

Sanford Trails



Snowshoeing along Mousam Way North



Kayaking on Springvale's Mill Pond



Fall outing on Rail Trail with early mobile device



A 5K trail run on the Sanford-Springvale Rail Trail



Mountain bikers cruise the Sanford High School/YMCA Trails



Trooping along Springvale Historic Walk



Evening light on Holdsworth Park



A bike race at the former Oak Grove Park, now the site of Carl J. Lamb School

KEY TO FEATURES

Trails and Walks

- Paved
- Unpaved
- Rail Trail
- Historic Walk

Points of Interest

- Trailhead
- Parking
- Dog Park
- Hand-carry Boat Launch
- Gazebo
- Picnic Area
- Swimming

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Cartography & Design

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Mousam Way North
An extremely scenic trail through Riverside Cemetery and along the banks of the Mousam River to Indian's Last Leap. Trail through woods is very rugged with rocks and roots in the footpath.

Springvale Historic Walk
This urban historic trail is an easy and scenic walk along streets and paths crisscrossing the Mousam River in the historic heart of Springvale. View sites of a 19th Century bustling mill community as well as scenic waterfalls and picnic grounds.

Sanford-Springvale Rail Trail
The Sanford-Springvale Rail Trail is a six-mile trail built on the old rail bed that passes through Sanford. Running easterly from the Lebanon town line, this multi-use trail is used year round by hikers, bicyclists, walkers, joggers, cross-country skiers, horses, ATV riders, and snowmobilers.

Sanford High School & YMCA Trails
Easy walking trails connect Sanford High School complex, the Sanford YMCA, Marginal Way, the Rail Trail, and William Oscar Emery Drive. No trail segment is longer than a half mile. Surfaces are paved or crushed gravel.

Sanford Historic Walk
This signed historic trail winds its way through downtown sections of Sanford and features sites such as Goodall Mansion, Goodall Park, Goodall Public Library, City Hall as well as former homes, businesses, churches, and school sites.

Mousam Way South
Mousam Way South is a lovely woods trail that follows the Mousam River from Emery Street to School Street and features a 300-foot boardwalk across a wetland.

Paddle an easy 1.75 miles to the Route 4 bridge. Optionally, shoot the ledge drop under the bridge and take out at Gavel Road on the left.



Hanging out on the Mousam Way



Crossing Main Street, Sanford in the 1930s