

Happy Wanderers Guided Hikes



Join members from the **MaineHealth Center for Health Improvement Community Health** department at **Pen Bay and Waldo Hospitals** in partnership with **Coastal Mountains Land Trust** to get outdoors and stay active with guided hikes year-round.

This April, we'll hike approximately 2 miles along the St. George River on the Appleton Preserve Trail, owned and maintained by our friends at Georges River Land Trust (GRLT). All are welcome! It's spring! It may be muddy! Dress accordingly.

No pets, please.

This group meets at trailheads throughout Knox and Waldo counties, usually on the first Thursday of each month.



LOCATION:

Appleton Preserve
265 Camden Rd., Appleton

DATE:

Thursday, April 3, 2025

TIME:

10:00 – 11:30 a.m.

COST:

FREE



REGISTRATION:

(Register to receive weather updates and notifications)

Scan QR Code or
call 301-3950 or
penbaywaldo.coursestorm.com