



2026

TrailLink Unlimited



Guides



Sanford- Springvale Rail Trail

Maine



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The Sanford-Springvale Rail Trail runs for 5.9 miles between Sanford and Springvale. The gravel trail traverses the woods on either side of Sanford's scenic Springvale community as it links a shady brook in the east to a woody property line in the west.

About the Route

The Sanford-Springvale Rail Trail follows an old railroad corridor and has two trailheads before the trail's endpoints. The western trailhead sits just off Hanson Ridge Rd, and the trail continues in both east and west directions. If heading west, the trail continues until it hits its western endpoint at 1.7 miles south of Hanson Ridge Rd (Sanford). If trail users head east from the Hanson Ridge Rd trailhead, the firm trail passes Deering Pond and

continues into the town of Springvale.

The eastern trailhead sits in Springvale on Pleasant St & Railroad Ave. The trail continues east and west from the trailhead. Those traveling east will find a rougher trail and pass an old freight depot that's currently a private business. Then, in about 0.6 miles, the trail leaves the rail corridor and turns right onto a power line right-of-way. Look for the trail heading left into the woods in about 0.1 mile. From there, the trail travels through the woods and crosses SR 224/Shaws Ridge Road, then a field, and then crosses SR 224/Shaws Ridge Road again. The trail goes to the right of a clump of trees and ends at Hay Brook in less than 0.5 miles.

Trail History

The trail tracks the corridor of the Sanford and Eastern Railroad, the last survivor of railroads that began serving the area in the 1840s. The Worcester, Nashua and Rochester Railroad combined those original rail lines in 1883 and later was acquired by the Boston and Maine Railroad (B&M). The B&M began to discontinue the use of rail segments in Maine in the 1940s, however, and sold off its line from Rochester to Portland in 1949. That became the Sanford and Eastern Railroad, which existed in the Sanford area until 1961.



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States: Maine

Counties: York

Length: 5.9miles

Trail end points: Alfred/Sanford town line, about 0.3 miles north of Shaws Ridge Rd & US 202 to Lebanon/-Sanford town line, 1.7 miles south of Hanson Ridge Rd (Sanford)

Trail surfaces: Gravel

Trail category: Rail-Trail

Trail activities: ATV,Fishing,Horseback Riding,Mountain

Parking & Trail Access

The Sanford-Springvale Rail Trail runs between 1.7 miles south of Hanson Ridge Rd (Sanford) and Alfred/Sanford town line, about 0.3 miles north of Shaws Ridge Rd & US 202 and Lebanon/-Sanford town line, but parking is available at the trail's eastern and western trailheads.

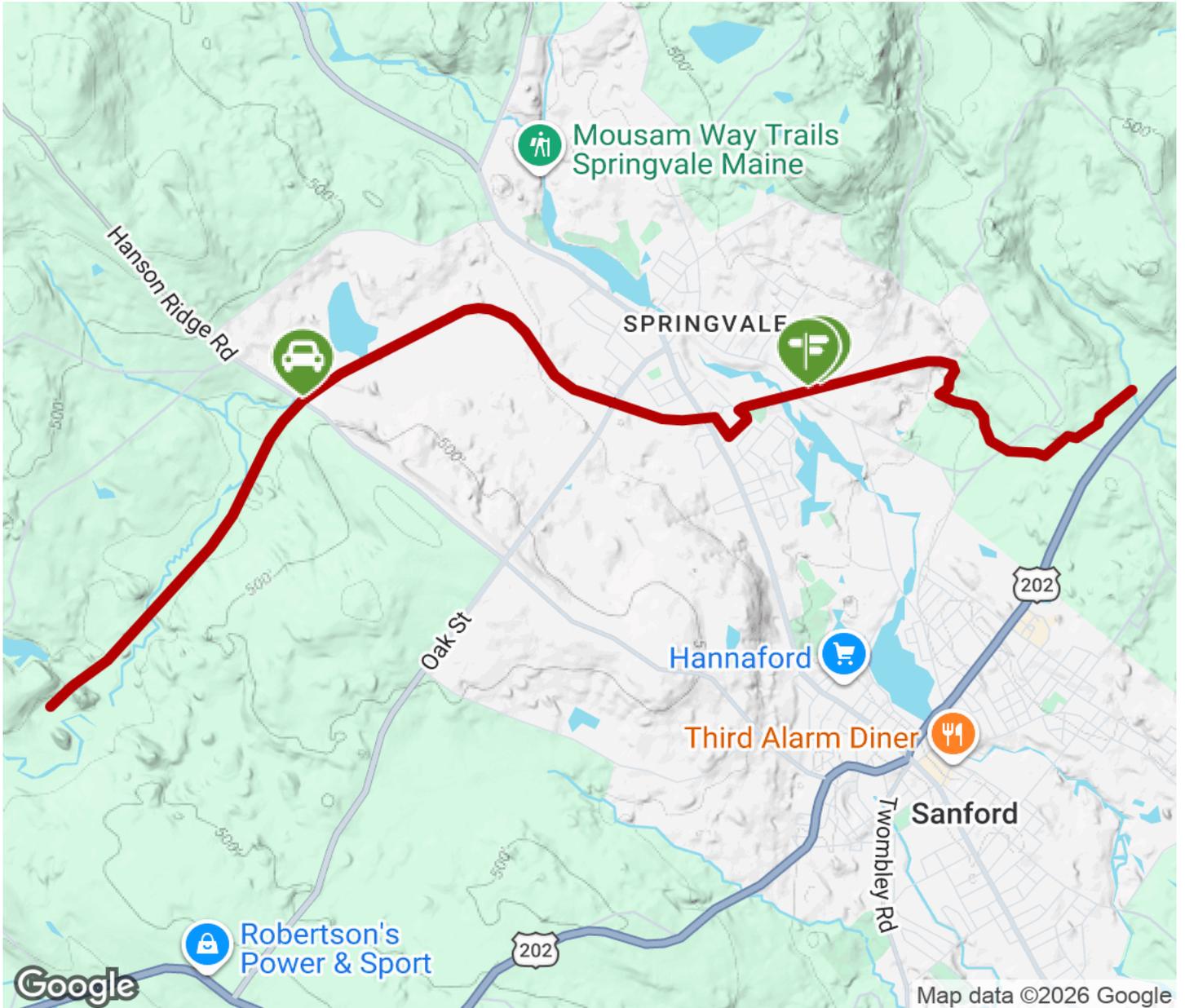
- Pleasant St & Railroad Ave (Springvale)
- Hanson Ridge Rd (Sanford)

Please see the [TrailLink Map](#) for detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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