

ON THE TRAIL

in Lincoln County

By Paula Roberts



FRANCES PERKINS HOMESTEAD, NEWCASTLE

Directions: The Frances Perkins Homestead biking trail is located 2.2 miles down River Road in Newcastle on the left side of the road.

The hiking trail located on the 50-acre Frances Perkins Homestead National Historic Landmark in Newcastle is a hidden gem.

From the parking area, walk along the side of the barn, turn right across the back of the barn and the kiosk, and start to the trail are located off

the far corner of the barn.

The trail enters the woods where walkers are treated to tall majestic pine trees and dense old growth mixed forest. Soon walkers will come to a junction in the trail. The south trail goes to the right and the north trail goes to the left. They form a giant loop.

Walking in a counter-clockwise direction, the trail comes out to fields, where lupine are abundant in June. Look for wildlife in the fields, a favorite feeding spot for deer. The two trails converge at the Shore Trail, which leads to a small picturesque cove on the Damariscotta River.

The Shore Trail narrows to a foot

path to the river and heads gradually downhill to the banks of the river.

The trail system follows old stone walls, and passes an old stone foundation. Plan on 30 minutes to hike the loop and spur trail to the river.

The historic brick house and 1837 barn was the home of Frances Perkins, who was the first woman to hold a U.S. Cabinet post. She served as one of the top administrators under President Franklin D. Roosevelt during his 12-year tenure. While secretary of labor, one of her roles was to create legislation and guide it through to congressional approval as part of Roosevelt's New Deal. She was chair of the president's economic security and was actively involved in advisory reports, including the Civilian Conservation Corps.



A stone wall along the north trail at the Frances Perkins Homestead in Newcastle. (Paula Roberts photo)



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