect a private hike around the rugged, wooded peninsula, and along bluffs rising above the ocean. Stonewalls of yesteryear still cross this charming property. Birdlife is diverse and varied, and the forest habitat is home to mammals including Snowshoe Hare, White-tailed Deer, coyote, and mink.

This 115-acre preserve in the heart of midcoast Maine was willed to Maine Audubon in 1968 by Josephine Oliver Newman. An avid and respected naturalist known for her expertise on mosses, lichens, and liverworts, “Aunt Jo” had an intimate knowledge of the site’s marsh, meadow, and coastline habitats. She shared this love for the family property and its diverse plant life with many visitors.

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Visit all of Maine Audubon’s sanctuaries:
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- East Point, Rockport
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- Gilsland Farm, Falmouth
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