COASTAL HEALTHY COMMUNITIES COALITION

ACTIVITY GUIDE

Arundel, Biddeford, Buxton, Dayton, Hollis, Kennebunk, Kennebunkport, Old Orchard Beach and Saco
Coastal Healthy Communities Coalition is proud to present the Physical Activity Resource Guide covering the communities of Arundel, Buxton, Biddeford, Dayton, Hollis, Kennebunk, Kennebunkport, Old Orchard Beach and Saco.

CHCC, a local Healthy Maine Partnership, is a community-based health promotion coalition working to promote tobacco prevention/cessation, substance abuse and obesity prevention in communities and schools. The coalition is a program at the University of New England’s College of Osteopathic Medicine.

We hope that this guide is a valuable resource to anyone who is either interested in increasing their activity level or exploring other venues to be active in.

The guide is also available for download at: www.une.edu/chcc
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**Note:** Listings are by town and the type of physical activity.

**Coastal Healthy Communities Coalition**
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GETTING STARTED

Safety First
Before starting an exercise program, be sure to check with your doctor. Start slow especially if you haven't exercised in a while and build your fitness gradually. Remember to stretch and warm up your muscles before starting. After exercising, cool down with slower movements.

Fitness Guidelines
Adults age 18-64 need at least two hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week or one hour and 15 minutes of vigorous-intensity aerobic activity (i.e., jogging or running) every week. In addition, you should include muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, arms).

Children and adolescents should do one hour or more of physical activity each day.

The Benefits of Physical Activity
Regular physical activity is one of the most important things you can do for your health. It can help:
- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities
- Prevent falls, if you're an older adult
- Increase your chances of living longer
The following are key health facts for York County, Maine.

- 20% of York County adults lead a sedentary lifestyle
- 60% of York County Adults are overweight or obese
- 25% of York County youth are overweight or obese
- Only 38% of York County youth participate in regular physical activity each week

Source: 2011 One Maine Health Assessment

Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning.

- Thomas Jefferson
BEACHES

Biddeford
Fortunes Rocks Beach (FREE)
Fortunes Rocks Road, Biddeford Pool
Saltwater beach. Lifeguards from late June through Labor Day. Parking by permit only June 15 to Labor Day. Tobacco free.

Gilbert R. Boucher Memorial Park (FREE)
Biddeford Pool
Saltwater beach and bathhouse. Lifeguards from late June through Labor Day. Parking by permit only June 15 to Labor Day. Tobacco free.

Hills Beach (FREE)
Hills Beach Road, beyond University of New England
This is a very peaceful but small saltwater beach with no lifeguard and limited parking.

Buxton
Bonny Eagle Pond (FREE)
Proprietor’s Road
Sandy beaches, shallow water and slow current, it is a great place for kids to learn how to swim.

Kennebunk/Kennebunkport
Arundel Beach (FREE)
Ocean Avenue, near the Colony Hotel
This is a small beach, a place to scramble on the rocks and watch the surf dash the shore. Dogs on leash only. No facilities. Limited parking.

Goose Rocks Beach (FREE)
Kings’ Highway off Route 9
Parking is by permit only. Dogs on leash only. This is a fine walking or playing beach.
Mothers’, Gooch’s and Kennebunk Beach (FREE)
*Beach Avenue off Routes 9 and 35*
Parking along Kennebunk Beach is by permit only from Memorial Day to Labor Day. Dogs on leash only. These are great places to walk, play, search for shells, or just relax. Fireworks display July 4 at dusk. Lifeguards and restroom facilities at Gooch’s Beach and Mothers’ Beach during the summer season. There is also a small playground.

Parson’s Beach (FREE)
*Parsons Beach Road off Route 9*
This beach is a hidden gem! The beach is mostly sandy but some sections close to the water are rocky. During the summer season portable facilities are available. Parking is limited, signs direct users where parking is not permitted.

Old Orchard Beach
Old Orchard Beach (FREE)
*End of Old Orchard Street*
Residents of OOB with transfer permits may park free. There is free parking located in different neighborhoods and in the parking lot at the end of Staple Street. This expansive beach is great for walking, kite flying or building sand castles. Beach volleyball nets are put up seasonally. There are also fireworks every Thursday from June 21 - through late August at 9:45pm.

Ocean Park Beach (FREE)
*Temple Avenue*
Free parking at the end of the street. No restroom facilities.

Saco
Bayview Beach (FREE)
*Bayview Road off Route 9*
This is a swimming beach and a great place to search for seashells.
Camp Ellis Beach (FREE)
*Eastern Avenue*
Try taking an early morning walk to enjoy the sunrise.

Diamond Riverside Boat Ramp (FREE)
*Irving Street*
Six acre park with public boat ramp, picnic tables, charcoal grills, and a play structure.

Ferry Beach State Park
*Bayview Road off Ferry Road*
Ferry Beach has a network of trails connecting the beach to different habitats (cross country ski trails during winter). There is a picnic area and beach to search for seashells. Park open between Memorial Day and September 30. Winter skiers must park outside the gate. 283-0067

Kinney Shores (FREE)
*Seaside Avenue*
Tidal pools develop on the beach at low tide and are great for exploring sea life. Be sure to lift up rocks and seaweed to see what is living beneath them!

According to the National Institutes of Health, heart disease is almost twice as likely to develop in inactive people versus those who are more active.

**BOWLING**

Saco
*Vacationland Bowling and Recreation Center*
*82 Portland Road (Route One)*
CROSS COUNTRY SKIING / SNOWSHOE

There aren’t many specific trails for cross country skiing and snowshoeing. However, refer to the Walking and Hiking, Playgrounds and Parks, and Beaches’ sections for possible trails to use depending on the weather conditions.

Dayton
Harris Family Farms
280 Buzzell Road
There are 40km of trails (30 km are groomed) that wander through woods and fields. Beginners through advanced. Offers trails for cross country skiing and snowshoeing. Enjoy the warming hut with wood stove, retail and rental shop, restrooms and kitchen. Pick your own pumpkins in Fall. Equipment rentals.
499-2678  www.harrisfarm.com/skiing.html
For more information about skiing and snowshoeing contact Dixie: dixie@harrisfarm.com

CYCLING

Explore Maine by Bike
Maine Department of Transportation has created a website listing great ways to explore Maine by bike. It also includes a list of cycling events. www.exploremaine.org/bike

Cycling Clubs
Maine Coast Cycling Club
Focus is on recreational riding not racing; yearly membership. Children 12 years and under are free with an adult.
www.mainecoastcycling.com
Bicycle Coalition of Maine
Statewide group of cyclists with their own website and newsletter about biking and trails across Maine.
Contact: Bicycle Coalition of Maine  623-4511
www.BikeMaine.org
email: info@BikeMaine.org

Eastern Trail Alliance (FREE)
Biking/Walking/Hiking trail through off-road woodlands from Strawberry Banke in Portsmouth, NH to Bug Light Park in South Portland.
Contact: Eastern Trail Alliance  284-9260
www.easterntrail.org
email: info@easterntrail.org

Biddeford
Clifford Park (FREE)
Route 9
Trails vary from single to double track and rocky to smooth.

Kennebunk/Kennebunkport
Goose Rocks Beach Loop (FREE)
Eleven mile round trip route. Stop at the Kennebunkport Bicycle Company for a map of the trail. Beautiful loop that leads to Goose Rocks Beach and on to Cape Porpoise.

Old Trail Line (FREE)
Behind Cumming’s Market on Main Street in Kennebunk.

Kennebunk Beach Loop (FREE)
Seven mile round trip route. Pass by Gooch’s Beach, Mother’s Beach, and Lord’s point and finish alongside Mousam River. Stop at the Cape Able Outpost for a map of the trail.
Tyler Brook Conservation Land (FREE)
Several miles of single and double tracks available for hiking and mountain biking. Stop at Cape-Able Outpost for a map of the trail.

Ocean Ave and Cape Porpoise (FREE)
Eight mile round trip route. Through Dock Square with the ocean on your right. Parallel Kennebunk River until Colony Beach and follow Wildes District Road to Cape Porpoise. Stop at Cape-Able Outpost for a map of the trail.

Off Road Bike Trails (FREE)
The bridle path follows alongside the Mousam River in Kennebunk. Find it off the entrance road to Sea Road School. You can park at the end of the road and head in either direction.

Saco
Saco River Tour (FREE)
27 and 48 mile loops on rolling terrain. This ride takes cyclist on a tour of some of the most popular summer destinations in Southern Maine. The ride begins and ends in Old Orchard Beach from the high school parking lot and travels along the Saco River, through rural farmland, Ferry Beach State Park, and visits the old mill at Goodwin’s Mill. Some parts of the route require travel on heavy traffic roads like US 1 in Old Orchard and Route 9 in Saco. Always ride with the traffic when sharing the road with motor vehicles. www.exploremaine.org/bike/beaches/sacoriver.shtml

Water is the best choice
Thirst indicates your body needs fluid. Do not wait for thirst to prompt you to drink fluids. Drink fluids at and between meals and during exercise to stay hydrated.
**DANCING**

**Biddeford**

**Dance House Production**

*2 Main Street, Suite 1*

Offers classes in jazz, clogging, hip-hop, ballet, tap, modern, and pointe for grades pre-school through high school. 282-6769  www.dancehouseproductions.com  
email: npaquet@dancehousesproductions.com

**GetUp-N-Dance Studio**

*285 Main Street*

Offers classes in ballet, pointe, tap, jazz, hip hop, clogging, lyrical, modern, baton, musical theater, ballroom, latin, and cheer dance. Classes available for ages 2 through adult. 229-3398  www.getup-n-dancestudio.com/  
email: missieadams@hotmail.com

For information on ballroom and latin dancing contact:

838-1180  http://northeastdancing.com/  
email: info@northeastdancing.com

**The Academy of Dance**

*25 River Road*

Offers classes in ballet, tap, Irish step, hip-hop, lyrical, jazz, and parent & child music and movement. Ages 2 through adult welcome. 283-1662  www.theacademyofdance.org  
email: info@theacademyofdance.org

**Buxton**

**All That Dance**

*192 River Road, Route 112*

Offers affordable classes in preschool, ballet, pointe, classic jazz, hip-hop, lyrical, acrobatics, tap, combination classes and competition. Ages 3 ½ through adults and beginners through advanced dancers welcome.

727-6350  www.allthatdanceme.com  
email: allthatdanceme@yahoo.com
Kennebunk/Kennebunkport
Scottish Country Dancing
Community House, Temple Street, Kennebunkport

Saco
Steppin’ Out Dance Centre
308 Maine Street
Open Monday through Saturday. Classes from beginner through professional levels including ballet, tap, jazz, street funk, pointe, modern, lyrical, African, clogging, Irish step, hip-hop competition teams.
283-2450 www.steppinoutdancecentre.com
email: steppinout@onecommail.com

Get a buddy! It’s easier to stick to your routines if you have another person to walk with. It can also help with your motivation if you’re starting to get bored with your routine.

FISHING
Maine residents, 16 years or older, and non-residents, 12 years or older, must have a fishing license to fish in open water or through the ice in inland waters. Fees vary, be sure to check with Maine Department of Inland Fisheries and Wildlife.
Saltwater Recreational Fishing Registry is required for Maine residents who are 16 years or older who do NOT have a freshwater license. FMI check with the Department of Marine Resources.

Biddeford
Rotary Park (FREE)
Outer Main Street
The Saco River flows by the park and fishing is permitted.
Wilcox Pond (FREE)
Near St. Joseph’s Cemetery on West Street
Parking is difficult. You must be off the road pavement.

Kennebunk/Kennebunkport
Arundel Beach (FREE)
Ocean Avenue near the Colony Hotel
There is a breakwater that protects the beach area from the Kennebunk River that exits here. A strong current runs out from the river so be careful! Good local place for fishing along with great scenery.

Parsons Beach (FREE)
Parsons Beach Road in Kennebunk
The Mousam River exits alongside the beach with lots of nooks and crannies to fish.

Hollis
Killick Pond (FREE)
Wetland area with forested shores open for fresh water fishing and during the winter time ice fishing is available from ice formation in the fall through March 31.

Deer Pond (FREE)
Public boat access is limited to a gravel ramp located off Route 117, at the south end of the pond. The launch accommodates only small trailered boats, parking is limited.

Old Orchard Beach
Milliken Mills Pond (FREE)
Portland Avenue
Many people fish off of the bridge at the end of the pond.

Saco
Camp Ellis Pier (FREE)
Route 9 in Camp Ellis
Great places to take in the view while fishing.
GOLF

Arundel
Dutch Elm Golf Course
5 Brimstone Road
18 hole course. Driving range. 282-9850
www.dutchelmgolf.com   email: golf@dutchelmpro.com

Hollis
Salmon Falls Country Club
Salmon Falls Road, Off of Route 202
9 hole course. 929-5233
www.salmonfalls-resort.com/golfcourse.html
email: info@salmonfalls-resort.com

Kennebunk
Webhannet Golf Club
26 Golf Club Drive
18 hole course. Driving range. 967-2061
www.webhannetgolfclub.com
email: webhannet@roadrunner.com

Hillcrest Pitch & Putt
77 Western Avenue
Open April through October from 8am to dusk. Driving range and 18 hole mini Par 3 course. Bring your own clubs or borrow them. 967-4661   www.hillcrestgolf.net
email: golf@hillcrestgolf.net

Kennebunkport
Cape Arundel Golf Course
19 River Road
18 hole course.  967-3494   www.capearundelgolfclub.com
email: info@capearundelgolfclub.com
Old Orchard Beach
Dunegrass Country Club
200 Wild Dunes Way, off Ross Road
18 hole courses. 934-4513 www.dunegrass.com
email: info@dunegrass.com

Pirates Cove Adventure Mini Golf
70 First Street
Open May through October. 36 holes. 934-5086
www.piratescove.net/location/8

Saco
Biddeford & Saco Country Club
101 Old Orchard Road
18 hole course. Open May through October. 282-5883
www.bssc.ghinclub.com
email: office@biddefordsacocountryclub.com

Cascade Golf Center
955 Portland Road
Driving range. 282-3524

Deep Brook Golf Course
36 New Country Road (Route 5)
9 hole course. 283-3500 www.deepbrookgolfcourse.com
email: toniedon@maine.rr.com

Schooner Mini Golf
58 Ocean Park Road
18 hole mini golf, Batting cages 284-6174
www.schoonerminigolf.com
HORSEBACK RIDING

Arundel
Dream Acres Equestrian Center
181 Irving Road
Full service equine facility specializing in dressage. Offers boarding, lessons, training, and summer camps. 985-0963
www.dreamacresec.com  email: nfo@dreamacresec.com

Hi-Stepping Equestrian Center
25 High Stepping Lane
Horseback riding lessons. 985-0972
www.histeppingequestriancenter.com

Buxton
Hearts & Horses Therapeutic Riding Center
63 Justin Merrill Road
Affiliated member of the North American Riding for the Handicapped Association (NARHA). Riding available for those with physical, emotional, and developmental disabilities. Lessons in english, western, dressage, jumping and therapy as well as birthday parties and trail rides. 929-4700  www.heartsnhorses.org
email: hnhtrc@sacoriver.net

Dayton
LaDawn Quarter Horses
Therapeutic Riding and Rehabilitation Center
995 Goodwin’s Mills Road
Available to people of all ages and disabilities. 499-0080
www.ladawntherapeuticridingcenter.org
email: ladawn2@myfairpoint.net
Hollis
Mainelyminis Miniature Horse Farm
94 Clarks Mill Road
Tours. Birthday parties. Miniature horse rides. Summer day camp. 423-2103

ICE SKATING
Check the thickness of ice with your fire department before venturing out. If the ice is less than three inches thick STAY OFF! Don't put yourself in danger.

Biddeford
Biddeford Ice Arena
18 Pomerleau Street (off Route 111)
Public skating is offered during the week. Call for actual times. No rentals. 283-0615 www.biddefordarena.com email: info@biddefordarena.com

Westbrook Skating
Pool Street
Outdoor ice-skating day and night. 284-9652

Kennebunk
Waterhouse Center (FREE)
51 Main Street
Open-sided 100’ x 120’ pavilion located in the downtown, ice skating in the winter and events throughout the rest of the year.

Old Orchard Beach
Milliken Mills Pond (FREE)
Portland Avenue
The pond is about a mile long and a few hundred yards wide.
KAYAKING & CANOEING

On most beaches you can launch a sea kayak. Be careful as weather can be strong and unpredictable in any boat. Respect for the sea is necessary at all times. State law requires life preservers for each passenger. Check with your town office for list of safety rules and boating safety courses.

Public Launch Sites
There are several public launch sites along the Kennebunk River, the Mousam River and the Saco River. The State of Maine has a list of public boat launches:
www.state.me.us/doc/parks/programs/boating/sitelist.html

Check town offices for local launch sites. Phone numbers are located in this guide under Municipal Information.

Biddeford
Biddeford Pool Boat launch (FREE)
Vines Landing (routes 9 and 208), left onto the Yates Road
You can paddle in Biddeford Pool two hours before and after high tide. WARNING: The river's current is very powerful here. We do not recommend traveling past the sandy beach unless you are experienced in ocean situations.

Gone with the Wind
Yates Street and
524 Pool Road
Windsurfing and kayaking tours of the Southern Maine coast. Afternoon and sunset tours available. 283-8446
www.gwtwonline.com

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.
Saco River (FREE)
*River access at Marblehead ramp off of Pool Street*
Approximately 2.5 miles from downtown Biddeford, full service facilities to boaters and seasonal outhouse facilities

**Buxton**
**Pleasant Point Park (FREE)**
*Simpson Road*
A great place to canoe or kayak at

**Dayton**
**Saco River (FREE)**
*Union Falls Road*
Freshwater launch for carry-in or small trailered boats.

**Old Orchard Beach**
**Milliken Mills Pond (FREE)**
*Portland Avenue*
Canoes and other small boats are often seen on this pond.

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**Corn and Black Bean Salsa**

15 oz. can black beans, drained
16 oz. jar salsa
15 oz. can corn, drained

- Combine all ingredients in a mixing bowl
- Cover and chill
- Serve with homemade tortilla chips

**Nutrition information:** 588 calories, 0 grams fat, 22 grams fiber
ORCHARDS, FARMS & FARMER’S MARKETS

Biddeford
Seasonal Corner
11 Benson Road
Farm and farmstand. MOFGA certified organic producer of fresh vegetables, herbs and berries. Open June 20 to September 28. 283-4269  email: dbedard1@maine.rr.com

Shady Brook Farm
Off West Street
Farm and farmstand. Open from late April to October. 282-2119  email: rrhames@xpressamerica.net

Buxton
Maple Shade Farm
Webster Road
Pick your own blueberries. 929-5194

Snell Family Farm
1000 River Road
Pick your own apples September through mid October. Pick your own raspberries in the summer. Closed during the winter and opens mid-April. 929-6166
www.snellfamilyfarm.com  email: info@snellfamilyfarm.com

Dayton
Pumpkin Valley Farm
Union Farms Road
Farm. Open weekends September through October from 10am-6pm. 929-4088 www.pumpkinvalleyfarm.com
email: angela@pumpkinvalleyfarm.com
Harris Farm
280 Buzzell Road
Milk, grass-fed beef and veal, and seasonal vegetables. In the fall, pick-your-own pumpkins, gourds, corn stalks, and fall decorations available. Maine Maple Sunday breakfast and sugar shack demos. Open June through Columbus day, 9am –6pm daily, and Columbus Day through May 11am –6pm daily. Plus miles of snowshoeing and cross-country skiing in the winter!
(207) 499-2678

Kennebunk/Kennebunkport
Days Meadow Farm
889 Alewive Road (Route 35)
Farm and farmstand. Open May to November. Days Meadow Farm produce also available at the Kennebunk Farmers’ Market. 985-689

Kennebunk Farmers’ Market
51 Main Street
Saturdays 8:00 am - 1:00 pm, May 3 to November 22
(207) 646-5926
www.kennebunkfarmersmarket.org

Saco
Log Cabin Perennials
103 Lincoln Road
Farmstand. Open July 10 through September 30. 282-1174

Saco Farmers’ Market
Shaw’s Parking Lot
Wednesdays and Saturdays 7:00 –noon. May thru October

Saco River Market
110 Main Street– behind Run of The Mill
Year-round market. Saturdays 9:00 a.m.– 12:30 p.m.
PLAYGROUNDS AND PARKS

School playgrounds are great places during non-school hours. Some junior high and high schools also have track and tennis courts. Call your local schools to find out what might be available to your family after school hours. A list of school systems and phone numbers is at the end of this guide.

Biddeford

Brother Richard Herbert Field (FREE)
Maplewood Avenue, Biddeford High School
The park has a track and a football field.

Clifford Park (FREE)
Pool Street, a short way up from Alfred Street on the right
The park has tennis courts, basketball courts, playground and easy walking trails. A good picnic spot.

Mayfield Park (FREE)
May Street
The park offers a playground, lighted tennis courts, and basketball courts. A fun place for sledding in the winter.

Rotary Park (FREE)
550 Main Street
The park has swimming, playground, skateboard park, softball field and dog park. It also offers hills for sledding in the winter.

St. Louis Field (FREE)
284 Hill Street
There is both a baseball field and a soccer field (fall only).

William A. Doran, Sr. Park (FREE)
Main and South Street
Park has a playground, softball field and field hockey field.
Waterhouse Field  
*Prospect Street*  
Football field open only during Biddeford High School athletics events

**Buxton**  
**Bonny Eagle Park (FREE)**  
*Proprietor’s Road*  
On the banks of Bonny Eagle pond. Boat ramp, sandy beach, picnic tables.

**Carroll Park (FREE)**  
*Flaggy Meadow Road and Hurlin Smith Road*  
The park includes baseball field, picnic area, playground, basketball courts and walking paths. Open from sunrise to sunset.

**Estes Park (FREE)**  
*Chicopee Road*  
Softball field, picnic tables, off-street parking.

**Pleasant Point Park (FREE)**  
*Simpson Road*  
Overlooking Saco River with benches available, walking trails, ancient burying ground of early settlers, rope swing, picnic tables, boating, swimming and hiking.

**Town Farm Park (FREE)**  
*Town Farm Road*  
Park includes baseball and softball fields, walking paths and large parking lot.

**Weymouth Park (FREE)**  
*Intersection of Routes 202 and 112*  
There are two baseball fields, tennis courts, basketball courts and limited parking.
Kennebunk/Kennebunkport

Beachwood Park (FREE)
*Beachwood Avenue, Kennebunkport*
There is a playground, basketball courts, tennis courts and a picnic area.

Cape Porpoise Firemen’s Park (FREE)
*Route 9, Cape Porpoise*
Softball / Little League baseball field, picnic area and a small playground. Located on the marsh on Mills Road.

Lafayette Park (FREE)
*Storer Street*
Picnic tables and open field.

Lloyd G. Nedeau Memorial Park (FREE)
*Route 99 (Clearbrook Crossing), Kennebunk*
Basketball courts, baseball and open fields and playground.

Lower Village Park (FREE)
*Schoolhouse Lane, off Route 35, Lower Village*
There are basketball courts, baseball field, open fields and a playground.

Mother’s Beach (FREE)
*Beach Avenue off Routes 9 and 35*
Small playground by the beach area.

Park Street Park (FREE)
*Park Street (across from Park Street School)*
Tennis courts, swings, baseball field, lighted basketball court, volleyball courts, large playground, and picnic area with grills. There is a Youth Community Center with a kitchen, lounge, preschool room and games. Great place to bring children of all ages to play.
Rogers Pond (FREE)
Water Street
There is a picnic area, grill for cooking, fishing, and a canoe launch on the Mousam River. Ice skating in the winter.

Rotary Park (FREE)
Water Street
The park is on the Mousam River. There are benches, picnic tables, open lawn and gazebo. Concerts held every Wednesday night during the summer.

Route 1 Rest Area (FREE)
Route 1, just south of Kennebunk Village
Picnic area with grills.

Silas Perkins Park (FREE)
Ocean Avenue, Kennebunkport
On Kennebunk River. There are benches and picnic tables.

West Kennebunk Recreation Field (FREE)
Holland Road, Kennebunk
There are tennis courts, basketball court, playground, picnic area with grills, baseball and multi-purpose field.

Old Orchard Beach
Brunswick Hotel Volleyball Courts (FREE)
39 West Grand Avenue
Volleyball courts.

Memorial Park (FREE)
Heath Street
Baseball field, playground, tennis courts, and picnic area.

Burning 150 calories a day through exercise adds up to nearly 55,000 calories a year: a potential weight loss of 15 pounds.
Saco
Boothby Park (FREE)
Lincoln Road
There is a small playground, basketball court and a picnic area.

Diamond Riverside Park (FREE)
Irving Street, off Pine Street
Bring walking shoes to hike the trails and your fishing pole for a change of pace.

Jubilee Park (FREE)
Water Street
Entrance is a covered bridge with a night-locked gate. Paved paths and picnic tables. Handicapped accessible.

Memorial Field (FREE)
Corner of Middle Street and Summer Street
One corner of field is leased to Saco Little League but it also has tennis courts, softball and baseball fields.

Plymouth Park (FREE)
Plymouth Drive
Plenty of open space with a trail system. Limited parking.

Total Body Workout:
Include Body, Mind and Spirit

The best workout, according to top trainers and fitness experts, is one that includes the mind and spirit as well as the body. Consider some alternatives to your regular weight and cardio training. For a change of pace try Yoga, Pilates or Tai Chi. All of which engage your mind, body and spirit.
Pepperell Park (FREE)
*Beach Street*
Playground, picnic area with grills, outdoor basketball court, and community garden. Pick-up ballgames often occur.

Riverfront Park (FREE)
*Front Street*
Benches, walkways, nature trails and scenic views. Portion is wheelchair accessible. Limited parking.

Young School Fields (FREE)
*North Street*
Multi-use fields, play structures, tennis courts, and outdoor basketball court. Parking available.

**SKATEBOARDING**

**TIP:** Protective equipment should be worn when skateboarding. **Helmet, knee and elbow pads along with wrist pads are strongly recommended.**

Biddeford

Rotary Park (FREE)
*Outer Main Street*
Ramps, pipes and a pyramid. Call Biddeford Parks and Recreation at 282-4167.

Kennebunk

Skateboard Park (FREE)
*Factory Pasture Lane*
If you’re not participating, you can enjoy watching the fun.
To add strength to leg muscles and get a cardiovascular workout at the same time, try climbing stairs.

SURFING

Although a fun activity, surfing can be dangerous. Taking lessons can be fun a way to learn how to surf. Always go surfing with a buddy. Take extra precautions during storms. High waves can be tempting but extremely dangerous.

Biddeford
Fortunes Rocks Beach
Fortunes Rocks Road
Good for surfers of all levels with medium quality surf. Parking by permit only.

Kennebunkport
Gooch’s Beach
Beach Avenue
Permit required for parking June 15 through September 15. Best waves come in the winter and following Nor’easters. Advanced skill during winter swells is suggested and should be avoided by beginners.

Old Orchard Beach
Old Orchard Beach
Waves are small during the summer allowing beginners a good place to learn. Storms bring bigger waves during the fall, winter and early spring season. A good thrill for the more advanced surfer.
SWIMMING

All the towns that have beaches usually allow swimming. Not all, however, have lifeguards on duty. Please check listings under BEACHES for more detailed information.

Biddeford
Comfort Suites
45 Barra Road
Hotel pool is open to the community with daily fee. Weekly and monthly passes. Indoor pool. 294-6464

Northern York County YMCA, Biddeford
3 Pomerleau Street
Swimming lessons and open swim. 283-0100

Rotary Park (FREE)
Outer Main Street
In the summer, swimming is possible. Lifeguards on duty.

University of New England
11 Hills Beach Road
Water aerobics offered through the BodyWISE program and children’s swim lessons offered fall and winter. Call (207) 602-2307

Buxton
Bonny Eagle Pond (FREE)
Proprietor’s Road
Sandy beaches, shallow water and slow current is a great place for kids to learn how to swim.

Pleasant Point Park (FREE)
Simpson Road
The Saco River runs through this park that has canoe and kayaking access in addition to a great place to go for a swim to cool off in the summer.
Kennebunk/Kennebunkport
Kennebunk Beach Improvement Association (KBIA)
Swimming lessons. Outdoor pool and ocean. 967-2180
www.kbia.net  email: info@kbia.net

Quest Fitness
2 Livewell Drive
Water aerobics, adult and children’s swim lessons offered, private, semi-private and group settings. Call 467-3800.

Rhumb Line Motor Lodge
41 Turbats Creek Road
Hotel pool is open to the community. Monthly and yearly passes. Indoor and outdoor pools. 967-5457
www.rhumblinemaine.com
email: info@rhumblineresort.com

Old Orchard Beach
Ocean Walk Hotel
197 East Grand Avenue
Hotel pool is open to the community. Daily Fee. Indoor pool (April-October). 934-1013  www.oceanwalkhotel.com
email: info@oceanwalkhotel.com

Saco
Saco Sport and Fitness
329 North Street
Pool open to community. Daily Fee. Outdoor pool. 284-5953  www.sacofitness.com
email: info@sacofitness.com
Safety First: Protect Yourself and Others
- Wear helmets, seat belts, sunscreen, insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing second-hand smoke.
- Be ready for emergencies.

TENNIS

Biddeford
Clifford Park (FREE)
130 Pool street

Memorial Park also known as Mayfield (FREE)
130 May Street
Tennis court lights will be shut off not later than 10:30 pm.

Buxton
Weymouth Park (FREE)
Intersection of Routes 202 and 112

Kennebunk/Kennebunkport
Parsons Field (FREE)
Park Street and Dana Street

West Kennebunk Recreation Field (FREE)
Holland Road, Kennebunk

Beachwood Park (FREE)
Beachwood Avenue, Kennebunkport

Old Orchard Beach
Temple Avenue (FREE)
Temple Avenue
WALKING AND HIKING

Biddeford
Clifford Park (FREE)
*Pool Street*
Easy walking trails.

Rotary Park (FREE)
*Outer Main Street*
Easy walking paths.

East Point Sanctuary (FREE)
*Lester B. Orcutt Boulevard, Biddeford Pool*
A 1.6 mile walk with five distinct areas: Open field, dense shrubbery, gnarled low-growing trees, rocky intertidal zone, and a small beach. You can see the Wood Island Lighthouse, the 4th oldest in Maine. There is limited parking. Visitors are welcome from sunrise to sundown.
www.sacobaytrails.org/biddefordpool.shtml

Eastern Trail (FREE)
*Parking behind Southern Maine Health Care (Route 111)*
Miles of wide gravel trail—perfect for walking, running or biking. Dogs are welcome.
www.easterntrail.org

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Walk 100 Miles in 100 Days (May-August)
Walk 100 Miles in 100 Days is a FREE community physical activity program offered by Coastal Healthy Communities Coalition annual aimed at helping you lead an active healthy life.

Participants receive weekly health tips, access to weekly raffle items and a final prize for those who complete the program.
Email: chcc@une.edu for more details starting in April.
Buxton
Carroll Park (FREE)
Between Flaggy Meadow Road and Hurlin Smith Road
Walking paths circle the park’s parameter.

Pleasant Point Park (FREE)
Pleasant Point Park (FREE)
Simpson Road
Walking trails lead through ancient burying grounds of early settlers. Beautiful overlooking views of the Saco River. Walking and hiking with dogs (on a leash) are permitted.

Town Farm Park (FREE)
Town Farm Park (FREE)
Town Farm Road
Walking and jogging path surrounding the park.

Kennebunk/Kennebunkport
Emmons Preserve (FREE)
Gravelly Brook Road, Kennebunkport
Owned by the Kennebunk Conservation Commission. A short one-half mile nature walk along the Batson River, also called Gravelly Brook on some maps. This 150-acre area used to be fields only. Park off the road and start your walk.

Kennebunk Plains (FREE)
Kennebunk Plains (FREE)
Route 99, Kennebunk
135 acres of coastal grasslands. Sights include several species of birds and is painted purple in August by northern blazing star blooms (the largest population of this plant in the world). In July, fields are covered with fresh wild blueberries. Trails are generally flat.

Parson’s Way (FREE)
Parson’s Way (FREE)
Ocean Avenue, Kennebunkport
Oceanside walk beginning near Arundel Beach and going toward the Bush Estate at Walker’s Point. Along the way, look for Blowing Cave and Spouting Rock.
Kennebunk Bridle Path (FREE)
*Sea Road, Kennebunk at the Sea Road School*
Old railroad bed from the 1880’s about 3 miles in length from the Kennebunk Depot to the Webhannet Golf Course. A section from Sea Road to Route 9 is wheelchair accessible for those with wide-tread tires. This path is a birdwatcher’s paradise and a wonderful nature walk for the family. Limited parking is available.

St. Anthony’s Monastery (FREE)
*Beach Street, Kennebunkport*
Lithuanian Franciscan monks run the monastery and the grounds offer quiet walking in garden-like park. There is also a woodland walk along the Kennebunk River.

Wonderbrook Park (FREE)
*Plummer Street, Kennebunk*
Owned by the Kennebunk Conservation Commission, this small park crosses the Wonderbrook for 1.2 miles to the Kennebunk River. The river bank is steep but it can be climbed with caution. There is parking for a few cars.

Wiggins Pond (FREE)
*Wiggins Pond Lane, Kennebunk*
Nature trails.

Saco
**TIP:** Check out [www.sacobaytrails.org](http://www.sacobaytrails.org) for maps and additional information on the trails listed below.

Atlantic Way (FREE)
*Atlantic Way (off of Route 9)*
0.9 mile trail that meanders through the Rachel Carson Sanctuary. Park off the road. During deer and waterfowl-hunting season, shotgun hunting is allowed (except on Sundays), so it is advised to wear bright orange.
Ferry Beach State Park (FREE)
Ferry Road (Route 9)
Easy walking trails through different habitats.

Laurel Hill Cemetery (FREE)
Beach Street
The cemetery is open from sunrise to sunset. Pets are NOT permitted. While not strictly a trail, this beautiful cemetery offers plenty of peaceful paths for walkers to stroll along while they get a glimpse of the final resting place for many of Saco's historic families.

Log Cabin Trail (FREE)
Lincoln Road
This 1.1 mile trail wanders over a working wood lot, along a pond, a road, and through woods (fir, hackmatack, white pine, and red maple). Parking area provided.

Saco Heath Trail (FREE)
Route 112 (gravel parking lot on right)
The Saco Heath Preserve is a bog that has a mile-long trail and boardwalk with benches. A bog is an ancient pond filled with thousands of layers of accumulated organic matter. It is a unique place with bog plants, eastern orchids, and a variety of wildlife. A great place for children. 729-5185

Plymouth Trail (FREE)
Plymouth Drive
This 0.45 mile trail winds through a mature forest of hardwoods and evergreens. The trail is a bit bumpy with roots and dips. Parking area is available.

Vine Trail (FREE)
Vines Road
This 0.38 mile trail connects to the Plymouth and Atlantic Way trails. Park off the road.
Sylvan Trail (FREE)
Flag Pond Road (off of Route 1)
The 1.7 mile trail loops through the woods and follows an old logging road. Be sure to listen for the many bird songs you’re sure to hear. There is a parking lot available.

Old Orchard Beach
Blueberry Plains (FREE)
Ross Road
The Blueberry Plains offer miles of sandy and winding trails.

Cascade Falls (FREE)
Cascade Road
There are trails for hiking leading out to the waterfalls.

Old Eastern Road (FREE)
Milliken Mills Road
This trail follows Milliken Mills Pond and what used to be an old railroad. The trail ends at the Old Cascade Road.

Scarborough Marsh (FREE)
Pine Point Road (Route 9-West)
This salt marsh offers a self-guided nature trail and outdoor exhibits to help hikers learn about life around the marsh. Special programs are scheduled throughout the summer. There is a fee for these programs as well as canoe rentals.

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**Trail Snack**
When walking and hiking, don’t forget to fuel up

**Combine:**
- 1 cup dry cereal (Cheerios, Chex)
- 1 cup peanuts (or other nuts)
- 1 cup raisins

**Other Options To Add:**
- Dried fruit, Yogurt covered nuts, Pretzels
Temple Avenue Trail (FREE)
*Temple Avenue*
Several hiking trails are marked by a covered bridge and towering pine trees. The trails are color-blazed for your guidance and safety.

**OTHER WALKS**

**Eastern Trail**
The Eastern Trail (ET) is a 65 mile section of the East Coast Greenway connecting Kittery to Casco Bay in South Portland. The ET has off-road sections, as well as a scenic on-road trail that follows quiet country roads. Visit www.easterntrail.org for details and a trial guide.

**Healthy Maine Walks**
Healthy Maine Walks provides information on how to find a walking route near you, to share information about walking routes, or to find out about how to create one. www.healthymainewalks.org

**Adult Ed Programs**

**Biddeford**
**Indoor Walking at Walmart**
Open 6:00 a.m. to midnight, four laps around the outermost aisles of the store is equivalent to one mile.

**Kennebunk/Kennebunkport**
**Historic Village Walking Tours**
Self-guided tours. Call Kennebunkport Historical Society at 967-2751 for more information and reservations.

**Saco**
**Indoor Walking Club**
Offered through the Saco Parks & Recreation Department. 283-3139 email: parksandrec@sacomaine.org
Old Orchard Beach
Walk About Festival of Lights (FREE)
Held annually on the first Saturday in August. Christmas lights and candles illuminate Ocean Park’s buildings and the beach. There is a traditional “walk about” to see the lights along with performances and exhibits to enhance the experience. 934-9068 email: opa@oceanpark.org

ADULT SPORTS CLUBS

Biddeford
Adult Sports Leagues- Softball, Volleyball, Basketball, Pickleball, etc.
Contact Biddeford Recreation Department 283-0841.

Hollis
Men’s Basketball
Hollis Elementary Gymnasium
Mondays and Wednesdays from 8:30-10:00pm. $2 per person per night. During school year.

Women’s Basketball
Hollis Elementary Gymnasium
Tuesdays from 8:00-10:00pm. $2 per person per night. During the school year.

Senior Women’s Basketball
Hollis Elementary Gymnasium
Mondays 7:00-8:30pm. For women 45 years and over who want to play 3-on-3 half-court games. $5 per week.

Adult Exercise
Hollis Elementary Gymnasium
Mondays, Wednesdays and Fridays from 9:00-10:00am. For all ages working on stretching, calisthenics, aerobics, walking, and hand weights. $1 per class.
Saco

Adults Sports Leagues— Basketball, Softball, Pickleball, Indoor Walking, etc.
Contact Saco Parks & Recreation Department. 283-3139.

Indoor Walking Club
Offered through Saco Parks & Recreation Department. 283-3139  email: parksandrec@sacomaine.org

KIDS SPORTS CLUBS

Some of the local parks listed in the Playgrounds and Parks Section hold Little League and adult baseball games. Check with your local school/recreation department for information regarding Little League and other league sports’ activities. Recreation departments also have seasonal programs throughout the year.

Arundel
For details contact Arundel Rec Department (207)286-9241

Basketball Babes (ages 3-5)
January through February.

Fall Youth Soccer (grades K-6)
Six weeks in the fall.

Pee-wee Basketball (grades K-3)
January through February.

Preschool Soccer (ages 3-4)

Spring Soccer (grades K-6)

Winter Cheering (grades K-5)
November through March.

Youth Travel Basketball (grades 4-6)
November through March.
Biddeford (www.bysports.org)
Biddeford Youth Cheering Association
286-1664

Biddeford Youth Football Association
284-1847

Biddeford Youth Hockey Association
282-4363

Biddeford Little League
282-1329

Biddeford Little League Softball
632-5104

Biddeford Youth Soccer
283-0841

Dudziak’s School of Gymnastics
286-3685

Northern York County Family YMCA
3 Pomerleau Street
Youth sports programs for boys and girls: soccer, tee-ball, swimming and others. 283-0100 www.nycymca.org

Hollis
Girl’s Basketball League (grades 7-12)
Practices during week with games on Sunday. 929-5142

Girl’s Basketball League (grades 5-6)
Compete in Bonny Eagle Girls Youth League. 929-5142

Girl’s Basketball League (grades 3-4)
December through April. 929-5142
Kindergym (ages 1-5)
*Hollis Community Building*
Mondays, Wednesdays, and Fridays. $2 per class 929-5142

**PeeWee Basketball (grades K-2)**
Learn basic skills of the game. 929-5142

**Kennebunk/Kennebunkport**
**Babe Ruth Baseball**
Sign up time is May. Brian Johnson 985-6128

**Little League (ages 5-16: Coed, Boys, Girls)**
Sign up time is February. 985-9295 www.eteamz.com/kkll

**Kennebunk Lacrosse Club**
Sign up time is March. Summer clinics (Boys and Girls)www.kbklax.com

**Kennebunk Soccer Club (ages 8-13: Boys, Girls)**
Sign up in April. Kirk Butterfield. 205-4007
www.kennebunksoccerclub.org
email: kbunksoccerclubregistrar@gmail.com

**YES Summer Basketball League**
*4 Ledgeview Drive, Westbrook*
Summer basketball league for boys and girls. 772-6644
http://www.yestoyouth.org email: yestoyou@maine.rr.com

**Youth/Pee Wee Football (grades 4-8: Boys, Girls)**
Sign up in May. www.kennebunkyouthfootball.org

**Old Orchard Beach**
**Old Orchard Beach Little League**
934-7103
Walking alone is a great way to regroup, but how about sharing the enjoyment with someone once a week who might not have a walking partner? An older person in your neighborhood? A co-worker?

Coastal Healthy Communities Coalition
FITNESS CENTERS

Visit each fitness center’s website or call the phone number provided to get more information on membership and fitness classes as well as a full range of what each fitness center offers.

Biddeford
Forever Fit
16 Main Street
Pilates, TRX, personal training and more. 282-6262
www.4everfitbiddeford.com

Northern York Country Family YMCA
3 Pomerleau Street
Many fitness activities available for everyone. Fitness classes, gym membership, swimming lessons/swim team, full-day child care, after school program, personal training and youth programs. 283-0100  www.nycymca.org

Planet Fitness
420 Alfred Road
All memberships come with unlimited fitness training. 284-9924  www.planetfitness.com/gyms/ME/Biddeford

Kennebunk
Curves
99 York Street
Women’s fitness center with a variety of equipment and classes with some centers offering zumba. 985-9925
www.curves.com

Quest Fitness
2 Live Well Drive
Fitness classes, gym membership, swim lessons, birthday parties, personal training and more. 467-3800
www.questfitnessmaine.com
Spurling Training Systems
1 Colonel Gelardi Drive
Personalized programs, nutritional guidance, fitness & skills evaluations, personal training and more. 467-3757
www.spurlingtrainingsystems.com

The Fitness Nut House
45 Portland Road
Fitness classes, gym membership, personal training.
985-7727 www.thefitnessnut.com

Old Orchard Beach
Snap Fitness
2 Cascade Road
24/7 gym. Fitness classes, gym membership, personal training. 934 - 6136 www.snapfitness.com/oldorchard

Saco
Curves
3 Eastview Parkway, Suite 4
Women’s fitness center with a variety of equipment and classes with some centers offering zumba. 282 - 0301
www.curves.com

Saco Sport and Fitness
329 North Street
Classes for everyone, personal training, gym membership, aquatic classes, swim lessons, weight loss programs and more. 284 - 5953 www.sacofitness.com

24/7 Fitness Gym at XL Sports World
400 North Street
Gym open 24 hours, fitness classes, gym membership, personal training, and more. 282-4005
www.xlsportsworld.com/247-fitness.html
RECREATION DEPARTMENTS

Arundel Recreation Department
600 Limerick Road (ML Day School)
Arundel, ME 04046

Director: Jenn Dumas
(207) 286-9241
recdirector@arundelmaine.org

www.arundelmaine.org

Biddeford Recreation Department
189 Alfred Street
Biddeford, ME 04005

Director: Carl Walsh
(207) 283-0841
cwalsh@biddefordmaine.org

www.biddefordmaine.org

Buxton Recreation Department
185 Portland Road
Buxton, ME 04093

Director: Tasha Pinkham
(207) 929-8381
recdirbuxton@sacoriver.net

www.buxton.me.us
Hollis Recreation Department
35 Town Farm Road
Hollis, ME 04042

Director: Debbie Tefft
(207) 929-5142 x115
dtefft@hollismaine.org

www.hollismaine.org

Kennebunk Parks and Recreation
1 Summer Street
Kennebunk, ME 04043

Director: Brian Costello
(207) 985-6890 x 1335
bcostello@kennebunkmaine.us

www.kennebunkmaine.us

Kennebunkport Parks and Recreation Department
Consolidated School, PO Box 566
Kennebunkport, ME 04046

Director: Carol Cook
(207) 967-4304
ccook@kennebunkportme.gov

http://kennebunkport.org
Sleeping-
Getting enough sleep each day is an essential aspect of living a healthy and productive life. Not getting enough sleep can help cause chronic diseases and conditions, such as diabetes, cardiovascular diseases, obesity, and depression.

Simple sleep hygiene tips:
- Go to bed and get up at the same time each day.
- Sleep in a quiet, dark, and relaxing environment.
- Make your bed comfortable and use it only for sleeping.
- Remove all TVs, computers, and other "gadgets".
- Avoid physical activity within a few hours of bedtime.
- Avoid large meals before bedtime.
MUNICIPAL INFORMATION

Town/City Halls
Arundel Town Hall
(207) 985-4201 www.arundelmaine.org
Biddeford City Hall
(207) 284-9313 www.biddefordmaine.org
Buxton Town Hall
(207) 929-5191 www.buxton.me.us
Dayton Town Hall
(207) 499-7526 www.dayton-me.gov
Kennebunk Town Office
(207) 985-2102 www.kennebunkmaine.us
Kennebunkport Town Office
(207) 967-4243 http://kennebunkport.org/
Hollis Town Hall
(207) 929-8552 www.hollismaine.org
Old Orchard Beach Town Office
(207) 934-5714 www.oobmaine.com
Saco City Hall
(207) 282-4191 www.sacomaine.org

Libraries
Cape Porpoise Town Library
Atlantic Hall, Cape Porpoise (207) 967-5668

Dyer Library
371 Main Street, Saco (207) 283-3861

Graves Memorial Library
Maine Street, Kennebunkport (207) 967-2778

Hollis Center Library
14 Little Falls Road, Hollis (207) 929-3911

Kennebunk Free Library
112 Main Street, Kennebunk (207) 985-2173

Coastal Healthy Communities Coalition
Libby Memorial Library
27 Staples Street, Old Orchard Beach  (207) 934-4351

Ocean Park Memorial Library
11 Temple Avenue, Ocean Park  (207) 934-1853

McArthur Library
270 Main Street, Biddeford  (207) 284-4181

Salmon Falls Library
322 Old Alfred Road, Hollis  (207) 929-3990

Berry Library
93 Main Street, Bar Mills  (207) 929-5484

West Buxton Public Library
34 River Road, Buxton  (207) 727-5898

Historical Societies and Local Museums
Biddeford Historical Society
PO Box 200, Biddeford  (207) 284-4181

Brick Store Museum
117 Main Street, Kennebunk  (207) 985-4802

Kennebunkport Historical Society
North Street, Kennebunkport  (207) 967-2751

Kennebunkport Maritime Museum
Ocean Ave, Kennebunkport  (207) 967-4195

Old Orchard Beach Historical Society
4 Portland Rd, Old Orchard Beach  (207) 934-9319

Saco Museum
371 Main Street, Saco  (207) 283-3861
MUNICIPAL INFORMATION

Adult Education Centers
Biddeford Adult & Community Education
64 West Street (207) 282-3883
Old Orchard Beach Adult Education
40 E Emerson Cummings Boulevard (207) 934-7922
Saco Adult Learning Center
School Street (207) 282-3846
Kennebunk Adult Education
89 Fletcher Street (207) 985-1116

"The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live."
- Morris Adler

Community and Teen Centers
Biddeford Teen Center
550 Main Street, Biddeford (207) 282-4167
189 Alfred Street, Biddeford

Community Bike Center
284 Hill Street, Biddeford (207) 282-9700

Crossroads Youth Center
80 Common St., Saco (207) 883-2146

J. Richard Martin Community Center
189 Alfred St., Biddeford (207) 282-8418

Northern York County Family YMCA
3 Pomerleau Street (207) 283-0100