

2022 Maine Heart Walk Route Map

Walk Route along Back Cove Trail

Start & Finish Lines will be at Back Cove Trail Parking Lot



The walk route is a circular route that begins and ends at the Back Cove Trail Parking Lot. The route should be walked clockwise with the water to your right side. It's mostly a gravel walkway, with some sections paved that go along 295 (the bridge).

Feel free to walk the entire Back Cove or any portion you feel comfortable with. We will have golf carts circling the route for anyone that needs a ride back or is having any difficulty. You will also find two hydration stations along the route - one at Payson Park and one just after the bridge.

For assistance, please contact Emily Johnson at 518-810-6959.