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FOR IMMEDIATE RELEASE

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Happy Wanderers Hike the Newman Preserve with Coastal Mountains and Journey to Health

Northport – Join Coastal Mountains Land Trust, Pen Bay Medical Center and Waldo County General Hospital's Journey to Health program for a *Happy Wanderers Hike at 10:00 a.m. on Thursday, September 1st* at the Newman Preserve in Northport. This will be an out and back hike totaling 2.2 miles of moderate hiking. The trail descends into woodland rich in wildlife and brings participants to the bank of pitcher pond.

How to get there: From Lincolnville Beach, take US-1 north 5.3 miles, then turn left onto Beech Hill Road in Northport. Follow Beech Hill Road 3.8 miles, passing over a hill, to a small parking lot on the right. The trailhead is on the opposite side of the road from the parking lot.

The Happy Wanderers meet on the first Thursday of each month. The hikes range in location from Rockport to Stockton Springs. Each outing is led by a Coastal Mountains and Journey to Health staff member. We hope you can join us!! For a full 2022 Happy Wanderers schedule, visit www.coastalmountains.org.

Go to www.journeytohealth.coursestorm.com to register.

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Coastal Mountains Land Trust has worked since 1986 to permanently conserve land to benefit the natural and human communities of the western Penobscot Bay. The Land Trust has protected over 13,000 acres, offering 50 miles of trails for public recreation.

Journey to Health programming is offered by PenBay Medical Center's Community Health Improvement Team and is focused on preventing and reducing chronic disease and promoting the adoption of healthy lifestyles.