

Penobscot Bay & Rockland Harbor YMCA

# ACTIVE OLDER ADULTS

## 2026 Hiking Schedule

With registered Maine Guide Marion Gray

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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### May 28 - Hodson/Rheaulat Trail

Molyneaux Rd. Camden

2.6 miles, moderate

### June 25 - Mt. Battie via Carriage Trail

Rt 52 Camden

4 miles, moderate

### July 23 - Magog Falls Trail

Rt 105 Appleton

3 miles, moderate to easy.

### August 20 - Bald Rock Loop

Youngtown Rd, Lincolnville

4 miles, moderate

### September 24 - Thorndike Brook Trail

Hope St, Hope

4 miles, moderate to difficult.

### October 22 - Bald Mt

Barnstown Rd, Hope

3 miles, moderate to difficult.

We'll meet at the trailheads at 8 am.

These 2-4 mile hikes are being proposed for people who already have some hiking experience and can easily walk 2 miles. Hikes will be cancelled if it's raining. Location of the hikes may change due to conditions or participant abilities. Contact Marion Gray with any questions:

[marioninthewoods@aol.com](mailto:marioninthewoods@aol.com).