Trails

The Ravine Trail winds through a hemlock forest overlooking a ravine and features rock stairways and stepping stones across a small stream.

The Lake Shore Trail features a 300-foot boardwalk through a floodplain swamp and good views of Fields Pond and its 22-acre island.

The Marsh Trail runs along the edge of the wetlands and pocket fields near the Nature Center.

The Fern Trail forms a loop with the Marsh Trail and Ravine Trail. It goes through a forested wetland, with a diversity of tree species. Raised bog bridging allows dry-footed access to this forested wetland.

The Brook Trail connects the Ravine Trail to the Lake Shore Trail. Follow the brook through mature forest and look for animal tracks along the way!

The Beechwood Trail creates several longer hiking loop options, connecting the Lake Shore Trail to the interior of the property. This heavily forested trail passes through a stand of American Beech trees; look for mice, squirrels, black bears, foxes, ruffed grouse, turkeys, blue jays, and nuthatches.
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.

Maine Audubon sanctuaries are free and open to the public year round, dawn to dusk. Please help us maintain this property as a sanctuary for wildlife by respecting these rules: No dogs; no motorized vehicles or bicycles on trails; no fires; and no smoking.

Fields Pond Audubon Center
216 Fields Pond Road, Holden, ME 04108
207.989.2591
Nature Center and Nature Store Hours
Tuesday through Friday, 9 am to 4 pm
Saturday hours vary; please call 207.989.2591

Maine Audubon acquired Fields Pond in 1994 as a bequest from the estate of Katherine Curran. In addition to hosting Maine Audubon programs, Fields Pond Audubon Center has a variety of habitats that are ideal for nature study, wildlife-watching, walking, cross-country skiing, and snowshoeing. The pond has a public boat launch area, ideal for launching canoes and kayaks.

The sanctuary provides year-round habitat for wildlife ranging from small salamanders and tree frogs to more than 130 bird species, to bear, and even moose. In early spring, the center comes alive with the sounds of owls and frogs. Warblers, bluebirds, orioles, and tanagers are among the late spring and summer winged visitors. At least 20 varieties of butterflies have been recorded at the sanctuary, visiting feeders and the wildlife-friendly plantings surrounding the Nature Center. In autumn, hawks soar over the fall foliage, and in winter, the sanctuary is crisscrossed with tracks of weasels, hares, fishers, fox, bobcats, and coyotes.

Visit all of Maine Audubon’s sanctuaries:
Borestone Mountain, Eddington
East Point, Bideford Pool
Fields Pond, Holden
Gilsland Farm, Falmouth
Hamilton, West Bath
Mast Landing, Freeport
Josephine Newman, Georgetown
Scarborough Marsh, Scarborough

Learn more at maineaudubon.org/visit/fields-pond