



Welcome to the trails of Point Lookout. These trails are reserved for the exclusive use of cabin guests and fitness center members. By use of them, members and guests assume all risks associated with hiking, running and biking and indemnify Point Lookout or its associates for any injury that may be suffered during such use.



POINT LOOKOUT
Recreation Center



POINT LOOKOUT
Recreation Center

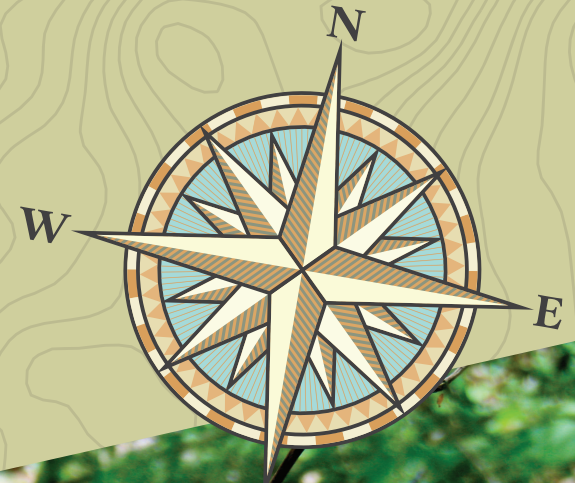
(207) 331-5660

pointlookoutgym@gmail.com

www.pointlookoutgym.com

Point Lookout **Trail Map**

Northport, ME



POINT LOOKOUT
Recreation Center

Knight Pond



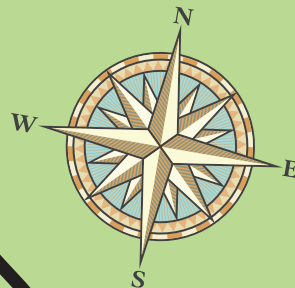
Please observe all signs. The property upon which the trails exist is leased from a neighboring residence, whose privacy must be respected. Certain trails continue onto that property where guest and member use is not allowed.

Pond

POINT LOOKOUT
Recreation Center

HIKING TRAILS LEGEND

	Red Trail.....	1.0 Mi.
	Blue Trail.....	0.5 Mi.
	Otis Trail.....	0.2 Mi.
	Gus Trail.....	0.4 Mi.
	Mookie Trail.....	0.3 Mi.
	Molly Trail.....	0.3 Mi.
	Cam Trail.....	0.2 Mi.
	Max Trail.....	0.3 Mi.
	Bernie Trail.....	0.55 Mi.
	Milo Trail.....	0.75 Mi.



Road



Cabin Area

1

POINT LOOKOUT
Recreation Center

- The trails are “natural.” They are not paved or contoured and thus present the natural hazards of rocks, branches, stumps and roots. **Exercise appropriate caution.**
- All trails are marked with blazes that correspond to the colors designated to specific trails. On the north end of the property, there is an old fire road which links Knight Pond to Route 1 – it is not blazed and is open to the public.
- The “Loops” portion of the trails on the north end are open to mountain biking. **Bikers should give way to hikers and runners.**
- In season, limited hunting is allowed by the landowner. Sportsmen are thoroughly vetted, nevertheless, we advise wearing blaze orange clothing in the Fall.
- **Dogs are permitted but must be leashed at all times.** Skunks and porcupines are common in the area while moose and bear are less frequent visitors.
- We strongly suggest the use of DEET as ticks, mosquitoes and black flies are common in the Maine woods.