

LOVE



PORTLAND



MORE



Find out where to eat, shop, stay and play
at the all new **PORTLANDMAINE.COM**

Get connected →



Discover the many paths on the East End, where Casco Bay and the islands stretch out before you.

I need some beauty overload. I want to be hiking in 15 minutes. Where can I go?

Take a [City] Hike

Zip up your fleece, grab the dog, and hit the trails.

BY MOLLY PARENT

Maine autumn—temperatures with mood swings, mums, jewel-toned foliage—catches us off guard every year. Seasonal wonders have a short shelf-life, so we must get out there and grab them. Seek a path. While it may seem as though the Forest City is more brick than forest, it's actually home to 60 urban trails. Discovering them has been an eye-opener for me. Come and see.

CAPISIC BROOK TRAIL

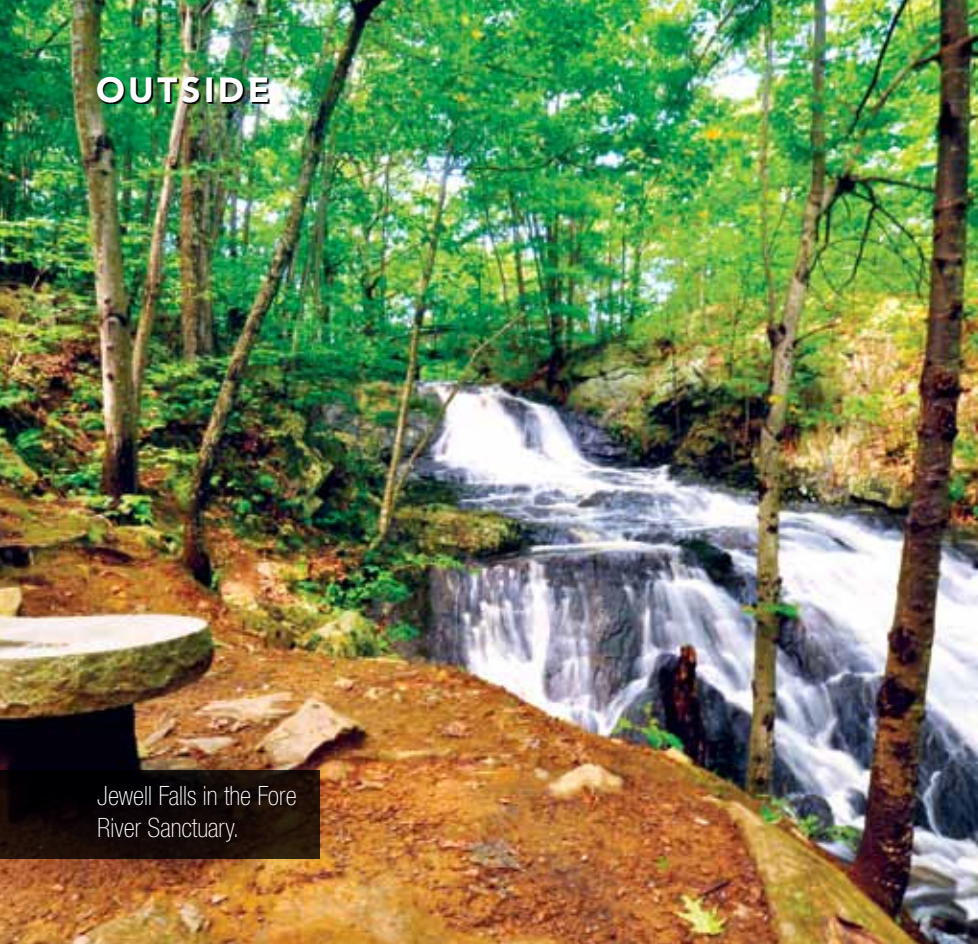
"I found some raspberries here the other day," says Paige Button, Portland's recently appointed full-time park ranger, who joins us at Capisic Brook Trail. Measuring just half a mile, this walk passes through Capisic Park, an 18-acre, city-owned nature preserve that contains Portland's largest freshwater pond. There are entrances on the north end of Capisic Street and from



Park Ranger Paige Button spends her days outdoors protecting the interests of Portland's urban hikers.

TOP: COREY TEMPLETON; BELOW: MEAGHAN MAURICE

OUTSIDE



Jewell Falls in the Fore River Sanctuary.

“People forget how therapeutic it can be to get in nature,” says Paige Button, “especially in fast-paced city life.”



Not exactly a hiker? Burn some calories on this urban pub crawl.

Rockland Avenue. “It’s a great trail for a quick break,” Button says. “I often eat my lunch here.” As we walk from the dirt path to stomped-down grass, the pond seems to grow as we approach. Though all the city’s hikes are owned by Portland Trails, a non-profit land trust, Button and another part-time ranger patrol the areas for the department of Public Services. “My office is actually in Evergreen Cemetery,” she says. As we complete the short walk to the pond’s edge—including a few side paths

Button recommends—we encounter dogs off-leash with their owners. A yellow lab repeatedly brings us his stick, while a wolfhound mix approaches us and receives a greeting from Button—“I remember seeing you before!”—as he sniffs around. Dogs have proven to be the biggest wild card the rangers encounter on all the trails, as leash laws aren’t always followed—or even known.

Cross the Bridge

GILSLAND FARM

It’s a five-minute drive to **Gilsland Farm**, a 65-acre sanctuary along the Presumpscot River estuary, featuring 2.5 miles of trails, maintained by **Maine Audubon** since 1974. Enter from Rt. 1 in Falmouth, just south of the Rt. 88 intersection. Follow paths through meadows and orchards, and past a pond. Climb to high bluffs overlooking the estuary for fantastic views of Portland’s skyline and keep an eye out for roaming and comically bold wild turkeys.

MACKWORTH ISLAND

100 acres of land preserved and maintained by the Maine Department of Conservation. The 1.25-mile perimeter path has great views of Casco Bay, fairy house sightings, and a pet cemetery where former Maine Governor Percival Baxter’s beloved Irish setters rest eternally. Access the island just north of the Martin Point Bridge.

FORE RIVER SANCTUARY

Not far from Capisic is the Fore River Sanctuary, 85 acres with a two-mile trail through

The sky's on fire at the Top of the World on the East End.



marshy lowlands and wooded uplands. Enter the south end of the sanctuary from the corner of Frost and Congress streets, or the north end near Jewell Falls by taking Brighton Avenue to Rowe or Hillcrest avenues.

This particular hike I take un-Buttoned though she's identified it as a favorite of Portlanders. Crossing the first wooden bridge into the sanctuary, it's easy to see why. Salt and freshwater meet at the marshes, providing habitat for wildlife—I spot a blue heron poking her way through the marsh. Signs along the way comment that these lowlands were once the site of the former Cumberland and Oxford Canals that went all the way to Sebago Lake; grown-over canal beds and towpaths are evidence of this. Further along, I ascend to the forested uplands, cross railroad tracks, and at last reach the gem of the sanctuary—Jewell Falls, Portland's only natural waterfall. A bridge at the height of the falls delivers a breathtaking view.

RIVERTON TROLLEY PARK

Next stop, follow Forest Avenue to Riverside Street and the ghostly remains of Riverton Trolley Park. From 1896 to 1920, the park was a destination for city-dwellers and at one time featured an outdoor amphitheater, croquet court, boat rides, a trout pond, a rustic casino building by John Cal-

PHOTOS BY COREY TEMPLETON



BY MAINE MAGAZINE



CUCINA ITALIANA

& PORTS OF ITALY

Homemade Pasta, Local Seafood, Roasted Porchetta, Antipasti, Bruschetta & Focaccia. Italian Desserts & Gelato.

LUNCH AND DINNER
OPEN YEAR AROUND
VALET PARKING

THE KENNEBUNKS

4 Western Ave. - Kennebunk, ME 04043

RESERVATIONS: 207 204 0365

PORTSOFITALY.COM



Come to Tavecchia to shop for all the beautiful ladies in your life!

Don't have time to shop? Call one of our Boutique Stylists for help! Just give them your budget, answer a few questions and let us work for you. We'll even have it giftwrapped and ready for pickup or shipped* to that special someone.

*Shipping Charges Apply



Featuring elegant and casual dresses, sportswear, handbags, shoes, jewelry and accessories for ladies of all generations.

52 Exchange Street, Portland • (207) 772-1699 • tavecchiaboutique.com



Custom suits, no compromises.

(207) 773-3906 DAVIDWOOD.COM

DAVID WOOD
CUSTOM.

vin Stevens, and scenic pathways. Little remains now of this enchantment, save the vague layout of an amphitheater and grand, crumbling stone steps that once welcomed visitors. Photographic images of Riverton's former glory are spread along the two-mile loop trail, allowing hikers a glimpse into the past as they walk through the present. "It's my favorite of the trails," says Button. "The history still blows my mind."

FORT SUMNER PARK

Also known as Standpipe Park, or the Top of the World, this small green space opens up to a huge universe of urban panorama. From the East End's commercial district, a steep climb up stone steps leads to what could very well be one of the finest views Portland offers. Visit at sunset as the day's last rays hit the peninsula's tallest buildings or glitter in Back Cove, and perhaps even catch sight of the White Mountains.

Thirsty? Try the urban hike known as Congress Street, and make an evening of it. As the days grow shorter—and colder—explore a different kind of trail the city



**Family-Owned Old World
Butcher Shop & Market**

*Come find all the great flavors of
the holidays in one store!*

**Open Daily 8am-6pm • 799-3374
101 Ocean Street, South Portland**

Where Recycling has Always been in Style

Forget Me Nots

Now located at
The Shops at Falmouth Village,
240 U.S. Route One

Now accepting seasonal
clothing and accessories

781-8252 Tues-Fri 10-6
U.S. Route One Sat 10-5
Falmouth, Maine Sun 12-5

forgetmenotsfalmouth.com

OUTSIDE

is lucky to have. You might start at Loli-ta for a tapa, or Blue Spoon for wine time. Make your descent down into the Arts district. Consider a cocktail at 555 lounge, or a brew and some fancy fries at Nosh. To really cover this trail, you'll want to cross High Street, which makes a stop at Congress Bar & Grill a possibility. Once you cross State Street, you have the temptations of Local 188 and Hot Suppa. Your final destination might be the brick-walled, candle-lit Bramhall, or, if you've held off and are now famished, draw your finish line at Salvage BBQ. Riff as necessary. The best hikes are what you bring to them. ■



MOLLY PARENT



PORTLAND, MAINE

- Portland's **premier** fish market
- Gift cards for gift giving
- **Party platters** for holiday cheer
- Traditional holiday seafood available
- Wide variety of quality fish & seafood
- We pack to travel & **ship nationwide**

HAPPY HOLIDAYS TO ALL!

Monday-Saturday 8:30-5:30 • Sunday 9:00-4:00

(207)775-0251 or (800)370-1790 • www.harborfish.com
9 Custom House Wharf • Portland, Maine 04101

It has never been easier to

*Refresh
your confidence!*

**CEC offers the latest technologies and
the largest selection of non-invasive
treatment options in Maine.**

Botox • Facial Fillers • Body Sculpting • Skin Tightening
Laser Hair Removal • Tattoo Removal • Age/Sun Spot Removal
Facial Vein Removal • Acne Treatments and MORE!

**Schedule your FREE Physician consultation
and see what CEC has to offer you!**

*Call 888-418-3809
Today*

Cosmetic Enhancement
CENTER OF NEW ENGLAND

Maria Atkins D.O. • Gerry Ollila, D.O.
1375 Congress St Portland • cecofne.com

