

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

**Progress Report  
September 15, 2020**

**For walks and hikes; and travel by kayak and canoe, August 31-September 15,  
2020**

**Discoveries: The United Way and the 2-1-1 phone number,  
Six Months into the Pandemic**

Over the past two weeks I have learned much about 2-1-1, a major, indispensable service to people of Franklin County, and throughout Maine, led by the United Way.

The United Way of the Tri-Valley continues to serve as a vital safety net for Franklin County residents. The **2-1-1** project is an indispensable service. This is a 24/7 service, staffed by call specialists who take calls from people seeking help of many kinds: food, clothing, shelter, heat; access to mental health services, help with caring for a sick or incapacitated family member, financial burdens of many kinds.

United Ways throughout Maine fund this service, in cooperation with the State of Maine. There is always someone to take the call, always available to help guide the calling person to someone who may speak to the very specific need expressed.

**2-1-1** was available prior to the COVID-19 pandemic, and widely used by thousands of callers each year. *I am informed by United Way leadership that in 2020, Maine 2-1-1 has received 36,000 pandemic related calls since the month of March. That amounts to 6000 calls per month for six months, an average of 200 calls per day.* That is an astonishing figure. It costs money to provide the service. United Way donations make this service possible.

**Do you, or someone you know, need help and do not know where to turn?**

**2-1-1 is available 24/7.**

**It may also be accessed by texting your zip code to: 898-211.**

## **More Discoveries: Highlights of the 1000-Mile Journey**

**August 31-September 15**

### **Variety!**

North, south; high peaks and level pathways; remote ponds and our most popular lakes; our largest town and our distant unorganized territories; walking by day, and by moonlight

- Summiting Sugarloaf for the second time in 11 days, ascending this via the Appalachian Trail from Caribou Valley
- Paddling in the far northern township of Massachusetts Gore, after wheeling a canoe in over 2 miles of logging road
- The dramatic view over Clearwater Lake from Pico Ledge in Industry;
- 15-mile loop around Webb Lake, Weld to Carthage to Weld again
- Completing a loop walk around Clearwater Lake
- By the light of the moon on a back road in Farmington; a familiar route traveled in new ways – by moonlight, in early morning ground fog
- Tree of Life Trail, Farmington, with an old friend
- Exploring site of a century-old logging camp in far northern Franklin County near the border with Quebec.
- Return visit to Powder House Hills Trails – exploring the Willow Springs section.

Quite a time!

I take time to drop by local convenience stores, or a town office, when these are on my route. In the past two weeks I enjoyed a stop at the Carthage Town Office, where the kind people there offered me cold bottled water, gratefully accepted; and Skoolhouse Variety in Weld where proprietor Kevin Cochran talked Weld history. When I meet people along the way, I like to chat when that works for them. These include other hikers or walkers, people working in their gardens or out in the yard; ATV riders, bikers, road construction flaggers, repair crews. Sometimes I hear a life story! Often, I learn of a bird just sighted or receive a suggestion of other good places to walk.

Without question, I have discovered that the people I meet along the way are every bit at the heart of my 1000+ mile adventure, as is the magnificence of our Franklin County landscape!

## **Doug's Miles**

August Total: 235.3

Total (March 15-September 15): **1181.9**

### **September ... and October, and Beyond**

My original goal was to complete my Franklin County travel by foot and paddle by September 30. My final report via the United Way of the Tri-Valley website, will be on or about October 1, 2020.

However, I certainly plan to continue to walk about Franklin County and paddle its lakes and ponds, rivers and streams. I have discovered the joy of walking back roads and unmarked woods paths; of exploring our many towns and learning their history in the process; and meeting remarkable people from all walks of life.

There is an old saying I like to repeat when the occasion arises: "There is another life, and it is within this one." That expression can take on many meanings. To me, as one who has marveled at the discoveries to be made through walking, it means that there are worlds to explore just down the road, back on a woods path, sitting by a remote shore when the sun rises or the sunsets – in dozens of places in the outdoors. There are the rhythms of seasons and weather, of the comings and goings of deer, moose, bear, coyote, bobcat, weasel, martin, fisher, mink, porcupine, skunk – even red and gray squirrels and chipmunks. Too, there are the migrations of birds, successions of wild flowers, ever-changing cloud formations, fluctuating light whether from sun or moon.

Much to discover! May you make your own discoveries!

### **Public Walks and Talks**

**In October, and beyond, I will be co-hosting, with the United Way of the Tri-Valley Area, community events including a public walk and one or more public discussions, live or virtual.**

**Watch the United Way of the Tri-Valley website, and local media, for announcements of these events.**

***As always...***

*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.*

*May you find peace of mind in our Franklin County outdoors.*

**Shop locally**

Kindly remember to make some of your purchases this summer and fall – all year round, really – at the local retailers and gas stations in our smaller towns. They serve our communities throughout the year.

I spread my gas and trail food purchases throughout the county..

Shop locally!

***Thank You!***  
**Doug Dunlap**

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**Miles Completed**

March: 114.5

April: 205

May: 219.5

June: 168.1

July: 180.1

August through 8/30: 162.2

August 31 to September 15: 73.1

August Total: 235.3

Total (March 15-September 15): **1181.9**

## Towns/Townships Visited on the Journey

**\* = Visited August 31-September 15**

Alder Stream  
Avon  
Beattie  
Carrabassett Valley\*  
Carthage\*  
Chain of Ponds\*  
Chesterville  
Coburn Gore\*  
Coplin  
Dallas Plantation  
Davis Township  
Eustis  
Farmington\*  
Freeman  
Industry\*  
Jim Pond  
Kibby  
Kingfield  
Lang  
Lowelltown  
Madrid  
Massachusetts Gore\*  
Merrill Strip  
Mount Abram  
New Sharon  
New Vineyard\*  
Perkins Plantation  
Phillips  
Rangeley  
Rangeley Plantation  
Redington  
Salem  
Sandy River Plantation  
Seven Ponds  
Skinner  
Stetsonville  
Strong  
Temple  
Tim Pond

Township "D"  
Township "E"  
Township 6 North of Weld (AKA Berlin Township)  
Washington Plantation  
Weld\*  
Wilton  
Wyman

### **Points of Interest**

Abbott Park  
Appalachian Trail\*  
Bailey Hill  
Bald Mountain (south of Weld)  
Barker Hill, New Vineyard\*  
Blanchard Ponds  
Bigelow Preserve  
Canadian Pacific Railroad\*  
Caribou Valley\*  
The Cascades (Farmington Fairgrounds vicinity)  
Cascade Gorge – Rangeley Lakes Heritage Trust  
Chain of Ponds\*  
Chesterville Esker  
Chesterville Hill/Blabon Hill  
Chesterville Wildlife Management Area (Little Norridgewock Stream)  
Clifford Woods  
Cook Hill  
Cowan Hill  
Cranberry Peak  
Crosby Pond\*  
Daggett's Rock  
Dead River Pond\*  
East Kennebago Mountain  
Flagstaff Lake – North Branch Dead River  
Fly Rod Crosby Trail  
Foothills Conservancy, Wilton  
Haley Pond  
Herrick, Hunter, Pratt Mountains  
Jane's Pond  
Kennebago Lake  
Kennebago River  
Kibby Mountain  
Kibby Stream  
Kimball Pond  
Little Jackson Mountain

Madrid  
Massachusetts Bog\*  
McIntire Pond  
Canadian Pacific Railroad  
Carrabassett River  
Clearwater Lake\*  
Moose River  
Mosher Hill  
Mount Abraham  
Mount Abraham Public Lands  
Mount Blue  
Mount Blue State Park\*  
Nina's Woods  
Orbeton Stream Conservation Area  
Owls Head\*  
Passamaquoddy Nation Territory  
Penobscot Nation Territory  
Perham Hill  
Pico Peak/Ledge\*  
Porter Lake  
Powder House Hill Trails\*  
Quill Hill  
Rangeley Lakes Trails Center  
Rapid Stream  
Rock & Midway Ponds  
Sand Pond  
Saddleback Lake  
Saddleback Mountain  
Saddleback northern foothills – Oakes Nubble area  
Saddleback Wind Mountain (Carthage)  
Sandy River Intervale\*  
Sarampus Falls  
Shadagee Falls  
Snow Mountain  
South Bog Stream – Forrest Bonney Stream Restoration Section  
Spaulding Mountain  
Sugarloaf\*  
Temple Stream  
Titcomb Mountain Trails  
Tree of Life Trail – Franklin Memorial Hospital  
Tumbledown-Jackson Maine Public Lands  
Tumbledown Pond  
Voter Hill  
Walker Hill/Orchard Drive area – Wilton  
Walker Hill/Morrison Hill – Wilton  
West Kennebago Mountain\*

West Mountain Brook Falls\*  
Whistle Stop Trail – Wilton and Farmington  
Varnum Pond

### **Established Trails Walked**

Appalachian Trail\*  
Bigelow Range Trail  
Bald Mountain/Saddleback Wind Trail  
Cascades, Mosher Hill  
Firewarden Trail, Mt. Abraham  
Fly Rod Crosby Trail  
Hatchery Brook Conservation Area  
Hunter Cove Upland  
Hunter Cove Wildlife Preserve  
Kibby Mountain Trail (maintained but not signed or blazed)  
Little Jackson Trail  
Longfellow Mountains Trail, Chain of Ponds  
Maine Forestry Museum Trails  
Mingo Spring Birding Trails  
Mount Abraham Spur Trail  
Mount Blue State Park Sinnett Cemetery Trail\*  
Mount Blue Trail  
Narrow Gauge Bypass  
Narrow Gauge Pathway  
Narrow Gauge Railroad Path, Farmington\*  
Pico Ledge Trail\*  
Quill Hill Wheelchair Trail  
Rangeley Lakes Trails Center  
Rangeley River Trail  
Rangeley State Park: Shore Trail and Moose Corridor  
Saddleback – Gray Ghost/Tricolor  
Sandy River Intervale\*  
South Bog Stream (2)  
Sugarloaf Mountain Connector Trail (South Side)\*  
Sugarloaf Tote Road Trail\*  
Tim Baker Nature Trail  
Tree of Life/FMH\*  
West Kennebago Mountain Trail \*  
West Mountain Brook Trail  
Whistle Stop Trail – Wilton, Farmington

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



Dead River, North Branch (arm of Flagstaff Lake)  
Haley Pond  
Hunter Cove, Rangeley Lake  
Kennebago River  
Little Kennebago Lake  
Massachusetts Bog\*  
Saddleback Lake  
Wilson Lake

**Wildlife**

**\* = FIRST sighting of 2020, August 31-September 15**

**Birds (Partial list)**

Bald eagle  
Black duck  
Bluebird  
Blue jay  
Broad winged hawk\*  
Brown Thrasher  
Canada goose  
Catbird  
Chickadee  
Goldfinch  
Gray Jay  
Great Horned Owl  
Ruffed grouse (“partridge”)  
Hairy, Downy, Pileated woodpeckers  
Great Blue Heron  
Junco  
Loon  
Mallard  
Mourning dove  
Osprey  
Red-winged blackbird  
Song sparrow  
Tree swallow  
Towhee  
Wigeon  
Wild turkey  
Wood duck  
Yellow rumped warbler\*

**“Critters”**

Beaver  
Black bear  
Bobcat (First sighting ever!)  
Chipmunk  
Coyote  
Guinea Fowl (domestic)\*  
Mink  
Moose (bull and cow))  
Pine marten (track)  
Red fox  
Red squirrel  
Skunk  
Snowshoe hare  
Tortoise  
Weasel  
Whitetail deer

**Wildflowers/plants/mosses (Partial List)**

Azalea (wild)  
Bluebead lily  
Blueberry  
Bunchberry  
Bluet  
Canada Mayflower  
Club moss  
Coltsfoot  
Cotton sedge  
Dandelion  
Diapensia  
Fireweed  
Goat's beard  
Goldenrod  
Hawkweed  
Lady Slipper (white)  
Lousewort  
Milkweed  
Mountain Ash  
Mullein  
Old man's beard lichen  
Pearly everlasting  
Peat moss  
Queen Anne's Lace  
Red maple  
Mountain rue

Saint Johnswort  
Saxifrage  
Serviceberry (aka June berry)  
Starflower  
Sumac  
Trillium - painted  
Trillium - purple  
Trout lily  
Violet  
Water Lily and Bull's eye water lily  
Wild oat  
Wintergreen  
Wood sorrel  
Yellow rocket

### **Trees**

Apple  
Alder  
Ash, black  
Beech  
Birch, alpine  
Birch, white  
Birch, gray  
Birch, yellow  
Cedar, white  
Elm  
Fir, balsam  
Hemlock  
Hawthorn  
Hobblebush  
Larch  
Maple, rock (sugar)  
Maple, red  
Maple, striped (moose)  
Oak, red  
Pine, red  
Pine, white  
Popple (Aspen); big toothed and small-toothed  
Spruce, black  
Spruce, red

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**Next Report October 1, 2020**

