

**Franklin County by Foot and Paddle  
Doug Dunlap**

**Progress Report  
June 1-June 15, 2020**

**Hello to all – those walking in spirit; those walking your own walk!**

Favorable weather, and the discovery of miles and miles of remarkable old roads, trails, bushwhack routes, have made it possible for me to cover quite a distance in the first half of June. One never knows what this month will bring in Western Maine. Over the years I have built many a wood fire in June to warm our kitchen, while on other days I am in shorts and t-shirt all day long.

**Thank you for your United Way donations!**

Donations to the United Way of the Tri-Valley are coming in at a fine pace, enabling the United Way and its community partner services to reach out to vulnerable neighbors and friends during the COVID-19 period. Vital – a word that means essential to life - food, clothing, supplies for infants and toddlers, support for access to health services of many kinds – and so very much more. This happens with your thoughtfulness.

You are a caring and generous and community.

**Highlights: Walks Long and Short**

Walking around Porter Lake (my longest walk in this two-week period) , Varnum Pond, and Wilson Lake has been a treat. The lakes are quiet in early June, with loons, Canada geese, and mallards on the water. I walked three quarters of the way around Sand Pond in Chesterville on a bright, sunny day – after walking the Chesterville Esker a few days before.

Two of my shortest walks were on the 0.1 mile trail to the Cascades above the Farmington Fairgrounds; and the 0.9 mile Tree of Life Trail behind Franklin Memorial Hospital. Both are shaded routes – good choices for hot days.

On other walks I explored the Cowen Hill area where Farmington, New Vineyard, and Strong converge; the Rapid Stream Valley west of Kingfield; the northern foothills of the Saddleback Range; and the hills and back roads of Farmington. So much to see!

**Say Hello!**

I enjoy meeting people on these walks. Sometimes we exchange a brief “hello”; sometimes curiosity about me as a solo walker prompt a discussion;

sometimes people confirm directions, or offer suggestions for new places to walk. On one hike, folks on an ATV offered their home as a place for me to park my truck for future hikes.

### **Shop locally**

When there is a local store in the vicinity of my walk for the day, I make a point of stopping for lunch supplies, or gas. These village stores are good sources of information about local trails. Employees have been very helpful.

When you are out and about, please consider doing some of your purchasing at these local stores. They depend upon summer visitors for a significant portion of their yearly business. In this time of COVID-19, when visitor numbers may be lower than usual, your business will be a help to these stores – which serve the community year-round.

### **Your Journey**

Join with me in spirit by taking your walks or hikes. Start with short distances, even the nearest power pole and back, increasing distance gradually.

A daily habit of walking (or paddling) matters more than how many miles you cover. We live in one of the most beautiful outdoor settings in North America – right in our country “backyard”. Start a family tradition with evening walks, or whatever routine will work for you and your family.

Peace of mind, good exercise – and you can’t beat the price!

### **Rocking – and rolling!**

A few days ago, I met a person in a wheelchair along a quiet street. We exchanged waves on my way out, and upon my return. *Wheelchairs count!* If you use a wheelchair, roll with me in spirit. You are part of the journey!

### **Doug’s Miles**

By June 15 I have traveled 634-miles.

Completing 1000 miles now becomes a challenge as I move my focus northward in Franklin County. Longer travel distances, and generally more mountainous terrain will limit the number of miles per day. When I paddle a kayak or canoe, distances will likely be shorter than on most hikes. Some work projects in July and August will take significant time as well.

My goal is to complete 100 miles/month in July, August, and September. It may be tight!

I carry on, embracing the peace of the journey, and the promise of discovery. Much of the time the prevailing sounds are those of the wind, summer warblers and woodpeckers, the rattle of mountain brooks. In the past two weeks I spotted my first weasel of these walks, and came across sign of black bear.

***Do wave and say hello as I pass by!***

***Be safe and well during this pandemic. We will get through it by helping one another, and holding a positive outlook.***

***Thank You!***

Doug Dunlap

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**Miles Completed**

March 2020: 114.5

April 2020: 205

May Total: 219.5

June 1- June 15: 95

Total: March 15-May 31: **634 miles**

**Towns/Townships Visited on the Journey**

**\* = visited June 1 - June 15**

Chesterville\*  
Dallas Plantation\*  
Farmington\*  
Industry  
Kingfield\*  
New Sharon  
New Vineyard\*  
Rangeley Plantation  
Sandy River Plantation\*  
Stetsonville  
Strong\*  
Temple\*

Wilton\*

**Points of Interest**

The Cascades (Farmington Fairgrounds vicinity)\*  
Cascade Gorge – Rangeley Lakes Heritage Trust  
Chesterville Esker  
Chesterville Wildlife Management Area ( Little Norridgewock Stream)  
Cowan Hill\*  
Foothills Conservancy, Wilton\*  
Herrick, Hunter, Pratt Mountain Area  
Kennebago River  
Kimball Pond  
McIntire Pond  
Mosher Hill\*  
Porter Lake\*  
Rapid Stream  
Sand Pond\*  
Saddleback Mountain\*  
Saddleback northern foothills – Oakes Nubble area\*; Rangeley Takes Trails Center  
South Bog Stream – Forrest Bonney Stream Restoration Section  
Walker Hill/Orchard Drive area - Wilton  
Varnum Pond\*

**Established Trails Walked**

Cascade Gorge  
Cascades, Mosher Hill  
Rangeley Lakes Trails Center  
Saddleback – Gray Ghost/Tricolor\*  
South Bog Stream  
Tree of Life/FMH  
Whistle Stop Trail – Wilton

**Lakes, Ponds, Rivers, Streams Paddled**

Kennebago River  
Little Kennebago Lake  
Wilson Lake

## **Wildlife**

\* = new sighting June 1-15

### **Birds**

Bald eagle  
Black duck  
Bluebird  
Blue jay  
Brown Thrasher  
Canada goose  
Catbird  
Chickadee  
Goldfinch  
Ruffed grouse ("partridge")  
Hairy, Downy, Pileated woodpeckers  
Loon  
Mallard  
Mourning dove  
Red-winged blackbird  
Song sparrow  
Tree swallow  
Towhee  
Wood duck

### **Mammals**

Beaver  
Black bear (sign)  
Bobcat (track)  
Chipmunk  
Coyote (track and sign)  
Moose (track and sign)  
Pine marten (track)  
Red fox  
Red squirrel  
Snowshoe hare  
Weasel\*  
Whitetail deer  
Wild turkey

## **Wildflowers**

Azalea (wild)  
Bluebead lily\*  
Blueberry  
Bunchberry  
Bluet  
Coltsfoot  
Dandelion  
Red maple  
Serviceberry (aka June berry)  
Starflower  
Trillium – painted  
Trillium - purple  
Trout lily  
Violet  
Wild oat\*  
Yellow rocket

## **Trees**

Apple (wild/volunteer/abandoned)  
Alder  
Ash, black  
Beech  
Birch, white  
Birch, gray  
Birch, yellow  
Cedar, white  
Fir, balsam  
Hemlock  
Hawthorn  
Hobblebush  
Larch  
Maple, rock (sugar)  
Maple, red  
Maple, striped (moose)  
Oak, red  
Pine, red  
Pine, white  
Popple (Aspen)  
Spruce, red

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