

Rockland Harbor Trail

The Rockland Harbor Trail has the best views of Rockland Harbor. It connects the waterfront to downtown and Main Street. Rockland Main Street, Inc. is one of 19 Healthy Maine Streets communities that is working to make their downtown a healthier more vibrant place. Through Healthy Maine Streets, Rockland Main Street Inc., is promoting the 5.5 mile long Harbor Trail to residents, visitors and employees that work downtown. The trail runs from the Snow Marine Park to the Rockland Breakwater Light and links many of the city's open spaces, parks and historic sites with downtown. The trail provides a great opportunity for exercise, taking a scenic walk, commuting to work or enjoying the shops, galleries and restaurants in downtown. Rockland's walkable community has now expanded and the trail really shows off Rockland's wonderful sense of place by making the connection between health and wellness and economic development.