



Falmouth's Protected Land: Connecting People to Nature and Community

By Rebecca Dugan, Falmouth Land Trust

Falmouth is home to 2,700 acres of protected land and over 55 miles of trails, all under the care of the [Falmouth Land Trust \(FLT\)](#) and the Town of Falmouth. FLT was first formed in 1981 in order to protect and steward land in Falmouth; the first land donated to FLT was the McCrann Preserve. Since then FLT has worked to conserve land and protect sensitive habitat, steward trails, provide outdoor recreation opportunities, and offer educational programming to kids and adults.

Open space and protected land are so valuable for so many reasons. Wildlife has connected corridors to live and feed; sensitive plants have protected spaces to grow; and community members have quiet places to get outside and enjoy nature. The Land Trust Alliance describes these many benefits best: "Every piece of natural land that we protect means less carbon dioxide being pumped into the air we breathe, healthier soil for our crops, cleaner water from our taps, and more protected habitats for plants and wildlife. Land trusts are working to ensure that everyone has access to natural areas, close to home. Places where children can play, friends can connect and people can find calm from a stressful day."

There are so many ways to enjoy Falmouth's conserved properties and trails. Meet a new neighbor at Underwood Springs Forest or decompress after a busy day next to the East Branch of the Piscataqua River at McCrann Preserve. Get an adrenaline rush while mountain biking at Blackstrap Hill Preserve and Community Forest or appreciate and honor the Wabanaki tribes who stewarded the land for generations at River Point Conservation Area. Get out this fall and enjoy the color change at Woods Road Community Forest or volunteer to help maintain trails to keep them in good shape for all to use. Using the trails in any of these ways is sure to generate a smile and a sense of pride in Falmouth's conserved land.

More information about Falmouth's protected land and trails can be found at [FalmouthLandTrust.org](https://falmouthlandtrust.org). Details about FLT's upcoming guided walks and other events can be found at [FalmouthLandTrust.org/events](https://falmouthlandtrust.org/events). Questions and comments can be directed to FLT at info@falmouthlandtrust.org.



Please join us for the Second Annual Falmouth Trails Day on Sunday October 8 (Rain Date Monday October 9)

The Falmouth Community Wellness Committee and Falmouth Land Trust invite you to come and enjoy a day of guided hikes with family, friends, and neighbors. All are welcome. Choose any or all the hikes and delight in some time in nature while exploring some of our wonderful trails. Hikes will be offered at 9:00 am (Woods Road Community Forest), 11:00 am (Community Park), 1:00 pm (Suckfish Brook Conservation Area), and 3:00 pm (River Point Conservation Area). No pets, please. Bring water, snacks, and bug spray as needed. [See more info below.](#)