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FOR IMMEDIATE RELEASE

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

Belfast – 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, December 1<sup>st</sup> at the Stover Preserve in Belfast. This trail is an easy .9 mile hike that meanders along a section of the Passagassawakeag River. After finishing this loop, you are welcome to cross the road with us to the Head of Tide Preserve, where we will do an additional mile on moderate terrain. Feel free to continue wearing hunter orange clothing, for hiking safety.

To have enough room for vehicles, we will be parking at the Head of Tide Preserve, located across the street from the Stover Preserve. We will have a Coastal Mountains staff member there to direct parking.

**Directions:**

From downtown Belfast, take Main Street west and immediately turn right onto Waldo Avenue. In 1.5 miles, turn right onto Doak Road. Parking area is on the left immediately after Doak's Machine Shop. Stover Preserve is across the road from Head of Tide Preserve.

**Parking Location:**

Head of Tide Preserve, Doak Road, Belfast, ME 04915

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 Land Trust and Journey to Health staff member. We hope you can join us!!

**Go to [www.journeytohealth.coursestorm.com](http://www.journeytohealth.coursestorm.com) to register for this hike.**

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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.