

Before you set out...

As you prepare to walk our Nature Trails, please keep in mind these common sense guidelines for the safety and enjoyment of all who share these paths.

- **Don't use the trails after dark.** The paths are unlit at night. Use of the trails during daylight hours helps ensure your safety and security.
- **Wear comfortable walking or hiking shoes.** The wood chip covered paths are not designed for strolling in street shoes.
- **Keep conversations low.** Respect the quiet nature of the area and the solitude of fellow walkers.

Visitors use the Nature Trails at their own risk. Groups of six or more persons should register with the Information Desk before beginning their walk.

The Nature Trails traverse a strictly regulated and protected shorelands ecological area. Enjoy thoroughly the stunning beauty of the wildlife and geologic formations it has to offer.

But please **leave behind that pretty flower**, hop toad, feather, or sparkling rock that's caught your eye for those who follow to enjoy.

Stay on the established trails. The fragile environment can be irreversibly damaged by trampling feet.

Remove all trash or litter you may have or encounter. If your dog accompanies you on your walk, please **pick up after your pet.**

Do not leave behind food or offer food to wild animals.

ENHANCE THE ENJOYMENT OF YOUR VISIT to **The Nature Trails at Mid Coast Hospital** by bringing with you—

- your favorite field guide to native plants and animals
- field binoculars
- camera and film
- pencil and note pad for thoughts and observations
- and in "bug season," non-aerosol insect repellent



*Let your spirit soar
and your heart be at peace,
and leave behind only
the whisper of your footsteps.*



MID COAST HOSPITAL

For a lifetime of caring

123 Medical Center Drive
Brunswick, Maine 04011

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The
**Nature
Trails**
at Mid Coast Hospital



A Healing Environment Program

www.midcoasthealth.com

THE NATURE TRAILS at Mid Coast Hospital provide more than 3,300 feet of prepared walking paths through the forested wetlands area between the hospital and the protected estuary and salt water marshes of Thompson's Brook.

The trails provide patients, visitors, and staff with a place for exercise as well as for quiet rest and contemplation away from the busy hubbub of the hospital.

During site planning for the new hospital, planners and architects were intrigued by the network of old game trails and logging roads that wound through the area.

The logging roads, used originally by horse teams and more recently by mechanized skidders to remove cut timber from the site, form the basis for the nature trails.

Because of the protected nature of the area, regulatory approval was obtained from both the Maine Department of Environmental Protection and Town of Brunswick to construct the paths.

Only natural materials, selective cutting and trimming, and carefully supervised manual labor was used in developing the trails.

The trail is divided into measured segments for those following an exercise regimen, with benches provided near scenic areas for those pursuing a more leisurely pace.

A granite memorial bench at the far south end of the trail notes the donation of land in that area by the Charles Warren Ring family.

Cover photo of the Thompson's Brook salt marsh by Dennis Griggs, Tannery Hill Photography, Topsham.

What wildlife you may encounter on your walk of **The Nature Trails at Mid Coast Hospital** will vary from season to season.

However, the following are a few of the “natives” who call our campus “home.”

Animals

- Deer and Woodchuck
- Red Fox and Chipmunks
- Striped Skunk and Rabbits
- Red and Gray Squirrels
- Raccoons and Deer Mice
- Salamanders and Snails
- Moths and Butterflies
- Nuthatch and Chickadees
- Ducks and Sparrows
- Gulls and Great Blue Heron
- Jays, Robins, Cardinals, and Crows
- Red-Tailed Hawks and Owls

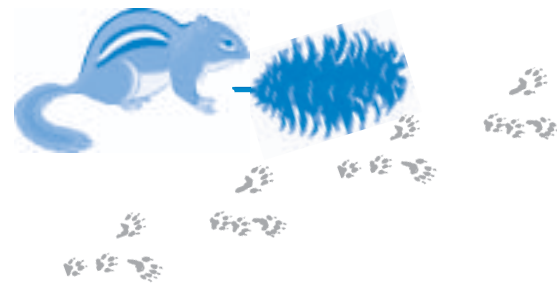
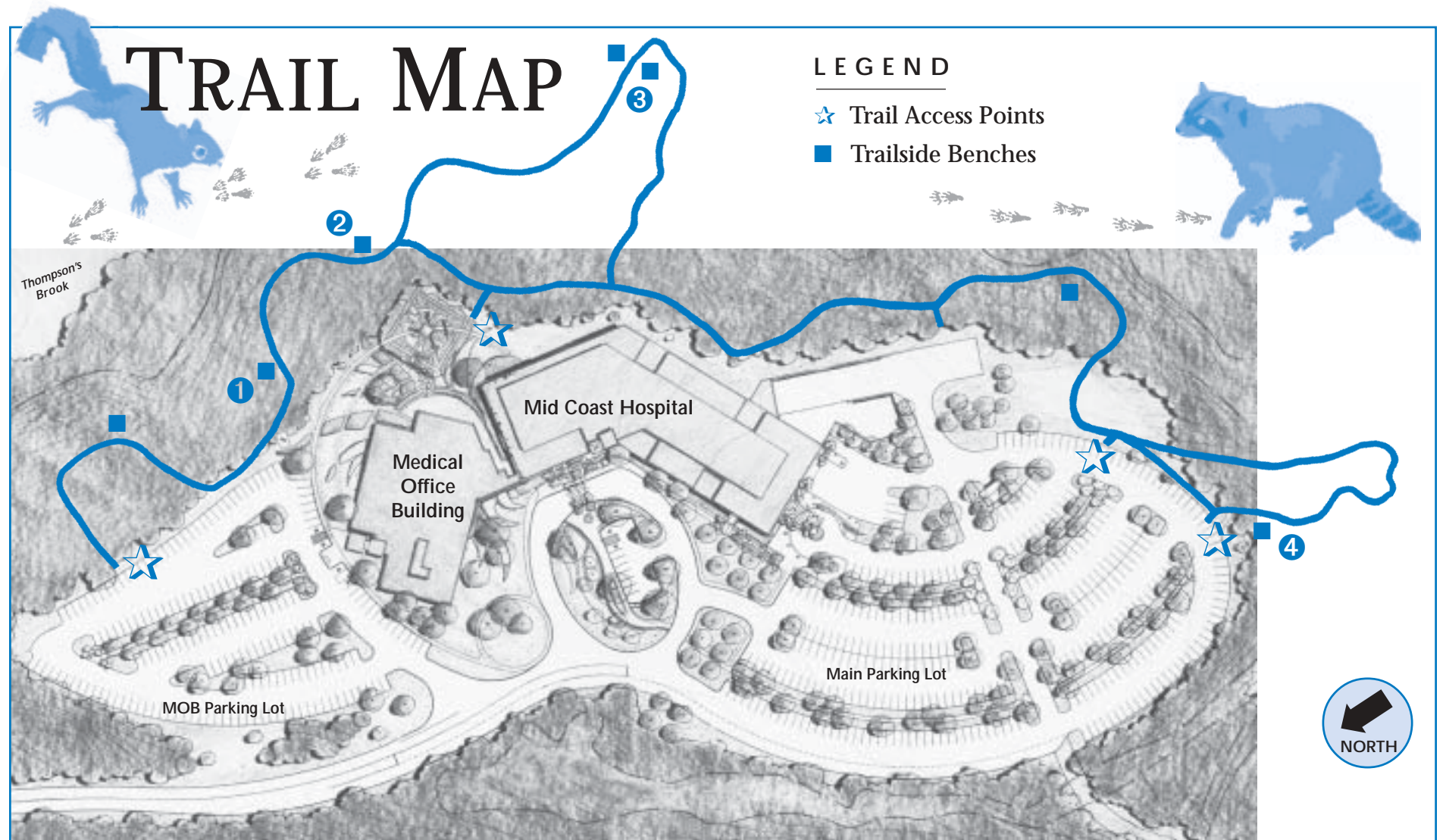
Plants and Trees

- Blueberries and Partridge Berry
- Pine, Birch, Hemlock, and Oak
- Sheep Laurel and Bluets
- Trailing Arbutus and Trillium
- Baneberry and Bunch Berry
- Wild Grape and Ferns
- Wintergreen and Ground Pine
- Wild Strawberries and Violets
- Indian Pipe and Clintonia

After your walk...

Stop by our Café or Canteen Vending Area for refreshments after your outing. It's the perfect ending to your day!

For added fun, visit Dalov Ipcar's two-paneled oil painting, *Autumn Woods*, which hangs in the second-floor public corridor of the hospital. How many of the “specimens” you spotted in the wild you can find in the painting?



VISITORS may park in either the Main Parking Lot or the Medical Office Building (MOB) Parking Lot during their visit.

POINTS of INTEREST

- 1 Wooded Glade
- 2 Sweet Fern Gully
- 3 Salt Marsh Overlook
- 4 Ring Family Memorial Bench

