



Four Seasons WoodsWalk at Atlantic Heights



In your less-senior life, did you enjoy walking (or snowshoeing) in the woods? Do you still? If so, you are in luck! The deciduous and evergreen woods surrounding the Atlantic Heights campus feature rocky promontories, secluded ponds and an ocean-bound brook replete with mini-waterfall.

Envisioned, developed and maintained by cottage residents (with help from families, friends, volunteers and staff), our recently enhanced WoodsWalk footpath invites you to see, hear, smell and touch nature's bounty as you sit, stroll, hike, jog, snowshoe and/or cross-country ski, for as little or as much time and distance as you like.

Adventuresome residents could follow WoodsWalk to and across Goosefare Branch Brook, then hike along the edge of the Biddeford and Saco Country Club, through the nearby Rachel Carson Nature Preserve and on to Bayview Beach or Ferry Beach State Park on the shore of Saco Bay!

WoodsWalkers have reported seeing both flora (lady slippers, blueberries, bunchberries and various ferns) and fauna (gulls, hawks, owls, turkeys, turtles, coyotes, porcupines and white-tailed deer). Our WoodsWalk footpath provides four-season access to the sights, sounds, fragrances and excitement of our little piece of the Maine woods.

Go Outside and Play

