

# Walks in the Park

May • Mondays & Wednesdays



Mount Desert  
Island Hospital



Our walking program is designed for pleasure or fitness. We encourage you to pace yourself. MDI Hospital's Wellness Program is not responsible for lost or stolen items, injuries or accidents. Our goal is to offer a safe and enjoyable activity for everyone. All walkers who are not currently exercising should consult with their health care provider before starting any exercise program.

## Walks Begin at 8:30 am

*In case of inclement weather, cancellations will be determined by 7:30 am and program participants notified via email.*

### Things to Consider:

- Please wear appropriate shoes
- Dress in layers
- You may want to bring; water, snacks, insect repellent, camera

### Group Limit: 20

### To Sign Up, Contact:

Mary Parham,

Community Health Educator

207.801.5034

mary.parham@mdihospital.org

**Wednesday, May 1, 2024** - Great Head to Thunder Hole. Park in the Great Head parking area (at the end of Schooner Head Road on the left), out and back 4.0 miles.

**Monday, May 6, 2024** - Wonderland and Ship Harbor for 2.7 miles (or just over 3 miles if we walk between the two areas). Meet at the Wonderland parking area on the Manset Road (Rt 102A).

**Wednesday, May 8, 2024** - Sieur de Mont, Jesup Trail and the Great Meadow Loop. Meet in the Sieur de Monts parking area. 3.0 miles.

**Monday, May 13, 2024** - Seaside Path. Meet at the Seal Harbor parking lot across from the public beach. 4.0 miles.

**Wednesday, May 15, 2024** - Paradise Hill from the Hulls Cove Visitor Center. Meet in the Visitor Center parking area near the beginning of the trail. 2.3 miles.

**Monday, May 20, 2024** - Little Long Pond. Meet at the parking area at the gate, across the street from the natural cobblestone seawall on the road. 4.0 miles.

**Wednesday, May 22, 2024** - Eagle Lake to Bubble Pond. Meet at the Eagle Lake parking lot on Route 233 across from the head of Eagle Lake. Out and back for 4.2 miles.

**Monday, May 27, 2024** - Happy Memorial Day! Holiday, no walk scheduled.

**Wednesday, May 29, 2024** - Witch Hole Pond. Meet at Duck Brook Bridge Parking area. 3.4 Miles.