



ACTIVE OLDER ADULTS 2026 Walking Schedule

116 Union St. Rockport, ME 04856
207.236.3375
www.penbayymca.org
Sandy Bodamer - sbodamer@penbayymca.org

June 5 – Beauchamp Point

Meet in Y parking lot

1.5 hours - easy

June 12 – Fernald’s Neck

Fernald’s Neck Rd, Lincolnville

1.25 hours - easy

June 19 – Appleton Preserve - Canal Path

Rt 105, Appleton

1 hour - easy

June 26 – Beech Hill Picnic

Meet at the top of Beech Hill

July 3 – Carriage Trail to Battie

Rt 52, Camden

1.5 hours - moderate

July 10 – Erickson Fields to Beech Hill

West St, Rockport

1.5 hours - easy

July 17 – Clarry Hill to Little Medomak

Clarry Hill Rd, Union

1.25 hours - easy

July 24 – Bald Rock Mountain

Youngtown Rd, Lincolnville

1.5 hour - moderate

July 31 – PenBay Wellness Trail

Rt 1, Rockport

1.25 hours - easy

August 7 – Ducktrap Preserve

Rt 52, Lincolnville

1 hour - easy

August 14 – McLellan-Poor

Little River, Belfast

1.5 hours - easy

August 21 – Merry Spring

Rt 1, Rockport

1 hour - easy

August 28 – ICE CREAM SOCIAL

No walk

September 4 – Langlais Art Preserve

River Rd, Cushing

1 hour - easy

September 11 – Clark Island Preserve

Clark Island Rd, Saint George

1 hour - easy

September 18 – Erickson Fields to Beech Hill

West St, Rockport

1.5 hours - easy

September 25 – Beauchamp Point

Meet in Y parking lot

1.5 hours - easy

All walks start at 1:30 at the trailheads unless stated otherwise. If you wish to carpool meet in the YMCA parking lot at 1:15. Contact Sandy at sbodamer@penbayymca.org if you have any questions.