



This list includes only a small selection of the park's 125 miles of trails. Unless otherwise indicated, round-trip distances include the route out and back on the same trail. Many park trails, however, can be combined to make loops and longer routes.

Use caution while hiking; many trails have steep sections and uneven footing. Stay back from cliff edges; serious falls can occur. In rain, conditions may be slippery. Some trails are accessible. For more information, consult a guidebook or trail map.

TRAIL	DESCRIPTION	STARTING/ENDING POINT	ROUND-TRIP DISTANCES	
Very Easy				
Bar Harbor Shore Path	Harbor and island views	Bar Harbor Town Pier	1 mile	1.6 km
Cadillac Summit Loop Trail	Panoramic views of Frenchman Bay	Cadillac Summit Parking Lot	.4-mile loop	0.6-km loop
Jordan Pond Nature Trail (self-guiding brochure available)	Evergreen forest	Jordan Pond Parking Area (not the restaurant parking area)	1-mile loop	1.6-km loop
Wonderland Trail	Evergreen forest to rocky shoreline	Route 102A, one mile south of Seawall Campground	1.4 miles	2.2 km
Easy (uneven ground but fairly level)				
Bar Island - <i>Accessible 1½ hours on either side of low tide.</i>	Sand bar to forested island	Bridge Street (off West Street) in Bar Harbor	varies	
Most carriage roads. Check with staff for specific routes and carry a carriage road map.	Varied environments, from forests to lakesides to ocean views	Access at Jordan Pond, Bubble Pond, Eagle Lake, Brown Mountain Gatehouse, Parkman Mountain, or visitor center	varies	
Great Meadow Loop	Connects town to park through forest and meadow	Off Cromwell Harbor Road (walk from town of Bar Harbor)	2 miles	3.2 km
Ocean Path	Sand beach to sea cliffs— <i>Be careful near cliff edges!</i>	Sand Beach or Otter Point Parking Area	4 miles	6.4 km
Ship Harbor Trail	Evergreen forest to rocky shoreline	Ship Harbor Parking Area on Route 102A	1.3-mile loop	2.3-km loop
Moderate (some steep grades, some level stretches)				
Bear Brook Trail (to summit of Champlain Mountain and return)	Pine slopes, views of Frenchman Bay	Bear Brook Parking Area (400 feet beyond Beaver Dam Pond)	2.2 miles	3.5 km
Beech Mountain Loop	Vista of Long Pond on the northwest route	Follow signs from Somesville to Beech Mountain	1.1 miles	1.8 km
Bubble Rock Trail	Mixed forest with views of Jordan Pond	Bubble Rock Parking Area	1 mile	1.6 km
Cadillac Mountain North Ridge Trail	Open ascent, views of Frenchman Bay	North Ridge Trail Parking Area on the Park Loop Road	4.4 miles	7.1 km
Gorham Mountain Trail	Forest opening to granite ascent	Gorham Mountain Parking Area	1.8 miles	2.9 km
Great Head Trail	Evergreen forest along sea cliffs	Eastern edge of Sand Beach	1.4-mile loop	2.2-km loop
Great Pond Trail (first one mile)	Rocky shoreline, walk one mile and return	South end of Long Pond (near Southwest Harbor)	2 miles	3.2 km
Jordan Pond Shore Trail	Rocky shoreline along water's edge	Jordan Pond Parking Area (not the restaurant parking area)	3.2-mile loop	5.1-km loop
Strenuous (steep grades, many steady climbs) - Trails with iron rungs (Beehive, Precipice, Ladder, and others) are not recommended for small children.				
Acadia Mountain Trail (return via fire road)	Views of Somes Sound, steep descent to fire road	Acadia Mountain Parking Area on Route 102	2.5 miles	4 km
Beehive Trail	Iron rungs on ledges of exposed cliffs, very steep	100 feet north of Sand Beach Parking Area	0.8 miles	1.3 km
Beachcroft Trail (Champlain Mountain)	Rocky, open slopes	Route 3 at the north end of the Tarn	2.4 miles	3.9 km
Cadillac Mountain South Ridge Trail	Forest opening to gentle granite ascent	Route 3, 100 feet south of Blackwoods Campground entrance	7.4 miles	11.9 km
Dorr Mountain (Ladder Trail to East Face Dorr Trail, return via South Ridge Dorr Trail and Canon Brook Trail)	Stone steps and iron rungs to open ridge and forest	Route 3 at the south end of the Tarn	3.3 miles	5.3 km
Perpendicular Trail (Mansell Mountain)	Rocky stairs, few iron rungs with views of Long Pond	South end of Long Pond (near Southwest Harbor)	2 miles	3.2 km
*Precipice Trail	Iron rungs and ladders on exposed cliffs, very steep	Precipice Parking Area	1.6 miles	2.6 km
Sargent Mountain (Giant Slide Trail to Sargent North Ridge Trail, return via Grandgent Trail to Giant Slide Trail)	Ravine, evergreen forest, steep sections to open ledges	Giant Slide Trailhead on Route 3/198 north of Northeast Harbor	5 miles	8.1 km

*The Precipice Trail and portions of the East Face, Jordan Cliffs, and Flying Mountain Trails are generally closed from March 15 to August 15 to protect nesting peregrine falcons. Check with park rangers for more information.