



2024

TrailLink Unlimited



Guides



**Back Cove  
Trail**  
*Maine*



## Back Cove Trail

Maine

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The paved Back Cove Trail rings its namesake tidal basin and offers lovely views of the Portland skyline. You also might spot great blue herons or other birds along the tree-lined waterfront.

A good place to begin your journey is Payson Park, on the cove's north shore, where you'll find parking and the Longfellow Arboretum, which is worth checking out before your journey. On the south side of the bay, Back Cove Park offers several athletic fields.

If you circle the cove in a counterclockwise direction, you'll approach trail's end near Turkey Bridge, where there are two other trails that you could hop on to extend your trip: the [Bayside Trail](#) and [East Promenade Trail](#).



# Back Cove Trail

*Maine*

**States:** Maine

**Counties:** Cumberland

Length: 3.6miles

**Trail end points:** Turkey Bridge/I-295 to Back Cove Park

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Inline Skating, Wheelchair Accessible, Walking

## Parking & Trail Access

Parking is available at Payson Park (421 Ocean Ave.) and Back Cove Park (Preble St. and Highway 1).



# Back Cove Trail

Maine



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

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