

September 20 – Saco, ME

The day brought clouds that looked like they were going to dump on us at any time. We opted for some guitar and cross stitch before a couple of short hikes on local trails. The first one was Cascade Falls Park. The walk was quiet and only about 0.25 miles from the parking lot. Then we explored another section of the Eastern Trail. There are very few tourists in the area, so we saw few people on the trails or anywhere else. After September 30 we can take the dogs on the beaches off-leash.

For dinner we went to [JJs Eatery](#), located in Old Orchard. They were supposed to have a salad bar but not so much. The food was OK.

