Isle au Haut

**Trail Information**

<table>
<thead>
<tr>
<th>Name</th>
<th>One-Way Distance (mi)</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowditch</td>
<td>2.0</td>
<td>1.5 hours</td>
</tr>
<tr>
<td>Cliff</td>
<td>0.7</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Deep Cove</td>
<td>0.2</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Duck Harbor</td>
<td>3.8</td>
<td>2 hours</td>
</tr>
<tr>
<td>Duck Harbor Mt.</td>
<td>1.2</td>
<td>1.5 hours</td>
</tr>
<tr>
<td>Eben’s Head</td>
<td>0.8</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Goat</td>
<td>2.1</td>
<td>1.25 hours</td>
</tr>
<tr>
<td>Long Pond</td>
<td>3.0</td>
<td>2 hours</td>
</tr>
<tr>
<td>Median Ridge</td>
<td>1.8</td>
<td>1 hour</td>
</tr>
<tr>
<td>Nat Merchant</td>
<td>1.1</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Western Head</td>
<td>1.3</td>
<td>1.25 hours</td>
</tr>
<tr>
<td>Paved Road</td>
<td>5.0</td>
<td>—</td>
</tr>
<tr>
<td>Unpaved Road</td>
<td>7.0</td>
<td>—</td>
</tr>
<tr>
<td>Western Head Road</td>
<td>1.7</td>
<td>25 minutes</td>
</tr>
</tbody>
</table>

Note: After rains, marshes along the Bowditch Trail and Goat Trail may be too wet for hiking. Ask a park ranger for current trail conditions.

**Legend**

- Hiking trail
- Campsite shelter
- Paved road
- Composting toilet
- Unpaved road
- Drinking water
- Limited access road
- Picnic area
- Park land
- Private land

- See Duck Harbor Campground Inset

- Duck Harbor Campground and Vicinity

- To Duck Harbor Mt.
- To Town Landing
- Eastern Head
- Western Head
- Deep Cove
- Duck Harbor Mountain
- Bowditch Mountain
- Sawyer Mountain
- Bubble Pond
- Jericho Pond
- Long Pond
- Median Ridge
- Nat Merchant
- Western Head
- Eben’s Head
- Goat Trail
- Deep Cove
- Duck Harbor Campground and Vicinity
- Campsite shelter
- Composting toilet
- Picnic area
- Drinking water
- Please respect private property.

Note: After rains, marshes along the Bowditch Trail and Goat Trail may be too wet for hiking. Ask a park ranger for current trail conditions.