



2026

TrailLink Unlimited



Guides



Whistle Stop Rail-Trail

Maine



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A former Maine Central Railroad line provides a year-round playground for motorized and nonmotorized trail users to explore



A former Maine Central Railroad line provides a year-round playground for motorized and nonmotorized trail users to explore the western hills of Maine. The long, flat, mostly straight stretches of the Whistle Stop Rail-Trail, running for 15.8 miles from Farmington to Livermore Falls, primarily serve ATVs and off-road vehicles in warmer months, and snowmobiles in winter, but the trail is also accessible to mountain bikers, hikers, dog walkers, horseback riders, cross-country skiers, and snowshoers. Hybrid cyclists will find sandy sections passable but difficult.

Trees shade the trail as it passes through wetlands and rural farmland. Several small towns with services stand along the trail, but most interactions with civilization are limited to the occasional road crossing or the backyards of

scattered houses or industrial buildings, including some remnants of rock quarrying from years gone by.

About the Route

From the community of West Farmington on the Sandy River, the packed dirt and gravel trail surface of the Whistle Stop Rail Trail is easier for bicyclists to traverse than sections farther south. In 6.5 miles the trail arrives in Wilton, formerly a booming manufacturing center where Bass shoes and boots were made for 122 years until the factory closed in 1998. A mile or two south of town, the trail surface turns to deeper sand that poses more of a challenge to bicyclists.

The trail passes marshy lowlands in the east along the middle section of the trail from Wilton to North Jay. At 3.7 miles past Wilton, trail users can take a 1-mile side trip on Old Jay Hill Road to Woodman Hill Road to visit the North Jay White Granite Park. A hiking trail goes to the edge of a lookout over the quarry, where desirable white granite was mined for many uses, including the monuments in Washington, D.C.

The sandier surface continues south to the town of Jay, where the trail comes into view of the Androscoggin River. On the final 2.5 miles to Livermore Falls, trail users will be able to spot signs for the French Falls Recreation Area, which serves as another trailhead with bathrooms and parking closer to the southern end. At this point, sand yields to a harder-packed—albeit somewhat rutted and potholed—surface.

The southernmost portion of the trail offers scenic views of the Androscoggin River and a railroad trestle that carries tracks across the river for the southernmost mile to Livermore Falls. The trail reaches its southern end in the heart of the town of Livermore Falls near various retail establishments.

Trail History



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States: Maine

Counties: Franklin

Length: 15.8miles

Trail end points: Oakes St. (Farmington) to
Bridge St. (Livermore Falls)

Trail surfaces: Dirt,Gravel,Sand

Trail category: Rail-Trail

Trail activities: ATV,Fishing,Horseback
Riding,Mountain

Biking,Snowmobiling,Walking,Cross Country
Skiing

Parking & Trail Access

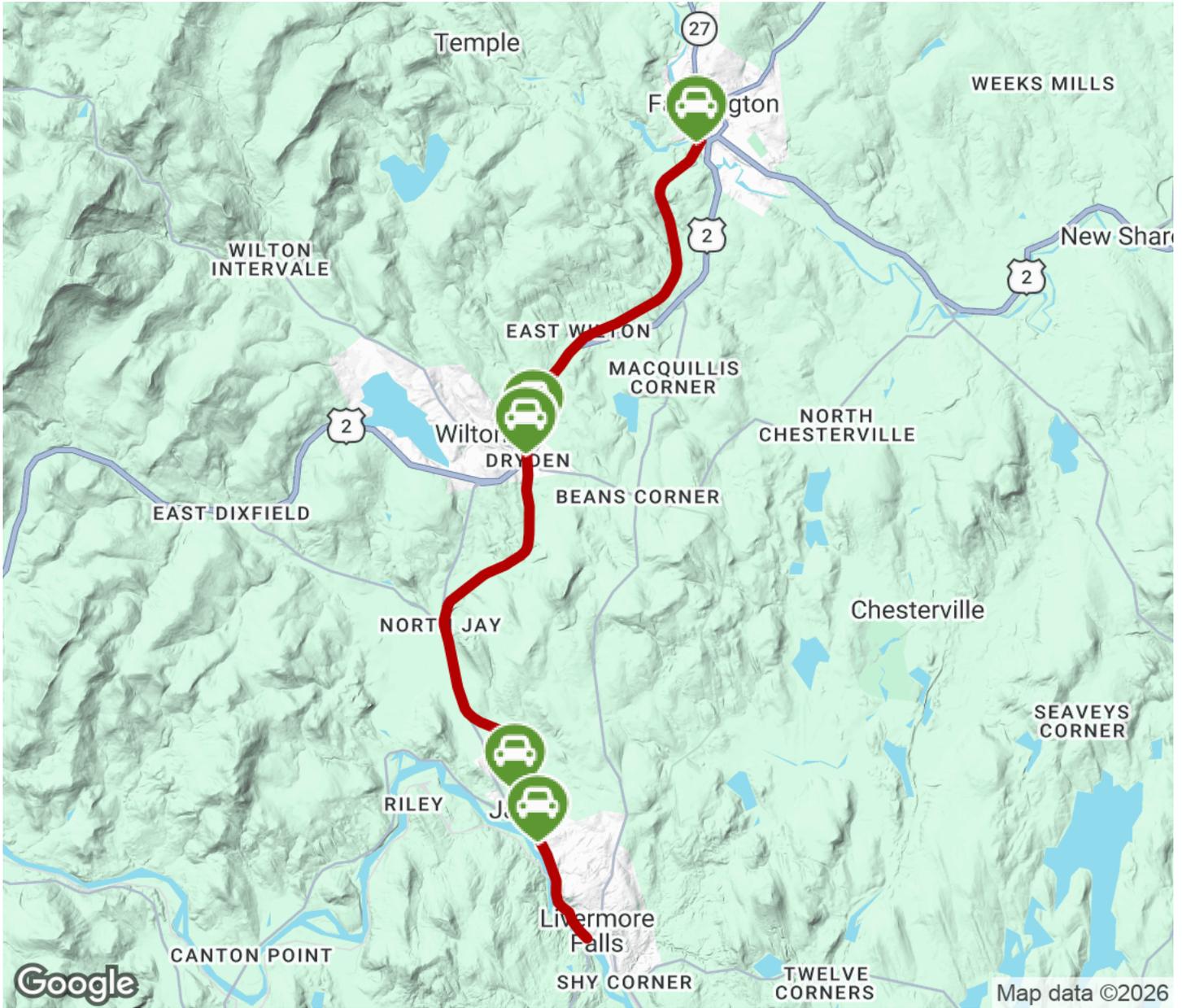
The Whistle Stop Rail Trail runs between Oakes St. (Farmington), where parking is available, and Bridge St. (Livermore Falls).

Additional parking is available but without official addresses. Please see [TrailLink Map](#) for all parking options and detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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