



KEY TO HISTORIC SITES

- 1 - Site of the Hosea Willard Home (1934)
- 2 - Site of Sanford's First Library (1879-80)
- 3 - Site of Longfellow School (1888)
- 4 - Sanford Post Office (1933)
- 5 - Louis B. Goodall Memorial Library (1937)
- 6 - Emerson School (1902)
- 7 - The Goodall Mansion (1871)
- 8 - Site of Louis B. Goodall Mansion (1898)
- 9 - Site of Hotel Sanford (1888)
- 10 - Orrin Roberts Blacksmith Shop (1877)
- 11 - Goodall Park (1915)
- 12 - The Emery Homestead (1830)
- 13 - Unitarian-Universalist Church (1918)
- 14 - Leavitt Theatre/Capitol Theatre (1910)
- 15 - Site of Shapleigh Tavern (1827-28)
- 16 - The Dr. John Dow House (1824)
- 17 - North Parish Congregational Church (1879)
- 18 - First Baptist Church (1889)
- 19 - Sanford Town Hall (1908)

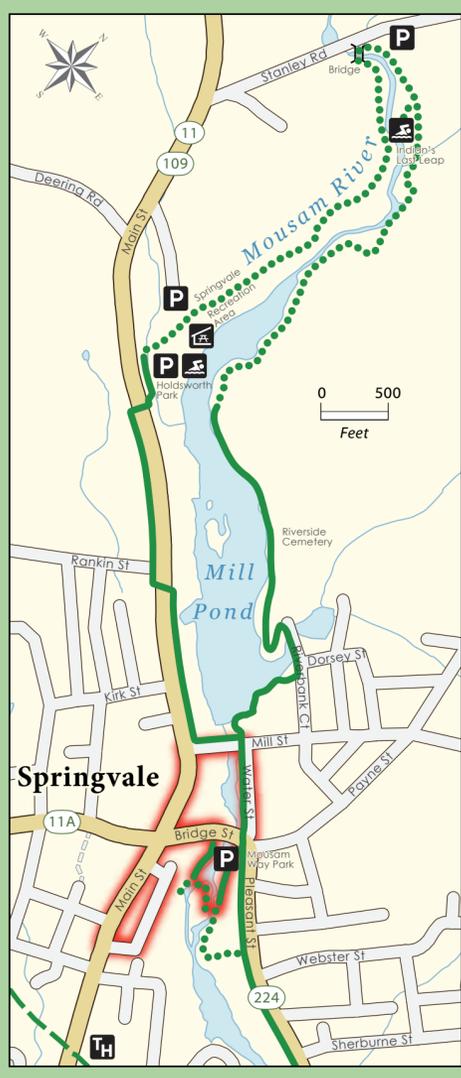
Sanford Historic Walk

Primary Trailhead Access

Although this walk may be accessed from many locations, it officially begins in Central Park at the corner of School Street and Washington Street. Parking is available on the street and at the municipal parking lot across the street.

Description

The trail follows City of Sanford sidewalks with signs marking historic sites along the way. Historic photos are from the archives of the late photographer Fred Philpot and are used with permission from the Sanford/Springvale Historical Committee. The walk is bounded by School Street, Elm Street, Main Street, Roberts Street, and Lebanon Street.



Springvale Historic Walk

Primary Trailhead Access

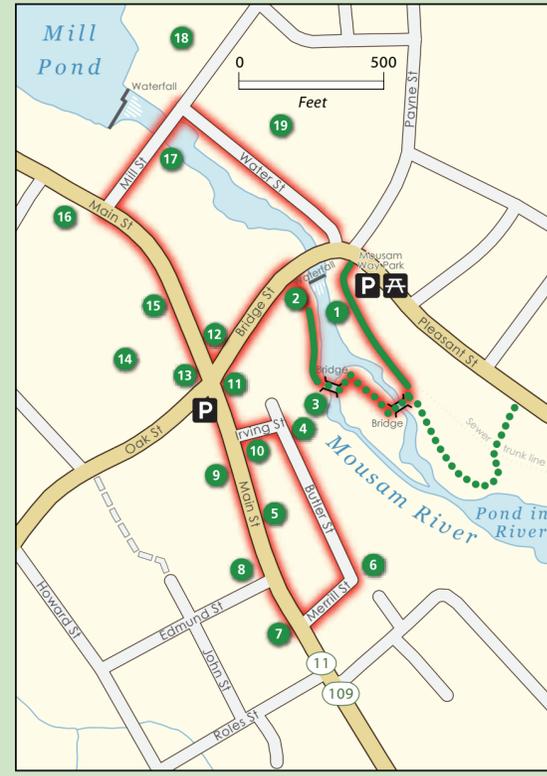
The walk may be accessed from many locations, but the descriptions begin at Mousam Way Park at the corner of Bridge and Water Streets. Ample free parking is available in business parking lots on three of the four corners at the main intersection in downtown Springvale.

Trail Description

Generally, the trail follows city sidewalks with signs marking historic sites along the way. Photos are from the archives of the late photographer Fred Philpot and are used with permission from the Sanford/Springvale Historical Committee. The walk is bounded by Butler Street, Merrill Street, Main Street, Oak Street, Mill Street, Water Street, and Bridge Street. The exception to the sidewalk route is a wooded footpath that runs on both sides of the Mousam River.

Entrances are at Mousam Way Park, the parking lot behind Springwater Apartments, and a walkway behind Village View Apartments. From Mousam Way Park, follow a paved path downhill. Shortly on your right is a footbridge. Crossing the footbridge takes you to an island with views upstream and another bridge to Springwater Apartments and back to Bridge Street.

If you choose not to cross the footbridge, the trail takes you along the river to a pond in the river. The trail swings sharply left and climbs to a sewer trunk line that continues to the right. Continue uphill past the trunk line to Pleasant Street (do not follow the trunk line, as it crosses private property and you will soon come upon a fence).



Sanford High School/YMCA Trails

Primary Trailhead Access

- Gowen Park Gazebo parking: about 300 feet from Main Street, about 0.75 miles north of the ME-109 and ME-11 intersection.
- Sanford Springvale YMCA: entrance on River Street, about one mile north of the River Street and ME-11 intersection.
- Sanford High School Boulevard: about 800 feet from SHS Boulevard entrance on Main Street, about one mile north of the ME-109 and ME-11 intersection.

Trail Description

From Gowen Park Gazebo parking area: a gravel trail leaves the rear of the parking area (1) and continues across an open field to the woods. In 400 feet, the trail turns left and ascends a bluff. At the top, the trail descends steeply to cross an aluminum bridge and then climbs steeply to the top of a wooded ridge, called an esker. A side trail to the right (2) descends to the water with views toward Number 1 Pond. The main trail continues to a fork (3). The right fork proceeds about 800 feet to the National Guard Armory, Sanford Dog Park, and William Oscar Emery Drive. The left fork goes about 600 feet to a gravel parking lot (4) on the east side of Blouin Field, proceeds across the parking lot, enters the woods, and climbs 300 feet to Sanford High School.

From the picnic area on William Oscar Emery Drive northward: a paved footpath through the park changes to unpaved where the trail enters the woods (5). The trail becomes rough and skirts around a marshy area. At its end (6), turn right to William Oscar Emery Drive at the Dog Park, or turn left to Blouin Field and Sanford High School.

From the west end of Sanford High School Boulevard: a paved trail passes through a gate (7) and in 300 feet, the trail forks (8). Straight ahead, the trail proceeds 800 feet to Marginal Way. Branching right, the trail continues 1,700 feet to Sanford YMCA and skate park.

From Marginal Way trailhead, heading south: the paved trail passes through a gate (9) and proceeds about 800 feet to an intersection (8). Straight ahead, the trail ends in about 300 feet at Sanford High School Boulevard (7). Turning to the left, the trail continues 1,500 feet to Sanford YMCA and skate park, where there are many trail options.

From Marginal Way trailhead, heading north: the paved trail follows Marginal Way; after 0.25 miles and at a sharp bend (10), a short footpath leads to views of Stump Pond.

From Marginal Way and Prospect Street intersection (11): a gravel trail goes around a rail fence and 350 feet to the Sanford Rail Trail (12).

From Sanford YMCA: One option is a loop trail behind the YMCA, which can be found at the upper end of the parking lot (13), just outside the fenced perimeter of the play area. The trail goes around a wooded peninsula with views of Stump Pond. At a trail junction (14), the right branch proceeds across a stone bridge to Marginal Way (9). The left branch returns to the YMCA. Another option starts at the brick gazebo near the skate park (15), where a paved trail proceeds away from the YMCA about 1,500 feet to the trailhead at the east end of SHS Boulevard (16). Or follow the paved trail to the right 1,700 feet to an intersection with another paved trail (8).



Mousam Way North

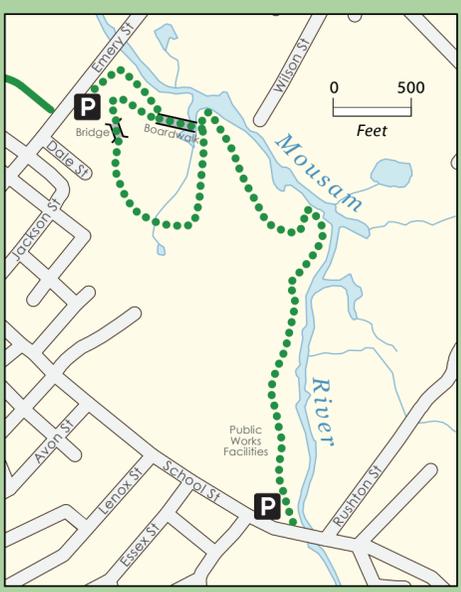
Primary Trailhead Access

- Mousam Way Park: at the intersection of Pleasant and Bridge Streets in downtown Springvale.
- Holdsworth Park: on ME-109/11 at scenic overlook toward Mousam River, about a half mile north of Springvale downtown.
- Springvale Recreation Area: just off ME-109/11 near Holdsworth Park.
- Stanley Road: about a quarter mile from ME-109/11, in the dirt parking area next to the Central Maine Power substation.

Trail Description

Going north: From Mousam Way Park, follow the brick crosswalk onto Water Street. Continue to the end of Water Street where it intersects with Mill Street. Cross Mill Street and follow the Haven Cove Condominium driveway to reach the gravel trail. Follow to the top of the dam on left and along the shore of Mill Pond toward the condominiums. The trail crosses pavement between buildings to a fence at the perimeter of the property. Follow the gravel ramp along the fence to reach an opening through to Riverbank Court. Trail proceeds down Riverbank Court and enters Riverside Cemetery. Follow painted logs on pavement around to left. Fine views of Mill Pond.

At the far end of the cemetery and within sight of water, the trail leaves pavement and continues as a footpath through woods. Immediately, there is an option to continue straight ahead and climb ledges or turn right and circle around behind ledges. The trail becomes quite rugged. It is marked by green dots and yellow logos and follows the Mousam River for about a half-mile to Indian's Last Leap, a scenic spot and swimming hole, where legend has it that a Native American chasing a settler fell to his death. Leaving Indian's Last Leap, the trail soon comes to an open area and power transfer station on Stanley Road. The trail heads left, crossing a footbridge and returns to the river's edge. The trail continues to the Springvale Recreation Area. Continue across fields to stairs and a parking area, then along the sidewalk on Main Street back to Springvale Village and the trail's beginning.



Mousam Way South

Primary Trailhead Access

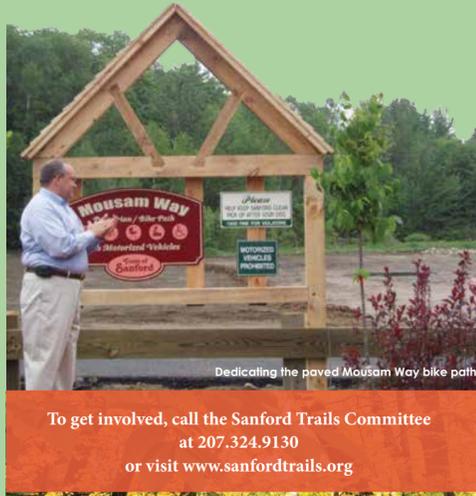
- Emery Street: the trailhead is located on the south side of the street 0.4 miles from Main Street or 0.3 miles from High Street. Park near Heidi's Heavenly Pot Pies.
- School Street: the trailhead is located on the north side of the street roughly 0.9 miles from Main Street or 2.1 miles from Route 4/Alfred Street.

Trail Description

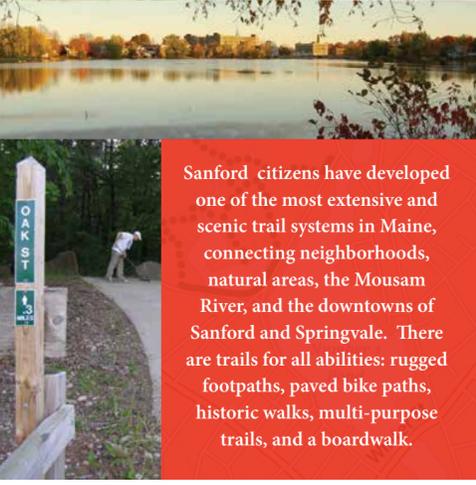
Starting from Emery Street, pass around a gate and continue along the river to a clearing with a big rock. The trail turns left and descends to a 300-foot boardwalk that crosses a marshy backwater of the Mousam River. On the opposite shore, the trail enters the woods and splits. The right fork circles around the marshy area, leaves the woods, descends a sloping open area to a wooden footbridge, and returns to the rear of the parking lot where the trail started. The left fork swings left and follows the river downstream and eventually joins the sewer trunk line. The trail skirts the perimeter fence of the Sanford Public Works Facilities and ends at a small parking area on School Street. Please stay on trail and pick up litter as this trail traverses private property.



Sanford Trails
MAP & GUIDE



To get involved, call the Sanford Trails Committee at 207.324.9130 or visit www.sanfordtrails.org



Sanford citizens have developed one of the most extensive and scenic trail systems in Maine, connecting neighborhoods, natural areas, the Mousam River, and the downtowns of Sanford and Springvale. There are trails for all abilities: rugged footpaths, paved bike paths, historic walks, multi-purpose trails, and a boardwalk.

Sanford Trails Committee wishes to acknowledge the following sponsors whose contributions helped pay for the design and printing of this map and guide.

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- Rene Letourneau Mousam Way Trail Fund
- Warren Roberts



Fall foliage along Mousam Way