

Maine Surfer's Guidebook

by

MaineWaves.com

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Something at the core of the surf experience has always been travel and exploration. Since the very first surfers surfed the very first waves, our culture has always emphasized the need to go beyond the bend. Whether our exploration takes the form of riding different boards or travelling to new territory, the element itself will always be a part of our sport.

It is important to remember this foundation as you use this guide. Just because the information already exists and is gathered in an easy way for you here, does not mean that you should cease to explore what isn't here. This guide will ideally grasp your curiosity and lead you down the road that many surfers have taken before us: the road of exploration, travel, and progression.

The information in this guide will give you a fairly good idea of the relevant aspects of each break. Information about how to find each of the featured breaks may be limited for various reasons at our discretion, but generally you should be able to find and surf most of these spots if you are willing to do a little bit of **exploring** yourself.

Keep in mind that the prevailing surf conditions can have a profound effect on the surfability of a specific break. Some of these spots only break a couple of times every year while others will have rideable surf almost any time there is swell. Furthermore, if you are a beginner or have not spent much time surfing in different locations, you should be particularly careful when visiting

new surf breaks. We highly recommend always surfing with at least one-two friends if you are surfing a break you have never been to before.

If you are a beginning surfer, we strongly recommend surfing only the more mainstream breaks until you are capable of handling yourself in all conditions. The Southern Maine breaks are a good place to start.

Most important of all, **have fun** no matter where you surf. If you don't feel comfortable at a particular break or if you aren't getting good vibes, do the smart thing and get out. There's lots of places to surf in our state, and hopefully this guide will help you to explore them.





- | | | | |
|----------------------|-------------------|-------------------|-------------------------|
| 1. Doc Brown's | 6. Trueman's | 11. Gooch's Beach | 16. Ogunquit Rivermouth |
| 2. Higgins Beach | 7. Biddeford Pool | 12. Drakes Island | |
| 3. Scarborough Beach | 8. Fortune Rocks | 13. Wells Jetty | |
| 4. Pine Point | 9. Titos | 14. Wells Beach | |
| 5. Old Orchard Beach | 10. Goose Rocks | 15. Moody Beach | |

**ESSENTIAL INFO**

Break Direction:

LEFT

Frequency:

RARE

Access:

LIMITED

Crowds:

LIGHT

Skill Level:

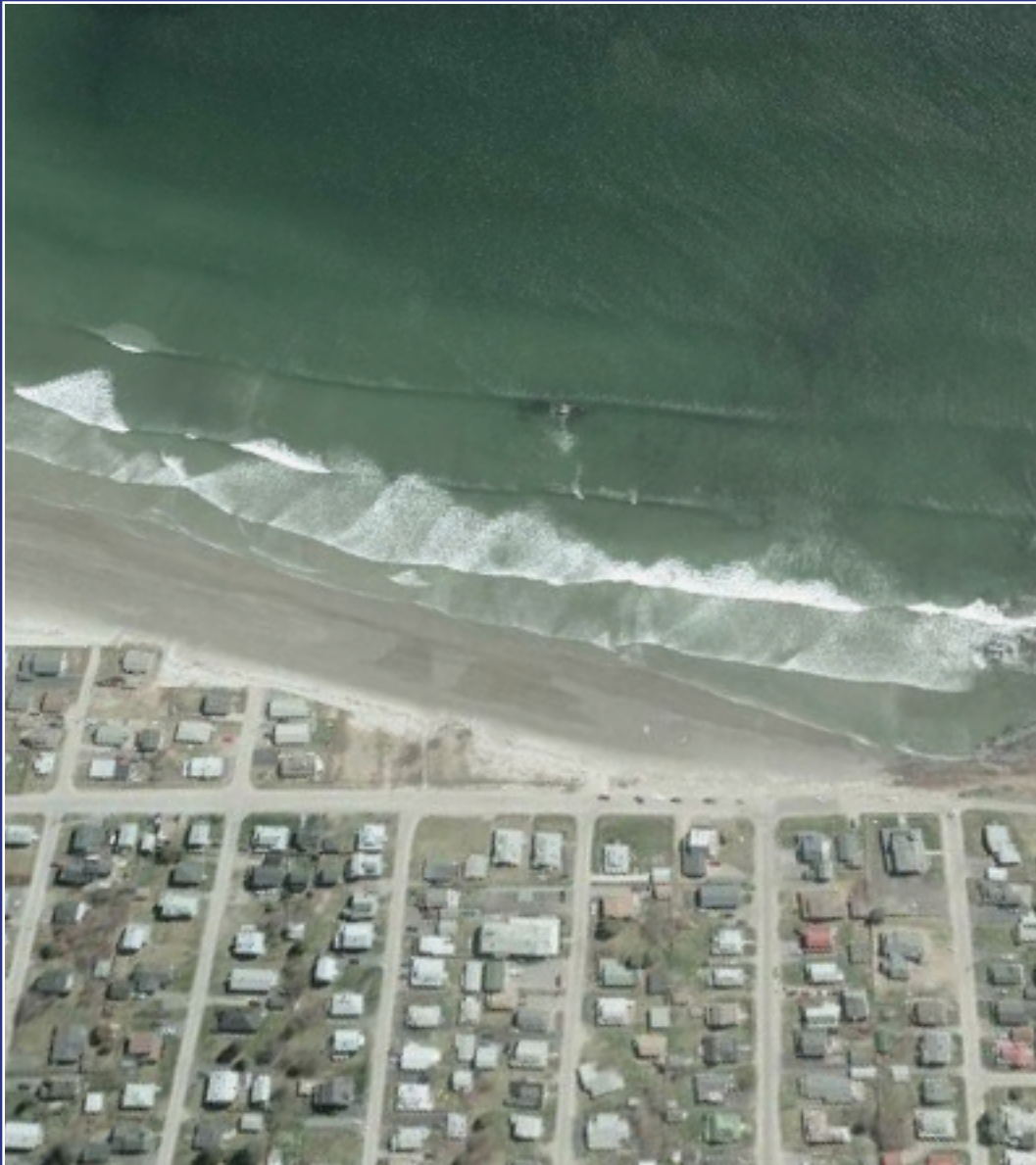
4/5**Details**

Doc's is a real Maine break-- in the sense that it breaks rarely and can be tricky to catch going good. The spot only breaks on an east to southeast swell and it won't be worth surfing unless the swell is fairly good size.

If you do find it breaking, you'll encounter a long left point break with consistent waves. If there are others out, be courteous (as always) because they have probably been surfing there for a long time, and it doesn't break often.

Getting There:

Drive towards Ram Island Farm off of ME 77 in Cape Elizabeth.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

OFTEN

Access:

EASY

Crowds:

HEAVY

Skill Level:

ALL

Details

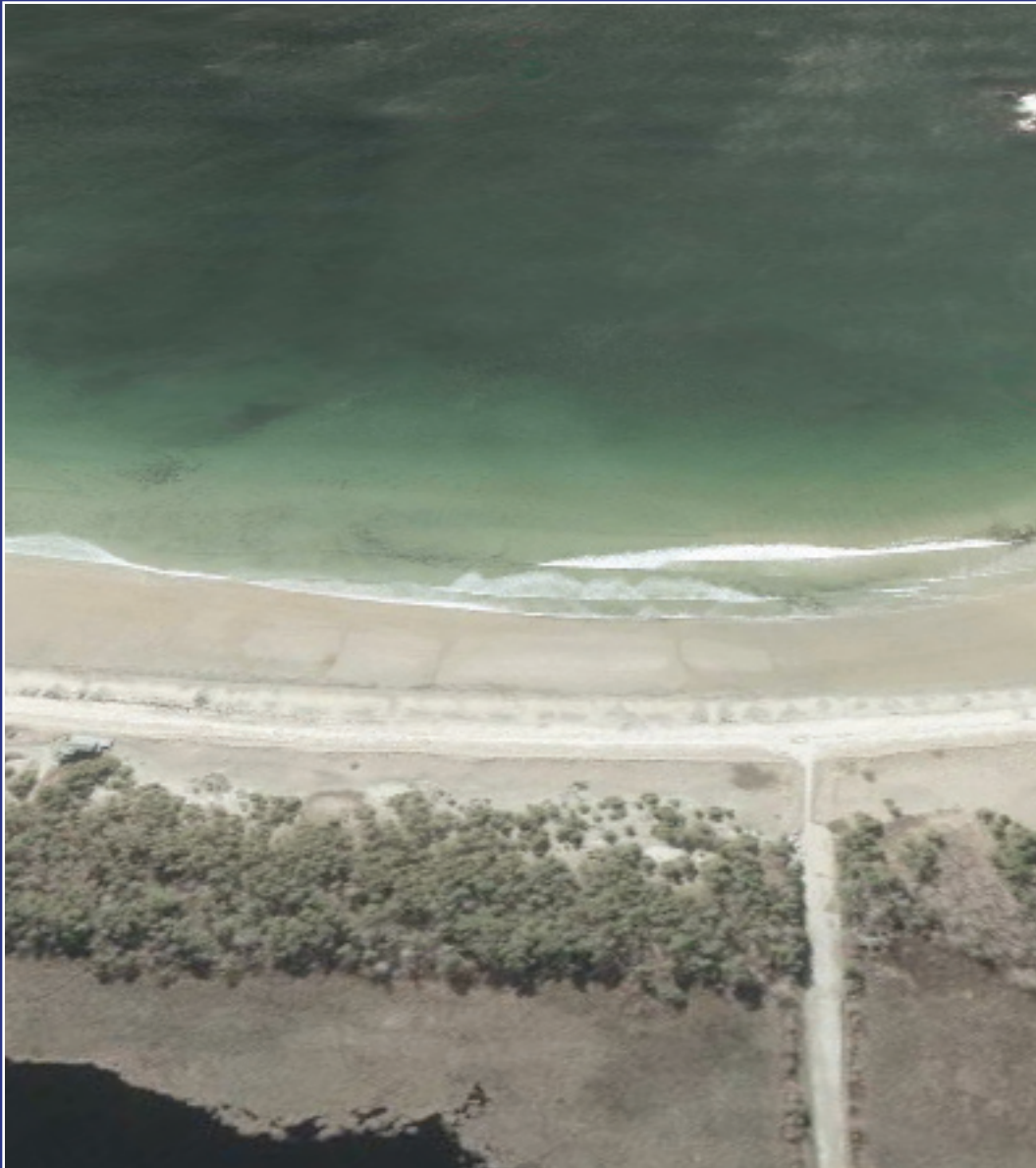
This is one of the most popular breaks among area locals. Higgins is a beach break that is notorious for holding big Nor'easter swell when everywhere else is scary and closing out. If the conditions are big then expect a long paddle out, and don't bother trying to paddle straight out. You should start about 200 yards to the left of the rocks in the center of the break, and work your way from there.

The wave itself is more of a slow longboard wave when it's under chest high, but this also depends on the conditions.

On good days expect big crowds. Note: surfing is prohibited in the summer from 10am-5pm. Parking is \$10 in a lot a block from the beach. If you don't park there, you will get ticketed or towed.

Getting There:

Ask anyone, or just follow Spurwink Rd/Rt. 77 from Cape Elizabeth or Scarborough



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

OFTEN

Access:

EASY

Crowds:

HEAVY

Skill Level:

ALL

Details

Compared with Higgins beach, Scarborough tends to be faster and shorter. This is a beach break also, but it breaks closer to shore than Higgins. In the summer expect Scarborough beach to be crowded in all conditions, so you are best off early in the morning or later in the evening. There is a Surf Camp at the beach every day in the summer so don't be surprised when you get there.

IMPORTANT: You have to pay to get on the beach, and surfboards are only allowed with a season pass (\$75.00). This is enforced.

Getting There:

Ask anyone or take Spurwink/Rt. 77 to the end and then turn left onto Black Point Rd.

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

FAIR

Access:

EASY

Crowds:

FAIR

Skill Level:

ALL**Details**

Pine Point is usually much smaller than other nearby breaks because the swell gets blocked by Prouts Neck. The farther south you go on the beach the more swell you will get, but you will be getting more towards Old Orchard.

This means that when everywhere else is either too big or blown out, Pine Point will usually be much more reasonable. The easiest place to park is in one of the nearby lots, expect to pay around \$10.

Getting There:

Take Rt. 1 towards Old Orchard and turn left on to Pine Point Rd. Take this straight to the beach.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

OFTEN

Access:

EASY

Crowds:

FAIR

Skill Level:

ALL

Details

Old Orchard Beach offers a little bit of variation depending on where you surf. There is surfing on both sides of the pier with good lefts forming off the south side of the pier. There are also decent rights on the north side depending on the conditions.

Often not as big as Higgins, but when the swell is bigger this is a good spot to check out especially if you want to escape the usual crowds. In the summer this place will be swarming with Canadian tourists, but not many on surfboards except for the occasional surf lesson.

Getting There:

Get on Rt. 1 heading south from Portland and follow the signs.



ESSENTIAL INFO

Break Direction:

LEFT

Frequency:

RARE

Access:

FAIR

Crowds:

LIGHT

Skill Level:

3/5

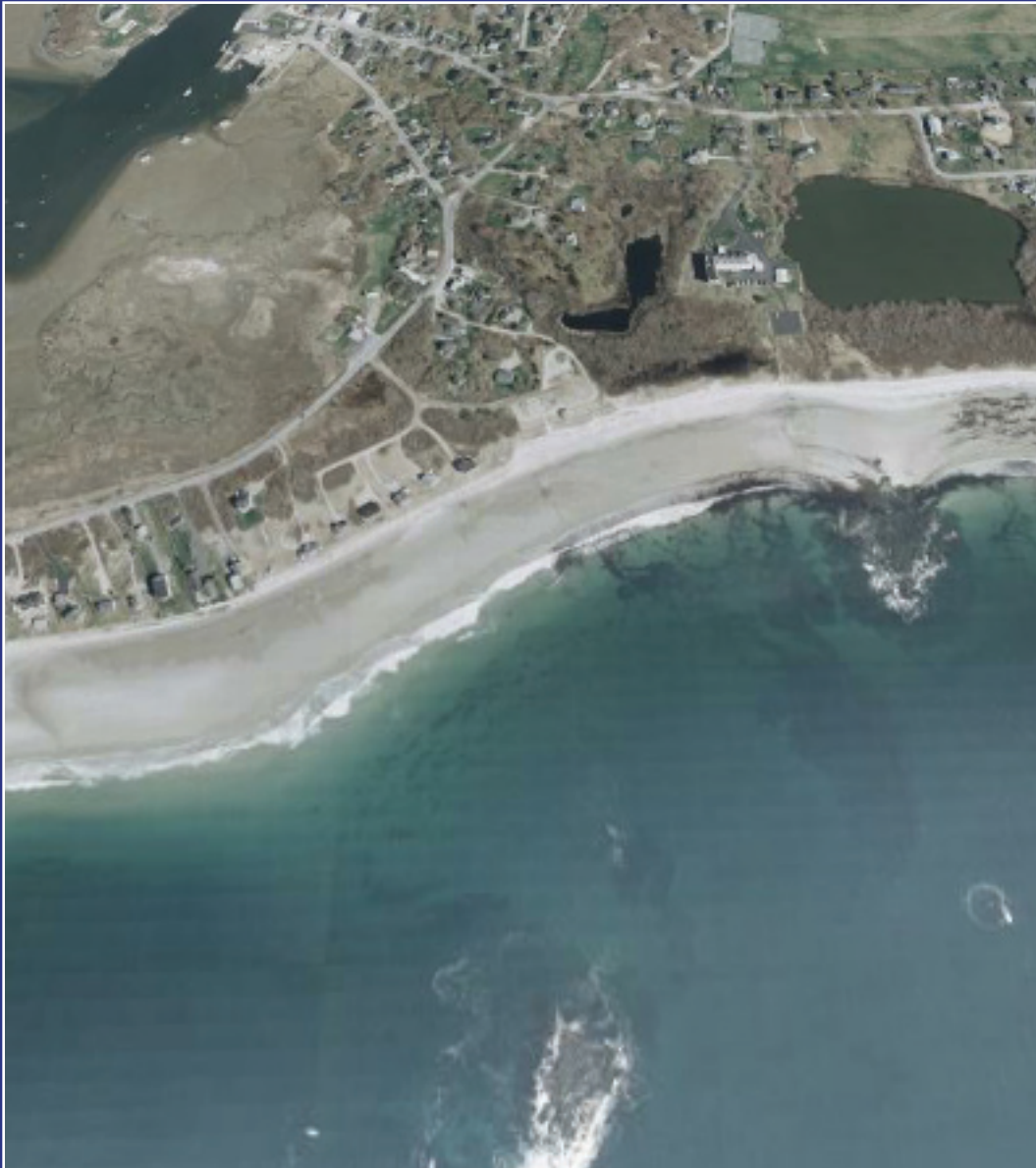
Details

Truemans doesn't break often; the swell typically needs to be at least 5-6 ft just to get anything going and the wind also makes the spot finicky. When it does break though, it offers really solid and fun lefts.

This spot breaks south of the Saco Rivermouth (jetty in above image) over some rocks. When you get there it is almost all private residences, so be careful where you decide to park your car and get down to the break. Keep in mind that this is not a widely surfed break so if you decide to surf here pay your respects to the locals who might not be as happy to see you as you are to surf there.

Getting There:

Follow Hills Beach Rd. in Biddeford until you see the ocean.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

OFTEN

Access:

FAIR

Crowds:

LIGHT+

Skill Level:

ALL

Details

This is another south facing beach break that captures most swell coming from that direction (which is most of the swell Maine gets). This break can be tidal and is best when surfed at mid-high tide. The offshore wind at Biddeford is almost straight out of the north and perfect from when it's NNW.

This spot is pretty out of the way for most people who are just going between Portland and points South via Route 1 or Interstate 95, so crowds are usually pretty light and mostly surfers from the immediate area.

Getting There:

From downtown Biddeford take Pool St. towards the beach.

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

OFTEN

Access:

EASY

Crowds:

FAIR

Skill Level:

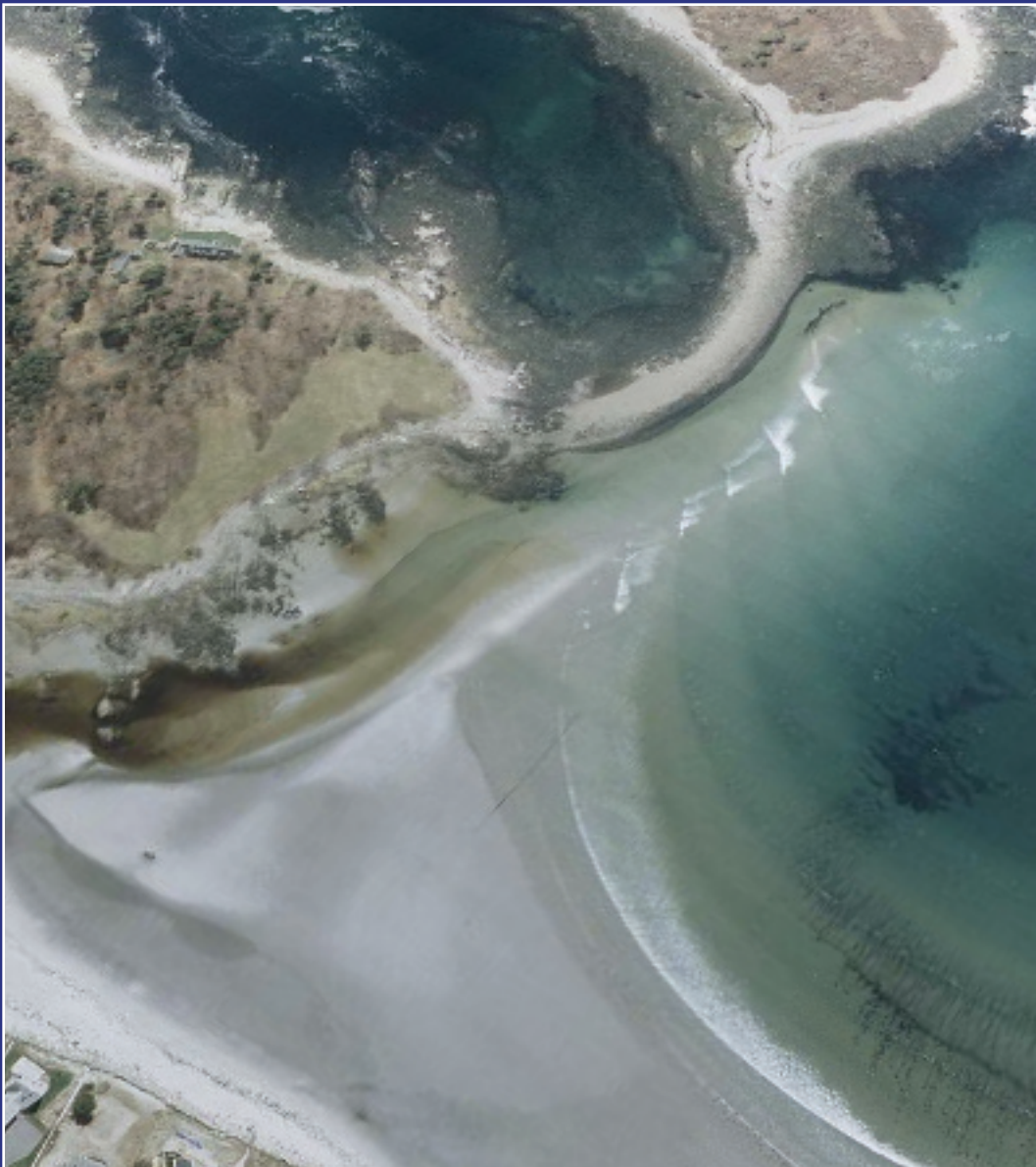
ALL**Details**

Fortune Rocks is south down the beach from the Biddeford Pool area and takes fairly consistent swell from the south-southeast. This is a beach break that gets its name from the road it's on-- Fortune Rocks Rd. The beach here is pretty big so there is plenty of room to spread out and different waves breaking all along the beach.

Most of the homes on the beach are private residences so finding a place to park in the summer can be tricky if it's crowded.

Getting There:

Take Pool St. from downtown Biddeford and then a left onto Bridge Rd. straight to the beach.

**ESSENTIAL INFO**

Break Direction:

LEFT

Frequency:

RARE

Access:

LIMITED

Crowds:

LIGHT

Skill Level:

4/5**Details**

Titos is somewhat of a local legend. It rarely breaks, but when it does the waves are allegedly fast, hollow, and well worth the wait.

Not many people surf this spot because it goes off rarely and is difficult to get to, so be courteous.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

FAIR-

Access:

EASY

Crowds:

LIGHT

Skill Level:

2/5

Details

Goose Rocks is another southeast facing beach break that offers long clean rides in the right conditions. The break takes east to northeast swell and will hold most swell conditions. It's easy to get down to the break and the road goes right along the beach.

The wave breaks in the cove area of the beach and can be blocked by rocks if the swell is coming straight from the south.

Getting There:

Take West St. from downtown Biddeford, turn right onto Pool St., take that to Dyke Rd.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

FAIR+

Access:

VARIES

Crowds:

FAIR

Skill Level:

2/5

Details

Gooch's Beach, just south of Kennebunkport, is a fairly consistent wave that delivers quality waves whenever there is a decent swell from the south since the beach itself faces almost directly to the south. The wave quality can be excellent here, delivering steep fast waves for those who prefer the short stick. In summer Kennebunkport is one of Maine's most popular destinations and the beach can be equally crowded.

Other perks include the ability to admire the mansions on the cliffs in the distance.

Parking in the summer can be hard to come by, and a parking permit costs \$5-\$10/day

Getting There:

From downtown Kennebunkport, take Beach Ave.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

OFTEN

Access:

EASY

Crowds:

FAIR

Skill Level:

ALL

Details

This is a long sandy beach break with tons of room to spread out all down the beach. The wave takes more of an easterly swell since the beach faces ESE, but usually picks up some waves from whatever swell is rolling through at the time. A typical beach break type of wave that is mainly dependent on the days conditions.

There are two lots so parking is easy. The biggest of the two is at the south end of Island Beach Rd. along the Jetty. The cost is \$7 per day during peak season.

Getting There:

Take Rt. 1 going north from Wells and turn right onto Drake's Island Rd.

**ESSENTIAL INFO**

Break Direction:

RIGHT

Frequency:

FAIR+

Access:

EASY

Crowds:

LIGHT+

Skill Level:

3/5**Details**

Wells Jetty takes bigger swell well and is a great spot to catch gnarly rights when it's really thumpin'. This right hander breaks off of the jetty and is notorious for offering a pounding when the surf get's heavy. Otherwise the wave still breaks as long as there is a little swell, just not with as much pizzazz.

Southeast to northeast swell is the best here and offshore winds are out of ENE. Parking is super easy, just a short walk away to a big lot. The lot costs around \$7 per day in the summer, but it's free after Labor day and before 8 am.

Getting There:

Take Rt. 1 north from Wells, turn right onto Drake's Island Rd., hang another right onto Island Beach Rd and take it straight to the parking lot.

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

OFTEN

Access:

FAIR

Crowds:

LIGHT+

Skill Level:

ALL**Details**

Wells beach runs north from Mile Rd. (above image: bottom right) to the Harbor Jetty (above image: top left) and delivers consistent surf throughout the year. There are many different surfable peaks running the length of the beach, starting right at the south side of the jetty. The wave here can be hollow and fast but, being a beach break, the wave depends on the conditions.

Parking here is easy too, but unfortunately the biggest stretch of beach is flanked by private homes with no parking. There is a lot at the north end of Atlantic Ave. Just be ready to do some walking if you want to explore the various peaks this spot has to offer.

Getting There:

Take Rt. 1 to downtown Wells, get on Mile Rd towards the beach, and then turn left onto Atlantic Ave.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

OFTEN

Access:

LIMITED

Crowds:

LIGHT

Skill Level:

ALL

Details

Moody beach offers lots of different peaks, similar in style to the waves at Wells beach. The difference here is that the break is slightly more east facing than wells and therefore doesn't always capture the more common south to north swell direction as well.

Parking is only available in the lot at the south side of Ocean Ave. since the beach property from Moody Point south is all residential and private. If you want to surf up closer to the point then you will most likely have to make the mile long trek. In the winter you might be able to squeeze into the driveway of someone's inevitably empty summer shack.

Getting There:

Head south on Rt. 1, turn left onto Furbish Rd. and head straight towards the beach.



ESSENTIAL INFO

Break Direction:

RIGHT

Frequency:

FAIR

Access:

EASY

Crowds:

LIGHT+

Skill Level:

2/5

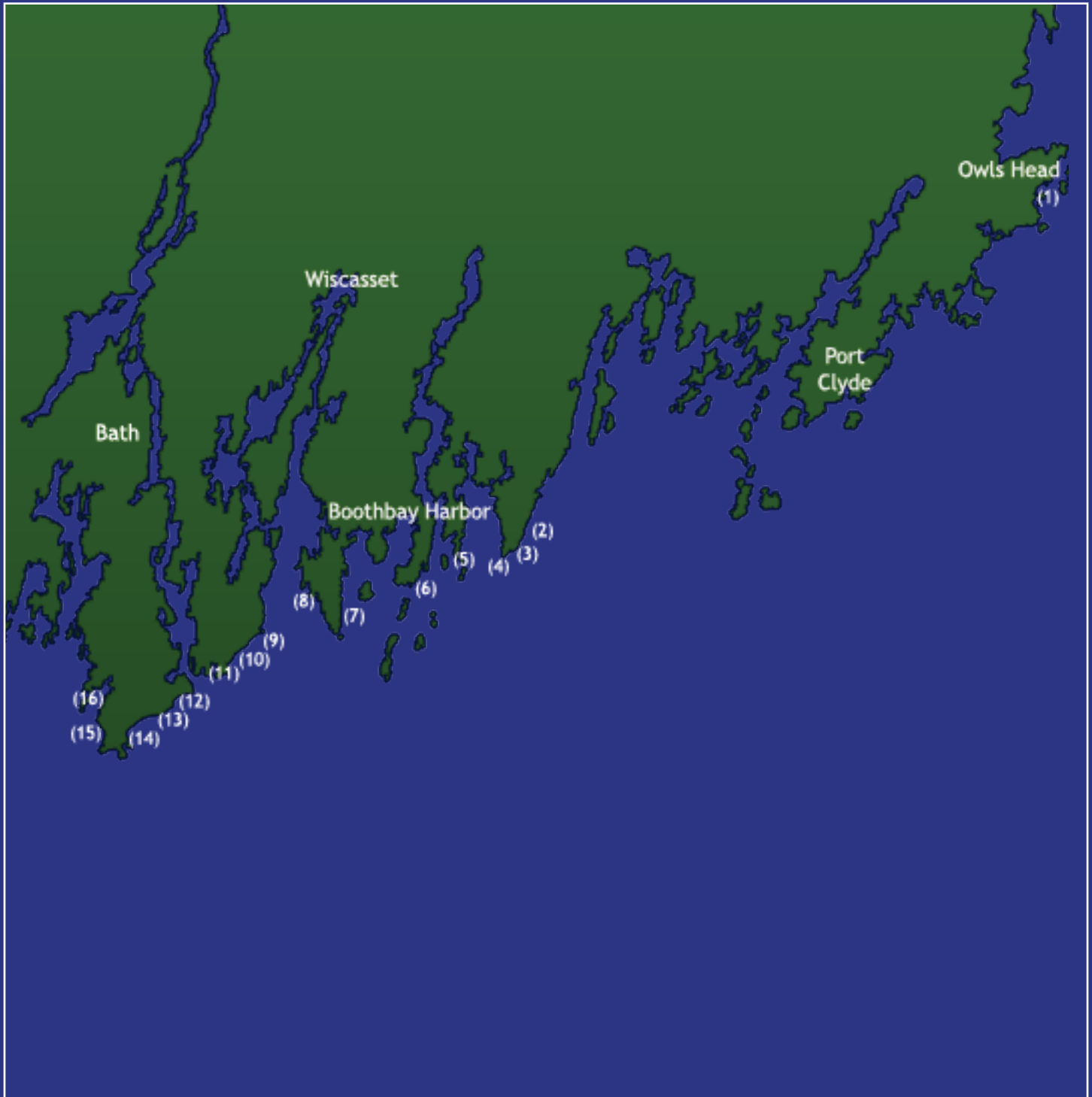
Details

Ogunquit Rivermouth is one of the most notorious waves in Southern Maine. The break takes south-east to northeast swell and breaks off of the point at the rivermouth creating clean long rights. The wave is solid and will hold overhead surf better than the beach at Wells or Moody's. You can also get short fast lefts on the inside. All around it's a fun break with a lot of potential.

If you walk up the beach a little (Ogunquit Beach) you'll find more generally uncrowded peaks with lots of surfable options and consistent waves. All tides are surfable except for extreme high.

Getting There:

Take Rt. 1 south to Ogunquit, turn left onto Beach St. Parking on the right.



- 1. Crescent Beach
- 2. Pumpkin Point
- 3. Lefts
- 4. Pemaquid Point
- 5. Dry Point

- 6. Flag Poles
- 7. Grays
- 8. Beach Rd.
- 9. Reid State Park
- 10. Reid Rivermouth

- 11. Indian Point Rd.
- 12. Bigger Beach
- 13. Popham Beach
- 14. Splits
- 15. Small Point Beach

- 16. Hermits



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

RARE

Access:

FAIR

Crowds:

LIGHT

Skill Level:

ALL

Details

Crescent Beach is about two hours north of Portland and faces just about due east. This means that actually getting swell is the hardest part for this spot, particularly with the various island and rocks that sit just off of its shore. The spot will break when the swell is big and from ESE, but ideally the swell here should be coming from the east.

If you do manage to get there with swell though, you'll get to enjoy one of the best perks of surfing north of Portland: no crowds, and fast waves to boot.

Getting There:

Take your preferred route to downtown Rockland, head South on S. Main St., then take North Shore Dr. to Crescent Beach Rd.



ESSENTIAL INFO

Break Direction:

RIGHT

Frequency:

RARE

Access:

VERY LIMITED

Crowds:

NONE

Skill Level:

5/5

Details

This is another break that faces due east and needs a perfect swell to get pumping. Pumpkin needs an easterly swell of at least 5-6 ft. to work right and a west wind also makes a big difference. The rights here are the best when it's working-- fast and punchy-- but you may also be able to grab a roaming left so long as you remember to bail before you're on top of sharp rocks

The geography of this place makes it inherently challenging to surf. To start, it is surrounded by private property... and not cheap property at that. To get there you either need to take a hike through the woods or know some rich folk. Clearly, beware of sharp rocks and strong rips.

Getting There:

Take ME 130 from Damariscotta towards Pemaquid Point. You're on your own from there.

**ESSENTIAL INFO**

Break Direction:

LEFT

Frequency:

RARE+

Access:

FAIR

Crowds:

NONE

Skill Level:

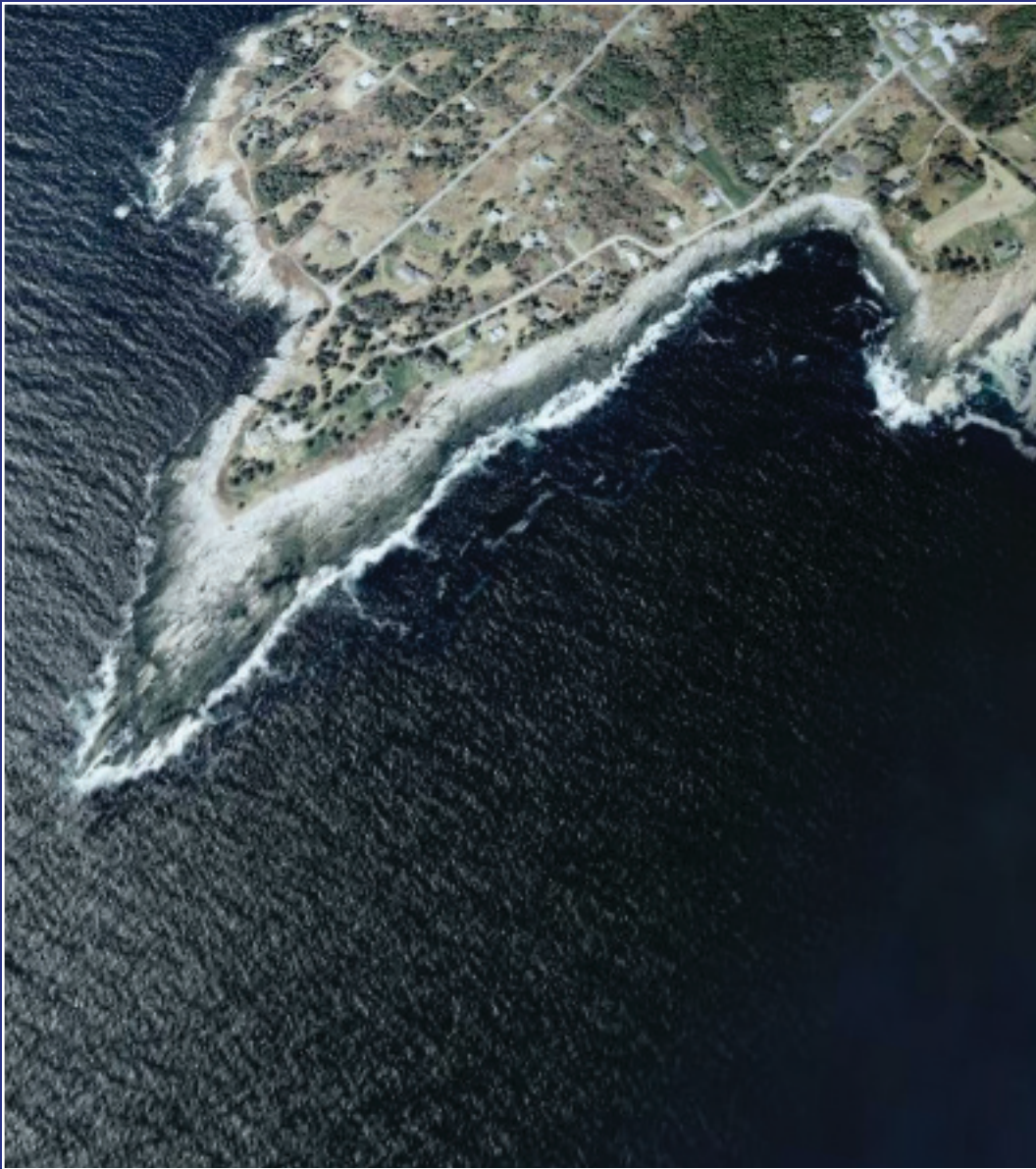
5/5**Details**

Lefts has a good angle to catch approaching SSE swell, but the rocks and open ocean exposure also make this spot difficult and dangerous to surf. When the conditions are working the lefts here are typically on the short side. The water here is deep and the wave breaks over rocks so the wave is really only surfable on top of the rocks.

There is a parking lot at the lighthouse where you can park for a small fee (in above image: bottom left).

Getting There:

From Damariscotta take ME 130 south to Bristol, follow this to the Pemaquid Point Lighthouse.



ESSENTIAL INFO

Break Direction:

RIGHT

Frequency:

FAIR-

Access:

LIMITED

Crowds:

NONE

Skill Level:

5/5

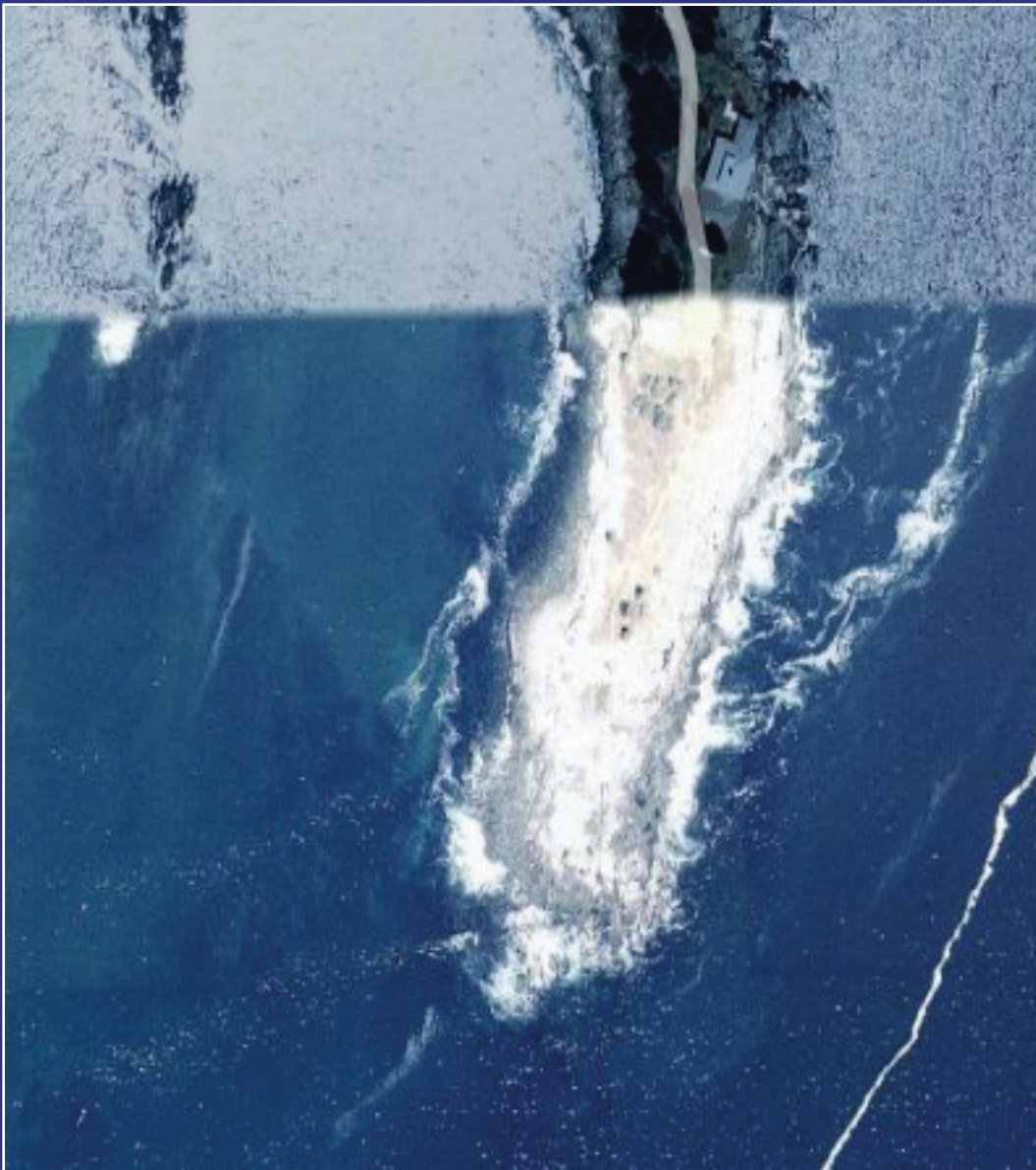
Details

Pemaquid Point has good exposure to south swells but needs at least 5ft. to break. The wave itself breaks off of the rocks on the point and forms fast rights that wrap around into the cove when the winds are offshore (from NNE). The tide needs to be about midtide to hightide for the spot to work- when it's low the waves will just break into the rocks.

This spot is super rocky and can be especially dangerous when the swell is big. Watch out for rips because there's not really anywhere to land.

The scenery is beautiful and you can easily see the lighthouse across the cove from where you're surfing.

Getting There: From Damariscotta take ME 130 south to Bristol, follow this to Pemaquid Point Light.



ESSENTIAL INFO

Break Direction:

RIGHT

Frequency:

RARE

Access:

VERY LIMITED

Crowds:

NONE

Skill Level:

5/5

Details

There's one road out here and it leads straight to the driveway of the house at the top of the above image. Getting down to the point is about a quarter mile walk along the rocks, and then there's also the fact that this point is wedged between a couple of island making it a hard to reach place for swell.

The right here is fast at high tide and can dish out a solid thumping when the swell is big. The currents are often strong here and there isn't anyone else around, so tread with caution.

Getting There:

Take ME 96 from Boothbay and navigate onto the Dry Point peninsula.

**ESSENTIAL INFO**

Break Direction:

LEFT

Frequency:

RARE

Access:

LIMITED

Crowds:

NONE

Skill Level:

4/5**Details**

This break is on the eastern side of Linekin Neck near Boothbay Harbor. To break the spot needs a sizeable swell (at least 5ft.) coming out of the east. The spot can take a little southeast touch, but not much. Flag Poles breaks over a rock reef with generally slow and easy makable lefts. If you can see a big flag pole from the surf, you know you've got the spot.

There's no parking lot around and the homes are all private, so you will probably need to park along the road.

Getting There:

Take ME 96 from Boothbay and just keep going.

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

RARE

Access:

**VERY
LIMITED**

Crowds:

NONE

Skill Level:

5/5**Details**

A tough spot to get to but the wave here is fast breaking over rocks and clean when the swell is coming from the SSE.

The wave here doesn't usually get very big because of a remote offshore island (Damariscove) that blocks all east and southeast swell. There can be a strong rip here when the wind is offshore

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

FAIR-

Access:

EASY

Crowds:

LIMITED

Skill Level:

2/5**Details**

This is a beach break in a small cove on Hendrick's Head in Southport. The cove here is serene and normally very calm because the cove is well protected by the rest of the peninsula. Beach Rd. faces straight to the south and the peninsula restricts the swell so that the spot can really only break on a south swell.

The wave itself is fun and not too threatening; it's also one of the only surfable beach breaks in this area without driving all the way to Reid State Park (south). The offshore wind is from the north. Also note: the cove on the left will usually get the most direct south swell because of small island just beyond the cove, and there is a clean right that breaks here.

Getting There: Take ME 27 SW from Boothbay Harbor, follow over Southport Bridge, turn right onto Beach Rd., follow this to the parking lot next to the cove.

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

FAIR+

Access:

EASY

Crowds:

FAIR

Skill Level:

2/5**Details**

Reid is notorious for dishing out a beating to those not expecting the fast dumpy beach break in big conditions. The wave breaks on "Mile Beach" both left and right, and it's fast, punchy, and clean. The beach itself is huge and offers lots of fun peaks to explore up and down.

This place takes direct southeast swell nicely and the offshore wind is from the northwest. The break gets really dumpy when the swell gets over about chest-head high and becomes mostly crushing close out sets. Access is simple; there are two parking lots, one at each end so the most you'll have to walk is a 1/2 mile if you want to surf right in the middle of the beach. Fees charged to park.

Getting There:

On Seguinland Road in Georgetown, 13 miles from Route 1 in Woolwich. Look for "Reid State Park."

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

FAIR

Access:

FAIR

Crowds:

LIMITED

Skill Level:

3/5**Details**

This rivermouth break is on Todd's Point in Reid State Park and is an easy 1/2 mile walk from the far parking lot. The wave breaks over a sandbar that forms between the river and the ocean and creates hollow and fast rights and lefts. This is a casual place to surf over a sandy beach bottom with fun waves and probably few other people. The scenery is picturesque.

The spot takes south-SSE swell and blows offshore from the northwest. The sandbar will hold up to a couple feet overhead before it starts to close out and needs at least a 3-4ft. swell to break.

Getting There:

See "Reid State Park," above.

**ESSENTIAL INFO**

Break Direction:

RIGHT

Frequency:

RARE

Access:

FAIR

Crowds:

NONE

Skill Level:

2/5**Details**

This little strip of sand beach is squeezed onto Indian Point just south of Reid State Park. The trouble with this spot is that the swell needs to weave it's way past lots of small islands and rocks to actually make shore, meaning most of the time this is just another quiet cove.

The breaking wave here is a right off of the sandbar that juts off of the beach and can be a fun and easy wave. Access is off of Indian Point Rd., and there is no place to park.

Getting There:

Take Indian Point Rd. off of ME 127 in Georgetown.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

OFTEN

Access:

EASY

Crowds:

FAIR

Skill Level:

ALL

Details

Bigger Beach is really a name for Morse Point, Hunnewell Beach, and parts of Popham beach combined. This stretch of beach is more than 1.5 miles long and resides in Popham Beach State Park. Depending on where you surf here, there are peaks that can take anywhere from an east to south swell and the wind will blow offshore from the north, NNW, and west, again depending on where you surf. The wave will break anywhere from ankle-slappers to overhead and various peaks offer up fast punchy waves or slow longboard waves. It's all about finding the best peak here.

Parking is easy near the parking lot at Morse Point, you may have to do some walking depending on where you surf.

Getting There:

Take ME 209 fourteen miles from Bath to Phippsburg, follow signs to "Popham Beach State Park."



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

FAIR+

Access:

LIMITED

Crowds:

LIMITED

Skill Level:

2/5

Details

Popham beach is one of the best known breaks north of the Portland area and consistently has some of the best surf in the area. This is a beach break with both rights and lefts and is surfable at all tides, though the wave can change drastically. At low tide, the wave breaks on the offshore sandbars making for long easy waves good for cruising on a longboard. As the tide comes in the wave picks up and gets faster; by high tide the wave is fast and hollow and breaks close to shore.

The beach here takes an east swell on the north side and a southeast swell on the south side. Off-shore wind is from the west and north, respectively.

Getting There:

See "Bigger Beach," above. Take 209 past the lower parking lot.

**ESSENTIAL INFO**

Break Direction:

RIGHT

Frequency:

FAIR-

Access:

**VERY
LIMITED**

Crowds:

NONE

Skill Level:

4/5**Details**

Splits is a powerful right hander that breaks when the swell is over about 4-5ft. up until a couple of feet overhead. The wave here breaks on the north side of Isiah head over a mix of rocks and sand. With an offshore wind blowing from the NNW the wave is fast and will hold up for a good long ride. Ideal swell direction is from the southeast-ESE.

Access to this spot is very limited for a couple of reasons. First, the long sand beach on the east side has no major access points; second, the road on the west side is mostly private, long, and windy.

Getting There:

Take ME 209 from Rt. 1 in Bath, turn onto ME 216, take this just short of Small Point.



ESSENTIAL INFO

Break Direction:

BOTH

Frequency:

FAIR+

Access:

VERY LIMITED

Crowds:

NONE

Skill Level:

3/5

Details

This beach break is just to the east of Small Point and faces directly south. The spot catches swell from the south and southwest and dishes out heavy sets when the swell is over 6ft. This spot is serene with practically nothing around you except for trees and ocean. You'll feel like you're completely alone, and that's because you are.

This makes the spot particularly tough to get to and you will inevitably need to do some trekking to get to the beach. Offshore wind is straight out of the north.

Getting There:

Take ME 209 from Rt. 1 in Bath, turn onto ME 216, take straight towards Small Point.

**ESSENTIAL INFO**

Break Direction:

BOTH

Frequency:

FAIR

Access:

EASY

Crowds:

LIMITED

Skill Level:

ALL**Details**

There are two beaches here that both take south-southwest swell. The northernmost beach needs more of a southwest swell while the lower beach can take more south. Both spots have a smooth sandy bottom with occasional rock outcroppings, but smooth for the most part. The wave here is a casual beach break that will hold up to a couple feet overhead and start becoming surfable around two foot. Offshore wind is from the NNE. There's a convenient dirt parking lot with easy access to Head Beach (in above image: south most beach).

Getting There:

Take Head Beach Rd. off of ME 216 on your way to Small Point (see above).

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