

Preface

The Cross Town Trail is approximately an 8 mile hike in the town of Cape Elizabeth, Maine. It stretches from Portland Head Lighthouse at Fort Williams all the way to Kettle Cove State Park next to Crescent Beach State Park. The uniqueness of this trail is that you hike from the lighthouse to the beach passing through a variety of different ecosystems.

The terrain is mostly flat and the average hiker should be able to do the whole trail in 3-4 hours. Boardwalks and bridges get you over most of the wet areas so it could be hiked in any month. Hike could be extended if you wanted to explore Fort Williams Park or Crescent Beach State Park.

The following guide, the Cross Town Trail Map and the small, round, light blue Cross Town Trail markers on trees should keep you on track. The Cross Town Trail passes through several different trail systems with their own system of signage, so always be watching for the round light blue markers. Trail can be hiked in either direction. Parking is available at either end of the trail and trail also passes through Cape Elizabeth Town Center.

Distances in guide are approximate and rounded to the nearest tenth of a mile using GPS.

Kettle Cove to Portland Head Lighthouse

Start at Kettle Cove State Park, and walk down Kettle Cove Drive toward Rte 77.

0.5 Bear (R) at the fork at Crescent View Ave and cross Rte 77 (Bowery Beach Rd)

Take a (L) along road and watch for trail signs in about 50 ft-

0.6 Access trail on (R) at signs immediately after Golden Ridge Lane

0.7 Trail bends a sharp (L) before last house in this neighborhood

1.0 Reach look-out over Great Pond. Watch for trail which turns sharply (R) at lookout Follow trail along the edge of the pond, descend the granite steps, and then follow the boardwalk at the base of the stairs.

1.4 After exiting the boardwalk, keep on trail which climbs a small rise, and then watch for a sharp (L) turn, and then continue along trail

1.7 **Do NOT take the footbridge on right**, but DO continue straight to cross a bridge in roughly 75 ft

1.8 As you enter canoe storage area, you will pass a small canoe launch trail on your left. Trail will continue in a relatively straight direction here, will climb a small rise and bear (L).

1.9 Trail exits onto Fenway Road. Walk straight down Fenway to Scott Dyer Rd.

2.0 At Scott Dyer Rd, turn (L) and walk about 50 paces, cross road and access trail which leads to boardwalk. **Trail is through a pedestrian easement across a privately owned lawn, so watch carefully for signs and please respect property.**

- 2.1 At end of boardwalk, bear (R) at the Y intersection and continue on trail for about a tenth of a mile, then... .
- 2.2 Bear (R) at intersection.
- 2.3 Reach a T intersection, turn (R) and follow to reach a footbridge in approx 100 ft. Cross footbridge and turn a sharp (L) to access a boardwalk area, which breaks to trail and back to boardwalk several times for about a half mile along this route.
- 3.0+ Bear (R) at cleared intersection
- 3.1 Avoid trail on left. Correct trail climbs straight up over rise, then takes a sharp (R) at a 4-way intersection to reach the boardwalk over a large marsh area. At approx. 50 feet after exiting boardwalk, trail turns (R).
- 3.2 Trail noticeably opens to wide grassy trail and continues straight, following marsh on the right.
- 3.4 Trail bears (R) towards an area of houses.
- 3.5 Trail skirts the back yards of neighborhood houses.
- 3.6 Trail reaches the back of the Cape Elizabeth High School campus. Traveling in a diagonal course to the(L), walk up the hill to reach the fence bordering the football field, turn (R) at the fence corner, and then head towards the tennis court ahead to the left. The trail runs tightly between the tennis court fence on the left and a row of pines bordering the fence.
- 3.8 Reaching the end of the tennis court fence, follow the paved path across a small bridge to the high school parking lot. Exit the (R) side of parking lot and cross to sidewalk by the high school and follow the high school entrance road towards Rte 77.
- 4.0 Take a (L) at the stoplight at the intersection of the school entrance road and Rte 77 and walk through the Pond Cove Shopping Center parking lot. Continue across Jordan Way.
- 4.3 Cross Scott Dyer Rd and continue on Rte 77.
- 4.4 Cross Rte 77 and enter the Cape Elizabeth United Methodist Church parking lot.
- 4.5 Pick up the Cross Town Trail at the back left hand corner of the parking lot. Enter trail and bear (L) at first intersection.
- 4.7 Follow trail keeping left along a stretch of electric fence and rock wall .
- 4.8 Trail passes through opening in rock wall, then turns (L). Continue on trail which is comprised of path and boardwalks.
- 4.9 Cross small aluminum footbridge.
- 5.0 Turn (L) at intersection and watch for an aluminum footbridge on right
- 5.1 Cross footbridge and continue to follow the trail which travels along the left side of Robinson Pond.
- 5.4 Cross divided bridge over the inlet of Robinson Pond and then continue to follow the trail which skirts a large pasture area on right.
- 5.7 Cross gravel road and pick up trailhead on the the other side .
- 5.8 Take (L) at T intersection, and continue straight to reach a boardwalk along a vernal pool.
- 6.1 Turn (R) at intersection and cross a drainage area.
- 6.2 Take (L) at T intersection and bear (R) in approx. 50 ft, reaching a footbridge in another 200 ft. Cross footbridge and bear (R).
- 6.6 Cross longer footbridge.

- 6.7 DO NOT GO LEFT. Go straight up ramp and take a (R) on the bridge.
- 7.1 Bear (L) and cross footbridge over stream, stay (R) at next intersection and continue on trail .
- 7.2 DO NOT TURN RIGHT. Continue straight on trail
- 7.4 Cross footbridge over stream and bear (L). Follow trail for approx. 100 ft, turn (L) at intersection and cross 2nd footbridge over stream.
- 7.6 Exit trail onto sidewalk at Shore Rd. Turn (R) and in 50 ft, use cross walk to access gate into Fort Williams. Follow short paved path from gate to larger paved drive and turn (R) on drive. Stay straight at the first intersection, but follow bend in drive through area of underground bunker ruins towards lighthouse
- 8.2 Reach Portland Head Lighthouse.

Portland Head Lighthouse to Kettle Cove

With your back to Portland Head Light, leave the rotary, following the paved path on your left, and turn (L) on the path where it follows along the rock wall (port-a potties here). This is part of the Beach to Beacon race trail. Pass by the crumbling underground bunkers on your left. Continue on path, which bends to the right shortly after the bunkers, and stay straight, watching for a path that branches (L) to a gate at 0.4miles. Open the gate which accesses a cross walk at Shore Rd.

Cross road at crosswalk, turn (R) on sidewalk, and watch for the Cross Town Trail symbols at trail access approx. 30 feet on the left.

Follow trail and cross foot bridge (0.6) and turn (R) on trail. Cross second foot bridge in approx. 100 feet. (0.9) stay straight on Cross Town Trail, crossing another foot bridge in approx. 100 feet and bear (R) to continue on trail.

- 1.1 Follow wooden boardwalk.
- 1.2 Bear (L) to follow boardwalk.
- 1.3 Start to cross footbridge, but note that there is a ramp on the (L) about 2/3 of the way across the bridge, turn to descend ramp and follow trail here.
- 1.4 Cross a longer, elevated boardwalk.
- 1.5 Bear (R) up the hill to stay on trail
- 1.6 Bear (L)to stay on trail.
- 1.8 Cross foot bridge over stream and at the next trail intersection, bear (R).
- 2.2 Follow boardwalk along vernal pool. Trail bears (L) after the foot bridge.
- 2.25 Turn (R) at trail intersection, (about 100 yards from boardwalk)
- 2.3 Cross gravel road, turn (R) and look for trail by a gate at the pasture (Robinson Woods II Pond Trail)
- 2.7 Cross short, divided bridge (Robinson Pond is on your left) and follow the trail and boardwalks along the edge of the pond for about .25 miles. Watch for the aluminum footbridge/boardwalk on left at end of pond. Trail bends left shortly after crossing the aluminum bridge.
- 3.1 Take (R) at T-intersection.

- 3.3 Follow path through rock wall and stay on trail to (L), following rock wall and electric fence property boundary.
- 3.5 Bear (R) at Y fork
- 3.6 Trail opens to Methodist Church parking lot. Walk across parking area to road (Rte 77), cross carefully and follow the sidewalk to the left. Continue walking across Scott Dyer Rd., staying on sidewalk.
- 4.0 Cross Jordan Way, walking through parking lot of Pond Cove Shopping Center.
- 4.1 Continue along Rte 77 and turn (R) on the access road leading to Cape Elizabeth High School. Follow the access road to the (R) around the school, then continue to follow at the first (L), then cross into the large parking lot on right just before the tennis courts.
Facing the tennis courts, follow the path out of the parking lot, over the small bridge, and toward the tennis courts. Walk straight between the row of pines on your left and the tennis court fence on your right.
At approx. 50 ft before the end of the tennis fence, bear (L), walking down the hill, keeping the football fence on your left. Continue walking past the end of the football fence, walking diagonally down the hill towards the marsh. Pick up the trail here, which appears as a mowed trail that follows along a marsh on the left. The trail hugs the marsh and passes through an area that skirts the back yards of some houses.
- 4.9 Bear (L) at the Y fork and cross a long boardwalk through the marsh. Follow the trail up the hill.
- 5.1 Turn (L) at the intersection.
- 5.2 Bear (L) at the T intersection. Trail is winding through here.
- 5.4 Start of long bridge and boardwalk area, almost continuous for 1/2 mile.
- 5.9 Bear (L) at Y (about 200 feet at end of boardwalk)
- 6.0 Bear (L) at Y and cross boardwalk in approx. 200 feet. Trail continues, follows a pedestrian easement through a private lawn, along the fence, to Fowler road.
- 6.2 Cross Fowler Rd. Turn (L), and take a (R) onto Fenway Road. Walk straight down Fenway Rd to end.
- 6.3 Pick up trail towards Great Pond.
- 6.4 Bear (R) at intersection to enter a clearing for canoe storage. Follow trail straight through (pass the small canoe launch trail on right)
- 6.5 Stay straight on trail. **Do not cross footbridge on left.**
- 6.9 Start crossing aluminum boardwalk (with benches).
- 7.0 Climb granite steps and continue on trail at top.
- 7.15 Note: Beautiful lookout/ picnic spot over Great Pond.
- 7.5 Bear (R) just before Golden Ridge Lane (gravel) in area of residences.
- 7.6 Cross Bowery Beach Rd (Rte 77) and turn (L) to reach Kettle Cove Drive on right. Follow road to end.
- 8.2 Arrive at Kettle Cove State Park.