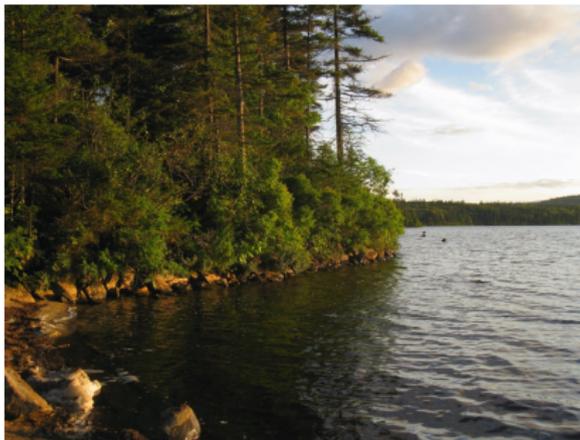


## The Appalachian Trail in Maine Grafton Notch to Rangeley



August 17 - 21, 2010

# The Appalachian Trail in Maine

## Grafton Notch to Rangeley

August 17: Grafton Notch to Frye Notch Lean-to

August 18: Frye Notch Lean-to to South Arm Road

August 19: South Arm Road to Bemis Mountain Lean-to

August 20: Bemis Mountain Lean-to to Sabbath Day Pond  
Lean-to

August 21: Sabbath Day Pond Lean-to to Rangeley

Grafton Notch to Frye Notch Lean-to

August 17

5.8 Miles



The trail on West Peak of Baldpate Mountain



East Peak of Baldpate Mountain



A grouse in the trail



A second grouse in the trail



West Baldpate from East Baldpate



The trail up East Baldpate Mountain



The trail up East Baldpate Mountain



The view north from East Baldpate



The summit of East Baldpate Mountain



The view west from East Baldpate

Frye Notch Lean-to to South Arm Road

August 18

14.6 Miles



Falls on the West Branch Ellis River



Falls on the West Branch Ellis River



Surplus Pond



Narrow-leafed Gentian



The trail past a gnarled maple tree



Trail relocation on Moody Mountain



Fungus growing on a log



The view west from Moody Mountain



Tentsite at South Arm Road

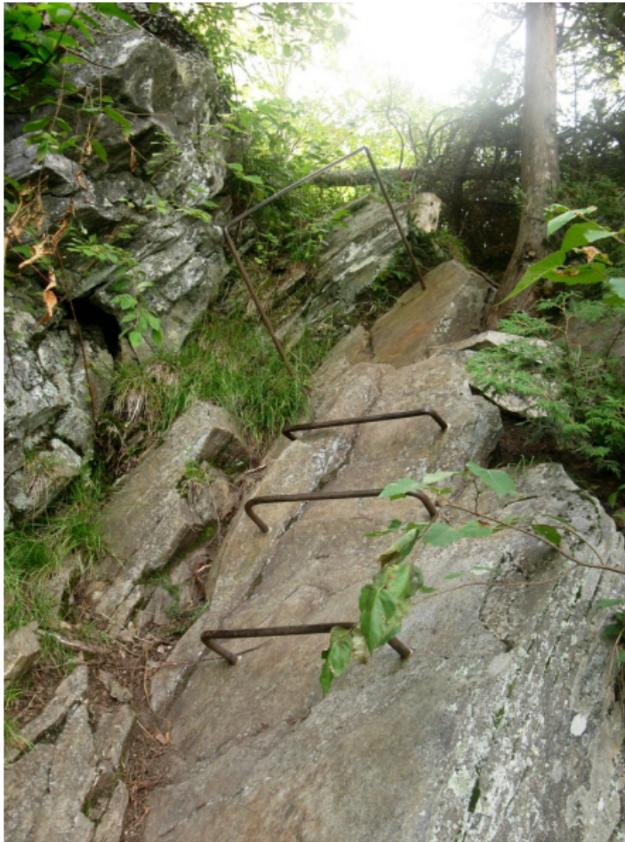


Black Brook and South Arm Road

South Arm Road to Bemis Mountain Lean-to

August 19

13.4 Miles



Iron rungs and a railing



Looking east from Old Blue Mountain



Looking east from Old Blue Mountain



A different kind of ladder



The trail through a hemlock forest



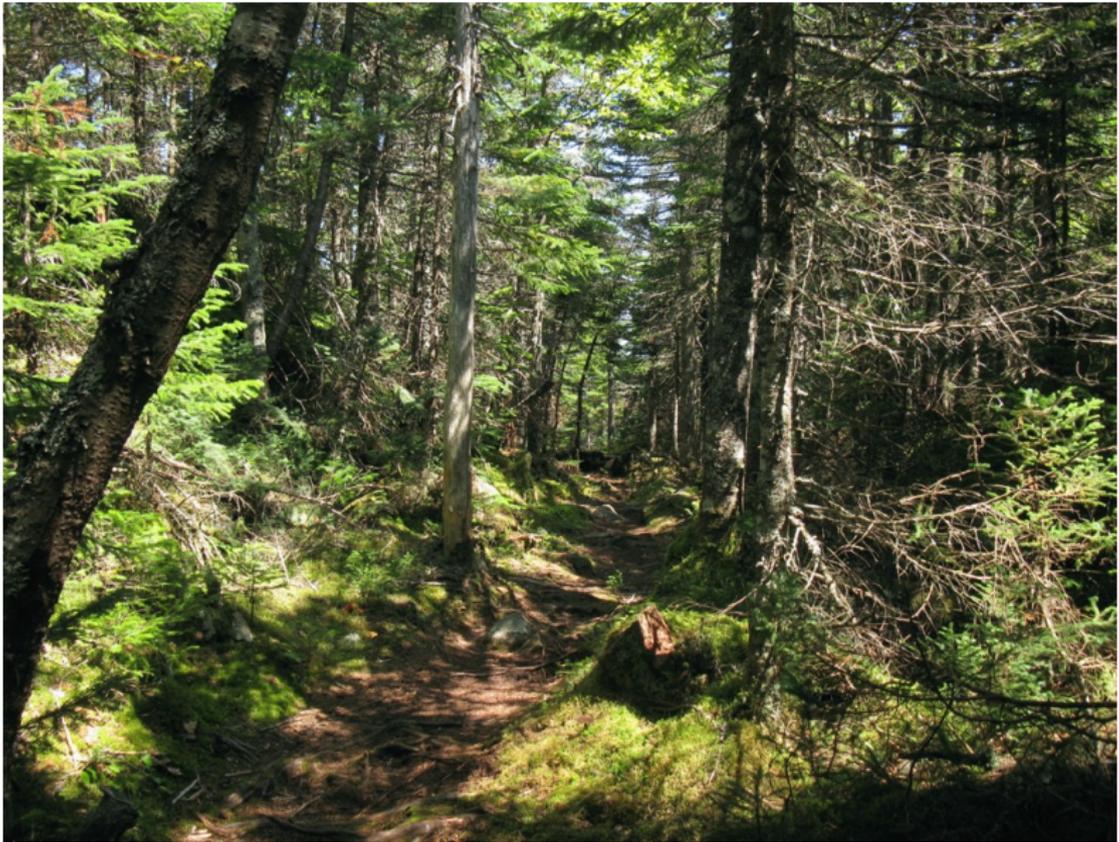
Bog bridge and the bog



A spring next to the trail



The view west from Bemis Mountain



The trail on Bemis Mountain



A bed of lichen

Bemis Mountain Lean-to to Sabbath Day Pond Lean-to

August 20

8.3 Miles



Mark (“Restless Legs”), Robb, and Dan (“Padre”)



The trail down Bemis Mountain



Trail workers building a bridge over Bemis Stream



The overlook on Highway 17



Mooselookmeguntic Lake from Highway 17



Looking back at Bemis Mountain



A spruce forest



Moxie Pond



Birch tree

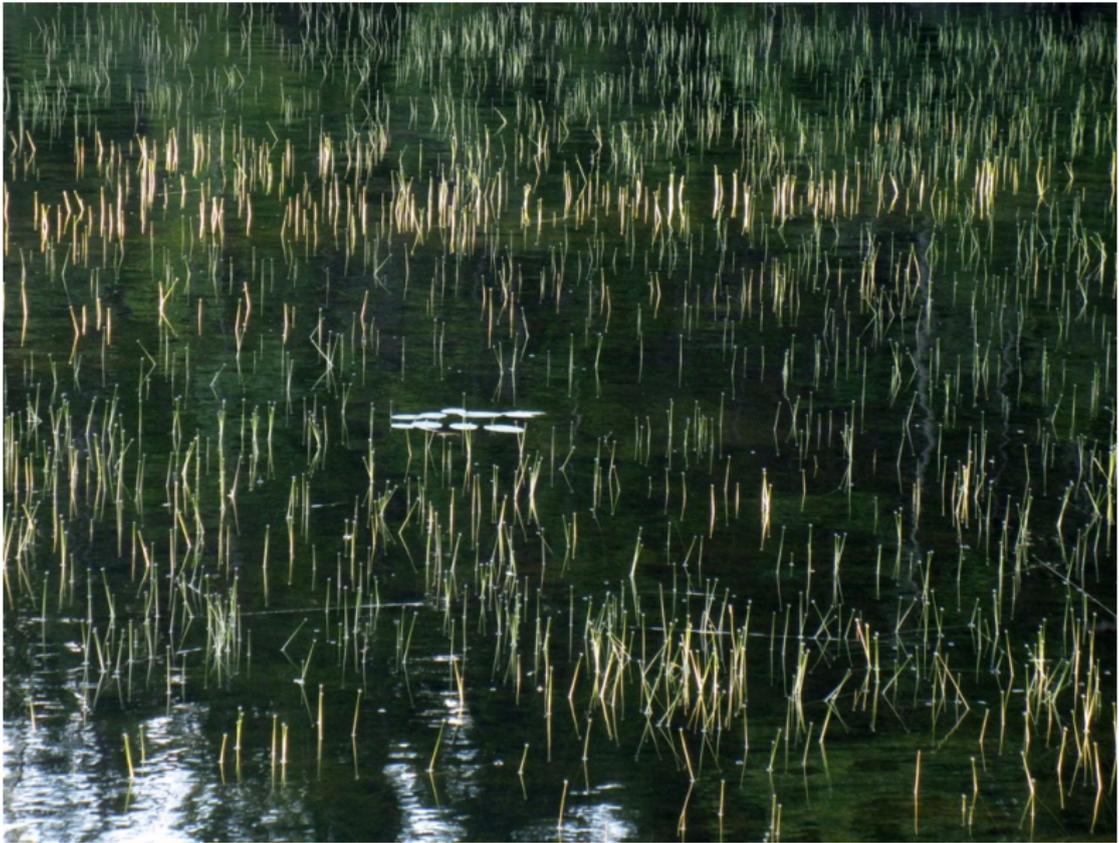


Long Pond



Sabbath Day Pond





Grass in Sabbath Day Pond



Sabbath Day Pond



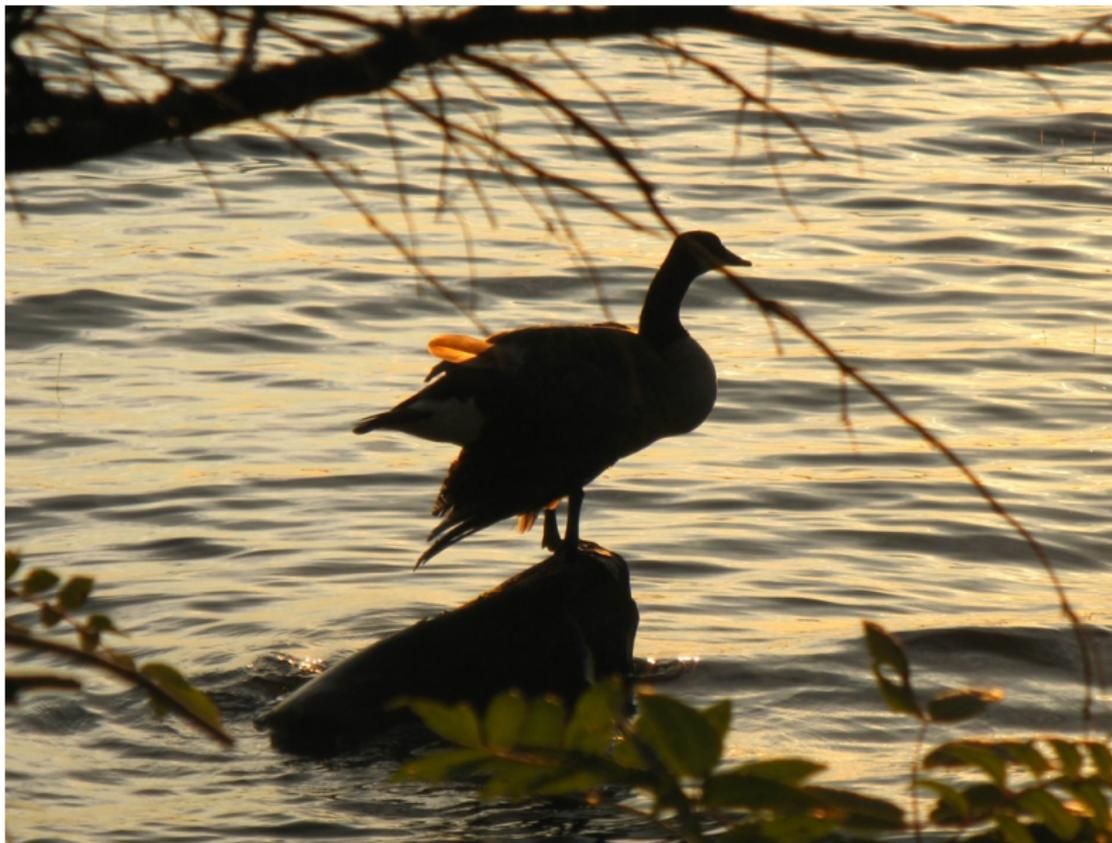
Long Pond



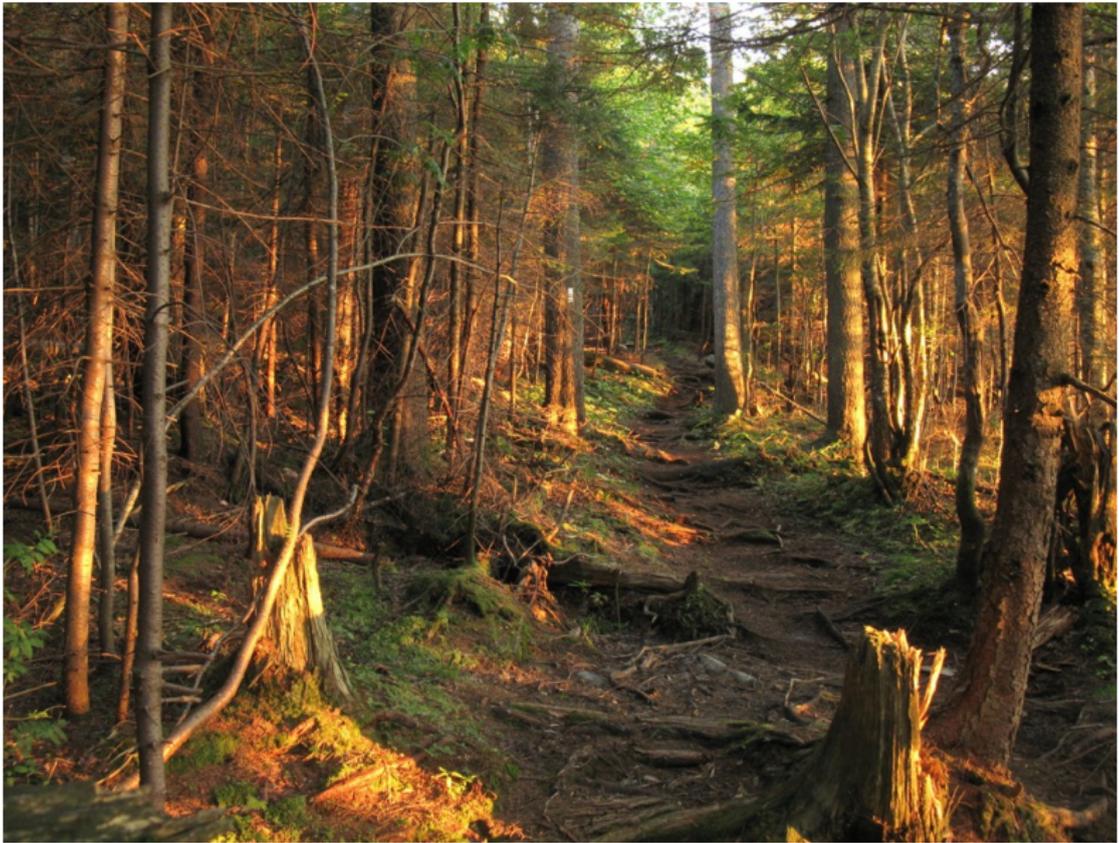
Loons on Long Pond



North shore of Long Pond



A goose roosting on a rock in Long Pond



The trail between Sabbath Day Pond and Long Pond



Sunset over Long Pond



Sabbath Day Pond



Moonrise over Sabbath Day Pond

Sabbath Day Pond Lean-to Rangeley

August 21

9.4 Miles



Sabbath Day Pond



A grouse



Moose tracks



Little Swift River Pond



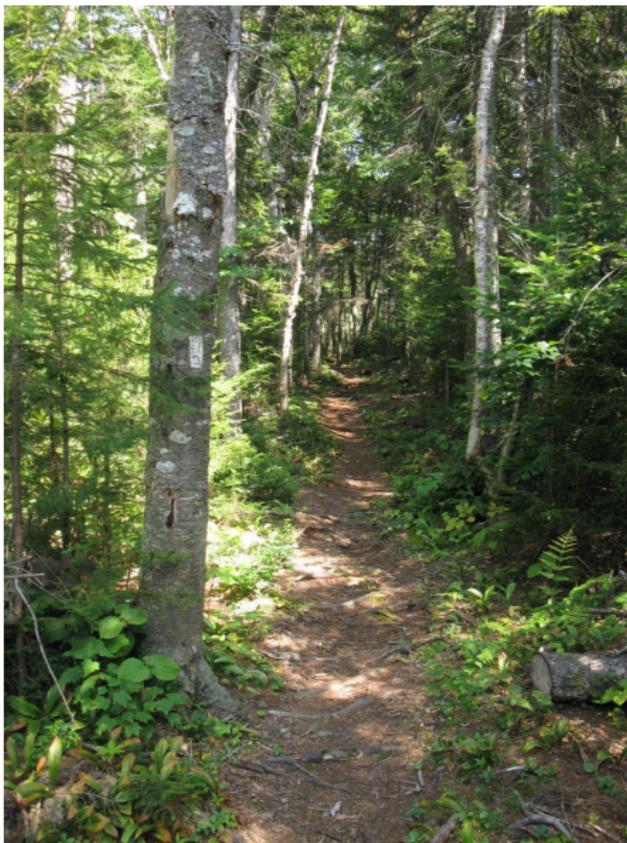
Mud in the trail



A boreal bog



Colorful fungus on a log



The trail near Highway 4

The End