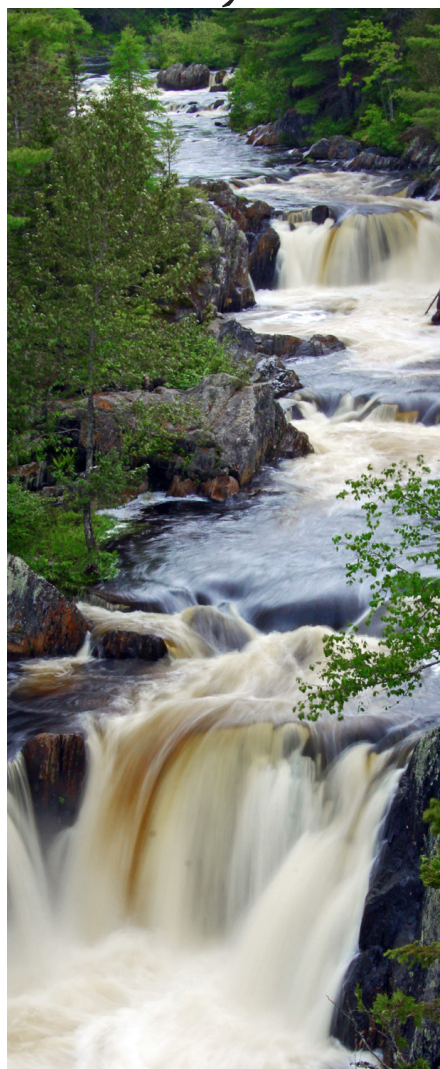




## *Body and Mind: Exploring the Piscataquis Region*



*Body and Mind: Exploring the Piscataquis Region* proposes two one-day hikes into the heart of the peaks and valleys of the Piscataquis Region. Two easy to moderate day hikes are being offered: **Head of Gulf Hags** and **Third Mountain - Monument Ledge**. These new opportunities being offered by the UM Campus Recreation Center will cultivate fitness in the outdoors, appreciation of the natural world, and the cultural heritage of the Piscataquis Region.

The trip will be led by UMaine Extension associate professor emeritus **Roger Merchant**, who has been photographing, hiking and paddling the Piscataquis Region and Maine since 1965. An accomplished forester, outdoor leader and environmental educator, these two hikes under Roger's guidance promise to be engaging and informative, with moments of quiet and wonder for all of you to enjoy.

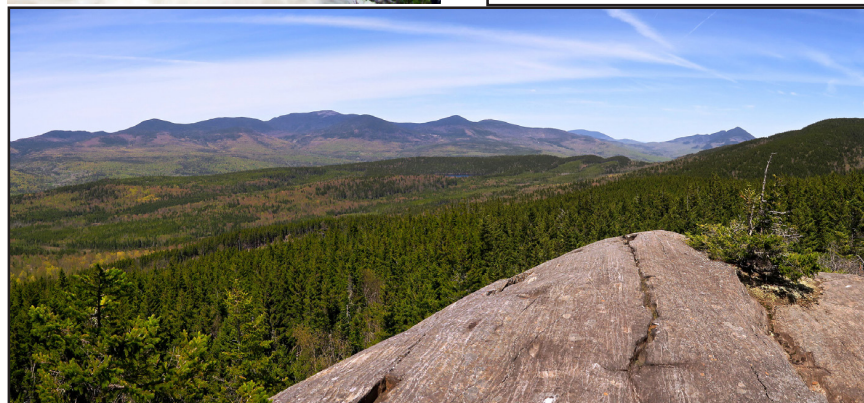
Logistical support via vans with wilderness first aid support will be provided by UM Maine Bound staff. The two day hikes promise to be a safe and enjoyable immersion in the Piscataquis Region.

### **The Hikes:**

Head of Gulf Hags, **July 18** (alternate date **July 20**).

Third Mountain - Monument Ledge Loop, **July 25**.

Cost: \$50 per person, per trip.



(Photos courtesy of Roger Merchant)

To register: Contact **Kristie Deschesne** at  
[kristie.deschesne@maine.edu](mailto:kristie.deschesne@maine.edu)

OR

Register in person at the New Balance  
Student Recreation Center or call 581-1082.  
For trip-specific information: Contact Roger  
Merchant at [rogmerch@gmail.com](mailto:rogmerch@gmail.com)