

THE INTERNATIONAL APPALACHIAN TRAIL IN MAINE

INTRODUCTION

The Maine section of the International Appalachian Trail-Sentier International des Appalaches (IAT-SIA) is 138.4 miles (223 km) long. Heading north from the Katahdin Lake East (KLE) access trailhead of Baxter State Park (BSP), the route passes through boreal forests, follows trails, old logging roads, rural public roads, an abandoned railroad bed, to the potato fields of Aroostook County and the cleared strip of land along the boundary between the United States and Canada. Beyond Fort Fairfield, the trail enters the province of New Brunswick.

Getting to BSP

- **BSP Hiking Starting Point:** Northbound IAT hikers' start is the park's Avalanche Field trailhead for Katahdin Lake and the Katahdin Lake East (KLE) access that is 5.1 miles from Avalanche Field.
- **By plane:** Bangor International Airport (BGR) is the closest major airport. There is Cyr bus service (see below) from Bangor to Medway.
- **By bus:** Buses leave from Boston's Logan International Airport (BOS) and Boston's South Station to Portland, Maine, and from Portland to Bangor. Transfer to Cyr Bus Service in Bangor. Buy one ticket from Boston to Medway, Maine (near Millinocket) at South Station from Concord Coach Lines, 800.639.3317, www.concordcoachlines.com.
- **By train:** Instead of taking the bus from Boston, the Amtrak train leaves several times daily from Boston's North Station to Portland's combined train and Concord Coach Lines bus station, www.amtrak.com.
- **Cyr Bus Service:** Services Bangor, Medway, Oakfield, Houlton, Mars Hill, Bridgewater, and Monticello, 207.827.2335 and 800.244.2335, www.cyrbustours.com.
- **Medway:** Post Office (04460) 207.746.9949. Cyr buses stop at a gas station-convenience store right off of Interstate 95 (I-95). Traffic flows toward Millinocket on Maine Rte. 157 and then on to BSP, so hitchhiking is usually fairly easy. Katahdin Taxi, 207.723.2000 or 800.USA.TAXI, is also available to get to the entrance of BSP. Also, note that the Appalachian Trail Lodge (Millinocket, see below) will pick up hikers at the bus stop and provides shuttles to the park. Nicatau Outfitter, 207.746.3253 or 207.746.3251, www.maine campingtrips.com, and Maine Quest Adventures, 207.746.9615, www.mainequestadventures.com, also provide shuttle services to the park. Medway has few services along ME Rte. 157. Lodging: Katahdin Shadows Motel and Campground, 800.794.5267 or 207.746.9349, www.katahdinshadows.com, Pine Grove Campground and Cottages (also shuttles from bus stop), 207.746.5172, www.pinegrovecampgroundandcottages.com; or Gateway Inn; 207.746.3193, www.medwaygateway.com.
- **Millinocket:** Post Office (04462) 207.723.5921. Most major services are available in the Millinocket area, especially in the strip mall east of town on ME Rte. 157, where you'll find lodging: Baxter Park Inn, 866.633.9777 or 207.723.9777, www.baxterparkinn.com; Pamola Motor Lodge, 800.575.9746, after 4 p.m. 207.723.9746, www.pamolamotorlodge.com; Katahdin Inn and Suites, www.katahdininlandsuites.com, 207.723.4555; grocery stores, a pharmacy, fast-food chains, a bank with ATM, and the administrative offices of BSP. In-town lodging can be found at the Appalachian Trail Lodge; 207.723.4321, www.appalachiantrailodge.com, which also provides shuttle service for hikers from the Medway bus station and to BSP.

BSP Rules

- **Pets are not allowed in the park.**
- Advance reservations are required for all overnight facilities within the park including campgrounds. **Hikers arriving in the park without a reservation will not be allowed to camp.** Hikers cannot enter the park on foot, ascend Katahdin, and leave the park on foot in one day, a trek of more than 20 miles, including the climb of Maine's tallest mountain. Most hikers will stay at least one night in the park in order to climb Katahdin safely and successfully complete the IAT/SIA in Maine. If you are planning on climbing Katahdin, make arrangements to stay overnight at Roaring Brook or Chimney Pond and climb Katahdin from there, an 8-12 hour round trip. In addition to camping managed by BSP at Katahdin Lake, Roaring Brook, and Chimney Pond (as well as at several other locations inside the park), hikers may make advance reservations to stay at Katahdin Lake Wilderness Camps, 207.837.1599, www.katahdinlakewildernesscamps.com, 1.8 miles from the intersection of the IAT/SIA with the KLE eastern boundary of the park, but a day climb of Katahdin from Katahdin Lake is not a viable option.
- For reservations and important information on park use, rules, rates, hiking conditions contact Clerk, Baxter State Park Authority, 64 Balsam Drive, Millinocket, ME 04462; telephone 207.723.5140. Reservations may be made online through the park's website at www.baxterstateparkauthority.com.
- Credit cards are not accepted inside the park. Hikers must pay before arrival or expect to pay in cash. Park campgrounds are in high demand during the busiest part of the season, which includes weekend nights in the fall.

South Bound IAT/SIA Hikers

- The last trailside locations to contact BSP by phone or the internet are at Shin Pond Village, 207.528.2900, www.shinpond.com or Matagamon Wilderness Campground, 207.446.4635, www.matagamon.com. All south-bound hikers are encouraged to make their arrangements with the park from either place, if not earlier during their hike through Maine. For more thru-hiker information please visit: www.baxterstateparkauthority.com/hiking/at.php.

General Information

- **Experience:** In view of the remote nature of certain sections and the distances to be walked generally, It is recommended that hikers be experienced or at least be accompanied by an experienced hiker. Numerous books or internet sites on long-distance hiking and camping are available that provide up-to-date, detailed information on conditioning, equipment, provisioning, first aid, and other relevant subjects.
- **Camping:** The East Branch section of the trail (BSP KLE access boundary to the Grand Lake Matagamon Road) has four IAT lean-to shelters with fire rings, privies, and near-by water: Katahdin Brook; Wassataquoik Stream; Lunksoos; and Grand Pitch. Maine Forest Service (MFS) campsites along the trail, north of Grand Pitch, at Pond Pitch and Haskell Deadwater, require a fire permit for open fires, except when the ground is snow covered. A free fire permit can be requested by calling the MFS regional office in Ashland, 207.435.7963. Fires are not permitted at other locations along this stretch of trail.
- **Other IAT lean-tos** are located at Roach Farm in Merrill, Monticello, Mars Hill, and Fort Fairfield. Camping is allowed behind the Blue Moose Restaurant (Monticello), 207.538.0991. Motels and bed and breakfasts (B&B's) are also available in some of the municipalities along the trail.
- **Drinking Water:** Hikers should make sure they carry adequate drinking water. Water is generally available along or adjacent to the trail route and at campsites. Hikers should not assume that it is always safe to drink water from natural sources without treating it with a disinfectant, filtering, or boiling for at least 5 minutes. **Note:** water is not available at the Mars Hill lean-to and campsite.

Campsite and Lodging Distances from Baxter State Park's Katahdin Lake East (KLE) Access Point <i>(KLE is 1.8 miles from Katahdin Lake Wilderness Camps and 5.1 miles from Avalanche Field)</i>		
Trail Mile	Km	Description
1.7	2.8	Katahdin Brook IAT Lean-to
5.5	8.8	Wassataquoik IAT Lean-to and Campsite
13.2	21.3	Lunksoos IAT Lean-to and Campsite
21.1	34.0	Trail to Bowlin Camps bunkhouse and cabins (0.2 miles off-trail)
23.7	38.1	Grand Pitch IAT Lean-to and Campsite
24.2	38.9	Pond Pitch MFS Campsite (fire permit required)
25.2	40.5	Haskell Deadwater MFS Campsite (fire permit required)
31.5	50.7	Matagamon Wilderness Campground & Cabins
45.9	73.9	Shin Pond Village camping and cabins
66.0	106.2	Turn-off to Roach Farm Lean-to and Campsite (0.5 miles off-trail)
69.1	111.2	Turn-off to Yellow House on Clark's Hill B&B, Oakfield (3.3 miles off-trail)
75.1	120.9	The Brookside Inn Restaurant & Motel
85.8	138.1	Turn-off to Ivey's Motor Lodge; Shiretown Inn and Suites, Houlton (0.3 miles off-trail)
96.4	155.1	Side trail to Blue Moose Restaurant, Monticello (0.1 miles off-trail, camping permitted)
98.1	157.8	Monticello-Trestle IAT Lean-to and Campsite
115.4	185.7	Turn-off to Bear Paw Inn, Mars Hill (0.1 mile off-trail)
118.6	190.9	Side trail to Mars Hill IAT Lean-to and Campsite (0.2 miles off-trail)
134.0	215.7	Fort Fairfield IAT Lean-to and Campsite

- **Biting Insects:** Black flies, mosquitoes, and “no-see-ums” can sometimes be maddening, the first in the spring, and the latter two especially in the evening. A good insect repellent, long sleeves, and head net are recommended. Long pants or gaiters can protect lower legs.
- **Trail Marking:** Much of the trail is marked with blue-bordered, white IAT/SIA tags on trees or sometimes flagging tape. Some critical junctions will have a post with tags and arrows at locations indicated in the guide. However, posts tend to get knocked over by wildlife or moved by people, so their presence is not guaranteed. Special attention may be needed to follow the trail where it crosses ledge and at the Wassataquoik Ford or the High Water Alternative Crossing route. Maine Department of Transportation signs are present on state roads.
- **Road Walking:** Maine law requires that pedestrians use sidewalks when they are available and walk facing traffic when on a public way.
- **Search and Rescue:** Cell phone service is generally unavailable on the remote East Branch section, though sometimes a signal is obtainable on the mountain summits. Bowlin Camps, 207.528.2022, Matagamon, 207.446.4635 and Shin Pond Village, 207.528.2900, have phone service. In case of emergency anywhere on the trail call State Police dispatch 911, which will alert the appropriate responders.
- **Carry In-Carry Out:** Hikers should “leave no trace”. Please carry away all trash and place it in appropriate receptacles. Review “Leave No Trace” procedures online.
- **International Border Crossing:** Hikers crossing the US-Canadian border will need to stop at the appropriate customs station and show a valid passport to enter either country.

IAT-SIA Official Route — East Branch Section

This section is 30.9 miles long and parallels the East Branch of the Penobscot River for much of its length. The trail is remote; in the event of an emergency, access is difficult. It includes two mountain summits - Deasey (1963 feet/599 meters) and Lunksoos (1811 feet/552 meters), some off-road trail of medium difficulty, one major stream crossing (Wassataquoik Stream), logging roads, and abandoned logging roads. Hunting, trapping, and motorized vehicles are not allowed, except on the trail to Bowlin Camps.

- 0.0** The International Appalachian Trail (IAT) in Maine begins at the Baxter State Park (BSP) Katahdin Lake East (KLE) access that can be reached via the Katahdin Lake Trail from Avalanche Field, located 1.5 miles south of the Roaring Brook Campground, on the Roaring Brook Road. From Avalanche Field, follow the Katahdin Lake Trail 3.3 miles to Katahdin Lake Wilderness Camps www.katahdinlakewildernesscamps.com, 207.837.1599. The South Katahdin Lake Trail begins here and reaches the BSP KLE access in 1.8 miles. After the KLE access, continue on the old logging road.
- 0.3** Intersection with the old Gardner Road (IAT/SIA post), from which Katahdin can be seen to the west and Barnard Mountain to the north. Turn left (north) on the Gardner Road.
- 1.7** Cross Katahdin Brook on the iron beam bridge, being careful on the rocks at each end of the beam. The Katahdin Brook lean-to is located a few hundred yards north of the brook, on the west side of the road. Continue north up a long grade on the Gardner Road.
- 2.4** Intersection of Gardner Road and a logging road (IAT/SIA post). Turn right and continue east on the logging road, circling Barnard Mountain to the north and continuing to the intersection of the old Wassataquoik Stream Road.
- 4.9** Reach the Wassataquoik Stream Road (IAT/SIA post) and turn right (south) on this road.
- 5.5** Reach the Wassataquoik lean-to and campsite. The trail continues south on the Wassataquoik Stream Road, crossing Katahdin Brook on a bridge and following the top of a steep esker.
- 6.0** Turn left (east) on an old road to the left (IAT/SIA post) that leads to the Wassataquoik Stream ford.
- 6.3** Reach Wassataquoik Stream ford, marked by "FORD" signs on either bank. Walk across the stream toward the "FORD" sign on the opposite bank. After the ford, the trail turns right (southeast) and parallels the stream. *[NOTE: In high water conditions, please refer to the Wassataquoik High-Water Trail description below.]*
- 6.6** The trail turns left (northeast), crosses a tributary with sandy banks, and follows a blue flagged trail west to a beaver dam. Cross just below the dam on logs, then turn right (southeast) and gradually climb a bank before turning left and joining the Old Keep Path.
- 6.9** The trail edges close to Wassataquoik Stream one last time, crosses a small tributary, and turns northeast.
- 7.5** The trail leaves the Old Keep Path (IAT/SIA post), turns northeast, and climbs up to the col between Deasey Mountain and a small unnamed hill to the south.
- 7.7** The trail skirts the nose of Deasey Mountain, passing a house-sized boulder, "Earl's Erratic", located in an exemplary hardwood forest setting.
- 8.4** Cross Owen Brook (water source).
- 9.1** After wandering through an impressive older forest of hemlock, pine, spruce, and birch, the trail turns north and climbs over the east ridge of Deasey Mountain.

Wassataquoik High-Water Trail

During high water it may be impossible to safely cross Wassataquoik Stream. When this is the case, hikers should use the "High Water Trail" described below. This 8 mile loop crosses the Wassataquoik Stream via a bridge on an old logging road before returning to the IAT near Earl's Erratic. A small portion of this alternate route is located on private land and is not an "official" part of the trail, but the landowners have not been known to prohibit walking on their land.

Mileage	Description
0.0	The High Water Trail begins at the junction of the Wassataquoik Stream Road and the side trail to the Wassataquoik Stream ford at mile 6.0 on the IAT Continue south on the Wassataquoik Stream Road.
0.2	Reach the junction of the Wassataquoik Stream Road and a logging road headed south. Keep left on the Wassataquoik Stream Road as it climbs to the top of the Katahdin Esker. The road/trail follows the esker for the next few miles, more or less paralleling Wassataquoik Stream.
2.1	Pass a primitive campsite maintained by EPI. Open fires are not allowed at this site.
3.5	Trail turns left (northeast) leaving the Wassataquoik Stream Rd (double blazes on young birch tree) and follows a fishermen's' trail more or less paralleling Wassataquoik Stream.
5.2	Trail reaches junction with an old logging road just south of the Wassataquoik Bridge. After crossing the bridge, follow the road to the right, up a steep grade.
5.3	At the top of grade, the trail leaves the logging road and turns left (west) onto the Deasey Mountain Rd/Old Keep Path.
7.6	Trail passes old, overgrown logging road on right. Continue straight on trail.
8.2	Trail rejoins the IAT approximately .2 mile west of Earl's Erratic.

- 9.4 A short, 50' spur trail east leads to a fine viewpoint overlooking the East Branch of the Penobscot River. The trail continues west, descending slowly through a stand of old hemlock.
- 9.9 Cross a fine stream (last sure water until Lunksoos lean-to and campsite) and reach the abandoned and dilapidated remains of the old Deasey Mountain Fire Warden's cabin. The trail passes in front of the cabin, turns left and begins a steep climb northwest towards the summit of Deasey Mountain.
- 10.8 Trail turns sharply right (north) just below the summit of Deasey Mountain. A short, 100' spur trail (wooden sign) leads to the summit of Deasey (1,963') and the historic "Ground Cab" fire lookout, which provides fine 360° views. From the junction with the summit spur trail, the trail drops into a col between Deasey and Lunksoos mountains.
- 11.0 Cross a small wet area and brook (unreliable water source).
- 12.0 Begin a steep, zigzagging climb across a series of open ledges to the summit of Lunksoos Mountain. Cairns mark the route on the ledges.
- 12.1 Reach summit of Lunksoos Mountain (1,811') with views of Sugarloaf and Mt. Chase and the East Branch Penobscot River Valley below. From the summit, the trail follows cairns northwest and then southwest across lichen-carpeted ledges before returning to the woods and descending towards the Lunksoos lean-to.
- 12.8 Trail reaches an old, overgrown tote road.
- 13.0 Trail to left (sign) leads down to a brook (water source).
- 13.2 Enter an old log yard clearing (IAT/SIA post), the site of the Lunksoos lean-to and campsite.

- 13.7** Reach the Messer Pond/Orin Falls Road (IAT/SIA post). The trail turns north and then northwest passing between Hathorn Mountain to the east and Ripley Ridge to the west.
- 16.7** Turn right (north) leaving Messer Pond/Orin Falls Road (IAT/SIA post).
- 17.0** Ford Little Hathorn Brook (water source) below the former location of a bridge.
- 17.9** Turn left (north) on the Old Telos Tote Road. For the next 5 miles, the trail follows the Old Telos Tote Road, more or less paralleling the East Branch of the Penobscot River, to the Grand Pitch lean-to and campsite.
- 18.2** The Old Telos Tote Road approaches the East Branch of the Penobscot River near the former site of the Little Spring Brook Fish Hatchery, one of the oldest Atlantic salmon hatcheries in the United States.
- 21.1** Reach junction with the snowmobile trail to Bowlin Camps (0.2 miles off-trail), an historic set of sporting camps on the other side of the river (via a snowmobile bridge) that accepts hikers for meals or overnight stays in a bunkhouse (\$25/night) or cabin. Toilets, a shower, and laundry facilities are also available. Contact Bowlin Camps for availability and cabin rates: 207.528.2022, www.bowlincamps.com. After this intersection, the trail continues a short distance on a flat section then turns slightly left, continuing uphill for approximately thirty yards where it turns right and continues on the Old Telos Tote Road. At this intersection, look for tags on trees and blue-marked trees that indicates the town line.
- 21.8** To skirt a significant wet section, the trail leaves the Old Telos Tote road and heads upslope (west), through the woods at double IAT tags and an arrow pointing left.
- 22.0** Intersection with old north/south logging road. Turn right (north) and continue on road.
- 22.6** Turn right (east) on intersecting, old road (IAT tag and blue arrow on tree along with red cross country (X-C) ski tag and arrow) and continue to old clearing (log landing) on Old Telos Tote Road, with post and IAT and X-C tags and directional arrows.
- 22.8** Turn left (north) on Old Telos Tote Road, leaving the clearing and continue to Grand Pitch lean-to.
- 23.7** Reach Grand Pitch lean-to and campsite. A short side trail near the lean-to leads to a 0.2 mile portage trail around Grand Pitch, a dramatic 20 foot drop on the East Branch. The trail continues north on the Old Telos Tote Road, following the river closely for about a mile and passing several rapids.
- 24.2** Pass Pond Pitch (MFS campsite) where a side trail leads west 0.6 mile to Little Messer Pond (sign).
- 25.2** Pass Haskell Rock Pitch with its unusual rock formation. Shortly beyond, the trail passes Haskell Deadwater (MFS campsite) and then turns west leaving the river.
- 26.0** Pass road to right leading 0.3 mile to Stair Falls (sign).
- 27.2** The trail reaches Haskell Gate and turns right (north) onto the Messer Pond/Orin Falls Road.
- 29.4** Pass an old road (IAT/SIA post) which leads southeast 0.7 mile to the East Branch near the site of Thoreau's 1857 Checkerberry Tea campsite.
- 30.6** Pass the Matagamon Gate on the Messer Pond/Orin Falls Road.
- 31.3** Trail reaches the Grand Lake Road and turns east on this road. A map of this 30.9 mile East Branch section is available online at the Maine chapter's website: www.internationalatmaine.org.

IAT-SIA Official Route — Matagamon to Houlton Section

This section is 54.5 miles in length and is primarily road walking.

- 31.3** Junction of East Branch section and Grand Lake Road.
- 31.5** Reach the Matagamon Wilderness Campground, 207.446.4635, www.matagamon.com, the first store outside BSP, and a commercial campground and cabins (camping supplies, coin-operated showers, but no laundry or public phone), located on the north side of the Grand Lake Road immediately after crossing the bridge across the East Branch of the Penobscot River (water source).
- 45.9** Reach Shin Pond Village. At this point, the Grand Lake Road becomes State Highway 159 and heads southeast out of the village in the direction of Patten, Maine.

Shin Pond in Mount Chase, Maine: *Shin Pond is the site of the Shin Pond Village complex (rental cabins, camping, restaurant, store, 207.528.2900, www.shinpond.com), as well as stores, restaurants, and lodging, including Mt. Chase Lodge and Country Inn, 207.528.2183, www.mtchaselodge.com, and Camp Wapiti, a sporting camp, located 2 miles west of Shin Pond at the end of dirt road located just to the north of the bridge over Shin Pond Brook. Just south of the bridge, on the right, is the Wilderness Variety Store. For southbound hikers, the next to last trailside location to contact Baxter Park by phone or the Internet is Shin Pond Village.*

Baxter Park: *The Baxter State Park Authority – Reservation Clerk, 65 Balsam Drive Millinocket, Maine 04462 207.723.5140 www.baxterstateparkauthority.com.*

NOTE: *All south-bound hikers are encouraged to make their arrangements with Baxter State Park from Shin Pond Village, if not earlier during their hike through Maine.*

- 49.1** Reach the Shin Pond Pub, located on the left (east) side of the road at the junction of Highway 159 and the Owlsboro Road. From this point north on to Bridgewater, each trail/road junction is marked by an official Maine Department of Transportation road sign with directional arrows. Turn east on the Owlsboro Road and continue to the east end of this road.
- 53.7** Reach State Highway 11 and turn left (north). Patten is 4.6 miles south of Owlsboro Road on Route 11.

Patten, Maine: *A Post Office (04765) 207.528.2210 is located 4.6 miles south of the trail. Also available in Patten is a grocery store, a bank, Katahdin Valley Health Center, and restaurant facilities, as well as a The Bradford House B&B, 207.528.2300. The Patten Lumberman's Museum, www.lumbermensmuseum.org, is located on Route 159 and is well worth a visit.*

- 58.4** Reach Halls Corner and the Moro Road (Town Line Road) and turn right (east) towards Smyrna Mills.
- 62.0** Cross the West Branch of the Mattawamkeag River (water source).
- 66.0** To go to Roach Farm lean-to and campsite, look for an IAT/SIA campsite sign with a tag, on the north side of the road just beyond the yellow farmhouse. Follow the farm field road at that point, up the hill to the north for 0.5 mile. Near the top of the hill, turn west at the IAT/SIA tag and, in 300 yards, the Roach Farm lean-to and campsite are located. Water is found by following the field road to the edge of the woods and then south along the edge of the field to a small pond. To continue on the trail, return to the Town Line Road and turn left (east).
- 69.0** Reach a junction with Route 2. Turn left (north) on Route 2 and continue to the village of Smyrna Mills.

Smyrna Mills, Maine: *Smyrna Mills has a Post Office (04780) 207.757.8241, but no other hiker services.*

- 69.5** Reach intersection with State Route 212 to the north and the Oakfield Smyrna Road, which leads to Oakfield to the south with the services described in the box below; lodging at Yellow House B&B is 3.3 miles off-trail, but the owner will shuttle hikers. Immediately after this intersection, cross the East Branch of the Mattawamkeag River on the highway bridge (water source).

Oakfield, Maine: A Post Office (04763) 207.757.8134, Whitey's Market convenience store/gas station and The Scramble restaurant are all approximately 0.9 miles south of Route 2 on the Oakfield Smyrna Road. The Circle K convenience store/gas station is 0.2 miles farther south, and the Place to Eat restaurant is 0.1 mile farther. The Oakfield Thriftway grocery store is 2.2 miles from the trail on the Ridge Road, which intersects the Oakfield Smyrna Road 2.0 miles south of Route 2. The Yellow House B & B operated by Gina Clark, 207.757.8797, www.yellowhousebedandbreakfast.com, is 3.3 miles from the trail at 270 Ridge Road in Oakfield. Gina will shuttle Yellow House guests to/from the trail where it intersects Route 2 and to get supplies in Oakfield.

- 69.6** Reach the Bangor and Aroostook Railway line. Continue east on Route 2 past the Smyrna Center Road on the left (north). Up to this point, the entire trip has been within the Penobscot River drainage. Soon after passing the Smyrna Center Road, cross from the Penobscot River drainage into that of the Saint John 5.4.9
Reach I-95 intersection above Route 2 on a highway bridge.
- 75.1** Reach the Brookside Inn Restaurant & Motel. 207.757.8456. www.thebrooksideinn.com.
- 75.9** Leave Route 2 and turn left (north) on the Town Line Road.
- 76.3** Leave the Town Line Road and turn right (east) on the Ludlow Road.
- 85.8** The trail turns left (north) off Ludlow Road and follows a marked ATV trail just west of Hannaford in Houlton. Lodging and most other services are approximately 0.3 miles east on US Route 1.

Houlton, Maine: A large town (population 5,267) that is a regional shopping hub and has a full complement of shopping, banking, lodging, post office (04530) and other services. All services (except PO) are available in the Ludlow Road / I-95 area: Pharmacy; Burger King; Hospital (near McDonalds); Pizza Hut; IGA grocery; Chinese restaurant; Ivey's Motor Lodge, 207.532.4206 or 1.800.244.4206, www.iveysmotorlodge.com; Shiretown Motor Inn; 1.800.441.9421 or 207.532.9421, www.shiretownmotorinn.com, pool, laundry, restaurant/bar; Wal-Mart; Hannaford Supermarket; Big Stop Diner in the Irving Station; York's Dairy Bar; ATM's north and south of interchange; Exxon food mart.

South of I-95 toward Houlton proper: KFC; Callnan's (subs, sandwiches, pizza); Bank; (ATM); dentist.

IAT Official Route — Houlton to the Town of Mars Hill Section

This section is 29.6 miles long and includes ATV trail and a multi-use trail (abandoned railroad bed).

- 85.8** Beginning of the marked ATV trail north off Ludlow Road, just west of Hannaford in Houlton.
- 86.2** Cross B Road and continue on the ATV trail through the field east of the road to Cavendish AgriServices and into the woods.
- 86.7** Leave the woods at the southwest corner of a large gravel lot. Pick-up the ATV trail again at the northeast corner of the lot and follow it into the woods.
- 87.2** Reach the multi-use trail (former railroad bed). Turn north and follow it to the town of Mars Hill. (There is a five mile section of the multi-use trail that is not an official part of the IAT, but the landowner does not prohibit persons from walking across it.)

- 96.4** Side trail to the famous Blue Moose Restaurant (0.1 mile off-trail), 207.538.0991, which allows tenting behind it.

Monticello, Maine: In-town services are just over a mile north of the Blue Moose Restaurant on Route 1 and include a *Post Office (04760) 207.538.9741; Groceries: PJ's One Stop, pizza, subs; Village Store, B, LD, pizza, subs, public phone outside.*

- 98.1** Reach the Monticello-Trestle lean-to and campsite, located 100 yards north of the high trestle over the north branch of the Meduxnekeag River. Treatable water can be found in the river. From the Monticello-Trestle lean-to and campsite continue north on the multi-use recreational trail.
- 104.7** Cross the South Branch of Whitney Brook, the only reliable water source between the Meduxnekeag River and Bridgewater.
- 108.5** Trail crosses Route 1 in Bridgewater. Continue northeast along the multi-use recreational trail.

Bridgewater, Maine: *Bridgewater is similar to Monticello with a post office (04735) 207.429.8259, but with no other hiker services.*

- 110.3** Trail crosses the Bridgewater Corner Road and continues generally north into the valley of the Prestile Stream.
- 111.5** Cross Three Brooks tributary. There is a mowed grassy area just north of the bridge, which may be used for camping (no fires).
- 112.1** Cross the Robinson Road and pass the little village of Robinsons. The trail follows along the western bank of a small pond formed in Prestile Stream by the dam at Robinsons. Continue on the multi-use trail to the town of Mars Hill. Mars Hill Mountain (1,749' feet/533 meters), the site of a ski area and a wind farm, can be seen ahead.
- 115.4** Reach the town of Mars Hill. Trail continues north on Route 1A, past the Mars Hill One Stop on the left and across the bridge over Prestile Stream. Hiker services available in Mars Hill are described below.

Mars Hill, Maine: *Post Office (04758) 207.429.9177, Banks with ATM, IGA Supermarket, Mars Hill Pharmacy. Restaurants: Mobil Station with Subway; House of Pizza; Al's Diner; Mars Hill Dairy Bar; Laundromat; Bear Paw Inn, 207.425.6241, www.mainebearpawinn.com (0.1 mile off-trail).*

NOTE: Mars Hill lean-to and campsite: *Email Dave Grant (dgrant@sunedison.com) or call the Wind Farm (207.425.7929) in advance of camping so the company knows who is on its premises. **There is no water at the shelter site.** Water must be brought from the town or taken from the small pond at the base of the hill and treated.*

When entering a tower pad, stay clear of the tower. Head to or from the access road. Trail entrances/exits are marked with flagging tapes on a tree or bush. IAT/SIA tags will be on trees every so often. Some of the tower pads have a number marking on a small stake. There is a small tower number above the door of each tower.

IAT Official Route — Town of Mars Hill to the International Border Trail

This section from Mars Hill to the Border Trail is 7.9 miles long and includes a hill climb, an IAT lean-to, a traverse of a wind farm, and a short road walk.

NOTE: Hikers must call the U.S. Border Patrol in Fort Fairfield, 207.472.5041 before walking on the border clearing trail and say when they will be hiking there. Hikers must stay inside the cleared area of the border until crossing into New Brunswick. A valid passport is required for all hikers entering either Canada or the United States.

- 115.4** Multi-use trail junction with Route 1A in the town of Mars Hill. Follow Route 1A north to Boynton Road.
- 115.8** Turn right (east) on Boynton Road, heading towards Mars Hill Mountain.
- 117.1** Turn right (south) onto East Blaine Road. (Note: To reach the International border trail without climbing Mars Hill, turn left (north) and follow the East Blaine Road approximately 4.5 miles.)
- 117.3** Turn left (east) onto Graves Road and follow it into the Mars Hill (Bigrock Mountain) Ski Area. Head towards the south end of parking lot after entering the Ski Area. (*Note: There is another trail to the left, in front of the lodge, but this trail is not recommended*).
- 117.6** From the south end of parking lot, go right and follow the access road leading up the mountain that starts near the ski lift. Climb the mountain starting at the transformer pad at the bottom of the lift and follow the marked trail.
- 117.8** Turn right (south) and walk between two ponds.
- 118.0** At the chairlift again, turn left (east) and start up the trail. The trail switchbacks in and out of the north side of the ski trail, until it veers to the right near the top of the mountain.
- 118.6** At the top, the trail intersects an old ATV trail. The Mars Hill lean-to is 0.2 miles to the right (south). Turn left (north) to follow the trail to the Wind Farm access road and along the ridge of Mars Hill. (*Note: To see all the towers, walk past the lean-to and continue toward the nearby Tower (#27). There is a trail down a slope to the Tower pad. There is only one other tower to the south (Tower #28)*).
- 118.8** Reach the top of the ski area chair lift near Tower #25. The Wind Farm access road is to the right. Follow the access road past several towers and over a couple of hills.
- 120.0** A service road enters from the left near Tower #17. Stay to the right-hand road; walk less than a mile past six more towers up a hill. Continue around the hill passing Towers #12 and #11. From this road, two TV/Cell towers can be seen higher up to the left.
- 120.8** Stay to the left, leaving the main access road, and hike up towards Tower #10.
- 120.9** Reach the edge of the woods, just beyond and to the left of the pad for Tower 10. Flagging tape marks the trail's entrance into the woods. Tower #9 can be seen straight below, and there is a great view to the north.
- 121.8** Trail exits woods near the pad for Tower #8. From the pad, walk to the access road and turn left onto the North Access Road. Continue down the North Access Road to Tower #6.
- 122.1** Just beyond Tower #6, the trail leaves the North Access Road to the right (east) and enters the words. Look for blue flagging tape marking the location.

- 122.5** After passing near Towers #5 and 4 (which can be seen to the left), the trail turns east and joins an old farm road. Continue north on this road. The trail enters a large field and follows the tree line. *(Note: Hikers may optionally stay on the North Access Road, which intersects the East Ridge Road in 0.7 miles. The trail joins the East Ridge Road 0.2 miles east of this intersection.)*
- 122.8** Trail reaches the East Ridge Road. Turn right (east) on this road and walk towards the U.S./Canada border.
- 123.6** Reach the U.S./Canadian border. Turn left (north) onto the cleared strip of land, the "Border Trail".

IAT-SIA Official Route — International Border Trail to Fort Fairfield Section

This section is 14.7 miles long and includes the clearing along the border, the skirting of a beaver pond, an IAT lean-to, the Sam Everett Road and Route 127 (an alternate route continues on the border trail to the border).

- 123.6** From the East Ridge Road at the U.S./Canadian border, turn left (north) onto the cleared strip of land and follow the "Border Trail".
- 125.8** Reach the Easton US customs border station (if open, hikers may obtain drinking water at the station) and cross the River de Chute (water source) just north of the station. If the water is low enough, you may cross on rocks, but may get your feet wet if the water is too high for rock hopping. Continue on the Border Trail over rolling hills with wonderful views of Aroostook County farmland.
- 129.4** Pass the Curtis Road. A large gate blocks the road on the Canadian side.
- 130.4** Reach a large beaver pond. As you approach the pond, look for flagging tape on the left. A rough path along the base of the pond brings hikers around the dam back to the border. The Border Trail offers hikers easy hiking over rolling hills with great views, but may be wet in places.
- 134.0** Reach the Fort Fairfield lean-to and campsite. Note: Hikers using the Fort Fairfield lean-to and campsite are only allowed to use a cook stove. Open fires are not allowed. Water is available at the nearby brook, west of the lean-to.
- 134.5** Trail turns left (west) onto the Sam Everett Road. Hikers may continue north on the Border Trail for 2.7 miles directly to Fort Fairfield and the Canadian Border Station. Although this alternate route is 1.1 miles shorter, it can be quite wet in places.
- 137.5** Sam Everett Road reaches Route 167. Turn right (east) and follow the road to the U.S./Canadian border.
- 138.4** **Reach the International Border!** After crossing the border into Canada follow the New Brunswick Trail Guide.

Fort Fairfield, Maine: Post Office (04742) 207.476.6021. This is the last U.S. town before crossing the border into New Brunswick. Services: IGA; Irving Mainway; Banks; Taxi-Aroostook Cab Co., 207.764.1600

Customs: North-bound hikers check in on the Canadian side; south-bound hikers check in on the US side.