Sanford Trails

Sanford-Springvale Rail Trail
The Sanford-Springvale Rail Trail is a six-mile multi-use trail on the old rail bed that passes through Sanford. Running easterly from the Lebanon town line, this multi-use trail is used year-round by hikers, bicyclists, walkers, joggers, cross-country skiers, horses, ATV riders, and snowmobilers.

Sanford High School & YMCA Trails
Easy walking trails connect Sanford High School complex, the Sanford YMCA, Marginal Way, the Rail Trail, and William Oscar Emery Drive. No trail segment is longer than a half mile. Surfaces are paved or crushed gravel.

Sanford Historic Walk
This signed historic trail winds its way through downtown sections of Sanford and features sites such as Goodall Mansion, Goodall Park, Goodall Public Library, City Hall as well as former homes, businesses, churches, and school sites.

Springvale Historic Walk
This urban historic trail is an easy and scenic walk along streets and parks surrounding the Mousam River in the historic heart of Springvale. You visit sites of a 19th Century farming mill community as well as scenic waterfalls and picnic grounds.

Mousam Way North
Not a scenic multi-use trail through Riverside Cemetery and along the banks of the Mousam River to India’s Last Leap. Trail through woods is very rugged with rocks and roots in the footing.

Mousam Way South
An extremely scenic trail through Riverside Cemetery and along the banks of the Mousam River to Indian’s Last Leap. Trail through woods is very rugged with rocks and roots in the footing.

Kayaking on Springvale’s Mill Pond
Snowshoeing along Mousam Way North
A 5K trail run on the Sanford-Springvale Rail Trail
Mountain bikers cruise the Sanford High School/YMCA Trails

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KEY TO FEATURES
- Trails and Walks
  - Paved
  - Rail Trail
  - Unpaved
  - Historic Walk
- Points of Interest
  - Trailhead
  - Gazebo
  - Parking
  - Dog Park
  - Picnic Area
  - Swimming

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Mousam Way Land Trust’s Hall Environmental Reserve
Sanford Trails Committee

Photographs Courtesy: Corey Burns, Lee Burnett, David Joy, David Parent, Sanford Springvale Historical Committee

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Thank you to all who have helped make Sanford a wonderful place to live!