

Trails

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

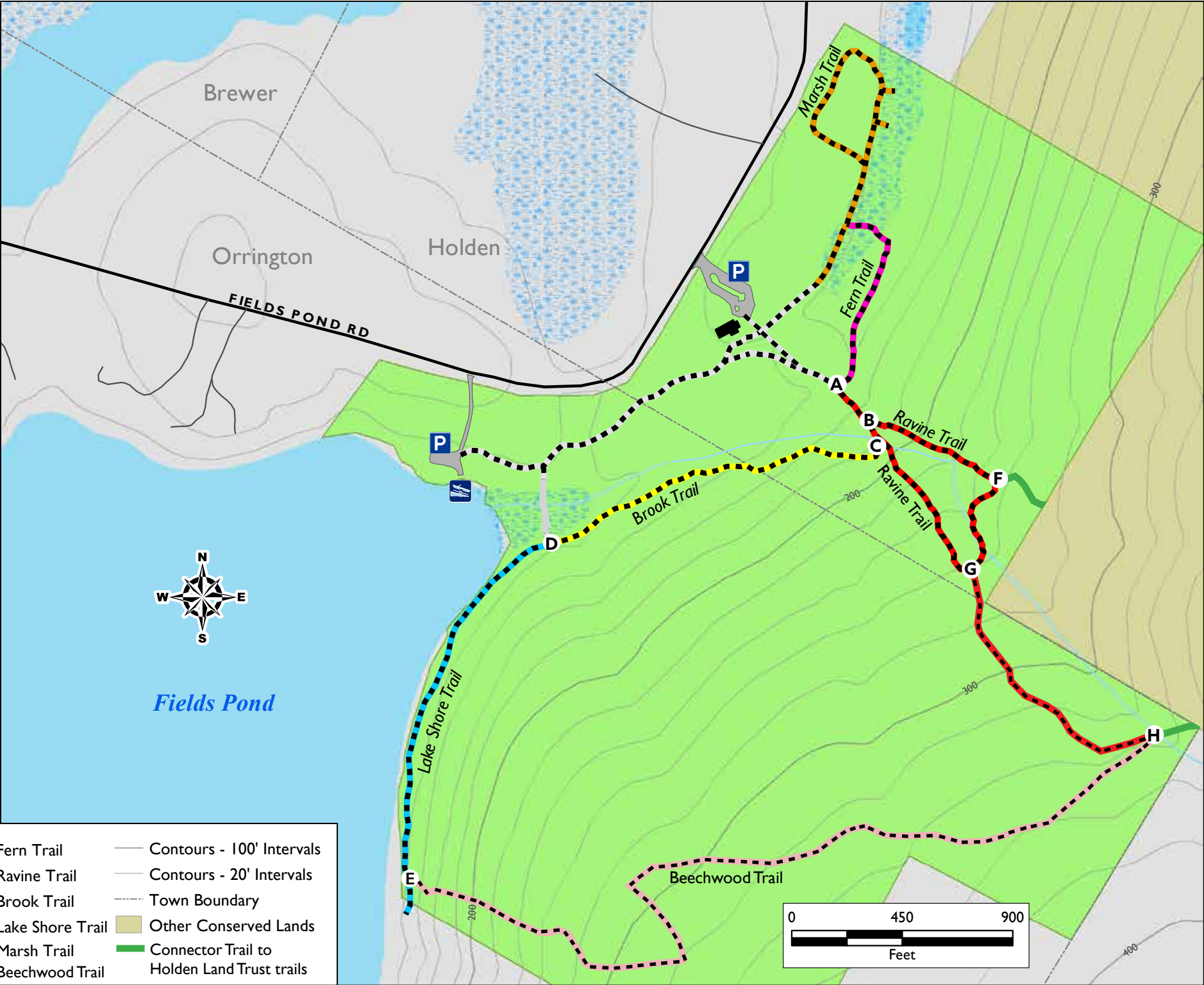
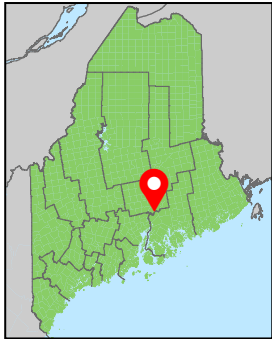
The **Lake Shore Trail** features a 300-foot boardwalk through a floodplain swamp and good views of Fields Pond and its 22-acre island.

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.



Located seven miles southeast of Bangor, in Holden and Orrington, Fields Pond Audubon Center features a Nature Center and Store, a 191-acre pond, and a 229-acre sanctuary with trails winding through field, wetland, forest, and lakeshore. The center offers year-round public programs and day camps. The variety of habitats and trails, which are free for the public to explore, are ideal for wildlife-watching, walking, sketching, cross-country skiing, and snowshoeing. The pond has a public boat launch area for canoes and kayaks.

Wildlife is active year-round here. In spring, listen for sounds of owls and frogs. Warblers, bluebirds, orioles, and 20 varieties of butterflies visit in summer and more than 130 bird species have been spotted. In autumn, hawks soar over the foliage, and in winter, tracks of hares, foxes, and coyotes abound.

The land that is now Fields Pond Audubon Center was donated to Maine Audubon and the people of Maine as a bequest from the estate of Katherine Curran to create a sanctuary for wildlife and people.

Maine Audubon manages wildlife sanctuaries in the unceded homeland and territory of the indigenous nations of the Penobscot, Passamaquoddy, Maliseet, Mi'kmaq, and Abenaki, where barriers to the rights, access, and heritage of these nations persist. Maine Audubon strives to care for these lands and the communities the land supports in partnership with the people and cultures it has displaced, and recognizes these tribal governments as distinct, sovereign, legal, and political entities with their own powers of self-governance and self-determination.

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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 visit maineaudubon.org/join to become a member.

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
207.989.2591

Nature Center and Nature Store Hours
Hours vary seasonally. Please check the website or call for the most up-to-date times.
Trail use is free and open to the public year-round, dawn to dusk.

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

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Fields Pond Audubon Center

Holden, Maine

— Trail Guide —

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