



2026

TrailLink Unlimited 

Guides



Eastern Trail
Maine



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The Eastern Trail connects the historic towns along Maine's southern coast from the woods near Kennebunk to South Portland's



The Eastern Trail connects the historic towns along Maine's southern coast from the woods near Kennebunk to South Portland's harbor lighthouse.

About the Route

The Eastern Trail follows off-road rail-trail and greenway interrupted by two major on-road gaps in Saco/Biddeford and Scarborough. The trail's northern endpoint is at Bug Light Park (South Portland), a waterfront park with a lighthouse dating to 1875, and expansive views of tankers, sailboats, and the Portland skyline. The northernmost 5.6 miles of trail, also co-named the [South Portland Greenbelt Walkway](#), makes its way south from Bug Light Park along the Fore River and neighborhoods south of it. The trail passes through athletic fields at Wainwright Sports

Complex before the trail takes on-road segments for 4.4 miles through Scarborough.

After weaving through residential streets in Scarborough, primarily on Highland Avenue and Black Point Road, the trail resumes from the southwestern end of Eastern Road. The trail takes a southwestward straight-shot through Scarborough Marsh, a breathtaking expanse of saltwater wetlands that is Maine's largest, at 3,100 acres. Marine birds are a frequent sight along nearly 2 miles of beautiful coastal trail.

The off-road, straight segment of rail trail continues for another 4 miles south of the wetland preserve, before reaching a bridge to cross Route 1. The overpass is 0.5 mile south of Funtown Splashtown USA, an amusement park. The trail continues to cross beneath I-195 at a cloverleaf junction. South of I-195, the trail resumes for about a mile before reaching the southern trail gap of on-road segments that take the trail into the dense adjoining town centers of Saco and Biddeford, with the Saco River as the dividing line. These on-road segments are well-marked, but caution around car traffic is always advised.

Leaving downtown Biddeford, the on-road trail route heads west along Main Street, before curving southwards to make its way through the town's suburban neighborhoods and commercial districts. The off-road trail resumes at Enterprise Drive and W Cole Road, and takes off heading southwest along the straight, flat trail, leaving behind suburban areas for thick forested stretches. 5.5 miles ahead, the trail crosses over I-95 and continues for another 0.5 miles before reaching its southern end.

The Eastern Trail comes to its southern endpoint at ME-35 & Warrens Way (Kennebunk). Parking is available nearby at Kennebunk Elementary School. The parking lot has its own a trailhead serving a short spur that joins the main trail 0.25 miles from its southern end. Two miles from the trail-end, the town center of Kennebunk features quaint, old New England



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States: Maine

Counties: Cumberland, York

Length: 28.8 miles

Trail end points: Bug Light Park (South Portland) to Warrens Way & SR 35 (Kennebunk)

Trail surfaces: Asphalt, Concrete, Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Fishing, Inline Skating, Walking, Wheelchair Accessible, Cross

Parking & Trail Access

The Eastern Trail runs between Bug Light Park (South Portland) and ME-35 & Warrens Way (Kennebunk), with parking available at Bug Light Park.

The trail is accessible by rail at Saco Station, which is served by Amtrak's Downeaster service between Portland and Boston. Local public transit agencies of the cities and towns along the route also provide access to the trail by bus.

Parking is also available at:

- 18 Eastern Rd (Scarborough)
- 17 W Cole Rd (Biddeford)
- 177 Alewife Rd (Kennebunk)

There are numerous parking options along this route, see [TrailLink Map](#) for all parking options and detailed directions.



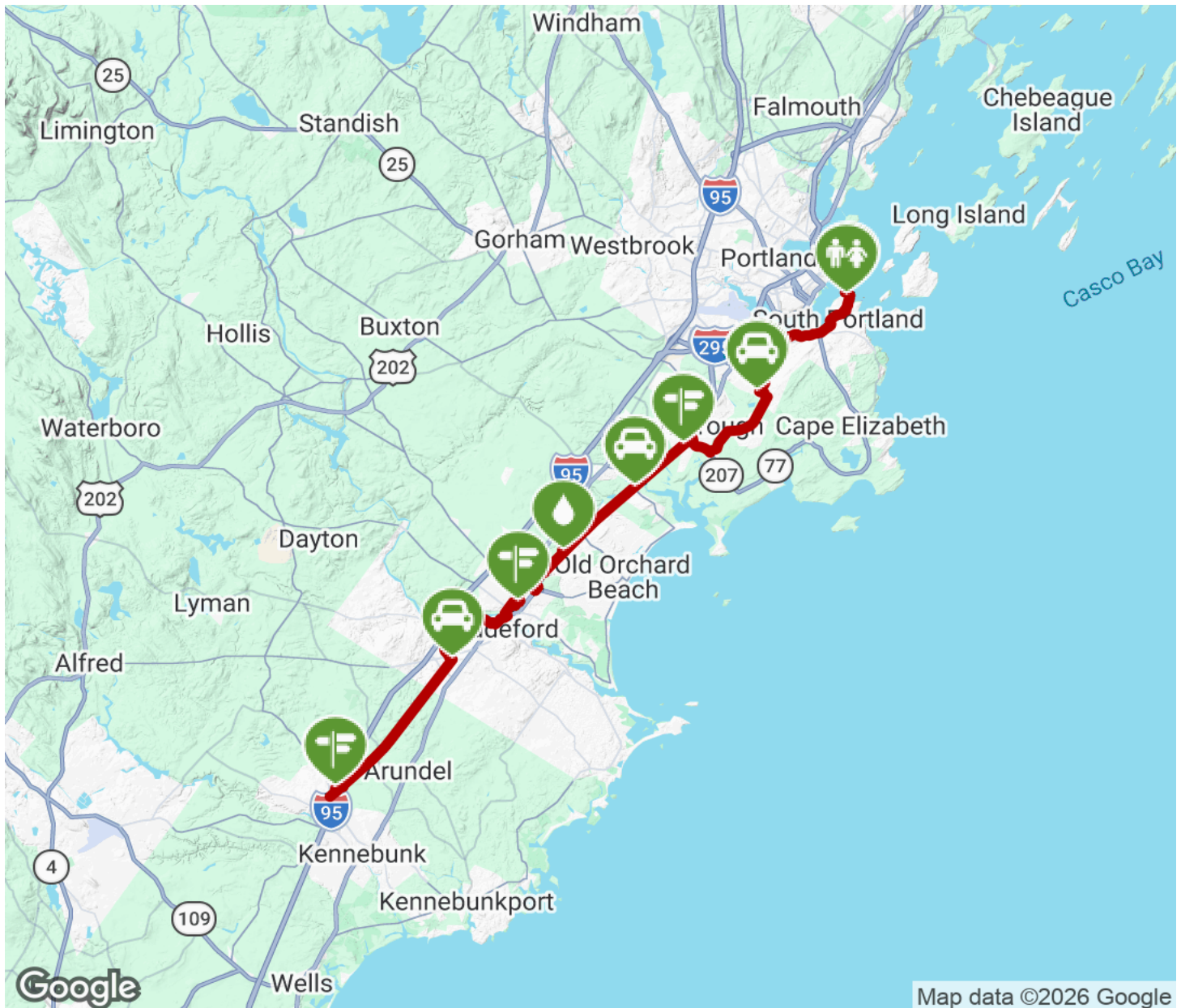
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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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