



2025

TrailLink Unlimited 

Guides



**Back Cove
Trail**
Maine



Back Cove Trail

Maine

Overview The paved Back Cove Trail rings its namesake tidal basin and offers lovely views of the Portland skyline. Look for great blue



At Sewage Plant Road under Tukey's Bridge, the trail connects to the [Bayside Trail](#) and the [East Promenade Trail](#).

Overview

The paved Back Cove Trail rings its namesake tidal basin and offers lovely views of the Portland skyline. Look for great blue herons or other birds along the tree-lined waterfront.

About the Route

A good place to begin is Payson Park, on the cove's north shore, where there is parking and the Longfellow Arboretum, which is worth checking out before starting the trail. On the south side of the bay, Back Cove Park offers several athletic fields.

Connections



Back Cove Trail

Maine

States: Maine

Counties: Cumberland

Length: 3.6miles

Trail end points: Turkey Bridge/I-295 to Back Cove Park (Portland)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

Skating, Wheelchair Accessible, Walking

Parking & Trail Access

The Back Cove Trail is a loop around Back Cove in Portland, ME.

Parking is available at:

- Payson Park, Baxter Blvd (Portland)
- Back Cove Park, Preble St (Portland)

These are not official addresses, please visit the [TrailLink map](#) for all parking options and more detailed directions.



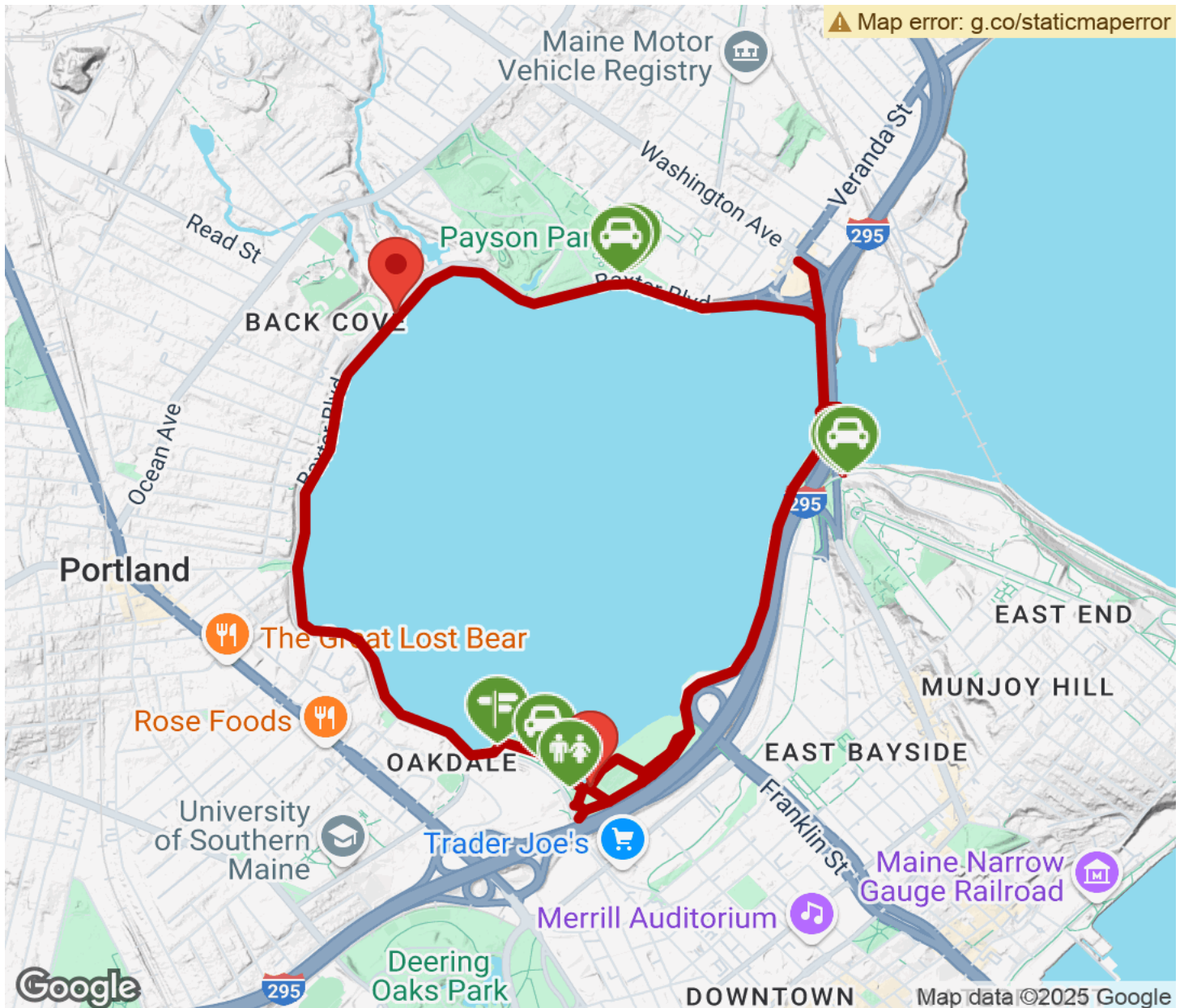
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Back Cove Trail

Maine



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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