

Located seven miles southeast of Bangor, in Holden and Orrington, Fields Pond Audubon Center features a Nature Center, a 191-acre pond, and a 229-acre sanctuary with trails winding through field, wetland, forest, and lakeshore. The center offers dozens of year-round public programs, a Nature Store, and day camps for children. It is also available to rent for meetings, weddings, or special events.

Maine Audubon acquired Fields Pond in 1994 as a bequest from the estate of Katherine Curran. In addition to hosting Maine Audubon programs, Fields Pond Audubon Center has a variety of habitats that are ideal for nature study, wildlife-watching, walking, cross-country skiing, and snowshoeing. The pond has a public boat launch area, ideal for launching canoes and kayaks.

The sanctuary provides year-round habitat for wildlife ranging from small salamanders and tree frogs to more than 130 bird species, to bear, and even moose. In early spring, the center comes alive with the sounds of owls and frogs. Warblers, bluebirds, orioles, and tanagers are among the late spring and summer winged visitors. At least 20 varieties of butterflies have been recorded at the sanctuary, visiting feeders and the wildlife-friendly plantings surrounding the Nature Center. In autumn, hawks soar over the fall foliage, and in winter, the sanctuary is crisscrossed with tracks of weasels, hares, fishers, fox, bobcats, and coyotes.

Learn more at
maineaudubon.org/visit/fields-pond

Thank you for visiting a Maine Audubon wildlife sanctuary.

Maine Audubon works to conserve Maine's wildlife and wildlife habitat by engaging people of all ages in education, conservation, and action.

Your support is crucial to our work on behalf of Maine's wildlife and habitat. Please visit maineaudubon.org/join to become a member.

Maine Audubon sanctuaries are free and open to the public year round, dawn to dusk. Please help us maintain this property as a sanctuary for wildlife by respecting these rules: No dogs; no motorized vehicles or bicycles on trails; no fires; and no smoking.

Fields Pond Audubon Center
216 Fields Pond Road, Holden, ME
207.989.2591

Nature Center and Nature Store Hours
Tuesday through Friday, 9 am to 4 pm
Saturday hours vary; please call 207.989.2591

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Maine Audubon Headquarters
20 Gilsland Farm Road
Falmouth ME 04105
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maineaudubon.org

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Fields Pond Audubon Center

Holden, Maine

— Trail Guide —

**Visit all of Maine
Audubon's sanctuaries:**

Borestone Mountain, *Elliotsville*
East Point, *Biddeford Pool*
Fields Pond, *Holden*
Gilsland Farm, *Falmouth*
Hamilton, *West Bath*
Mast Landing, *Freeport*
Josephine Newman, *Georgetown*
Scarborough Marsh, *Scarborough*

Trails



Trails range from level, mowed paths through fields to steep, rocky trails deep in the forest.

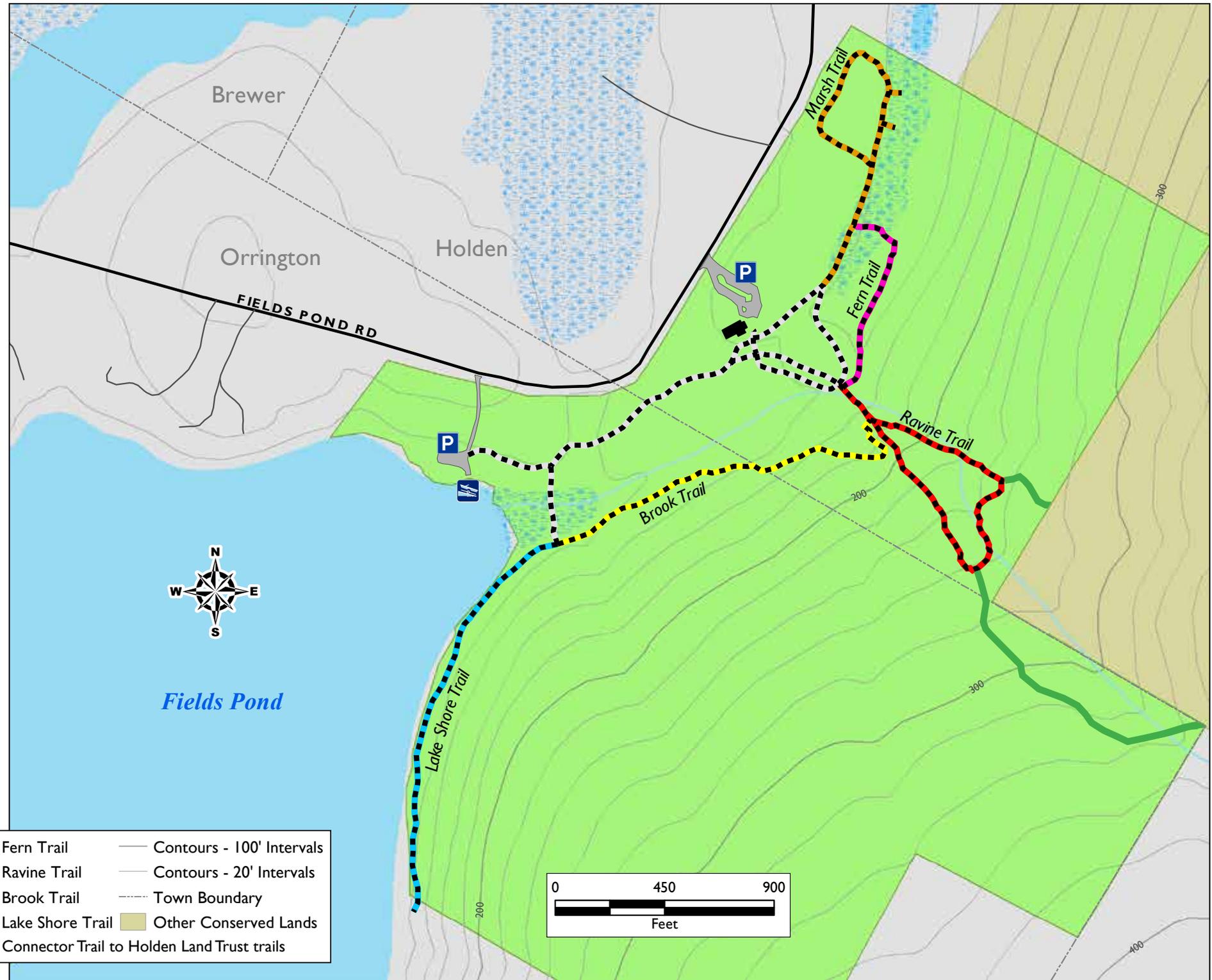
The **Ravine Trail** winds through a hemlock forest overlooking a ravine and features rock stairways and stepping stones across a small stream.

The **Lake Shore Trail** features a 300-foot boardwalk through a floodplain swamp and good views of Fields Pond and its 22-acre island.

The **Marsh Trail** runs along the edge of the wetlands and pocket fields near the Nature Center.

The **Fern Trail** forms a loop with the Marsh Trail and Ravine Trail. It goes through a forested wetland, with a diversity of tree species. Raised bog bridging allows dry-footed access to this forested wetland.

The **Brook Trail** connects the Ravine Trail to the Lake Shore Trail. Follow the brook through mature forest and look for animal tracks along the way!



Parking	Fern Trail	Contours - 100' Intervals
Boat Launch	Ravine Trail	Contours - 20' Intervals
Nature Center	Brook Trail	Town Boundary
Mowed Path	Lake Shore Trail	Other Conserved Lands
Marsh Trail	Connector Trail to Holden Land Trust trails	