

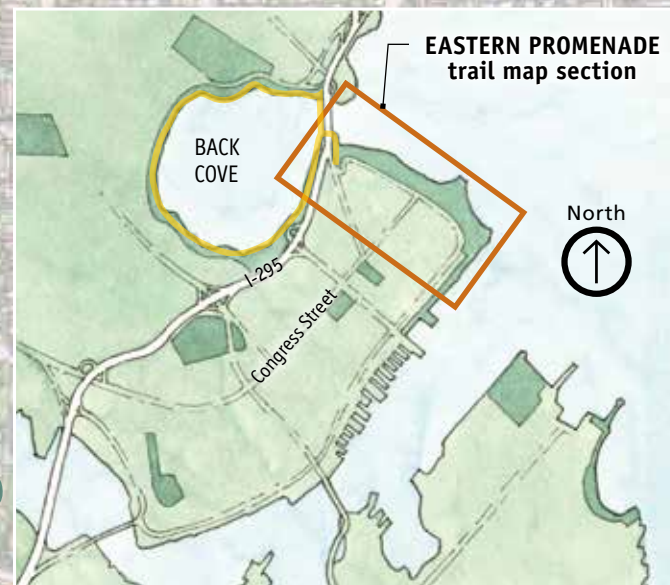


FRIENDS
of the
EASTERN PROMENADE

TRAILS & PATHS

- E. Prom Trail
- Connector Trails
- Back Cove Trail
- Bayside Trail
- Mid-slope Trail*
- *Voice control on path

500 ft.





FRIENDS
of the
EASTERN PROMENADE

PORTLAND MAINE'S Eastern Promenade Map & Guide

WELCOME to the Eastern Promenade

The Eastern Promenade, perched on the northeastern end of the peninsula in Portland, Maine, features a picturesque 68-acre landscape sloping down to the peaceful waters of Casco Bay. The panoramic views of the island-studded bay are among the most beautiful in the world. From nearly any vantage point on the Eastern Prom, you can watch the ferries, lobster boats, tugs, tankers, sail boats and cruise ships that frequent Portland's harbor.

ACTIVITIES

Every year, thousands of visitors come to the Eastern Promenade to enjoy the magnificent views and the plentiful recreational activities. **Our trail network** provides a complete loop on the Promenade as well as links to other destinations in Portland. The Eastern Prom Trail is perfect for biking, walking, running and roller blading. **Bird**

watchers will enjoy our nature paths, with over 188 species of birds that frequent this urban flyway. Tennis, basketball, baseball, kite flying, picnicking, sledding and snowshoeing are also popular. Kids love the **playground**, and there are several off-leash voice control areas for dogs to romp. **For water lovers**, the **East End**

Beach offers a place to swim, launch your kayak, try windsurfing or rowing. The Eastern Prom is also a favorite location for **special events**, including summer concerts, fundraising walks, bicycle races, weddings, and of course, the fabulous Fourth of July fireworks.



HISTORY

In Portland's early years, the slopes of the Eastern Promenade served as a grazing ground for cattle. In the 19th century, forts and gun batteries were built to protect the harbor from enemy ships. The remains of Fort Allen's earthen berm still exist today at the southern end of the Prom. In 1890, city leaders recognized the value of preserving the land for a public park and purchased the property, hiring the acclaimed Olmsted Brothers landscape firm to design a plan befitting this special location. The Eastern Promenade was listed on the National Register of Historic Places in 1989. The park includes a number of historical monuments and sites.



About FRIENDS OF THE EASTERN PROMENADE


Friends of the Eastern Promenade is a nonprofit community organization dedicated to preserving the park's significant historic public landscape, protecting its environmental integrity, and enhancing recreational use. We invite you to learn more about the Eastern Promenade and to join us in preserving, protecting, enhancing Portland's signature historic park.




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EASTERN PROMENADE

For more information, please visit easternpromenade.org

P.O. Box 16025, Portland, ME 04112

 facebook.com/FriendsoftheEasternPromenade

 twitter.com/EasternProm

DOGS love the Eastern Prom!

Respect rules and etiquette to ensure everyone's enjoyment of the park.



Voice Control Season & Hours:

*Dogs allowed off leash IF under voice control **ONLY** in designated areas shown on the map **and** during the following times:*

Summer: Memorial Day - Labor Day: Before 9 am and after 5 pm

Winter: Day after Labor Day - day before Memorial Day: Anytime during park hours

Voice control means your dog obeys verbal commands. Owner must have leash in hand and remain within 50 feet of the dog(s) **at all times**. No more than 3 dogs per person.

Aggressive dog behavior will not be tolerated in the park or the beach at any time!

Dogs must be leashed in all other areas of the Eastern Promenade.

Dogs are prohibited on playgrounds and athletic fields.

Proper disposal of dog waste mandatory!

- BYOB: Bring your own bags
- Clean up after your pet
- Use trash receptacles

DO NOT THROW POOP BAGS INTO THE BRUSH OR STORM DRAINS!

Violation of Portland's Failure to Dispose Ordinance is punishable by minimum fine of \$250 for EACH offense.

Park Ranger: (207) 797-4597

Portland Police Animal Control:
(207) 874-8575



This brochure was produced by:
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