

Directions to Nurture Through Nature
77 Wilton Warren Road, Denmark, Maine
207-452-2929 or 207-595-8260

We are located on page 4 (3B), DeLorme's Maine Atlas & Gazetteer. Please do not rely on your GPS, GoogleMaps or Mapquest to find the exact physical address.

From Portland, ME: 1 ¼ hrs depending upon traffic – **US Route 302 West/Forest Ave.** for 52 miles. Travel through Bridgton, ignoring sign at junction 117/302 that says left to Denmark. Continue on 302 west for 8+ miles from downtown Bridgton. Take left on **Wilton Warren Rd** (first left after Harvest Hill Animal Shelter). You actually cross into Fryeburg town line here. All is well. On Wilton Warren Rd, travel 2 miles down—go speed limit on dirt road or locals will let you know it. ☺ NTN is on the left, #77. Park in lower parking area to the left. *Alternate/scenic route: get yourself to Gorham!* Routes 22, 25, and 114 will get you to Gorham from Greater Portland area.

***From Gorham, ME*:** 50+ minutes-Route 25 West/Main St to Standish. About 7 miles from downtown Gorham, go right onto 113 north through the towns: Steep Falls, West Baldwin and then Hiram. Remain on 113/5 to E Brownfield. At G& S gas station/store, go rt. on **160 north** toward Denmark. It's a 5 way intersection here so take your time in locating 160. Soon you will cross the Saco River at the Brownfield Bridge. In about a mile, where 160 bears a sharp right, veer left onto **Lords Hill Rd**. It ends in 1.7 miles. At stop sign go left on **Rocky Knoll Rd** for 2 miles. At "Y" veer left on **Denmark Rd**, following yoga sign. In 2/10 see **Mt Pleasant Cemetery** on left. **Take next right** after cemetery onto **Wilton Warren Rd**, following yoga sign. We are located 3/10 mile down the Wilton Warren Rd on right, box #77.

From Boston or Portsmouth, NH: 2+ hrs from Portsmouth, 3+ hrs from Boston – Maine Interstate 95 North to exit 36/former exit 5 on Maine Turnpike in Saco. Take route 112 North(West). In about 5 miles, go left on 117 to Salmon Falls and onto Hollis Ctr and then, Limington. At junction 117/25, go left/west to Cornish. Remain on 117 by taking a very sharp right down a hill off 25 in downtown Cornish. In a few miles 117/5 will junction with 113 in West Baldwin. Go left here on 117/113/5 north/west towards Hiram. Remain on 113/5 north/west (**NOT rt on 117**) to E. Brownfield to **G & S store**, taking a right onto **160 north** toward Denmark. It's a 5 way intersection here so take your time in locating 160. In 1.5 miles, @ sharp turn in the road, veer left onto **Lords Hill Rd**. It ends in 1.7 miles. At stop sign go left on **Rocky Knoll Rd** for 2 miles. At "Y" veer left on **Denmark Rd**, following yoga sign. In 2/10 see **Mt Pleasant Cemetery** on left. **Take next right** after cemetery onto **Wilton Warren Rd**, following yoga sign. We are located 3/10 mile down the Wilton Warren Rd on right, box #77.

From Conway, NH: 30 minutes – US Route 302 East thru Fryeburg, ME. Approximately 6+ miles past Fryeburg Academy in downtown Fryeburg, turn right on to Wilton Warren RD. Landmarks to continue past on 302 east include the Denmark Rd/Hemlock Bridge Rd and Belair Estate Rd. You have gone too far if you see Harvest Hill Animal Shelter on your right. Two miles down Wilton Warren Rd on the left, #77.

From Augusta or Gray, ME: 1.5 Hours-I-95 south towards Portland. Take the US-202 / ME-115 / ME-4 exit- EXIT 63- toward ME-26 / **Gray / New Gloucester**. Take the exit ramp toward Windham / Sebago. **Turn left** off highway onto US-202 / ME-4 / W Gray Rd / ME-115. In 3.5 miles, turn slight right onto TANDBERG TRL / ME-115 S. Continue to follow Tandberg Trl to junction 302/35 west. Turn right onto US Route 302 West to Bridgton. Travel through Bridgton, *ignoring sign at junction 117/302 that says to go left to Denmark.* Continue past Bridgton for approximately 8 miles, on 302 West heading towards Fryeburg. Turn left on to Wilton Warren Rd. (first left after Harvest Hill Animal Shelter). NTN is two miles down on the left, #77.