

A TRAIL OF STATEWIDE SIGNIFICANCE

The Capital to Coast Trail will link the towns of Augusta, Hallowell, Farmingdale, Gardiner, Richmond, Bowdoinham, Topsham, Brunswick, West Bath, and Bath.

About the Trail

Maine's "Capital to Coast" region stretches from Augusta on the Kennebec River, south through the towns along Merrymeeting Bay, and east from Brunswick to Bath. Citizens, municipalities, and local organizations are working together to unite these unique and historic towns along a single trail: The Capital to Coast Trail.

This brochure highlights the towns along the trail corridor and the route of the trail. Some sections of this trail are already in place, well-used, and well-loved. Others are still in the planning stages. The interim on-road route offers a way for people to explore the region by bicycle before the trail is completed.

One day, this network will allow walkers, joggers, and cyclists to travel and commute along 48 uninterrupted miles through some of Maine's most beautiful country. They will pass through picturesque downtowns, along quiet riversides and fertile farmland, and through the heart of thriving communities. For residents and visitors alike, the trail will be an ideal way to experience this incredible, diverse, and special region of Maine.

How You Can Help

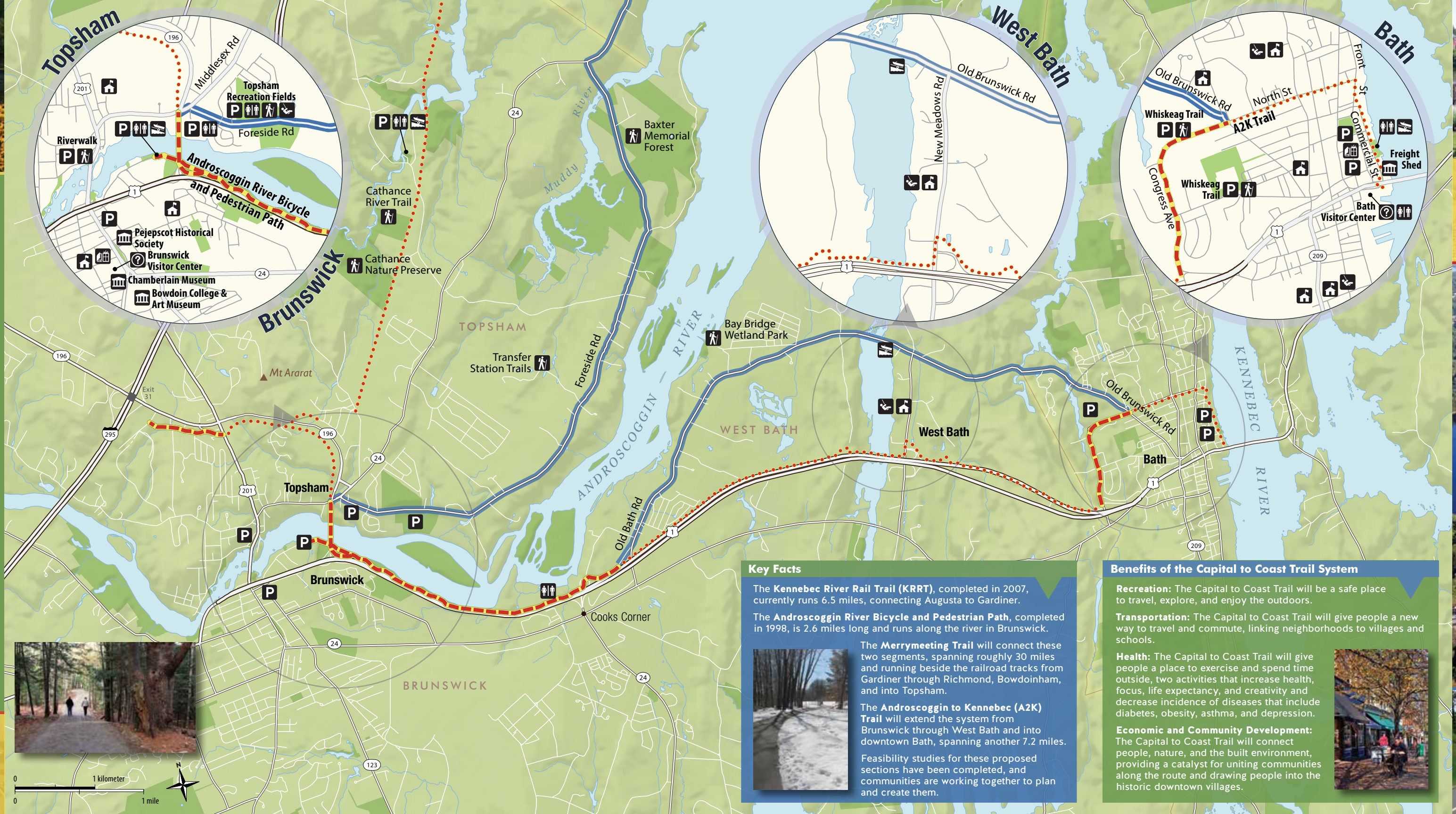
The Capital to Coast Trail is still a dream. It needs active support from local citizens and organizations to become a reality.

- ♦ Get out and explore the Capital to Coast corridor on the interim road route.
- ♦ Support the Merrymeeting Trail project (connecting Gardiner to Topsham via Richmond and Bowdoinham). Learn more at: www.merrymeetingtrail.org.
- ♦ Support the Androscoggin to Kennebec Trail project (connecting Brunswick to Bath via West Bath). Learn more at: www.a2ktrail.org.
- ♦ Spread the word! Tell your friends and town officials that your community deserves all the benefits that come from being part of an interconnected trail network.

Additional information about these projects is available from project partners' websites:



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Key Facts

The **Kennebec River Rail Trail (KRRT)**, completed in 2007, currently runs 6.5 miles, connecting Augusta to Gardiner.

The **Androscoggin River Bicycle and Pedestrian Path**, completed in 1998, is 2.6 miles long and runs along the river in Brunswick.

The **Merrymeeting Trail** will connect these two segments, spanning roughly 30 miles and running beside the railroad tracks from Gardiner through Richmond, Bowdoinham, and into Topsham.

The **Androscoggin to Kennebec (A2K) Trail** will extend the system from Brunswick through West Bath and into downtown Bath, spanning another 7.2 miles.

Feasibility studies for these proposed sections have been completed, and communities are working together to plan and create them.

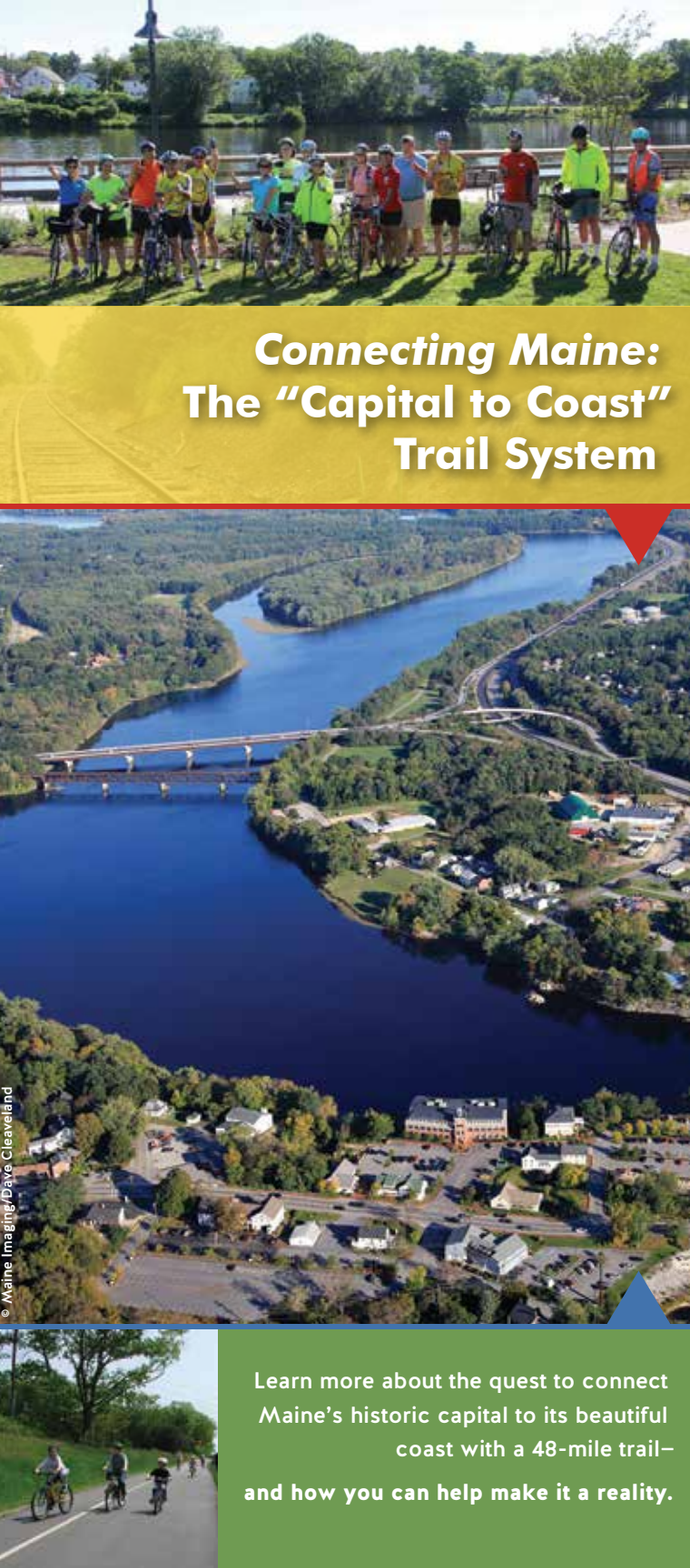
Benefits of the Capital to Coast Trail System

Recreation: The Capital to Coast Trail will be a safe place to travel, explore, and enjoy the outdoors.

Transportation: The Capital to Coast Trail will give people a new way to travel and commute, linking neighborhoods to villages and schools.

Health: The Capital to Coast Trail will give people a place to exercise and spend time outside, two activities that increase health, focus, life expectancy, and creativity and decrease incidence of diseases that include diabetes, obesity, asthma, and depression.

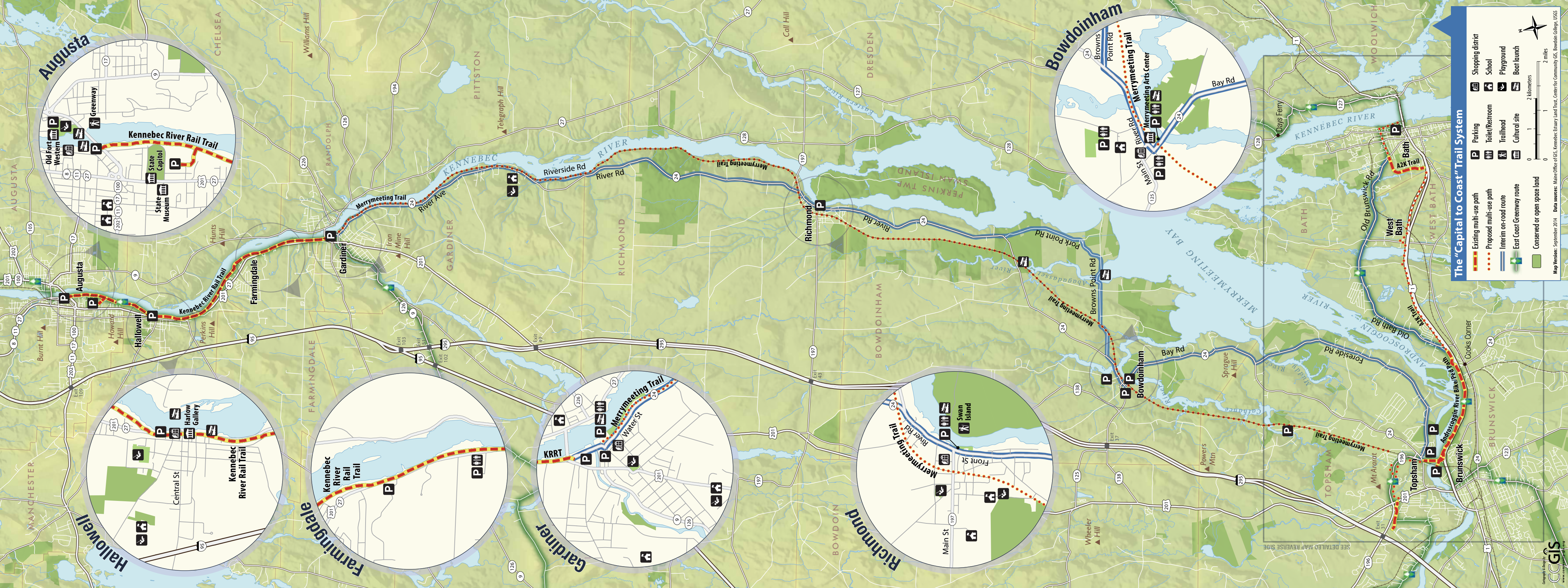
Economic and Community Development: The Capital to Coast Trail will connect people, nature, and the built environment, providing a catalyst for uniting communities along the route and drawing people into the historic downtown villages.



Connecting Maine: The "Capital to Coast" Trail System



Learn more about the quest to connect Maine's historic capital to its beautiful coast with a 48-mile trail—and how you can help make it a reality.



The "Capital to Coast" Trail System

- Existing multi-use path
- Proposed multi-use path
- Interim on-road route
- East Coast Greenway route
- Conserved or open space land
- Parking
- Toilet/Restroom
- Trailhead
- Cultural site
- Shopping district
- School
- Playground
- Boat launch

Map Version: September 2014 Data sources: Maine Office of GIS, Kennebec Estuary Land Trust, Center for Community GIS, Bowdoin College, USGS