When to Visit
Open year-round; 9:00 a.m. to sunset, unless otherwise posted at the gate.
Open spring weekends, annual birding festival, in spring.
Open summer weekends, annual birding festival, June–September.
Open year-round, 9:00 a.m. to sunset, unless otherwise posted.
Summer daily nature programs at 2:00 p.m.
Spring Feathers over Freeport, an annual birdwatching festival, is held in March.

Regional Destinations
Wolfe's Neck Woods State Park
Wolfe's Neck Woods State Park is located about 1.5 miles south of Freeport, Maine. The park is situated on U.S. Route 1 between Freeport and the Harraseeket River and Casco Bay. The park bears the name of the Harraseeket River and Casco Bay, the park bears the name of Mr. and Mrs. Lawrence M. C. Smith of Freeport. They gave over 150 acres of land to the state of Maine in 1947.

Overview
Welcome to Wolfe's Neck Woods State Park. Whether you seek relaxation or recreation, a chance to be outdoors or simply to enjoy the outdoors, you are likely to find it at Wolfe's Neck Woods State Park. Wolfe's Neck Woods State Park is located about 8 miles southeast of Portland on Route 302 in Cape Elizabeth. Wolfe's Neck Woods State Park is just minutes from the Greater Portland Region, features hiking trails, sand beaches, picnic areas, and special events.

Partners and Supporters
American Cancer Society, Conservation Corps members are stationed at the park for at least two years per year, and help manage trails, provide education assistance through the Federal Highway Administration's Recreational Trails Program (RTP), administered by the Maine Bureau of Parks and Lands.

Natural beauty just minutes from downtown Freeport.

Nocturnal photos. Photo by Dave Elmore

Wolfe's Neck Woods State Park

Maine’s Woods State Park

Wolfe’s Neck Woods State Park

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Wolfe’s Neck Woods State Park

Maine’s Woods State Park

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Wolfe’s Neck Woods State Park
SUGGESTED WALKS

From the First Parking Lot

From the Water Tower – 0.1 mile one way. Take the main path, following the signs to the ocean. To return to the parking lot, return the same way. Take the second exit off the Old Woods Road Trail to the 4-way junction with the North Loop Trail. Take left and stay on the.;

From the Second Parking Lot

Ogopny Tours – 0.8 mile one way. Pass the accessible bathrooms, lookout, and picnic area, as you park turns through the field to the White Pines Trail along the shore. Turn right at the sign and follow the signs to the ocean. The entire trail provides access to the osprey overlook and interpretive panels #2 and #5. Along the way, you may see the tide pools during low tide. Return on the same trail or by a trail through the woods.

Handicap Accessible Trail

White Pines Trail – visitors in wheelchairs, with strollers, or wanting more level footing will find this trail. It begins at the end of the 2nd parking lot and follows the bay shore to the sign and benches opposite Googins Island, where you are likely to see osprey activity from April through August. (Firewatcher can take the main steps to the rocky shore below.)

Special Considerations

Keeping Safe

In case of emergency, call 911, wear sneakers or water shoes, please do not pick or remove anything or disturb wildlife and birds. At panel #3, watch for ospreys from April through August. (Firewatcher can take the main steps to the rocky shore below.)

Visitor Rules

From the first parking lot, take the White Pine Trail to the 4-way junction with the North Loop Trail. Take left and stay on the.;

To return to the parking lot, backtrack and take the path across the field.

Wolfe’s Neck Woods State Park

Trails and Access Points

Accessible trail

Entrance bath

Parking lot

Wheelchair

Group picnic shelter

Toilet

Water, potable

Overlook

Interpretive displays

Kiosk

Bench / Meeting area

State

Interpretation

Secondary road, Street

Intermediate Points

0.1 mi

0.2 mi

0.5 mi

(0.1 mi)

(0.2 mi)

(0.5 mi)

(2)

(0.1 mi)

(0.2 mi)

(1.8-mile loop with some steep and uneven terrain. Enter the woods on the trail on the right of the;