



2026

TrailLink Unlimited



Guides



Mountain Division Trail

Maine



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The Mountain Division Trail exists as two separate segments of what will eventually be a more than 50-mile-long trail from Fryeburg to Portland. The northern section runs for nearly 4 miles through Fryeburg on the New Hampshire Border. The southern section rolls for about 6 miles between Windham and Standish. The paved trail segments run alongside currently dormant train tracks owned by the Maine Department of Transportation.

Fryeburg Segment (4.0 miles)

The northern section of the Mountain Division Trail leaves off the New Hampshire Stateline, although the first access point is at the trailhead not far away. The trail travels 1.5 miles before passing the historic town center and then parallels the road for 2.5 miles. Heading east, the

paved trail is wooded and lined with wildflowers. Trail users will have occasional mountain views through breaks in the vegetation.

Windham to Standish Segment (5.6 miles)

The southern section of the Mountain Division Trail comprises a segment of the 28-mile Sebago to the Sea Trail that runs between the southern tip of Sebago Lake to Casco Bay in Portland.

Trail users can start at the western end of the trail that travels eastward down a gravel hill. The next three miles of trail continue east along a rural landscape. The first section of the trail is off the railroad corridor to protect nearby ponds, but a gate and stop sign inform trail users of the return to the corridor. Heading towards Windham, a side trail leads users downhill towards Gambo Dam. A footpath heads into the woods where you can explore the ruins of a canal and the Oriental Powder Mill, which supplied the Union Army with one-quarter of its gunpowder. The trail then passes, Shaw Park, where trail users can swim and rent kayaks. From here, the trail continues west along a 10-ft wide paved trail until reaching its southern end on Main St.

Trail History

The Mountain Division Trail takes its name from the Maine Central Railroad's Mountain Division that ran from Portland through New Hampshire's White Mountains to Vermont. Chartered in 1867 as the Portland and Ogdensburg Railroad, Maine Central took over in the early 20th century. Passenger service on the scenic run ended in 1958, and freight trains stopped rolling after Guilford Transportation (later Pan Am Railways) acquired it in the 1980s. The Maine DOT owns and maintains the tracks today in hopes of reestablishing rail service.



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States: Maine

Counties: Cumberland, Oxford

Length: 9.59 miles

Trail end points: 97 Main St (Fryeburg) to
Portland St. (Fryeburg) to Chadbourne Rd.
(Standish) to Main St. (Windham)

Trail surfaces: Asphalt, Gravel

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible, Cross
Country Skiing

Parking & Trail Access

The Mountain Division Trail runs between 97 Main St (Fryeburg) and Portland St. (Fryeburg) and Chadbourne Rd. (Standish) and Main St. (Windham), with parking at all endpoints.

Parking is also available at:

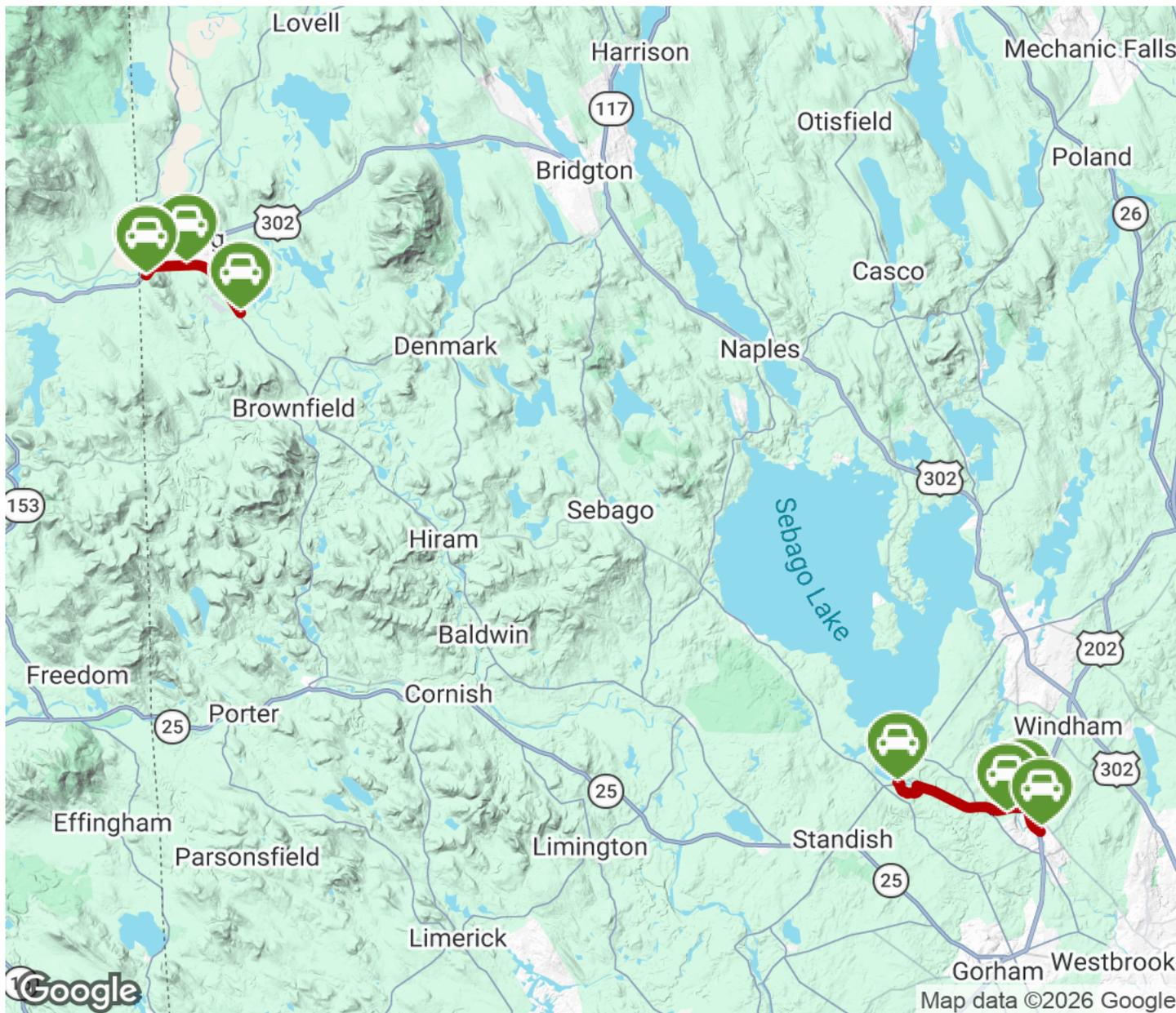
- Shaw Park, 55 Partridge Ln (Gorham)

See [TrailLink map](#) for all options and detailed directions.



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- Trailhead
- Restroom
- Parking
- Water Fountain
- Tunnel