

YORK COUNTY PHYSICAL ACTIVITY RESOURCE GUIDE

Acton, Alfred, Arundel, Berwick, Biddeford, Buxton, Cornish, Dayton, Eliot, Hollis, Kennebunk, Kennebunkport, Kittery, Lebanon, Limerick, Limington, Lyman, Newfield, North Berwick, Ogunquit, Old Orchard Beach, Parsonsfield, Saco, Sanford, Shapleigh, South Berwick, Waterboro, Wells, and York

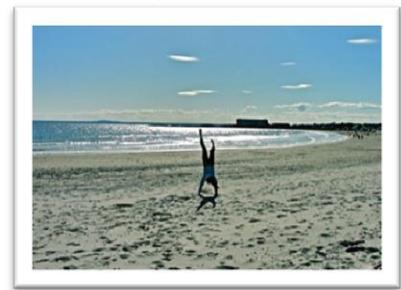


The three Healthy Maine Partnerships that cover York County are proud to present a Physical Activity Resource guide that includes all 29 communities.

The three Healthy Maine Partnerships in York County are Choose to be Healthy (CTBH), Coastal Healthy Communities Coalition (CHCC) and Partners for Healthier Communities (PHC).

CTBH, CHCC and PHC are community based health promotion coalitions that work together with local organizations to advocate for healthy lifestyles surrounding: tobacco cessation, nutrition, physical activity, substance abuse prevention, and the management and prevention of chronic diseases such as cancers, diabetes, and heart disease. Healthy Maine Partnerships are funded by the tobacco settlement money from the Fund for a Healthy Maine through the partnership for a Tobacco free Maine, Department of Health and Human Services.

It is our hope that this resource guide will be useful to you and encourage physical activity among all members of your family.



We do, however, recognize that this guide may not represent **ALL** of the activities available to residents of York County. So we encourage you to let us know if there is something that we missed.

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NOTE: Listings are by type of physical activity and town.

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 aged 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 and arms).

Children and adolescents should do one hour or more of physical activity a 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
- 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



YORK COUNTY HEALTH FACTS



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 28% of York County youth participate in regular physical activity each week

Source: 2011 One Maine Health Assessment

EASY WAYS TO GET MOVING

- Take the stairs
- Park farther away from your destination
- Walk or ride a bike to work or school
- Participate in fundraising walks and races
- Make time during your workday for three 10-minute walks
- Try an outdoor sport
- Check out the Maine Outdoor Adventure Club at www.moac.org for a calendar of outings open to the public
- Turn off the T.V. and computer and get outside!

FAMILY FITNESS TIPS

- Develop family rules to encourage children to play outside instead of watching T.V. or playing videogames
- Participate in “Turn Off T.V. Week” the 4th week in April
- Set goals for each family member and track progress on the refrigerator
- Walk children to school or go for a walk after dinner
- Visit www.healthymainewalks.org for a listing of local trails
- Go for a family bike ride
- Perform outside chores together
- Plan a day hike for the weekend, but don’t forget water and healthy snacks!



MAKE IT FUN

Join others around the State of Maine as they participate in the following physical activity challenges:

- Maine in Motion- Set a monthly goal and use a pedometer to track the steps. Great for the whole family! For more information visit: www.maineinmotion.org
- March into May- A 10- week challenge that guides participants from March straight into May. Those who complete the challenge qualify for prizes. For more information visit: www.marchintomay.org
- Walk 100 Miles in 100 Days (CHCC)- Make a commitment to walk at least 1 mile a day for 100 days. Track each family member’s progress on the refrigerator.

NUTRITION

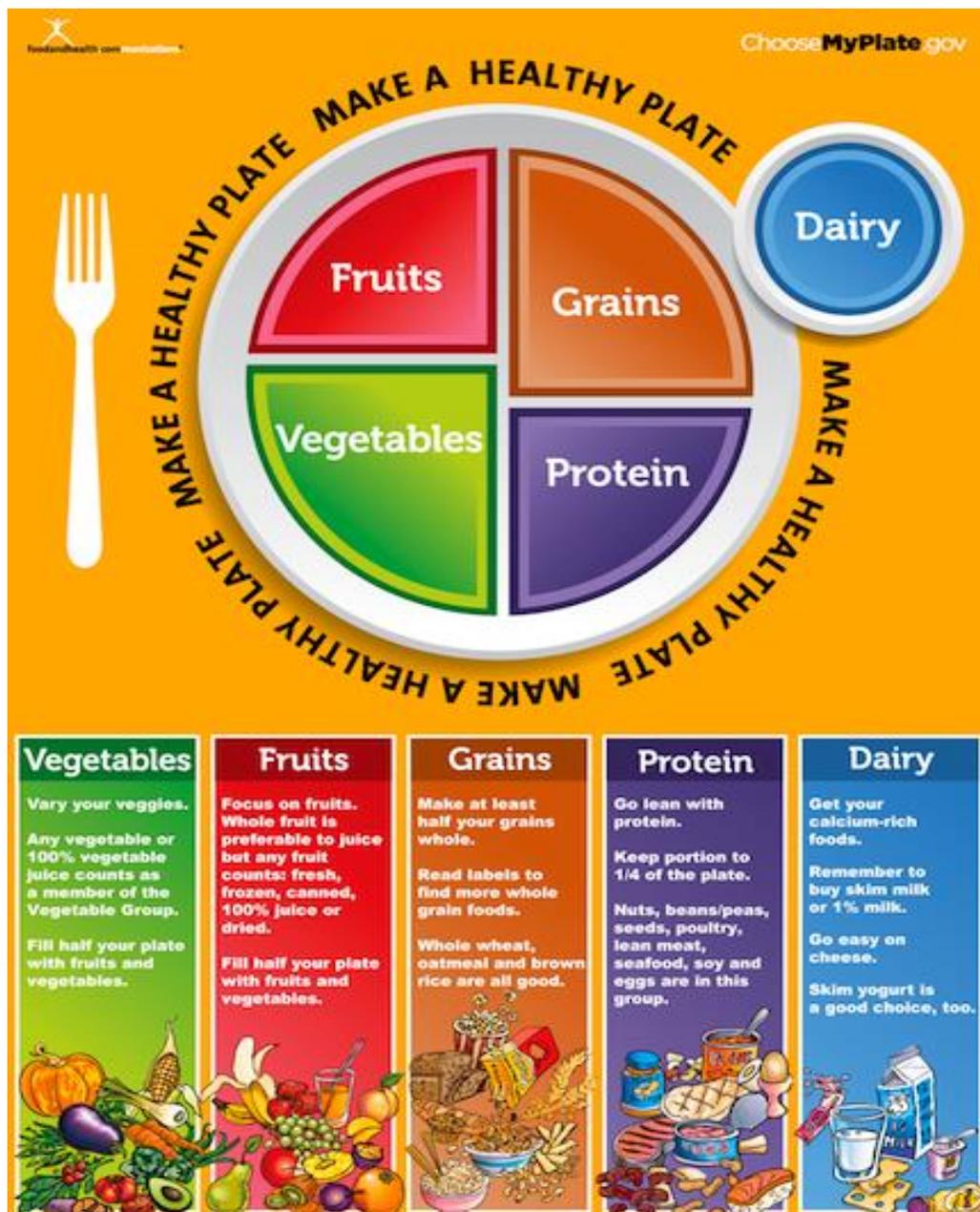
The importance of eating right cannot be emphasized enough. Your body's health is directly related to what you put into it!

A Healthy Eating Plan includes:

- Fruits, vegetables, whole grains, and fat free/low-fat milk products
- Lean meats, poultry, fish, beans, eggs, and nuts
- Low in saturated fats, trans fats, cholesterol, salt, and added sugars

To customize a meal plan for your age, sex, and physical activity level, visit www.choosemyplate.gov. Your primary care physician can also be a valuable resource when you are interested in starting a healthy eating plan.

WHAT SHOULD BE ON YOUR PLATE



DECREASE PORTION SIZES

Portion sizes have increased over time and have made eating less and losing weight more difficult for people. Choosing smaller portions can help you lose weight and keep it off!

SOME TIPS FOR CONTROLLING PORTION SIZE

- Figure out how big your portions really are:
Try taking your regular amount of cereal, juice, milk, fruit, veggies, etc. out of the bowl, cup, or plate and putting it into a measuring cup. You can compare the recommended serving size (listed on the packaging of most food items) to what you have been eating.
- Pay attention to feelings of hunger. Stop eating when you are satisfied, not full. If there is still food on your plate or table put it away (or throw it out).
- Tricks like using a smaller plate, bowl, or cup can help you eat less because it looks like more than if you were to have it on a big plate.
- If you have the habit of overeating try to be aware of the time of day, place, and mood you are in while eating so you can better control the amount you are eating. Some people tend to overeat when they are stressed or upset. Try to go for a walk or snack on healthier food choices like celery or yogurt with fruit.



www.choosemyplate.gov

HEALTHY TIPS FOR EATING OUT

1. Pay attention to portion sizes. Eat one-quarter to one-half of your meal and bring the rest home.
2. Many restaurants provide the calorie information on their menus beside each dish. Think about how your food and drink choices will fit within your daily calorie limit.
Information on the suggested daily calorie intake for your age, gender, and physical activity levels as well as information regarding empty calories can be found at: www.choosemyplate.gov
3. Avoid items with the following descriptions:
Fried, jumbo/supersized, alfredo/cream sauces, breaded, chowders
4. Select items that are grilled or baked.
5. Order vegetables steamed not sautéed.
6. Choose low-fat dressings.
7. Think about what you drink, try to order water or fat-free or low-fat milk, tea, coffee or drinks without added sugars. If you do order an alcoholic drink be mindful of the calories. Some frozen beverages like Coladas and Margaritas can have over 400 calories!

SOME HEALTHY SNACK IDEAS

Whole Grains

- Whole grain crackers
- Dry cereal
- Mini rice cakes
- Sliced bread
- Mini bagels
- Graham crackers
- Whole wheat tortillas

Dairy

- Low-fat cheese slices
- String cheese
- Yogurt cups
- Fat-free or low fat milk
- Low-fat cottage cheese

Vegetables

- Veggie “matchsticks”
- Bell pepper rings
- Cherry tomatoes
- Steamed broccoli
- Green peas and sugar peas
- Avocados

Protein

- Eggs
- Peanut Butter
- Bean dip
- Hummus
- Slices of lean turkey or chicken
- Almonds and other nuts
- Pumpkin seeds and other seeds

Fruits

- Apple slices
- Tangerines
- Bananas
- Pineapple
- Kiwi
- Peaches
- Mangos
- Berries
- Grapes



If you keep healthy foods in your fridge and in your cupboards it is more likely that you will EAT healthy foods!

Keep in mind that serving size is important
(visit www.choosemyplate.gov for more information)

PURCHASING FRUITS AND VEGETABLES ON A BUDGET

1. Search the grocery store for reduce priced produce
2. Shop in the frozen food section where a bag of vegetables is often priced under \$1.00
3. Grow your own in your backyard or at a community garden
4. Shop local farmers market

DIABETES

FACTS ABOUT DIABETES FROM THE AMERICAN DIABETES ASSOCIATION

Nearly one-third of people with diabetes are still undiagnosed. Symptoms of diabetes include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Blurry vision



If you are experiencing one or more of these symptoms, schedule an appointment with your doctor.

Just 30 minutes a day of moderate physical activity, and proper nutrition leading to weight loss, has been shown to prevent diabetes.

Are you at risk for, or do you have diabetes? Southern Maine Health Care in Sanford provides a Living Well with Pre-Diabetes program. For more information call (207) 490-7828.

TOBACCO

CALL IT QUILTS

The Maine Tobacco Helpline: 1-800-207-1230

This hotline is confidential and free. Financial assistance for tobacco cessation medications are available.

TIPS TO HELP YOU QUIT



1. Don't quit quitting; keep trying until you stop
2. Talk with your healthcare provider about your plans to quit
3. Pick a quit date and stick with it
4. Ask a family member or friend to help you through tough moments
5. Be sure to get rid of all of your smoking materials
6. Use the money you would spend each day on cigarettes to reward yourself for staying smoke-free
7. Go places where you know you will not be allowed to smoke

BE TOBACCO FREE PROGRAM:

This is a four-week course at Southern Maine Health Care in Biddeford that provides the tobacco user with all the information and resources needed to become tobacco free. Pre-registration is preferred. Please call (207) 283-7908.

AMUSEMENT PARKS

Amusement parks are sure to be a fun and thrilling experience! Walking around the park and deciding on your next ride or slide is not only fun but also good for you! You could even pack your own healthy snacks and lunch which will not only cut costs but it will be better for you, giving you more energy to have a great time!

OLD ORCHARD BEACH

Palace Playland

Old Orchard St.

Seasonal amusement park and arcade right beside the ocean.

(207) 934-2001

SACO

Funtown Splashtown USA

774 Portland Rd.

The twin (Amusement and Water) park has New England's longest and tallest log-flume ride and the region's largest wooden roller coaster.

(207) 284- 5139

Aquaboggan Water Parks

980 Portland Rd.

Try its 750,000-gallon wave pool, mild and wild water slides, tubing slides, bumper boats, go karts and mini golf.

(207) 282-3112

BEACHES

The beach offers endless activities for the whole family; all you need is your imagination! Play Frisbee, bocce ball, and volleyball, build sandcastles, take a walk (you could even make it a scavenger hunt!), look for seashells, help your children pick up rocks and search for critters, have a picnic and explore your surroundings!

ACTON

Great East Lake Swimming Area & Park

Off Canal St. by the New Hampshire border

Mousam Lake Swimming Area

Corner of Route 109 and Route 9.

ALFRED

Shaker Pond

Off Route 202, take Gore Rd. to Pond Rd.

Offers shallow water, fishing, and canoe access.

BIDDEFORD

Fortunes Rocks Beach (Parking by permit)

Fortunes Rocks Rd, Biddeford Pool

This is a saltwater beach with lifeguards available from late June through early September.

Gilbert R. Boucher Memorial Park (Free)

This is a saltwater beach and bathhouse with lifeguards from late June through Labor Day.

Hills Beach (Free)

Hills Beach Rd. (Behind the University of New England)

This is a very peaceful but small saltwater beach with no lifeguards and limited parking.

BUXTON

Bonny Eagle Pond (FREE)

Proprietor's Rd.

This area offers sandy beaches, shallow water and a slow current. This is a great place for kids to learn how to swim!

KENNEBUNK

Gooch's, Mothers', and Kennebunk Beach (parking by permit during summer season)

Beach Ave. off Routes 9 and 35

All three beaches are along the same road. Parking is by permit only from Memorial Day to Labor Day. Residents and visitors can purchase permits at the Kennebunk Town Hall.

Parking without permit on side streets is permitted but pay attention to signage to know where you are allowed to park.

These beaches are great places to walk, play, and search for seashells, or just relax!

Fireworks display July 4th at dusk. There are lifeguards and restroom facilities at Gooch's beach and Mothers' beach during the summer season. There is also a brand new playground at Mother's' beach!

Parson's Beach (FREE)

Parson's Beach Rd., off of Route 9

This beach is a hidden gem! The road that leads you to the beach is just as breathtaking as the beach itself. The beautiful trees, marsh, fields, and horse farm are picture perfect. The beach is mostly sandy but some sections close to the water are quite rocky. This beach is great for those seeking a quiet day at the beach. During the summer season portable facilities are available. Parking is limited. Pay attention to the signs to know where parking is not permitted. Many people park off the road on Brown Street and walk down Parson's Beach Road when there are no available spots left on Parson's Beach Road.

KENNEBUNKPORT

Goose Rocks Beach (parking by permit during summer season)

Kings' Highway off Route 9

Dogs are not allowed on the beach from 8am - 6pm June 15 to September 15, but are allowed anytime during the day in the off-season (September 15 to May 15). Dogs must be leashed year round. No facilities and No lifeguards. This is a big beach, great for walking and playing. Timber Island can be seen off the coast. During very low tide you may even be able to wade across the river and explore the island, but be mindful of the time/tide!

Resident and visitor parking permits are available at the Kennebunkport Police Station, Town Hall, and Goose Rocks Beach General Store.

Arundel Beach also known as "Colony beach" (parking by permit during summer)

Ocean Ave., across from the Colony Hotel

This is a small beach, a place to scramble on the rocks and watch the surf dash the shore, or walk carefully along the jetty! Dogs on leash only, No facilities and limited parking.

KITTERY

Fort Foster

Pocahontas Rd., Kittery Point

Offers 3 small beaches, an extensive trail system, restroom facilities (in season), picnic areas, and old military fortifications.

Sea Point Beach

Near Gerrish Island, off Route 103 in Kittery Point

This a beautiful but somewhat rocky beach with limited parking.

LEBANON

Everetts Cove Marina (FREE)

193 New Bridge Rd.

Three ponds on the ME/NH border. Boat rentals, marina, canoeing, kayaking, and fishing.
207-658-9104

www.everettscove.com

LIMERICK

Limerick Town Beach

From Route 11 take Emery's Corner Rd. to Watson Hill Rd. on Sokokis Lake.

Better known as "Boy Scout Island." This beach is limited to Limerick residents.

LIMINGTON

Limington Rips (FREE)

Route 25 on the Limington/Standish town line.

This section of the Saco River offers swimming in both gentle and fast moving water. There is also a picnic area and both sunny and shady places on the shore to relax and have fun!

Pequawket Beach at Horne Pond

Take Route 25. At Ruin Corner, turn right at the sign onto North Rd. and then take the first right onto the unpaved road. Follow the road one mile to the beach.

Admission charge: 50 cents for ages 6 and under; \$1 for ages 7 and up.

LYMAN

Town Park at Bunganut Lake (FREE)

Take Route 202 through Alfred to Brock Rd; Turn right onto Brock Rd. Park entrance is on the right. This facility is operated and maintained by Lyman's Department of Parks and Recreation

(207) 499-7562

Kennebunk Pond (FREE)

Travel North on Route 111 out of Biddeford for about four miles. Look for Kennebunk Pond Rd., which is on the right when traveling west. Public beach is on the left approximately a mile down the road. This beach offers carry-in access for small boats.

Bunganut Pond Campgrounds

Take Route 202 through Alfred and turn right onto Brock Rd.

This area offers swimming, picnicking, a playground, a grassy area and short walking trails. Admission fees are per car and are less for those walking or riding a bike.

OGUNQUIT

Ogunquit Beach (FREE)

This beach is rated as one of the "top 10" beaches in the U.S. The beach runs along the coastline for 3 miles and can be accessed by 3 main entrances.

Main Beach- downtown entrance

Footbridge Beach- entrance located off of Ocean St.

North Beach- enter via Bourne Ave. in Wells.

Each entrance has parking and restrooms. The Ogunquit Trolley services the Main Beach and the Footbridge Beach

www.ogunquit.org

OLD ORCHARD BEACH

Old Orchard Beach (FREE)

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 St. This expansive beach is great for walking, kite flying or building sand castles. There are also fireworks every Thursday from June 21- late August at 9:45pm. There is a pier with stores and public restrooms. Old Orchard Beach provides a carnival like atmosphere.

Ocean Park Beach (FREE)

Temple Ave.

Free parking at the end of the street. No restroom facilities.

Tip: Don't forget your sunscreen and hats. Infants and young children are very sensitive to the sun's rays, so be extra cautious when having them on the beach or outside.

PARSONSFIELD

Long Pond

Long Pond Rd. (off Route 5 between Limerick and Cornish)

Open to the public for swimming.

Province Lake

Route 153 on the ME/NH border.

This is a popular family spot for picnics, swimming and enjoying the outdoors.

SACO

Bayview Beach (FREE)

Bayview Rd.

This is a swimming beach and a great place to search for seashells. There is a small parking lot with no fees and leashed dogs are allowed.

Camp Ellis Beach (FREE)

Eastern Ave.

Try taking an early morning walk to enjoy the sunrise. There is a Jetty and public parking is nearby.

Kinney Shores (FREE)

Bayview Rd. (off of Ferry Rd.)

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!

Ferry Beach State Park

Ferry Rd. (Route 9)

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 is open between Memorial Day and September 30. Winter skiers must park outside the gate. (207) 283-0067

SANFORD/SPRINGVALE

Holdsworth Park

Route 109, Springvale

Offers supervised swimming, covered picnic area, hiking paths and a playground.

Bauneg Beg Lake

Berwick Rd., Sanford

Offers canoe access and fishing for bass, sunfish, and pickerel.

Curtis Lake

Westview Dr., Sanford

Offers shallow-water fishing and canoe launch.

Number One Pond

William Oscar Emery Dr., Sanford

Offers a canoe launch and shallow-water fishing for bass, crappie, pickerel, and sunfish.

Littlefield Pond

Emmons Rd. (off Littlefield Rd.) Springvale

A small pond, great for fishing

Estes Lake

New Dam Rd., Sanford

Carry-in launch sites only.

Mousam Lake Region Association

Springvale

Holds kids fishing derby. Check local papers for more detailed information.

www.mousamlake.org

SHAPLEIGH

Square Pond

Off Square Pond Rd. (off Route 11)

Beach available for residents of Shapleigh.

Goose Pond

Take Route 11 to Goose Pond Rd.

Connected to Mousam Lake via a tunnel.

WATERBORO

Gobeil Park

Off Route 5, North Waterboro

Resident-only beach area but offers public boat launch. Fish include lake trout, brown trout, bass, perch, salmon, pickerel, smelt, hornpout, eel, white suckers, and whitefish. Enjoy the beauty of Little Ossipee Lake. In the summer a local family sets up and maintains a water skiing course! Also, you can go ice fishing here in the winter!

Little Ossipee Pond

Off Route 5

Offers a public swimming area.

WELLS

Drakes Island Beach

Drakes Island Rd. (off Route 1)

There is a beach on both the harbor and the ocean; you can walk along the jetty and fish from it too.

Laudholm Beach

Laudholm Farm Road, off U.S. Route 1

Unspoiled sandy beach accessible by a half-mile walking trail through the Wells Reserve at Laudholm. No pets.

Wells Beach

From Route 1, take the Mile Rd. to Atlantic Ave. Parking lot at the end of the road.

This is a fun beach to walk, collect seashells, and make sandcastles.

YORK

Short Sands Beach

Ocean Ave.

This popular one-quarter mile of sandy beach tucked between the rocky cliffs of York Village. Located in Ellis Park, seasonal restrooms, lifeguards and metered parking. Large playground, basketball courts gazebo and park.

Long Sands Beach

Long Beach Ave.

Volleyball, bocce, surfing, swimming, dog walking (ordinance) and restrooms are available. Beautiful Long Sands features 1 ½ miles of scenic beach to explore!

Harbor Beach

Harbor Beach Rd.

This is a beautiful beach to visit. Restrooms are available.

Parking by sticker only.

Cape Neddick Beach

U.S. Route 1A

This small sandy beach near the mouth of the Cape Neddick harbor is also known as Passaconaway Beach, and is very popular among the locals. Low tide is awesome for exploring the exposed rocks and tidal pools. There are no restrooms or facilities at this beach and the parking is limited. Parking with sticker only.

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.

BOATING & BOAT LAUNCHES

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

You can also check town offices for local launch sites. Phone numbers are located in this guide under Municipal Information.

ACTON

Great East Lake

Freshwater boat launch for trailered boats.

Horn Pond

Freshwater boat launch for trailered boats.

Square Pond

Freshwater boat launch for trailered boats.

Loon Pond

Directly northwest of Mousam Lake, off Route 109 on East Shore Dr.
Carry-in launch for kayaks and canoes.

BIDDEFORD

Biddeford Pool Boat Launch (Free)

Vines Landing (Route 9 and 208) take left onto the Yates Rd.

You can paddle in Biddeford Pool only at high water: two hours before and after high tide. Water is flat without strong current and ideal for beginners who wish to enjoy great scenery. WARNING: The River's current, boosted by the tidal surge, is very powerful at Camp Ellis. We do NOT recommend traveling past the sandy beach unless you have experience in ocean situations.

Saco River- Marblehead Boat Launch (FREE)

River access at Marblehead ramp off of Pool Street

Traveling from downtown Biddeford, look for blue boating signs on the left leading you down to the ramp. There is plenty of parking near the boat ramp and seasonal outhouse facilities.

DAYTON

The Saco River

At the end of Union Falls Rd.

Freshwater boat launch available for carry in as well as small-trailered boats.

ELIOT

Boat Basin

90 Hammond Ln.

Features a public boat launch (all-tide ramp, trailered boats are allowed) as well as a Pavilion and park area. This area has Piscataqua River access, open field space, bathroom facilities, electricity, water, and playground. Boat launch (daily) fees are \$5 for residents and \$10 for non-residents; season passes are available as well. Memorial day - Labor day.

www.eliotcsd.org/facilities/parks/boatbasin.html

KITTERY

Piscataqua River

Freshwater all-tide ramp for carry in and trailered boats.

LIMERICK

Lake Arrowhead

Public Launch off Route 5

Narrow Lake with great bass fishing

Sokokis Lake

Off Route 5 on Washington St.

Good fishing and public boat launch on Route 11 in Limerick Mills.

Pickereel Pond

Route 5 on Central Ave.

Great Fishing

*If you pick physical activities that you enjoy
and that match your abilities, it will help you
to stick with them!*

LYMAN

Kennebunk Pond

Travel North on Route 111 out of Biddeford for about four miles. Look for Kennebunk Pond Rd., which is on the right when traveling west. Public beach is on the left approximately a mile down the road.

Offers carry-in access for small boats.

OGUNQUIT

Finest Kind Scenic Cruises

Perkins Cove

Take a scenic cruise to the Nubble Lighthouse in York. Take a cruise to learn about lobstering and to actually see some caught! Enjoy a cocktail cruise in the evening. Take a morning cruise and see the large population of Harbor Seals. Or take a sailing trip on the Finest Kind's sailboat!

(207) 646-5227

www.finestkindcruises.com

Silver Lining Sailing Cruises

Perkins Cove

Sail the southern coast of Maine and take in all of the wonderful sights!

(207) 646-9800

www.silverliningsailing.com

Sailing Cruises on the Gift

Perkins Cove

Sail aboard the gift and enjoy the views of the rugged coast of Maine, you may even see whales, dolphins, and seals!

(207) 646-3758

www.sailthegift.com

SANFORD/SPRINGVALE

Bauneg Beg Lake

Berwick Rd., Sanford

Offers canoe access and fishing for bass, sunfish, and pickerel.

Curtis Lake

Westview Dr., Sanford

Shallow-water fishing and canoe launch.

Number One Pond

William Oscar Emery Dr., Sanford

Offers a canoe launch and shallow-water fishing for bass, crappie, pickerel, and sunfish.

Estes Lake

New Dam Rd., Sanford

Carry-in launch sites only.

WATERBORO

Gobeil Park

Off Route 5, North Waterboro

Resident-only beach area but offers a public boat launch. Fish include lake trout, brown trout, bass, perch, salmon, pickerel, smelt, hornpout, eel, white suckers, and whitefish.

Enjoy the beauty of Little Ossipee Lake. In the summer a local family sets up and maintains a waterskiing course. You can also go ice fishing in the winter.

YORK

Strawberry Island

Kayak, non-motorized and motorized boat launch.

Scotland Bridge

Small non-motorized and motorized boat launch.

BOWLING

Did You Know: Bowling is one of the most popular sports in the world! One of the reasons why it is so popular is because people of all ages and all abilities can participate. Bowling can be a social, recreational, or even a competitive sport. It is a simple easy to understand sport that helps with your balance, coordination, and motor skills.

SACO

Vacationland Bowling and Recreation Center

82 Portland Rd. (Route 1)

Candlepin bowling, leagues, tournaments, game room, parties and glow bowling are available.

Call (207) 284-7386 for more information.

www.vacationlandbowling.com

SANFORD/SPRINGVALE

Bowl-a-Rama

1217 Main St., Sanford

Candlepin bowling, adult and youth leagues, parties, and glow bowling are available.

Call (207) 324-2401 for more information.

CAMPING

ACTON

Apple Valley Campground

Off Route 109 on Apple Valley Ln. (across from the Shed Restaurant).

Campground has 145 sites offering sewer, dump station, store, laundry, recreational hall, pool, fishing and cable. This campground also allows pets.

(207) 636-2285

ALFRED

Bunganut Campground

From Route 202 take a right onto Brock Rd. and follow signs.

Campground has 60 acres and 110 sites. Electricity, water, fireplace and a picnic table are available at every site. Swimming area on the beautiful spring-fed Bunganut Lake.

(207) 247-3875

www.bunganut.com

Walnut Grove Campground

599 Gore Rd.

This campground has 93 sites including fireplace, water, 30-amp electrical service, playground, swimming, basketball, horseshoes, boating, and fishing.

(207) 324-1207

Scott's Cove Campground

Brock Rd.

A 50-site campground with fire pits, electricity, water, boat rentals, dumping station, trash pickup, basketball, volleyball, horseshoes, playground, fishing, boat launch, store, game room and laundry facility.

(207) 435-6594

www.scottscovecamping.com

BERWICK

Beaver Dam Campground

551 School St. (Route 9)

RV and tenting campground situated on a 20-acre spring fed pond. Swimming pool, fishing, boat rentals, recreation room, store, playground, horseshoes, and more.

(207) 698-2267

www.beaverdamcampground.com

Health is a state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.

LEBANON

Heavenlee Acres Campground

75 Cemetery Rd.

Peaceful country setting with 70 shaded and spacious sites. Tenting, trailer and cabin sites. Recreation hall, swimming pool, and laundry. Pets are allowed.

(207) 457-1260

www.heavenleeacres.com

Flat Rock Bridge Family Resort

21 Flat Rock Bridge Rd.

May 10th through September 22nd

450 sites. Camping between tall pines or in cabins. Heated pools, playground, recreation hall, water slide, laundry, and lots of activities. Pets are allowed.

(207) 339-9465

www.flatrockbridge.com

PARSONSFIELD

Windsong Campground

Pendexter Rd.

Open year round.

(207) 625-4389

www.windsongcampground.com

West End House Camp

Long Pond Rd. (road between ponds)

Male camp since 1908. 2,4,6 & 8 week camp sessions.

www.westendhousecamp.org

SANFORD/SPRINGVALE

Apache Campground

165 Bernier Rd., Sanford

150 sites including tenting, sewer, dumping station, store, laundry facility, recreation hall, pool, and fishing. Pets are allowed.

(207) 324-5652

Sand Pond Campground

Route 4, Sanford

Campground offers 38 sites. Sewer, dumping station, store, laundry facility, recreation hall, boating, fishing, gas hookups, and phones are available.

(207) 324-1752

www.sandpondcampground.com

Yellowstone Park Campground

Route 109, Sanford

(207) 324-7782

www.yellowstoneme.com

WATERBORO

Little Ossipee Lake Campground and RV Park

On Route 5

Offers 85 sites with sewer, dumping station, store, laundry facility, recreation hall, swimming, boating, fishing, phone hookups, and 50-amp electricity service.

(207) 247-5875

WELLS

Beach Acres Park

563 Post Rd.

Just off the highway, near beaches. All modern camping facilities. Open May 30th through September. Tent, trailer and seasonal sites. Swimming pool available. No pets.

(207) 646-5612

beachacres@beachacres.com

Gregoire's Campground

697 Sanford Rd.

Offers sunny and shaded sites for RV's and tents. Located near Wells beach. Fireplace and picnic table at every site. Store, recreation hall and playground available.

(207) 646-3711

Ocean View Cottages & Campground

84 Harbor Rd.

Overlooks Wells Harbor. Wooded RV and tent sites with recreation hall, playground, pool, shuffleboard, basketball, volleyball court and laundry facilities. Open May through October.
(207) 646-3308

www.oceanviewcampground.com

Outdoor World

Moody Beach Campground, Route 1

Tree-shaded sites with water, electric and sewer. Facilities include outdoor pool and spa, country store, arcade, and recreation building. This is a private campground but memberships are available.

(207) 646-4586

Sea Vu Campground

1733 Post Rd. (Route 1); (4/10 of a mile North of Route 109)

Complete camping facility for tenters, campers and travel trailers. Reservations accepted. Open May 15 to Columbus Day. There are also off-season rates available.

(207) 646-7732

www.sea-vucampground.com

Sea Vu West

23 College Dr.

A premiere RV resort with seasonal sites available. Complete camping facility with full hook-ups and amenities. Open mid-May to Columbus Day weekend. Close to the beach.

(207) 646-0785

www.sea-vuwest.com

Stadig Campground

146 Bypass Rd.

150 wooded sites, all facilities, tent, trailer and seasonal sites. Close to the beach. Open Memorial weekend to October 15. No dogs allowed.

(207) 646-2298

Summer Hill

Route 1

Seasonal campground. 5 way hookups, swimming pool and laundry available. Located one mile from the beach. Quiet setting 500 feet back from Route 1 and on the trolley line. Open May through October.

(207) 646-4032

Wells Beach Resort

1000 Post Rd. (Route 1)

Five-diamond rated, open and wooded sites, 4 way hook-ups, 50/30/20 amp, WIFI, paved roads, security and swimming pool. Open May 15 to October 15. Big rigs welcome!

(207) 646-7570

YORK

York Beach Camper Park

11 Cappy's Ln.

Sites for RV's, trailers and tents. Picnic tables and fire rings are available at each site. There is a store available as well as a place to do your laundry. Only a 5-minute walk to the beach!
(207) 363-1343

www.yorkbeachcampingpark.com

CROSS COUNTRY & DOWNHILL SKIING/SNOWSHOEING

DAYTON

Harris Family Farms

280 Buzzell Rd.

There are 40km of trails (30 km are groomed) that wander through woods and fields.

Beginner through advanced. Trails are 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 the fall. Equipment rentals are also available.

(207) 499-2678

www.harrisfarm.com/skiing.html

LIMINGTON

Sawyer Mountain

Accessible on foot from Route 117 via the abandoned Sawyer Mountain Rd.

The land is open for public use for hiking, hunting, fishing, snowmobiling, and cross-country skiing on the existing trails.

www.fsht.org

SACO

Ferry Beach State Park

Ferry Rd. (Route 9)

Ferry Beach has a network of trails connecting the beach to different habitats (cross-country ski trails during winter). Winter skiers must park outside the gate.

(207) 283-0067

SHAPLEIGH

Shapleigh Conservation Trail

On Square Pond Rd., off Route 11

This walk is roughly 5 miles over a gravel trail. Dogs are allowed while on a leash. This trail is open for walking and hiking and makes a great cross-country ski trail in the winter. Open from dawn to dusk. Maps are available at the Shapleigh Town Hall.

For more information call the town hall.

(207) 636-2844

SOUTH BERWICK

Powderhouse Hill Ski Area

4 Agamenticus Rd.

Maine's southernmost ski area. 150' drop, 1 rope tow and 3 trails (2 beginner and 1 intermediate). The Ski area dates back to 1939 when an old pickup truck ran the rope tow. There is a rustic lodge. Tickets are \$5. Limited hours, weather permitting, call first. (207) 384-5858

www.powderhousehill.com

Vaughan Woods State Park

28 Oldfields Rd.

A 250-acre forested tract along the scenic Salmon Falls River. This park offers picnic facilities and cross-country skiing through old growth standards of pine and hemlock.

(207) 490-4079

WELLS

Rachel Carson Wildlife Refuge

Take Route 9 toward Kennebunkport, follow signs

There is a one-mile walking, snowshoe or cross-country ski trail through a white pine forest overlooking a salt marsh and the ocean. Open from sunrise to sunset.

Wells Recreation Area

Route 9A

Trails through the woods are marked and easy to follow. Hiking, running and cross-country skiing are favorites for those who use the park. Snowshoe and cross-country ski rentals and loaner ice skates are available from the Recreation Department.

(207) 646-5826

Wells Reserve at Laudholm Farm

342 Laudholm Farm Rd.

Miles of ungroomed snowshoe and cross-country ski trails are open daily from 7:00 am – sunset. Restrooms available when trails are open.

(207) 646-1556

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

Maine Coast Cycling Club

Focus is on recreational riding not racing, yearly membership. Children 12 years and under are free with an adult.

www.maine coastcycling.com

Bicycle Coalition of Maine

Statewide advocacy group serving as the voice of cyclists. Since 1992, the Bicycle Coalition of Maine has led the effort to make Maine better for biking.

(207) 623-4511

www.bikemaine.org

Eastern Trail Alliance (FREE)

Biking/Walking/Hiking trail through off-road woodlands from Strawberry Banke in Portsmouth, NH to Bug Light Park on Casco Bay, South Portland.

(207) 284-9260

www.eastertrail.org

BIDDEFORD

Clifford Park (FREE)

Route 9

Located a few minutes from downtown Biddeford. There are many trails and a large number of informal trails so bringing a compass is recommended. Trails vary from single to double track and rocky to smooth.

KENNEBUNK

Kennebunk Beach Loop (FREE)

Seven mile round trip loop. Pass by Gooch's Beach, Kennebunk beach, Mother's Beach and Lord's point and finish alongside the Mousam River.

Old Trail Line (FREE)

Behind Village Tavern Restaurant (old Cummings Market) in West Kennebunk
Old train line that is now a dirt path that runs next to Village Tavern. Some of the trails branch off as you head north. The terrain is flat and easy to ride. You can see the Mousam River about 100 yards behind the restaurant.

Off Road Bike Trails (FREE)

Sea Rd.

The bridle path is a 2-mile flat dirt path that follows alongside the Mousam River in Kennebunk. Use the entrance road to Sea Road School. You can park at the end of the road and head in either direction.

KENNEBUNKPORT

Goose Rocks Beach Loop (FREE)

A beautiful eleven-mile round trip route that goes through Cape Porpoise.

Tyler Brook Conservation Land (FREE)

Off Mills Rd.

Several miles of single and double tracks available for hiking and mountain biking. Parking available for 4-6 vehicles.

<http://kporttrust.org/trails/>

Ocean Avenue and Cape Porpoise (FREE)

Eight mile round trip route. Go through Dock Square with the ocean on your right. Parallel Kennebunk River until Colony Beach and follow Wildes District Road to Cape Porpoise.

OGUNQUIT

Wheels and Waves

161 Main St.

Offers bike, surfboard, wetsuit and paddleboard rentals. The Ogunquit store sells the same products as the wells location except for bikes. The shop is within walking distance of Ogunquit Beach.

(207) 641-2501

www.wheelsnwaves.com

PARSONSFIELD

Backcountry Excursions

42 Woodward Rd.

Mountain biking and guided group rides are available.

(207) 625-8189

www.bikebackcountry.com

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 U.S. 1 in Old Orchard and Route 9 in Saco.

www.exploremaine.org/bike/beaches/sacoriver.shtml

Sanford/Springvale

Crum Cycles

436 Main St., Springvale

Team Crum leads various group rides open to the public, competes in races, and promotes the sport of biking.

(207) 490-3220

Mousam Way Trail System

Sanford

Mountain bike-friendly.

For more information on trails and routes in your area please visit www.bikemaine.org or call (207) 623-4511

WELLS

Wheels N Waves

Route 1

Offers skateboarding, snowboarding, surfing, biking and kayaking rentals. Open Monday through Saturday 9am-7pm. Sunday 9am-6pm.

(207) 646-5774

www.wheelsnwaves.com

YORK

Harbor Adventures

York Harbor

Offers sea kayaking, canoeing and biking tours along the coast of Southern Maine. Explore islands, estuaries, the rocky coastline and beautiful harbors!

(207) 363 8466

www.harboradventures.com

DANCING

Dancing is a fun way for people of all ages to get and stay in shape!

ALFRED

The Konservatoriet Dance Studio

4 Waterboro Rd.

(207) 324-6391

BIDDEFORD

Dance House Production

2 Main St., Suite 1

Offers classes in jazz, clogging, hip-hop, ballet, tap, modern, and pointe for grades preschool through high school.

(207) 282-6769

www.dancehouseproductions.com

Email: npaquet@dancehouseproductions.com

GetUp-N- Dance Studio

285 Main St.

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.

(207) 229-3398

www.getup-n-dancestudio.com

email: missieadams@hotmail.com

**For information on ballroom and Latin dancing call:

(207) 838-1180 or visit: <http://northeastdancing.com>

email: info@northeastdancing.com

The Academy of Dance

25 River Rd.

Offers classes in ballet, tap, Irish step, hip-hop, lyrical, jazz, and parent & child music and movement. Ages 2 through adult welcome.

(207) 283-1662

www.theacademyofdance.org

email: info@theacademyofdance.org

BUXTON

All That Dance

192 River Rd, Route 112

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

(207) 727-6350

www.allthatdanceme.com

KENNEBUNKPORT

Scottish Country Dancing

Community House, Temple St.

October through June. Not appropriate for children under 10. Wear soft-sole shoes.

Beginners' welcome.

Call Merrill at (207) 839-8637

email: mhender1@maine.rr.com

KITTERY

The Dance Annex

506 Blue Star Memorial Highway, Route 1

(2nd floor of the Take Flight Adventure Park)

Classes are offered in ballet, pointe, contemporary, jazz, tap, and belly dancing.

(718) 928-4124

www.thedanceannexstudio.com

The Dance Hall

7 Walker St.

Classes are offered in Jazz, tap, West African drumming, West African dance, hoop dance, ballroom, and more.

(207) 703-2083

www.thedancehallkittery.org

SACO

Steppin' Out Dance Centre

308 Main St.

Open Monday Through Saturday. Classes from beginner through professional levels including ballet, tap, jazz, street funk, pointe, modern, lyrical, African, clogging, Irish step, and hip-hop competition teams.

(207) 283-2450

www.steppinoutdancecentre.com

email: steppinout@onecommail.com

SANFORD/SPRINGVALE

Diane's School of Dance

751 Main St., Sanford

Preschool, ballet, jazz, lyrical, hip-hop, "hot mammas", "hot dads", and more.

(207) 324-9450

Jazz Tappin Dance Academy

Zumba, hip-hop, jazz, lyrical and ballet.

(207) 324-0787

www.jazztappin.com

Sanford Community Adult Education

12 King St., Springvale.

Classes are held at various locations throughout Sanford-Springvale

Various dance classes offered each session. Call for current schedule.

(207) 490-5145

www.sanfordlearns.org

SOUTH BERWICK

Brixham Danceworks

Route 236, across from Marshwood High School

Classes ranging from serious to recreational dance. Classes are offered in ballet, pointe, jazz, tap, hip-hop, modern, lyrical, and break. Dance camps are also offered.

(207) 384-2147

www.brixhamdanceworks.com

EVENTS

Local town events are a great way to get involved with your community. Most towns have annual events that are tons of fun for everyone! For a full listing of events it would be best to contact your town parks and recreation department or the town hall (listed at the end of this booklet) to be sure not to miss out on anything! Also the dates and times may change each year so please be sure to check first!

ACTON

Acton Fair

Route 109, Acton Fairgrounds

August 22-25

4-H, pig scramble, horse & ox pulling, parade, 5k-road race and other activities.

www.actonfair.net

Acton/Shapleigh Lions Club 5k Run/Walk

July 27th - Shapleigh Fire Station

Proceeds benefit the Acton/Shapleigh Lions Charity Fund.

Contact: Doris Brown (207) 324-4891 for registration details and fees.

BIDDEFORD

Annual Biddeford South Street Festival

South St. and Green St.

Free festival. There is live music, a petting zoo, food and events. Noon-5pm

info@biddeford.org

LaKermesse

A summer celebration of the Franco-Americaine heritage.

<http://www.lakermessefestival.com/>

CORNISH

Apple Festival

Thompson Park, Route 25

Last Saturday in September

Free festival that offers food and craft booths, music, dancing and children's activities.

Strawberry Festival

Thompson Park, Route 25

4TH of July weekend

Free festival.

(207) 625-7116

ELIOT

Eliot Festival & 5-K Road Race

State Rd.

Parade, kids run, 5k, food and other events and activities.

www.eliot5kandfestival.com

(207) 439-5033

KENNEBUNKPORT

Christmas Prelude

Dock Square

Beginning of December

This 10-day holiday celebration is truly magical and one of the reasons why Kennebunkport was rated as the #2 Christmas town in America by HGTV. The town captures the Christmas spirit with caroling, tree lightings, carriage rides, and various concerts and activities!

Walk the Port

Dock Square

This is a day where local businesses open their doors to the locals before “tourist season” hits and offer free samples and live entertainment.

Held in May. Visit the town site closer to May for exact date and more information.

KITTERY

Kittery Block Party

Downtown Kittery

5-K race, entertainment, games; bounce houses for the children and much more!

Held in June. Visit site closer to event for exact date and details.

www.kitteryblockparty.org

Kittery Fire Association 5-K Run & Walk

8 Cove Landing

5-K, kids fun run, awards, raffles, food and fun for the whole family.

Held in May.

www.kittery5k.com

LEBANON

Lebanon Community Festival

Each year the Lebanon Rescue Department sponsors a community festival to bring the community together. This is a free event with lots of activities for the whole family!

Held in May.

(207) 608-5614

LIMERICK

St. Matthews' Fair

St. Matthews is located on Dora Ln., across from the Limerick Supermarket on Route 11.

Held the last full weekend in July.

This is a fun-filled weekend for all. BBQ, auctions, games, family entertainment, food stands and more. Fees are charged for some events.

LIMINGTON

Annual 4th of July Celebration

Junction of Route 11 and 25

July 4th parade begins at 10 am from the Old Town Hall at the intersection of Route 117 and 11. Music, games, and festivities take place after the parade. Fireworks at dusk at Webster's Mill Pond.

LYMAN

Spring Fling

Takes place on a Saturday in May; keep an eye on the local newspaper.

This annual event is sponsored by Lyman Parks and Recreation in conjunction with the Lyman/Dayton Lions' Club. The Spring Fling combines lots of fun and family friendly activities including a pancake breakfast, community yard sale with book and craft tables, a "kids fun run," bean supper, and much more.

NORTH BERWICK

Easter Egg Hunt

Saturday before Easter Sunday

Each spring the Easter Bunny visits North Berwick and hides eggs for the children to find. There are three different age groups of egg seekers, and the Easter Bunny sticks around for a meet and greet and photo opportunity. The eggs contain candy, trinkets, or even prize numbers to be redeemed. After opening the eggs everyone is welcome to stick around and enjoy refreshments. Visit the town website closer to Easter for more details and volunteer information!

Mill Field Festival

Downtown Mill Field area.

Held the third Saturday of August. A 5k-road race is held in the morning. You will find craft and food vendors, music entertainment, fireman's BINGO, antique cars, a quilt show and kids activities. Visit the town website closer to the event for a full list of activities and events and ways to volunteer!

Tree Lighting Ceremony

Mill Field Area

Saturday after Thanksgiving

Santa comes to town! Children can visit with him and Mrs. Claus, enjoy a hayride, take part in a gingerbread house or lego building contest. There is a Marcus Gale holiday concert, refreshments by Boy Scout Troop # 312, raffles, and contests. At 5pm the Christmas Tree next to the gazebo and the tree at the Town Hall will be lit!

**** Santa Letters can be placed in the special mailbox at the tree lighting event and will be sent to the North Pole, where Santa will read them and write back a custom response to each child that wrote one!

Halloween Howler

Mill Field Area.

Saturday before Halloween from 4pm - 6pm.

Costume contest at the gazebo, parade, trick or treating, pumpkin carving and decorating contest, carnival games, lots of goodies to eat, and a “scary tent” to visit!

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.

(207) 934-9068

email: opa@oceanpark.org

PARSONSFIELD

Lilac Festival

Ossipee River in Kezar Falls

Saturday of Memorial Day weekend; 9am-6:30pm.

Artisans, crafters, children’s activities, music by the river, bake sale, rhubarb bake-off. Ends with a chicken barbeque at the Fire Barn behind Porter Town Hall.

SANFORD/SPRINGVALE

Healthy Kids Day

Sanford-Springvale YMCA

Second Saturday in April

Games, interactive fitness activities, open swim and face painting. Call for schedule of events and to inquire about Community Open Houses, which occur throughout the year.

(207) 324-4942

Sanford 4th of July Celebration

Most activities take place in Gowen Park (Main St., Sanford)

July 3rd and 4th Music, fireworks (over Number One Pond on July 3rd), parade (July 4th at 10am, Main St., Sanford), entertainment and water ski show (Number One Pond). Check the local papers for schedule of events.

Holly Daze

Downtown Sanford

First weekend in December

Parade, children’s crafts and games and retail promotions. Check local papers for schedule of events or contact the Sanford Springvale Chamber of Commerce.

(207) 324-4280

Summah Daze

Downtown Sanford

First weekend in August

Car show, music, vendors, and children's entertainment. Check local papers for schedule of events or contact the Sanford Springvale Chamber of Commerce.

September Stampede 5k Road Race

Begins at Sanford-Springvale YMCA (1 Emile Levasseir Dr., Sanford)

5K race and Family Fun Run in September. Call for details.

(207) 324-4942

SHAPLEIGH

Shapleigh Community Days

Shapleigh Commons

Held the last Saturday in June

This is a day of fun for all ages; craft fair, art show, bake sale, games, parade, race and entertainment.

SOUTH BERWICK

South Berwick Strawberry Festival

Saturday June 29th

A yearly event filled with entertainment, food, artisans, and strawberry shortcakes! This fun event brings the community together with an emphasis on volunteerism. 9am-4pm.

www.southberwickstrawberryfestival.com

WATERBORO

Taylor House 1850 Museum

At the intersection of Route 5 and Old Alfred Rd.

Free tours of the house are given from Memorial Day to Labor Day, 1-3pm each Saturday.

The house is in its original state with furniture and decorations from the 1850's.

Waterboro Old Homes Days

Massabesic High School, 88 West Rd., Waterboro

Held the 2nd Saturday in July

This fun-filled family day includes music, dancing, a parade, and talent show and ends in the evening with fireworks.

WELLS

Wells Harbor Park

Harbor Rd., north of Wells corner.

Summer concerts take place on Saturdays beginning at 6:30 pm, during July and August.

Picnic tables, playground and a dock are just a short walk away.

Harbor Fest

Wells Harbor

Second weekend in July

Family fun, activities and entertainment including a chicken barbeque.

Summer Solstice Craft Shows

Wells Elementary School, Route 109 (July, September)

Wells Junior High School, Route 1 (November)

Held in the beginning of July, September and November. All shows 10am-4pm, rain or shine.

Free admission and parking.

(207) 646-5172

smosolstice@aol.com

Events at Wells Reserve at Laudholm Farm

The Wells Reserve hosts several outdoor events throughout the year. Some of the bigger events include Winter Wildlife Day in February, Earth Day Celebration in April, the prestigious Laudholm Nature Crafts Festival the weekend after Labor Day, and Punkinfiddle Family Festival held on National Estuaries Day in September.

(207) 646-1555

www.wellsreserve.org

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 the Maine Department of Inland Fisheries and Wildlife. www.maine.gov/ifw/licenses_permits/fishing.htm

BIDDEFORD

Rotary Park (FREE)

Outer Main St.

The Saco River flows by the park and fishing is permitted.

Wilcox Pond (FREE)

Near St. Joseph's Cemetery on West St.

There are always people fishing here. It is a great place to teach children how to fish.

Parking is difficult; you must be off the road/pavement.

HOLLIS

Killick Pond (FREE)

Killick Pond Rd.

Wetland area with forested shores open for freshwater fishing. During the wintertime ice fishing is available from ice formation in the fall through March 31.

Deer Pond (FREE)

Off Route 117

Ice fishing from January 1 - March 31, weather permitting.

KENNEBUNK

Parsons Beach (FREE)

Parsons Beach Rd. in Kennebunk (off of route 9)

The Mousam River exits alongside the beach with lots of nooks and crannies to fish.

KENNEBUNKPORT

Arundel (Colony) Beach (FREE)

Ocean Ave, 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!

KITTERY

AJ's Guide Service

10 Lewis Rd.

Al Johnston is a guide who is experienced in hunting and saltwater fishing. Call for more information.

(207) 439-2517

www.ajsguideservice.net

LIMERICK

Lake Arrowhead

Public Launch off Route 5

Narrow Lake with great bass fishing

Sokokis Lake

Off Route 5 on Washington St.

Good fishing and public boat launch on Route 11 in Limerick Mills.

Pickerel Pond

Route 5 on Central Ave.

Great Fishing.

LIMINGTON

River Bend Guide Service

793 Sokokis Ave.

Master Maine Guide; Dave Fecteau.

(207) 675-3469

fishing@riverbendguide.com

www.riverbendguide.com

Sawyer Mountain

Accessible on foot from Route 117 via the abandoned Sawyer Mountain Road.
The land is open for public use for hiking, hunting, fishing, snowmobiling, and cross-country skiing on the existing trails.

www.fsht.org

OGUNQUIT

Bunny Clark Deep Sea Fishing

Perkins Cove

Visit the site and see pictures of some of the great catches! Call or look at the website for rates and more information.

(207) 646-2214

www.bunnyclark.com

OLD ORCHARD BEACH

Milliken Mills Pond (FREE)

Many people fish off of the bridge at the end of the pond.

Cascade Falls (Free)

Cascade Rd.

This used to be a small zoo. There are trails for hiking and old animal cages may still be seen. There are several streams to fish.

PARSONSFIELD

Guided Outdoor Recreational Programs

Ron St. Savior, Registered Maine Guide

Hunting, fishing and canoeing guide.

(207) 793-2652

<http://southernmaineguideservice.com>

SACO

Camp Ellis Pier (FREE)

Route 9 in Camp Ellis

Great place to take in the view, walk out on the pier, fish, or watch others try their luck at fishing.

SANFORD/SPRINGVALE

Bauneg Beg Lake

Berwick Rd., Sanford

Offers canoe access and fishing for bass, sunfish, and pickerel.

Curtis Lake

Westview Dr., Sanford

Shallow-water fishing and canoe launch.

Number One Pond

William Oscar Emery Dr., Sanford

Offers a canoe launch and shallow-water fishing for bass, crappie, pickerel, and sunfish.

Littlefield Pond

Emmons Rd. (off Littlefield Rd.), Springvale

A small pond; good for fishing.

Mousam Lake Region Association

Springvale

Holds kids fishing derby. Check local papers for more detailed information.

www.mousamlake.org

WELLS

Drakes Island Beach

Drakes Island Rd. (off Route 9)

Fishing off the jetty is permitted.

Bretons Bike & Fly Shop

879 Post Rd. (Route 1)

Guided tours of fly-fishing and spin casting.

(207) 646-4255

www.bretonsfly.com

GOLFING

Golf can be great for your health and your heart! If you walk the course and carry or pull your clubs you will burn even more calories!

ARUNDEL

Dutch Elm Golf Course

5 Brimstone Rd.

18 hole course and driving range. Open April – November.

(207) 282-9850

www.dutchelmgolf.com

email: golf@dutchelmp.com

BERWICK

The Links at Outlook Golf Course

#10 Route 4

Golf in the Scottish tradition, 18-hole championship links style golf and function site.

(207) 384-4653

www.outlookgolf.com

HOLLIS

Salmon Falls Country Club

Salmon Falls Rd. (off Route 202)

9-hole course.

(207) 929-5233

www.salmonfalls-resort.com/golfcourse.html

email: info@salmonfalls-resort.com

KENNEBUNK

Webhannet Golf Club

26 Golf Club Dr.

18-hole course and driving range. Limited public play. Open mid-April to mid-October

(207) 967-2061

www.webhannetgolfclub.com

email: webhannet@roadrunner.com

Hillcrest Pitch & Putt

77 Western Ave.

Open April through October from 8am to dusk. Driving range and 18-hole mini Par 3 course.

Bring your own clubs or borrow them.

(207) 967-4661

www.hillcrestgolf.net

email: golf@hillcrestgolf.net

KENNEBUNKPORT

Cape Arundel Golf Course

19 River Rd.

18-hole course. Open mid-April to November.

(207) 967-3494

www.capearundelgolfclub.com

email: info@capearundelgolfclub.com

OLD ORCHARD BEACH

Dunegrass Country Club

200 Wild Dunes Way (off Ross Rd.)

18-hole course.

(207) 934-4513

www.dunegrass.com

email: info@dunegrass.com

Pirates Cove Adventure Mini-Golf

70 First St.

Open May through October. 36 holes.

(207) 934-5086

www.piratescove.net/location/8

PARSONSFIELD

Golf at Province Lake

Route 153

(207) 793-4040

www.provincelakegolf.com

SACO

Biddeford & Saco Country Club

101 Old Orchard Rd.

18-hole course. Open April 15 - November 15.

(207) 282-5883

www.bscc.ghinclub.com

email: office@biddefordsacocountryclub.com

Deep Brook Golf Course

36 New Country Rd., Route 5

9-hole course.

(207) 283-3500

www.deepbrookgolfcourse.com

Schooner Mini-Golf

58 Ocean Park Rd.

18 hole mini-golf course and batting cages.

(207) 284-6174

www.schoonerminigolf.com

SANFORD/SPRINGVALE

Sanford Country Club

588 Country Club Rd. (Route 4) Sanford

Public 18-hole course with driving range.

(207) 327-5462

Mountain View Golf Range

1569 Main St., Sanford

An 18-hole mini golf course with driving range, batting cages, and arcade.

(207) 324-0436

Pine Hollow Par 3

548 Main St., Sanford

Public 18-hole, par 3 golf course.

(207) 324-5271

Shaw's Ridge Mini-Golf & Driving Range

55 Shaw's Ridge Rd. (Route 224), Sanford

Driving range and 18-hole landscaped miniature golf.

(207) 324-2600

www.shawsridgefarm.com

WELLS

Old Marsh Country Club

445 Clubhouse Road (675 Littlefield Road Wells, ME for GPS directions)

18-hole, semi-private golf course

(207)251-4653

http://www.harrisgolfonline.com/oldmarshcountryclub_index.php

Merriland Farm Par 3

Coles Hill Rd.

A challenging 9-hole course with sand traps, water and hazards. Open May to October.

(207) 646-0508

Sea-Vu Mini Golf

1733 Post Rd. (Route 1)

Beautiful 18-hole course. Plenty of parking. Open to public 10am to 10pm daily (in season).

(207) 646-7732

Wells Beach Mini Golf

1000 Post Rd. (Route 1; next to McDonalds)

18-holes, spin for a free game, waterfalls, brooks, caves and bridges. Handicap accessible.

Open to public May through October 15th, 9am-10pm.

(207) 646-7570

Wonder Mountain Golf Course

Route 1; (opposite Moody Post Office)

Adventure mini-golf and arcade. Day and night time golf.

Open daily from Memorial Day through Columbus Day.

(207) 646-9655

www.wondermountainfunpark.com

YORK

The Ledges Golf Club

1 Ledges Dr.

Par 72 golf course with spectacular views, beautiful pine trees and great course conditions.

Public is welcome!

(207) 351-3000

www.ledgesgolf.com

Cape Neddick Country Club

650 Shore Rd

18-holes, original Donald Ross design, restaurant, pro-shop, driving range, semi-private, tee times available for public, call for availability.

(207) 361-2011

www.capeneddickgolf.com

HORSEBACK RIDING

Horseback riding is a fun and mentally stimulating way to get exercise. Sir Winston Churchill once said, "There is something about the outside of a horse that is good for the inside of a man."

Make sure you take lessons if you are new to horseback riding and don't forget to wear the proper safety gear!

ARUNDEL

Dream Acres Equestrian Center

181 Irving Rd.

Full service equine facility specializing in dressage. Offers boarding, lessons, training, and summer camps.

(207) 985-0963

www.dreamacresec.com

HI Stepping Equestrian Center

25 High Stepping Ln.

Horseback riding lessons and boarding.

(207) 985-0972

www.histeppingequestriancenter.com

BERWICK

Greystone Stables Inc.

85 Little River Rd.

Horseback riding lessons, boarding and training.

(207) 698-9700

www.greystonestablesme.com

BUXTON

Hearts & Horses Therapeutic Riding Center

63 Justin Merrill Rd.

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.

(207) 929-4700

www.heartsnhorses.org

DAYTON

LaDawn Quarter Horses

Therapeutic Riding and Rehabilitation Center

995 Goodwin's Mills Rd.

Available to people of all ages and disabilities. Scholarships available. Hippo therapy, therapeutic riding, grooming, yoga on horseback and more.

(207) 499-0080

www.ladawntherapeuticridingcenter.com

email: ladawn2@myfairpoint.net

HOLLIS

Mainely Minis Miniature Horse Farm

94 Clarks Mill Rd.

Tours, birthday parties, miniature horse rides, and summer day camps are available.

Mini babies arrive in spring and summer.

(207) 423-2103

www.mainelyminis.com

LYMAN

Equest Therapeutic Riding Center

Spring Creek Farm

Has 150 acres of fields and forest offering a peaceful and nurturing setting.

(207) 985-0374

www.equestmaine.org

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

West Brook Skating Rink

Off Pool St.

Large outdoor skating area, skate rentals, and indoor area with food, beverages, and tables.

(207) 284-9652

Biddeford Ice Arena

Alfred Road Business Park (off Route 111) Public skating is offered during the week and learn to skate programs are available as well. Call for actual times. No skate rentals.

(207) 283-0615

www.biddefordarena.com

Email: info@biddefordarena.com

ELIOT

Dixon Rd.

(Behind the police station)

The rinks are open as weather permits. Signs at rinks will indicate whether the rinks are open or closed. Limited parking.

KENNEBUNK

Rogers Pond (FREE)

Water St.

Picnic area, grills for cooking, fishing, and canoe launch (Mousam River). Ice-skating on the pond in the winter.

Waterhouse Center (FREE)

51 Main St.

A beautiful, new open-sided 100' x 120' pavilion located in the downtown, this youth and family pavilion will provide four season events and festivals for family and youth. The facility hosts ice skating in the winter and events throughout the rest of the year.

OLD ORCHARD BEACH

Milliken Mills Pond (FREE)

Portland Ave.

The pond is about a mile long and a few hundred yards wide. In the winter, ice- skating and hockey are often played here.

SANFORD/SPRINGVALE

Number One Pond

William Oscar Emery Dr., Sanford

The snow is usually cleared away in certain sections to allow for ice-skating.

For additional information, contact the Sanford Parks & Recreation Department.

(207) 324-9130

SHAPLEIGH

Shapleigh Commons

At the junction of Route 11, Back Rd. and Owls Nest Rd.

This is a nice place to ice skate in the winter, day or night.

There are also benches and a gazebo.

WATERBORO

Friendship Park

Old Alfred Rd., East Waterboro.

Between basketball court and little league field.

Call Waterboro Parks and Recreation for more information.

(207) 247-6221

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 a list of safety rules and boating safety courses.

BIDDEFORD

Gone with the Wind

Yates St. and 524 Pool Rd.

Windsurfing and kayaking tours of the Southern Maine coast. Afternoon and sunset tours available.

(207) 283-8446

www.gwtwonline.com

email: goneiwththewind@zwi.net

BUXTON

Pleasant Point Park (FREE)

Simpson Rd.

A great place to canoe or kayak along the Saco River.

OGUNQUIT

World Within Sea Kayaking

17 Post Rd.

Kayak and paddle board rentals and lessons right on the Ogunquit River near the Rachel Carson Wildlife Refuge. Peaceful area with lots of wildlife, you are sure to see different birds and if you are lucky you may even spot a deer or a moose all without leaving your boat!

(207) 646-0455

www.worldwithin.com

OLD ORCHARD BEACH

Milliken Mills Pond (FREE)

Portland Ave.

Canoes and other small boats are often seen on this pond.

WELLS

Wells Reserve

ADDRESS

Registered Maine Guides and naturalists lead kayak tours of the Little River estuary from spring through early fall.

(207) 646-1555

www.wellsreserve.org

YORK

Harbor Adventures

York Harbor

Offers sea kayaking, canoeing and biking tours along the coast of Southern Maine. Explore islands, estuaries, the rocky coastline and beautiful harbors!

(207) 363 8466

www.harboradventures.com

Strawberry Island

From route 103 take your first right onto Harris Island Rd. Strawberry Island is on your left just past Town Dock #1 and before Town Dock #2. A great place to put your kayak or canoe in and explore!

ORCHARDS, FARMS, U-PICK FRUITS & VEGGIES, AND COMMUNITY GARDENS

ACTON

Blueberry Hill Farm

Off Foxes Ridge Rd.

Pick your own from ten acres of high bush blueberries. Open mid-July through September from 8am-5pm. Apples are available September through mid-October. Restrooms and bus parking are available.

(207) 457-1151

Kelly Orchards, Inc.

82 Sandborn Rd. (Route 109)

You can pick apples, pumpkins, raspberries, blueberries, and winter squash. Pre-picked produce is also available. Open mid-August through November.

(207) 636-1601

Romac Orchards

H Rd.

Pick apples and enjoy free hayrides.

(207) 636-3247

ALFRED

Giles Family Farm

Route 202

Pick your own apples and pumpkins. Open Labor Day weekend through mid-October. 9am-5pm daily.

(207) 324-2944

Notre Dame Institute

Route 202 between Alfred and Waterboro

Apples and blueberries. Open Labor Day through October 15. 9am-5pm daily. Blueberries are available mid-July through August.

(207) 324-2983

BIDDEFORD

Seasonal Corner

11 Benson Rd.

Farm and farm stand. MOFGA certified organic producer of fresh vegetables, herbs, and berries. Open June 20 to September 28.

Email: dbedard1@maine.rr.com

Shady Brook Farm

West St.

Farm and farm stand. Open from late April to October.

(207) 282-2119

Email: rrhames@xpressamerica.net

BUXTON

Maple Shade Farm

Webster Rd.

Pick your own blueberries.

(207) 929-5194

CORNISH

Maple Hill Farms

Maplehillfarm@adelphia.net

DAYTON

Pumpkin Valley Farm

Union Farms Rd.

Farm, corn-maze, animals, jumping pillow, and more. Open weekends September through October from 10am-6pm.

(207) 929-4088

www.pumpkinvalleyfarm.com

email: angela@pumpkinvalleyfarm.com

Snell Family Farm

1000 River Rd.

Pick your own apples September through mid-October. Pick your own raspberries in the summer. Closed during the winter and opens mid-April.

(207) 929-6166

www.snellfamilyfarm.com

email: info@snellfamilyfarm.com

Harris Farm

289 Buzzell Rd.

Scenic hayrides to pick-your own pumpkin patch on Sundays; walk, drive or pull a wagon any other day. Gourds, corn stalks, and fall decorations available. Open June through Columbus Day, 9am-6pm daily, and Columbus Day through May 11am-6pm daily.

(207) 499-2678

email: Rachel@harrisfarm.com

KENNEBUNK

Days Meadow Farm

889 Alewife Rd. (Route 35)

Farm and farm stand. Open May to November. Days Meadow Farm produce is also available at the Kennebunk Farmers Market.

Kennebunk Farmers Market

Main Street (Route 1); (Municipal lot beside the Kennebunk Inn)

Saturdays 8am - 1pm, May to mid-October

(207) 646-5926

LIMERICK

Libby & Son U-Pick

Follow U-pick signs off Route 11 in Limerick

Pick your own apples and blueberries. Open July through October, 8am - 5pm daily.

(207) 793-4749

LIMINGTON

Brackett Orchards

Route 11

Early September through the end of October. Bring the family and pick from the variety of apples. Enjoy hayrides, apple donuts, cider, and pumpkins on most weekends.

Call for hours: (207) 637-2377

<http://www.brackettsorchards.com/>

Dole Orchards

Doles Ridge Rd. (between Route 11 and 117)

Pick your own apples, peaches, plums, raspberries, blueberries, and strawberries.

Call for hours and what fruit is in season and available for picking!

(207) 793-4409

www.dolesorchard.com

SACO

Log Cabin Perennials

103 Lincoln Rd.

Farmstand. Open July 10 through September 30.

(207) 282-1174

Saco Farmers Market

Saco Valley Shopping Center

Wednesdays and Saturdays 7am - Noon from mid May to October 31.

Call for more information: (207) 283-3222

www.sacofarmersmarket.com

SANFORD/SPRINGVALE

Lavigne Strawberry Farm

158 Whichers Mill Rd., Sanford

Start picking around June 24th usually through the first week in July.

(207) 324-5497

McDougal Orchards

Hanson Ridge Rd., Springvale

Nectarines, pears, plums, fall raspberries, pumpkins, flowers, and apples. Drive your car into the field and pick your own fruit in a historic farm setting. Mostly dwarf trees provide easy picking. New varieties added frequently. Open daily 9am - 5pm from August to October.

Bus parking available.

(207) 324-5054

mcdorch@gwi.net

SOUTH BERWICK

COMMUNITY GARDEN

Willow Dr. (behind the soccer fields)

Call for information regarding fees, rules and other gardening information.

(207) 384-5258

WELLS

Spiller Farms

Route 9A

Pick all kinds of berries, beans, apples and pumpkins.

(207) 985-2575

PAINTBALL

The sport of paintball is fast paced, exciting, and fun, but it is important to remember that safety plays an important role in making it so fun! Make sure to wear the proper attire and understand all of the rules and safety precautions before going out!

DAYTON

Harris Field

271 Buzzell Rd.

Harris Field is an insured airsoft field that includes 55 acres of hills, streams, mature trees, trails, bridges, bunkers, tents, and a swamp and large gully.

YORK

Birch Hill Paintball

76 Birch Hill Rd.

Rentals, group rates, multiple fields ranging from woods, urban and airfield. Open Saturdays and Sundays 10am - 4pm

(207) 363-6416

www.birchhillpaintball.com

PLAYGROUNDS & 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 can be found at the end of this guide.

ALFRED

Alfred Recreation Park

Off Route 111

Outdoor basketball courts, public tennis courts, ball field, and playground.

Open to the public dawn to dusk.

BERWICK

Memorial Field (FREE)

25 Sweetser St.

The park includes three baseball fields, a multi-purpose field, soccer field, two playgrounds, a basketball court and a handball court. There is a large pavilion and concession stand run seasonally by the volunteer sports league.

Open dawn to dusk.

BIDDEFORD

Brother Richard Herbert Field (FREE)

Maplewood Ave, Biddeford High School

The park has a track and a football field.

Clifford Park (FREE)

Pool St.

The Park has tennis courts, basketball courts, playground and easy walking trails. A great picnic spot.

Mayfield Park (FREE)

May St.

The park offers a playground, lighted tennis courts, and basketball courts. A fun place for sledding in the winter.

Rotary Park (FREE)

Outer Main St.

The park has swimming, playground, skateboard park, and softball field. It also offers hills for sledding in the winter.

St. Louis Field (FREE)

284 Hill St.

There is both baseball fields and soccer fields (seasonally).

William A. Doran, Sr. Park (FREE)

Main and South St.

Park has a playground, softball field and field hockey field.

Waterhouse Field (FREE)

The corner of West and Prospect fields

There is a football field here.

BUXTON

Bonny Eagle Park (FREE)

Proprietor's Rd.

On the banks of Bonny Eagle pond. Boat ramp, sandy beach with shallow water and picnic tables. A great place for young children to learn to swim.

Carroll Park (FREE)

Flaggy Meadow Rd. and Hurlin Smith Rd.

The park includes a baseball field, picnic area, playground, basketball courts, and walking paths that circle the 4.8 acres of property. Open from sunrise to sunset.

Estes Park (FREE)

Chicopee Rd.

Softball field, picnic tables, off-street parking

Pleasant Point Park (FREE)

Simpson Rd.

The gem of all parks in Buxton. The 65-acre park borders the Saco River. Benches, walking trails, ancient burial ground of early settlers, rope swing, picnic tables, boating, swimming and hiking available.

Town Farm Park (FREE)

Town Farm Rd.

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 facilities. Limited parking.

ELIOT

Hammond Park

11 Dixon Rd.

There is a gazebo here. Parking is available at the elementary school during non-school hours and Town Hall during school hours (spaces away from the front of the building).

William Murray-Rowe Park

510 River Rd.

Baseball field, multipurpose field, picnic tables, electricity, well water, and portable toilets.

Dixon Rd. Rec Area

11 Dixon Rd.

Encompasses Hammond Park, sand volleyball court, horseshoe pits, skate park and ice-skating rink are nearby.

Frost Tufts Park

195 Old Rd.

Pavilion (available for rent), basketball courts, tennis courts, playground, multi purpose playing field, baseball field, picnic tables, portable toilets, power and electricity.

KENNEBUNK

Lafayette Park (FREE)

Storer St.

Picnic tables and open field.

Open dawn to dusk.

Lloyd G. Nedeau Memorial Park (FREE)

Route 99 (Clearbrook Crossing), Kennebunk

Basketball courts, playground, picnic area, baseball and open fields.

Dawn to dusk.

Lower Village Park (FREE)

159 Port Rd. (behind Fire House)

There are basketball courts, baseball field, open fields and a playground.

Mother's Beach (FREE)

Beach Ave.

New playground by the beach area.

Park Street Park

Park St.

Tennis courts, swings, baseball field, lighted basketball court, volleyball courts, large playground, and picnic area. 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 St.

There is a picnic area, grill for cooking, pavilion, fishing, and a canoe launch on the Mousam River. Carry in boat access and ice-skating in the winter.

Rotary Park (FREE)

Water St.

This 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)

86 York St. (Route 1, just south of Kennebunk Village)

Picnic area.

West Kennebunk Recreation Field (FREE)

Holland Rd.

There are tennis courts, a basketball court, playground, and picnic area with grills, baseball and multi-purpose field.

Open dawn to dusk.

KENNEBUNKPORT

Beachwood Park (FREE)

Beachwood Ave., Kennebunkport

There is a playground, basketball courts, tennis courts and a picnic area.

Open 8am – sunset.

Cape Porpoise Firemen's Park (FREE)

On the marsh on Mills Rd.

Softball/little league/baseball field, picnic area and a small playground.

Silas Perkins Park (Free)

Ocean Ave.

On Kennebunk River. There are benches and picnic tables.

LIMERICK

Central Park

Central Ave. (just before the supermarket and airport)

Baseball field, basketball court, playground and picnic tables.

LYMAN

Bunganut Pond Campgrounds

Brock Rd. (off Route 202)

Offers swimming, picnicking, playground, grassy area and short walks on trails. There is an admission per car but less for those walking or riding a bike.

NORTH BERWICK

Mill Field Area

Central downtown

Large, open space for football or baseball with a gazebo in the center.

During holiday season there is a tree lighting. This is also where annual events such as the Halloween Howler, Christmas Tree Lighting and Annual Mill Field Festival are held.

Canal Street Park

Located behind the Mill Field on Canal St.

Basketball court and make shift skateboarding area. Plans for a playground in the near future.

Bruce Abbott Memorial Park

Located on Morrills Mill Rd.

Access to Bauneg Beg Lake too. You can fish from the dock or even launch a canoe, kayak or small boat. There are lots of fish in the lake and it is a great spot to bring the kids to try it out! Be sure to read the rules posted on the fence.

Community Center

264 Lebanon Rd.

This is the largest rec. area in town. Area includes a basketball court, numerous open grassy fields, large pavilion area with picnic tables, swings, toddler fire truck structure and tree house climbing structure for kids. On the backside of the property is an adventure trail that meanders through the woods with bridges and planks to walk on. No dogs allowed.

Guptill Field

Next to the Mary Hurd School.

Baseball field that is used by the North Berwick Athletic Association for Youth baseball and softball. Visit the field in the spring and early summer to watch a game!

OGUNQUIT

Ogunquit Dog Park

Off Berwick Rd.

Great place to bring the dog to run around and interact with other dogs and dog owners!

Open 7am to dusk everyday.

www.ogunquitchdogpark.com

OLD ORCHARD BEACH

Brunswick Hotel Volleyball Courts (FREE)

39 West Grand Ave.

Volleyball courts.

Memorial Park (FREE)

Heath St.

Baseball field, playground, tennis courts, and picnic area.

SACO

Boothby Park (FREE)

Lincoln Rd.

There is a small playground, basketball court and a picnic area.

Diamond Riverside Park (FREE)

Irving St. (off of Pine St.)

Bring walking shoes to hike the trails and your fishing pole for a change of pace.

Jubilee Park (FREE)

Water St.

Entrance is a covered bridge with a night-locked gate. Paved paths and picnic tables.

Handicapped accessible.

Memorial Field (FREE)

Corner of Middle St. and Summer St.

One corner of the field is leased to Saco Little League but it also has tennis courts, softball and baseball fields.

Plymouth Park (FREE)

Plymouth Dr.

Plenty of open space with a trail system. Limited Parking.

Pepperell Park (FREE)

Beach St.

Playground, picnic area with grills, outdoor basketball court, and community garden. Pick-up ballgames often occur here.

Riverfront Park (FREE)

Front St.

Benches, walkways, nature trails and scenic views. A portion is wheelchair accessible.

Limited parking.

Young School Fields (FREE)

North St.

Multi-use fields, play structures, tennis courts, and outdoor basketball court. Parking available.

SANFORD/SPRINGVALE

Benton Park & Playground

Roberts St. (off of Main St. by Dunkin Donuts) Sanford

Little league field, basketball court, and playground.

Carpentier Park

High St., Sanford

Baseball fields, basketball courts, public tennis courts, and playground.

Goodall Park

Roberts St. (off of Main St. by Dunkin Donuts) Sanford
Baseball park; home to Sanford Babe Ruth League, Sanford High School baseball and field hockey teams, and the Sanford Mainers baseball team.

Holdsworth Park

Route 109, Springvale
Outdoor basketball court, supervised swimming, covered picnic area, hiking paths, and playground.

Springvale Playground

Behind 711
Nice shady facility located in a neighborhood in Springvale. Park includes a playground, basketball court, skateboard ramp, and tennis court.

SOUTH BERWICK

Vaughan Woods State Park

28 Oldfields Rd.
A 250-acre forested tract along the scenic Salmon Falls River. This park offers picnic facilities and hiking trails through old growth stands of pine and hemlock.
(207) 490-4079 seasonally

The Raymond & Simone Savage Wildlife Preserve

15 Dover-Eliot Rd. (Route 101, just over the South Berwick/Eliot town line)
26 acres on the Salmon Falls River.
Best and most diverse habitat in the area. Great place for bird watching, try to spot a bald eagle flying overhead!

WATERBORO

Lions Field

Off Route 202 behind the Massabesic Lions' Club
This field host's adult and youth softball games during the summer and peewee football practice during the fall.

Friendship Park

Old Alfred Rd., East Waterboro
A recreational area that consists of picnic areas, a little league field, basketball court, horseshoe pits, and lots of space for outdoor activities.

Gobeil Park

Route 5
This area includes facilities for picnics and cookouts, swimming in Ossipee Pond, and a state authorized boat launch. During the winter, ice fishing is a very popular activity here!

Waterboro Barrens

Off Buff Brook Rd.

Parking is on the left at the end of the road.

This is one of only 20 major Pine Barrens remaining in the world. Native trails offer an opportunity to view various wildlife and vegetation.

WELLS

Wells Recreation Area

Route 9A

There are tennis courts (fee charged), basketball courts, baseball field, picnic area, and a playground for all ages. Trails through the woods are marked and easy to follow. Hiking, running and cross-country skiing are favorites for those who use the park. Snowshoe, cross-country ski rentals and loaner ice skates are available from the Recreation Department.

(207) 646-5826

YORK

York Beach Ball Field

21 Railroad Ave. (next to the York Beach Fire Station)

There is a baseball/softball field here.

Smith Field

Smith Field Ln.

A baseball field is located here.

Bog Road Fields and Facility

Bog Rd. (fields are visible from the road)

There is a playground, baseball and multi purpose fields here.

York High School

1 Robert Stevens Dr.

There are multi-purpose athletic fields here.

(207) 363-3621

York Middle School

30 Oranug Rd.

Multi-purpose/athletic fields available.

(207) 363-4214

Coastal Ridge Elementary School

1 Coastal Ridge Dr.

There is a multi-purpose playing field located here.

(207) 363-1816

Village Elementary

124 York St.

Come play some baseball or softball or any game of your choosing on these multi-purpose fields.

(207) 363-4870

Sohier Park/ Nubble Light

11 Sohier Park Rd.

Diving, fishing, sightseeing, gift shop and restrooms. You can see the very beautiful and well known Nubble Light House from here!

Goodrich Park/ Grant House

200 U.S. Route 1

Picnic and passive recreation area.

Moulton Park

Route 1A

Picnic and passive recreation area. Also "Art in the Park" sponsored by the York Art Association is held here September 14th from 9am-4pm.

Hartley Mason Park

York St.

Beautiful picnic and passive recreation area beside the ocean.

Ellis Park

Ocean Ave.

Playground, outdoor basketball courts, pavilion, gazebo, picnic area and restrooms are available. Just below is Short Sands Beach.

ROPES AND ZIP LINE COURSE

KITTERY

Take Flight Aerial Adventure Course

506 Blue Star Memorial Highway

Aerial adventure and zip line course.

Maine's largest high ropes course with over 60 activities and elements including multi-vines, cat walks, burma bridges, tube nets, swinging tires, swinging platforms and coming soon to the course is a mega swing! There are over a dozen different types of cargo nets to climb up, on, over, across and through. This course is for all abilities. If you are in search of an adrenaline rush this is the place for you!

(207) 439-8838

www.takeflightadv.com

SACO

Monkey Trunks Extreme Aerial Adventure

2 Cascade Rd.

48 challenges that include swinging beams, tight ropes, rolling logs, hanging tires, cargo nets and more! There are 3 zip-lines and a 35-foot high giant swing!

www.monkeytrunks.com

SKATEBOARDING

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 St.

Ramps, pipes and a pyramid. Call Biddeford Parks and Recreation for more information. (207) 282-4167

ELIOT

Dixon Rd.

Open 9am - 6pm during the school year and 9am - 7pm in the summer

Features a rectangular bowl, hubba ledge, flat bank ramps, quarter pipe, flat rails, multi level rail, and small box. Open for skateboarding and inline skating only.

Registration is now required. A yearly fee of \$5 for residents and \$15 for non-residents. The park is unsupervised therefore the use of the park is at your own risk. Park rules and registration info can be found at: www.eliotcsd.org/facilities/parks/skatepark.html

KENNEBUNK

Skateboard Park (FREE)

Factory Pasture Ln.

If you are not participating, you can enjoy watching the fun!

YORK

York High School (FREE)

1 Robert Stevens Dr.

Skate board park available.

(207) 363-3621

SKYDIVING

LEBANON

Skydive New England

40 Skydive Ln.

This is a full service skydiving center. Skydiving lessons, tandem jumping and accelerated free fall programs are available. Video and still pictures of your jump are available. Free camping/ host bonfires and BBQ nights throughout the summer. Whether you are a first time jumper or an experienced skydiver this is the place for you!

(207) 339-1520

www.skydivenewengland.com

SURFING

BIDDEFORD

Fortunes Rocks Beach

Fortunes Rocks Rd.

Good for surfers of all levels with medium quality surf.

KENNEBUNK

Gooch's Beach

Beach Ave.

Permit required for parking during summer season. Best waves come in the winter and following Nor'easters. Advanced skill during winter swells is suggested and should be avoided by beginners.

OGUNQUIT

Wheels and Waves

161 Main St.

Offers bike, surfboard, wetsuit and paddleboard rentals. The Ogunquit store sells the same products as the wells location except for bikes. The shop is within walking distance of Ogunquit Beach.

(207) 641-2501

www.wheelsnwaves.com

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. This is a good thrill for the more advanced surfer. Look at the OOB surf report to check swells and winds before you head out.

YORK

York Beach

SWIMMING (also see BEACHES)

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 Rd.

Indoor hotel pool is open to the community with daily fee. Weekly and monthly passes are available.

(207) 294-6464

YMCA of Southern Maine- Northern York County Branch

3 Pomerleau St.

Swimming lessons and open swim.

(207) 283-0100

Rotary Park (Free)

Outer Main St.

In the summer, swimming is possible.

University of New England- Campus Center

11 Hills Beach Rd.

Swimming lessons available.

(207) 602-2246

BUXTON

Bonny Eagle Pond (FREE)

Proprietor's Rd.

Sandy beaches with shallow water and a slow current. This is a great place for kids to learn how to swim.

Pleasant Point Park (FREE)

Simpson Rd.

The Saco River runs through this park and is a great place to go for a swim to cool off in the summer. You can also put in your canoe or kayak here!

KENNEBUNK

Kennebunk Beach Improvement Association (KBIA)

Swimming lessons, and free swim times for members. Outdoor pool near the ocean. Open for season June 15.

www.kbia.net

email: info@kbia.net

Quest Fitness

2 Livewell Dr.

4 lane saltwater pool. Swimming lessons and water aerobics classes with membership fees. (207) 467-3800

<http://questfitnessmaine.com/>

KENNEBUNKPORT

Rhumb Line Motor Lodge

41 Turbats Creek Rd.

Hotel pool is open to the community. Monthly and yearly passes. Indoor and outdoor pools. (207) 967-5457

www.rhumblinemaine.com

email: info@rhumblineresort.com

OLD ORCHARD BEACH

Ocean Walk Hotel

197 East Grand Ave.

Hotel pool is open to the community for a daily fee. Indoor pool. (April - October). (207) 934-1013

www.oceanwalkhotel.com

SACO

Saco Sport and Fitness

329 North St.

Pool is open to the community for a daily fee. Outdoor pool. Swim lessons are available. (207) 284-5953

www.sacofitness.com

email: info@sacofitness.com

SANFORD/SPRINGVALE

Sanford-Springvale YMCA

1 Emile Levasseur Dr., Sanford

Olympic-sized indoor swimming pool. Community events offered periodically throughout the year. Classes include water fitness programs for all ages (non-member rates available), youth/teen aquatic fitness fun class free of charge (space limited), swimming lessons (non-member rates available) and American Red Cross lifeguard classes.

(207) 324-4942

www.sanfordymca.org

TENNIS

ACTON

Town Hall

35 H Rd.

Outdoor tennis courts; membership required.

(207) 636-3131

ALFRED

Alfred Recreation Park (FREE)

Off Route 111

Outdoor basketball courts, public tennis courts, ball field, and playground.

Open to the public dawn to dusk.

BIDDEFORD

Clifford Park (FREE)

Pool St.

Public tennis courts to the right of the parking lot.

Memorial Park (FREE)

130 May St.

Public lighted tennis courts. Lights will be shut off by 10:30 p.m.

BUXTON

Weymouth Park (FREE)

Intersection of Routes 202 and 112

There are public tennis courts here.

KENNEBUNK

Park Street and Dana Street (FREE)

Tennis courts are off to the side.

West Kennebunk Recreation Field (FREE)

Holland Rd.

Public tennis courts

KENNEBUNKPORT

Beachwood Park (FREE)

Beachwood Ave.

Public tennis courts

OLD ORCHARD BEACH

Temple Avenue (FREE)

Public tennis courts

SANFORD/SPRINGVALE

Benton Park (FREE)

Roberts St., Sanford,
Two tennis courts. Plenty of on-site parking.

Gowen Park (FREE)

Main St., Sanford
Three public tennis courts with on-site parking. Be advised these courts are used by the school tennis team for practices and matches so plan accordingly.

Oak St. Park (FREE)

Springvale, across from Fire Station
Plenty of parking in Springvale Commons Business Park.

Carpentier Park (FREE)

High St., Sanford
Two courts open to the public from dawn to dusk, parking available.

WATERBORO

Massabesic High School (FREE)

88 West Rd.
Three tennis courts are available for use at certain times. For information on public use times call the Waterboro Parks & Recreation Department.
207-247-6199

YORK

York High School (FREE)

1 Robert Stevens Dr.
Tennis courts are available to the public.

WALKING AND HIKING

Check the local historical society for information about historic buildings, exhibits, and tours. It's a great way to learn about the area in which you live. Cemeteries can also be interesting and educational to explore. It is enjoyable to look for the earliest birth dates and talk about what may have been going on around that time in history!

BIDDEFORD

Clifford Park (FREE)

Pool St.
Easy walking trails.

Rotary Park (FREE)

Outer Main St.

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 Light-house, the 4th oldest in Maine. There is limited parking, Visitors are welcome from sunrise to sundown. Dogs are not allowed.

www.sacobaytrails.org/biddefordpool.shtml

Eastern Trail (FREE)

Entrance and parking behind Southern Maine Medical Center.

Miles of wide trail, perfect for walking, running, or biking. Dogs are welcome.

www.eastertrail.org

BUXTON

Carroll Park (FREE)

Between Flaggy Meadow Rd. and Hurlin Smith Rd.

Walking paths circle the park.

Pleasant Point Park (FREE)

Simpson Rd.

Walking trails lead through ancient burial grounds of early settlers. Beautiful overlooking views of the Saco River. Walking and hiking with dogs (on a leash) is allowed.

Town Farm Park (FREE)

Town Farm Rd.

There is a walking and jogging path surrounding the park.

ELIOT

Douglas Memorial Woods (FREE)

Village Center

22-acre parcel of woods and wetlands with $\frac{3}{4}$ of a mile trail. This trail makes for a very relaxing and quiet walk.

KENNEBUNK

Kennebunk Plains (FREE)

Route 99, Kennebunk

135 acres of coastal grasslands. Sights include several species of birds and the area 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.

Kennebunk Bridle Path (FREE)

Sea Rd. (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 St.

Lithuanian Franciscan monks run the monastery. The grounds offer quiet walking in a garden-like park. There is also a woodland walk, along the Kennebunk River.

Wonderbrook Park (FREE)

Plummer St. (off of Summer St.)

Owned by the Kennebunk Conservation Commission, this small park crosses the Wonderbrook for 1.2 miles to the Kennebunk River. The riverbank is steep but it can be climbed with caution. There is parking for a few cars.

Wiggins Pond (FREE)

Wiggins Pond Ln.

Nature trails.

KENNEBUNKPORT

Emmons Preserve (FREE)

Gravelly Brook Rd.

Owned by the Kennebunk Conservation Commission. A short 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!

Parson's Way (FREE)

Ocean Ave.

Oceanside walk beginning near Arundel (Colony) Beach and going toward the Bush Estate at Walker's Point. Along the way, look for Blowing Cave and Spouting Rock.

KITTERY

Fort McClary

Kittery Point

Fort McClary is a state historic site used for nearly 275 years to protect the approaches to the Piscataqua River. The fort was manned during 5 wars. Bring the family and explore the buildings and fortifications! There are also picnic tables and a playground available.

Fort Foster

Pocahontas Rd., Kittery Point

Offers 3 small beaches, an extensive trail system, restroom facilities (in season), picnic areas, and old military fortifications.

LIMERICK

Sawyer Mountain

Sawyer Mountain Road

Open year-round, this land is open for public use for hiking, hunting, fishing, snowmobiling, and cross-country skiing on the existing trails. Total walking route length 1.30 miles.

Please note: hunting is allowed, dress appropriately during hunting season.

(207)221-0853

www.fsht.org

Jagolinzer Preserve

Off Route 25 (near Cornish town line)

The trail is a loop that should take approximately 45 minutes, going by the old dam, brook, and river.

(207) 637-3510

www.fsht.org

NEWFIELD

Willowbrook Village

70 Elm St.

Willowbrook Village will make you feel like you traveled back in time. Willowbrook Village is dedicated to collecting, preserving, and exhibiting historic artifacts in order to depict life in rural Maine and New England from the mid 19th to early 20th century. There are exhibits of various trades, tools, and horse-drawn sleighs and carriages. There is so much to see and do that it is recommended to plan on spending at least 3 hours here!

(207) 793-2784

www.willowbrookmuseum.org

NORTH BERWICK

Bauneg Beg Mountain Conservation Area

The three peaks can be seen from the Atlantic Ocean. The trail winds through deciduous forest and up through a pine grove. The walk up will take approximately half an hour. The longer trail to the top is Ginny's Way, and the Steeper (shorter) walk is called Linny's Way.

Eastern Trail

65 Mile section of the East Coast Greenway, a transportation-recreation greenway connecting Kittery to Casco Bay in South Portland. You can visit their website and download a trail guide, sign up for a newsletter, get a brochure and many other fun things.

Negutaquit Nature Center/Primary School Trails

Located behind the Primary school playground

This is an area made up of 55 acres of land and is open to the public year round. There are a variety of habitats (fields, forest, stream) to explore!

OGUNQUIT

Beach Plum Farm

610 Main St.

Wide open space to walk and take in the sights. This is also home to the community garden plots.

(207) 646-3604

The Marginal Way

Shore Rd. to the dock of Perkins Cove

The Marginal Way is one of New England's only paved public shoreline footpaths. This path is a little over a mile long and connects Perkins Cove to Ogunquit Beach. There are many benches along the way to sit, relax, take photos, and enjoy the breathtaking panoramic views of the Atlantic Ocean.

www.marginalwayfund.org

Dorethea Jacobs Grant House

86 Obeds Ln.

This is a beautiful park with a large open area and winding paths through wooded areas with wildflower gardens.

Don't forget to visit the Ogunquit Heritage Museum at the Captain James Winn house that is located within the park. Museum is open 1 - 5pm Tuesday to Saturday, June - September.

(207) 646-0296

www.ogunquitheritagemuseum.org

Perkins Cove

A great place to walk around and take in the sights of a working harbor!

OLD ORCHARD BEACH

Blueberry Plains (FREE)

Ross Rd.

The Blueberry Plains offer miles of sandy and winding trails.

Cascade Falls (FREE)

Cascade Rd.

This used to be a small zoo. There are trails for hiking and old animal cages may still be seen. Several streams to fish.

Old Eastern Road (FREE)

Milliken Mills Rd.

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

Temple Avenue Trail (FREE)

Temple Ave.

Several hiking trails are marked by a covered bridge and towering pine trees. The trails are color-blazed for your guidance and safety.

PARSONSFIELD

Chick Rd. to Long Pond (FREE)

At the end of Chick Road there is a path to Long Pond that is about 2 to 2.5 miles long.

SACO

Atlantic Way (off of Route 9) (FREE)

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 hunter's orange.

Ferry Beach State Park (FEE IN SUMMER MONTHS)

Ferry Rd. (Route 9)

Easy walking trails through different habitats.

Laurel Hill Cemetery (FREE)

The cemetery is open from sunrise to sunset. 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. Pets and biking are not allowed.

Log Cabin Trail (FREE)

Lincoln Rd.

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 available.

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. Pets are not allowed.

(207) 729-5185

Plymouth Trail (FREE)

Plymouth Dr.

This 0.48 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 Rd.

This 0.38 mile trail connects to the Plymouth and Atlantic Way trails. Park off the road.

Sylvan Trail (FREE)

Flag Pond Rd. (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.

Indoor Walking Club

Offered through the Saco Parks & Recreation Department.

(207) 283-3139

email: parksandrec@sacomaine.org

SANFORD/SPRINGVALE

Mousam Way Trail (FREE)

Winds its way through the greater Sanford-Springvale area. There are several places to enter the trail. The main entrance in Gowen Park is located on Route 109, the second entrance is in the small park across from Number One pond.

For more information on the Mousam Way Trail, visit: www.healthymainewalks.com

Rail Trail (FREE)

Parking available at the Hanson's Ridge Rd. trailhead and where the trail intersects Pleasant St. in Springvale.

Approximately 4.5 miles.

www.healthymainewalks.com

Urban Walks (FREE)

One trail in downtown Sanford, a second loop is located in Springvale.

www.sanford.org

Oakdale Cemetery (FREE)

Twombly Rd., Sanford

Largest Cemetery in town. Enjoy the wonderful scenery as well as many historic burials, a pond, brook, and many large pine trees. A great place to walk!

Riverside Cemetery (FREE)

River Bank Ct., Springvale

A nice place to take a walk on the Mousam Way trail with waterfront views.

Nasson Community Center

457 Main St., Springvale

Gym open to walkers at set times during the day. Call for up-to-date schedule.

207-324-5657

Tip: 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 walking routine.

SHAPLEIGH

Shapleigh Conservation Trail (FREE)

On Square Pond Rd. (off Route 11)

This walk is roughly 5 miles over a gravel trail. Dogs are allowed while on a leash. This trail is open for walking and hiking and makes a great cross-country ski trail in the winter. Open from dawn to dusk and maps are available at the Shapleigh Town Hall.

For more information call the town hall.
(207) 636-2844

Shapleigh Recreational Field (FREE)

Off Route 11

This one-mile loop has a wood chip surface and dogs are allowed while on a leash. The path is open from dawn until dusk.

(207) 636-2844

SOUTH BERWICK

Orris Falls Conservation Area (FREE)

Border of South Berwick and Wells

Accessed from Thurrell and Emery's Bridge Rd. through private land, so please respect boundaries. You can find remains of an ancient volcanic caldera, rich area of vernal pools, wetlands and a 90 ft. gorge. The old colonial road that existed long ago is now a trail, with side excursions to the Big Bump and to Balancing Rock; a glacial erratic that has been the subject of great local folklore and speculation.

www.gwrlt.org

WATERBORO

Ossipee Hill (FREE)

Ossipee Hill Rd. (take a right directly after the fire station)

This hike is great for all ages and skill levels and offers a great view. Approximately 3 miles round trip.

Massabesic High School Indoor Track

Massabesic High School, 88 West Rd., Waterboro

This walk is great to do during the cold winter months. The route is set up through the halls of the high school. Five laps equal one mile. The walk is held from 5 - 6:30 pm. Monday through Thursday.

(207) 247-3221

Bob Fay Memorial Park (formerly Ossipee Pines) (FREE)

Weber Rd. (off Route 5)

Trails around the pond make for very quiet walks with rural beauty.

Fire Tower (FREE)

McLucas Rd. (behind the Waterboro Center Fire Station)

Park along the road and begin the hike up to the top. There is a great view!

WELLS

Rachel Carson Wildlife Refuge (FREE)

Route 9 toward Kennebunkport, follow signs

There is a one-mile walking or cross-country ski trail through a white pine forest overlooking a salt marsh and the ocean. Open from sunrise to sunset.

Wells Reserve at Laudholm Farm (FREE)

342 Laudholm Farm Rd.

A 2,250- acre National Estuarine Research Reserve with its headquarters listed on the National Register of Historic Places, the Wells Reserve at Laudholm has draw walkers and hikers for many years. Miles of trails through field, forest and salt marsh lead to Laudholm Beach. The Wells Reserve is one of Maine's top birding spots and a favorite of artists and photographers. Trails open 7am to sunset every day, with a small fee for non-members between Memorial Day weekend and Columbus Day

(207) 646-155

www.wellsreserve.org

Trail Snack:

When walking and hiking, don't forget to fuel up!

Try combining: 1 cup dry cereal

1 cup peanuts (or other nuts)

1 cup raisins

Try adding dried fruit, yogurt covered nuts, pretzels, and other yummy treats!

YORK

Mount Agamenticus (FREE)

21 Agamenticus Rd., York

Hiking, mountain biking, picnic area, bird watching, lodge, and education center. You can hike or drive to the top!

Fisherman's Walk (FREE)

Park on Lilac Ln. (Route 103)

Park in the public parking spaces across the street from the causeway leading to the Wiggley Bridge. Path begins on the same side as parking spaces.

This beautiful 1.6 mile path brings you along the river and travels right in front of the 1718 Sayward Wheeler house. Once you arrive at the Stage Neck Harbor Inn with the tennis courts directly in front of you, you can continue on to the beach and pick up the Cliff Walk on the left as you face the ocean from the beach!

Cliff Walk (FREE)

For those with a resident parking sticker: you may park at Harbor Beach off Route 1A

For those who do not have a sticker: park across the street from the York Harbor Inn on Route 1A and cut through the park down to the beach.

This scenic walk is rugged and sometimes the ocean and weather can affect the condition of the path. Also, please keep to the path, as it is open to the public due to the generosity of those who own oceanfront property and grant access for all.

Wiggley Bridge Walk (FREE)

Park on Lilac Ln. (Route 103) in the public parking spaces across the street from the causeway.

Walk the causeway across the Wiggley Bridge into the woods. Take either path, they both lead back to the Wiggley Bridge if you walk in a big circle.

Makes for a quiet and scenic walk.

ADULT SPORTS CLUBS

Many town's offer adult sports clubs, only a few are listed here but the Parks and Recreation Department and School System's can let you know of clubs around you and open gym times at local schools, that might have teams and clubs.

Acton

Adult Basketball

Acton Elementary School

700 Milton Mills Rd.

Indoor adult basketball on Thursdays from 7-9pm

(207)-636-3963

www.acton.k12.me.us

Alfred

Adult Basketball League

Alfred Elementary School

Old Sanford Rd.

November through March.

Contact Greg Knight at (207) 324-2336

Biddeford

Men's Softball League

Contact Brian Dunphe, Biddeford Recreation (207) 283-0841 ext. 4210

Saco

Adult Basketball

Adult basketball leagues: Open basketball for players 18 and over, over 30 basketball, over 40 basketball.

Call Saco Parks & Recreation Department (207) 283-3139

Indoor Walking Club

Offered through Saco Parks & Recreation Department.

(207) 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. Town Recreation Department contact information is provided at the end of this guide. Only a few towns are listed below, because most towns offer too many programs to list for kids, so please contact your parks and recreation department for a full list of clubs and programs available!

Acton

Youth basketball and cheering league

Contact Cherylan Camire at (207) 636-1070
or Katie Denham at (207) 636-1628

Arundel

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

Biddeford Youth Cheering Association

(207) 286-1664

Biddeford Youth Football Association
(207) 284-1847

Biddeford Youth Hockey Association
(207) 282-4363

East Biddeford Little League
(207) 831-0542

West Biddeford Little League
(207) 284-7732

Biddeford Little League Softball
(207) 632-5104

Biddeford Youth Soccer
(207) 283-0841

YMCA of Southern Maine- Northern York County Branch

3 Pomerleau St.

Youth sports programs for boys and girls: soccer, tee-ball, swimming and more.

(207) 283-0100

<http://www.ymcaofsouthernmaine.org/nycymca>

Old Orchard Beach

Old Orchard Beach Little League

(207) 934-7103

Saco

Bumper Club (ages 3-5)

Vacationland Bowling

\$5 per week.

(207) 284-7386

www.vacationlandbowling.com

Saco Bay Lacrosse (grades K-6: Boys, Girls)

www.eteamz.com/sacobaylax

Saco Boys Little League

73 Summer St.

(207) 283-3561

Saco Girls Little League

Buxton Rd.

(207) 286-1961

Saco Junior Trojans Youth Cheering League

(207) 284-7168

Saco Junior Trojans Youth Football (Dayton, Arundel)

(207) 284-7168

Saco Soccer Club

(207) 284-2208

FITNESS CENTERS

Make sure to 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

YMCA of Southern Maine- Northern York County Branch

3 Pomerleau St.

Many fitness activities available for everyone- fitness classes, gym membership, swimming lessons/swim team, full day childcare, after school programs, personal training and youth programs.

(207) 283-0100

<http://www.ymcaofsouthernmaine.org/nycymca>

Planet Fitness

420 Alfred Rd.

All memberships come with unlimited fitness training.

(207) 284-9924

www.planetfitness.com/gyms/ME/Biddeford

Impact Fitness Center

2 Main St. North Dam Mill

Personal training facility that offers membership options to the residents, business owners, and current employees of the North Dam Mill campus as well as to personal training clients.

(207) 602-6242

impactfitnesscenter@live.com

Forever Fit

16 Main St.

Pilates, TRX, fitness, wellness, personal training and more.

(207) 282-6262

Ko Sho Karate

408 Alfred St.

Adult classes, kids classes, Zumba, karate and cardio kickboxing.

Kosho@maine.rr.com

(207) 283-3920

ELIOT

Fusion Fitness

1021 Goodwin Rd.

Offers a variety of classes such as: Zumba, belly dance, pilates, yoga, power sculpting with kettle bells and more.

KENNEBUNK

Cross Fit KGB

Colonel Gelardi Dr.

Group classes, Zumba, weightlifting, nutritional guidance, strength and endurance training and more.

(207) 608-1972

Spurling Training Systems

1 Colonel Gelardi Dr.

Personalized programs, nutritional guidance, fitness & skills evaluations, personal training, online personal training, boot camp, strength and conditioning classes and more.

(207) 467-3757

www.spurlingtrainingsystems.com

Quest Fitness

2 Livewell Dr.

Fitness classes, gym memberships, swim lessons, birthday parties, personal training and more.

(207) 467-3800

www.questfitnessmaine.com

The Fitness Nut House

45 Portland Rd.

Fitness classes, gym memberships and personal training.

(207) 985-7727

www.thefitnessnut.com

KITTERY

Coastal Fitness

75 US Route 1 Bypass

Coastal Fitness offers a variety of equipment, fitness classes, personal training and tanning.

(207) 438-0888

www.coastalfitnessonline.com

OGUNQUIT

Practice Yoga

Indoor group classes all winter and yoga on the beach all summer long.

Class location varies, call for more information!

(207) 200-8646

Compassrose Yoga

221 Main St.

Beginner friendly, stretch and flow, Vinyasa flow. Call for more information.

(207) 641-2494

www.compassroseyoga.com

The Meadowmere Gym

74 Main St.

Hotel guests and members can access their state of the art gym. Indoor saltwater Roman bath, steam room, saunas, strength training section, large cardio section for biking, running, rowing, and more. Personal trainers are also available.

(207) 646-9661

www.meadowmere.com

OLD ORCHARD BEACH

Snap Fitness

2 Cascade Rd.

24/7 gym. fitness classes, gym memberships and personal training.

(207) 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.

(207) 282-0301

www.curves.com

24/7 Fitness Gym (Southern Maine SportsZone)

400 North St.

24/7 gym, fitness classes, gym memberships, personal training, and more.

(207) 282-4005

www.smsportszone.com

Saco Sport and Fitness

329 North St.

Classes for everyone, personal training, gym memberships, aquatic classes, swim lessons, weight loss programs and more.

(207) 284-5953

www.sacofitness.com

SANFORD/SPRINGVALE

Planet Fitness

1364 Main St., Sanford

Cardio and weightlifting equipment, tanning, personal training and more.

(207) 324-2100

<http://www.planetfitness.com/gyms/ME/Sanford100>

Sanford-Springvale YMCA

1 Emile Levasseur Dr., Sanford

Offers group fitness classes, cardio room, weight room, spinning, pilates, yoga, aqua fitness, pool, and personal training sessions. Youth and teen fitness programs available.

(207) 324-4942

<http://www.sanfordymca.org/>

Trafton Senior Center

Operated by Sanford-Springvale YMCA.

19 Elm St., Sanford

A membership-based organization dedicated to providing individuals age 50 and over with opportunities to socialize and participate in learning and wellness activities. Ask about “Matter of Balance” program.

(207) 457-0080

trafton@sanfordymca.org

SOUTH BERWICK

Curves

11 Paul St.

Cardio exercise, strength training, and nutrition for women.

(207) 384-7100

www.curves.com

WELLS

Wells/Ogunquit Senior Center at Moody

300 Post Rd. (Route 1) Wells

Independent senior center with lots of activities, exercise programs, dance, bingo, trips, crafts, games and more!

(207) 646-7775

www.wocam.org

Seacoast Fitness Center

952 Post Rd. (Rte. 1)

Cardio equipment, free-weights, exercise classes, weight machines, water fitness, personal training, and day passes. Open 5am -10pm.

(207) 646-6898

www.seacoastfitness.com

Southern Maine Martial Arts

685 North Berwick Rd.

(207) 251-6327

www.southernmainemartialarts.com

YORK

York Fitness Center

1090 U.S. Route 1

Cardio machines, large free weight section, full basketball court and muscle specific machines. Also, classes are offered in aerobics, step and zumba. You could also join a basketball league!

(207) 363-4090

www.yorkfitnesscenter.com

Vanguard Key Club

647 U.S. Route 1

This is a 7,500 sq. ft. facility with a variety of equipment and training options.

(207) 363-0600

www.vanguardkeyclubs.com/index.cfm/find-a-location/maine/york-me/

ZOO'S

YORK

York's Wild Animal Kingdom

1 Animal Park Rd.

This Animal Park has 75 beautifully landscaped animal exhibits, 18 amusement park rides for all ages, food and ice cream stands, an arcade, batting cages, gift shops, mini golf, and more! You and your family can even interact with some of the animals by entering the petting zoo. This place is sure to be a big hit for the whole family, and it is only a short walk from Short Sands Beach!

(207) 363-4911

www.yorkzoo.com

MUNICIPAL INFORMATION

Town and City Halls can answer the majority of your questions concerning a town and if they can't they can help point you in the direction of someone who can answer your questions!

TOWN/CITY HALLS

Acton Town Hall

35 H Rd.

www.actonmaine.org

(207) 636-3131

<p>Alfred Town Hall 16 Saco Rd. www.alfredme.us</p>	(207) 324-5872
<p>Arundel Town Hall 468 Limerick Rd. www.arundelmaine.org</p>	(207) 985-4201
<p>Berwick Town Hall 11 Sullivan St. www.beriwckmaine.org</p>	(207) 698-1101
<p>Biddeford City Hall 205 Main St. www.biddefordmaine.org</p>	(207) 284-9313
<p>Buxton Town Hall 185 Portland Rd. www.buxton.me.us</p>	(207) 929-5191
<p>Cornish Town Hall 17 Maple St. www.cornish-maine.org</p>	(207) 625-4324
<p>Dayton Town Hall 33 Clarks Mills Rd. www.dayton-me.gov</p>	(207) 499-7526
<p>Eliot Town Hall 1333 State Rd. www.eliotmaine.org</p>	(207) 439-1813
<p>Hollis Town Hall 34 Town Farm Rd. www.hollismaine.org</p>	(207) 929-8552
<p>Kennebunk Town Office 1 Summer St. www.kennebunkmaine.us</p>	(207) 985-2102

Kennebunkport Town Hall 6 Elm St. www.kennebunkportme.gov	(207) 967-4243
Kittery Town Hall 200 Rogers Rd. www.kitteryme.gov	(207) 439-0452
Lebanon Town Hall 15 Upper Guinea Rd. www.lebanon-me.org	(207) 457-6082
Limerick Town Hall 55 Washington St. www.limerickme.org	(207) 793-2166
Limington Town Hall 425 Sokokis Ave. www.limington.net	(207) 637-2171
Lyman Town Office 11 South Waterboro Rd. www.lyman-me.gov	(207) 499-7562
Newfield Town Hall www.newfieldme.org	(207) 793-4348
North Berwick Town Hall 21 Main St. www.townofnorthberwick.org	(207) 676-3353
Ogunquit Town Hall 23 School St. www.townofogunquit.org	(207) 646-5139
Old Orchard Beach Town Hall 1 Portland Ave. www.oobmaine.com	(207) 934-5714

Parsonsfield Town Hall 634 North Rd. www.parsonsfield.org	(207) 625-4558
Saco City Hall 300 Main St. www.sacomaine.org	(207) 282-4191
Sanford City Hall 919 Main St. www.sanfordme.org	(207) 324-9125
Shapleigh Town Hall 22 Back Rd. www.shapleigh.net	(207) 636- 2839
South Berwick Town Hall 180 Main St. www.southberwickmaine.org	(207) 384-3300
Waterboro Town Hall 24 Townhouse Rd. www.waterboro-me.net	(207) 247- 6166
Wells Town Hall 208 Sanford Rd. www.wellstown.org	(207) 646-5113
York Town Hall 186 York St. www.yorkmaine.org	(207) 363-1000

LIBRARIES

Not only are libraries good for our mental health but many local libraries host events and fairs that promote physical activity as well! Contact your local library to learn about upcoming events like road races, story time, yoga, etc.

Acton Public Library 35 H Rd. Acton	(207) 636-2781
Parsons Memorial Library 27 Saco Rd., Alfred	(207) 324-2001
Berwick Public Library 103 Old Pine Hill Rd., Berwick	(207) 698-5737
McArthur Public Library 270 Main St., Biddeford	(207) 284-4181
West Buxton Public Library 34 River Rd., Buxton	(207) 727-5898
Bonney Memorial Library 36 Main St., Cornish	(207) 625-8083
Waterboro Public Library 187 Main St., Waterboro	(207) 247-3363
William Fogg Public Library 116 Old Rd., Eliot	(207) 439-9437
Hollis Center Public Library 14 Little Falls Rd., Hollis	(207) 929-3911
Salmon Falls Library 322 Old Alfred Rd., Hollis	(207) 929-3990
Kennebunk Free Library 112 Main St., Kennebunk	(207) 985-2173
Graves Memorial Library 18 Main St., Kennebunkport	(207) 967-2778
Rice Public Library 8 Wentworth St., Kittery	(207) 439-1553

Lebanon Town Library 649 Center Rd., Lebanon	(207) 833-3318
Limerick Public Library 55 Washington St., Limerick	(207) 793-8975
Davis Memorial Library 928 Cape Rd., Limington	(207) 637-2422
Lyman Community Library 10 John St., Lyman	(207) 499-7114
D.A. Hurd Library 41 High St., North Berwick	(207) 676-2215
Ocean Park Memorial Library 11 Temple Ave., Old Orchard Beach	(207) 934-1853
Libby Memorial Library 27 Staples St., Old Orchard Beach	(207) 934-4351
Ogunquit Memorial Library 166 Shore Rd., Ogunquit	(207) 646- 9024
Kezar Falls Circulating Library 11 Waddy St., Parsonsfield	(207) 625-2424
Dyer Library 371 Main St., Saco	(207) 283-3861
Goodall Memorial Library 952 Main St., Sanford	(207) 324-4714
Springvale Public Library 443 Main St., Springvale	(207) 324-4624
Shapleigh Community Library 607 Shapleigh Corner Rd., Shapleigh	(207) 636-3630

South Berwick Public Library
37 Portland St., South Berwick

(207) 384-3308

Wells Public Library
1434 Post Rd., Wells

(207) 646-8181

York Public Library
15 Long Sands Rd., York

(207) 363-2818

HISTORICAL SOCIETIES AND MUSEUMS

Historical Societies and museums are great places to visit to learn more about the history of your community. Many Historical Societies offer walking tours where you can visit Historic homes and learn about the families that lived in them! Contact your local Historical Society and ask about any upcoming events they may be hosting!

Acton-Shapleigh Historical Society

(207) 363-3654

Rte 109, Acton

<https://sites.google.com/site/actonshapleighhistorical>

Alfred Shaker Museum

(207) 324-9630

118 Shaker Hill Rd., Alfred

www.alfredshakermuseum.com

Arundel Historical Society

(207) 283-9699

3 Talbot Dr., Arundel

www.arundelhistoricalsociety.org

Biddeford Historical Society

(207) 284-4181

PO Box 200, Biddeford

Brick Store Museum

(207) 985-4802

117 Main St., Kennebunk

www.brickstoremuseum.org

Buxton-Hollis Historical Society

(207) 929-1684

100 Main St., Bar Mills

www.buxtonhollishistorical.org

Cornish Historical Society

(207) 650-7484

Main St., Cornish

www.cornish-maine.org

<p>Counting House Museum Corner of Main St. and Liberty St., South Berwick www.oldberwick.org</p>	(207) 384-0000
<p>Eliot Historical Society PO Box 3, Eliot www.eliothistoricalsociety.org</p>	
<p>Fort McClary State Historic Site Kittery Point, Kittery www.fortmcclary.org</p>	(207) 490-4079
<p>Hamilton House 40 Vaughans Ln., South Berwick www.historicnewengland.org</p>	(207) 384-5269
<p>Harmon Museum and Old Orchard Beach Historical Society Old Orchard Beach www.harmonmuseum.org</p>	(207) 934-9319
<p>Kennebunkport Historical Society North Street., Kennebunkport www.kporthistory.org</p>	(207) 967-2751
<p>Kennebunkport Maritime Museum Ocean Ave., Kennebunkport</p>	(207) 967-4195
<p>Kittery Historical and Naval Museum 200 Rogers Rd. Ext., Kittery www.kitterymuseum.com</p>	(207) 439-3080
<p>Limerick historical Society 35 Main St., Limerick www.limerickhistoricalsocietyme.org</p>	(207) 793-2424
<p>Limington Historical Society 7 Joe Webster Rd., Limington www.limingtonhistory.org</p>	(207) 939-9645
<p>Meetinghouse Museum and Historical Society of Wells and Ogunquit 938 Post Rd., Wells www.historicalsocietyofwellsandogunquit.org</p>	(207) 646-4775
<p>Museums of Old York York St., York www.oldyork.org</p>	(207) 363-4974

Ogunquit Museum of American Art (207) 646-4909
543 Shore Rd., Ogunquit
www.ogunquitmuseum.org

Ogunquit Heritage Museum (207) 646-0296
86 Obeds Ln., Ogunquit
www.ogunquitheritagemuseum.org

Parsonsfield Historical Society (207) 625-8344
92 Main St., Porter
www.parsonsfieldporterhistorical.org

Saco Museum (207) 283-3861
371 Main St., Saco
www.sacomuseum.org

Sanford-Springvale Historical Society (207) 490-1028
505 Main St., Springvale
www.sanfordhistory.org

Seashore Trolley Museum (207) 967-2800
195 Log Cabin Rd., Kennebunkport
www.trolleymuseum.org

Waterboro Historical Society (207) 247-5878
PO Box 498
www.waterboro-me.net

Wells Auto Museum (June-Sept.) (207) 646-9064
1181 Post Rd., Wells (Off Season) (207) 646-5054
www.wellsautomuseum.com

Willowbrook Museum Village (207) 793-2784
Elm St., Newfield
www.willowbrookmuseum.org

ADULT EDUCATION CENTERS

Biddeford Adult & Community Education (207) 282-3883
64 West St., Biddeford

Bonny Eagle Adult Education (207) 929-9185
(Buxton, Hollis, Limington, Standish, Frye Island)
290 Parker Farm Rd., Buxton

Cornish Adult and Community Education (Cornish, Parsonsfield, Porter, Hiram, Baldwin) 71 Main St., Suite B, Porter	(207) 625-3092
Kennebunks and Arundel Adult Education 89 Fletcher St., Kennebunk	(207)-985-1116
Kittery Adult Education 12 Williams Ave., Kittery	(207) 439-5896
Marshwood Adult and Community Education (Eliot and South Berwick) 260 Rte. 236., South Berwick	(207) 384-5703
Massabesic Center for Adult Learning (Alfred, Lyman, Limerick, Newfield, Shapleigh, Waterboro) 84 West Rd., Waterboro	(207) 247-2022
Noble Adult and Community Education (North Berwick, Berwick, Lebanon) 388 Somersworth Rd., North Berwick	(207) 676-3223
Old Orchard Beach Adult Education 40 E Emerson Cummings Blvd. Old Orchard Beach	(207) 934-7922
Saco Adult Learning Center School St., Saco	(207)-282-3846
Sanford Community Education 21 Bradeen St., Suite 201, Springvale	(207) 490-5145
Wells and Ogunquit Adult and Community Education 200 Sanford Rd., Wells	(207) 646-4565
York Adult and Community Education 1 Roberts Stevens Dr., York	(207) 363-7922

COMMUNITY AND TEEN CENTERS

Biddeford Teen Center 550 Main St., Biddeford	(207) 282-4167
Community Bicycle Center 45 Granite St., Biddeford	(207) 282-9700

Crossroads Youth Center 199 New County Rd., Saco	(207) 838-2146
J. Richard Martin Community Center 189 Alfred St., Biddeford	(207) 282-6511
Kennebunk Teen Center 19 Park St., Kennebunk	(207) 604-1335
Kittery Community Center 120 Rogers Rd., Kittery	(207) 439-3800
YMCA of Southern Maine- Northern York County Branch 3 Pomerleau St., Biddeford	(207) 283-0100
Sanford/Springvale YMCA 1 Emile Levasseur Dr., Sanford	(207) 324-4942
South Berwick Teen Center 3 Willow Dr., South Berwick	(207) 384-4731
University of New England: BodyWISE 11 Hills Beach Rd., Biddeford	(207) 602-2307
Youth Enrichment Center at Hilton-Winn Farm PO Box 574., Ogunquit	(207) 361-1385

PARKS AND RECREATION DEPARTMENTS

Acton Recreation Department

www.actonrec.org

info@actonrec.org

Alfred Recreation

alfredparksandrec@gmail.com

www.alfredme.us

Arundel Recreation Department

468 Limerick Rd. (Arundel Town Hall)

Director: Jenn Dumas

207-286-9241

arundelrec@roadrunner.com

www.arundelmaine.org

Berwick Recreation Department

11 Sullivan Square, Berwick

Director: Kim Taylor

207-698-1112

Ktaylor@berwickmaine.org

www.berwickmaine.org

Biddeford Recreation Department

189 Alfred St., Biddeford

Director: Carl Walsh

(207) 283-0841

cwalsh@biddefordmaine.org

www.biddefordmaine.org

Buxton Recreation Department

185 Portland Rd., Buxton

Director: Tasha Pinkham

207-929-8381

recdirbuxton@sacoriver.net

www.buxton.me.us

Eliot Recreation Department

1323 State Rd., Eliot

Director: Heather Muzeroll-Roy

207-451-9334

hmuzeroll@eliotcsd.com

Hollis Recreation Department

34 Town Farm Rd., Hollis

Director: Debbie Tefft

207-929-5142 x115

hollisrec@hollismaine.org

www.hollismaine.org

Kennebunk Parks and Recreation

1 Summer St., Kennebunk

Director: Brian Costello

207-985-6890 x1335

bcostello@kennebunkmaine.us

www.kennebunkrec.com

Kennebunkport Parks and Recreation

Consolidated School, School St.,
Kennebunkport

Director: Carol G. Cook, CPRP

207-967-4304

ccook@kennebunkportme.gov

<http://kennebunkport.org>

Kittery Recreation Department

120 Rodgers Rd., Kittery

Director: Janice Grady

207-439-3800

jgrady@kitteryrecreation.com

www.kitterycommunitycenter.org

Limerick Recreation Department

55 Washington St., Limerick

Contact: Anastasia Ferguson

207-671-2362

www.limerickme.org

Lyman Parks and Recreation

11 South Waterboro Rd., Lyman

Director: Lee Schatz

207-423-3730

www.lyman-me.gov

Shapleigh Recreation Department

22 Back Rd., Shapleigh
Director: Stephanie LaCourse
207-793-3412

rlacourse@metrocast.net
www.shapleigh.net

South Berwick Recreation Department

71 Norton St., South Berwick
Director: Sharon Brassard
207-384-3306

sbrassard@sbmaine.us
www.southberwickmaine.org

Waterboro Parks and Recreation Department

24 Townhouse Rd., Waterboro
Director: Mike DeAngelis

parksandrec@waterboro-me.gov

www.waterboro-me.net

Wells Parks and Recreation Department

412 Branch Rd., Wells
Director: Tina Leblanc
207-646-5826

tleblanc@wellstown.org

www.wellsrec.org

York Parks and Recreation Department

200 U.S. Rte 1, Grant House., York
Director: Michael Sullivan
207-363-1040

msullivan@yorkmaine.org
www.yorkmaine.org

North Berwick Parks and Recreation

264 Lebanon Rd., North Berwick
Director: Kristie L. Michaud
207-676-3206

nbrec@maine.rr.com
www.townofnorthberwick.org

Ogunquit Parks and Recreation

22 School St., Ogunquit
Contact: Erin Latulippe
207-646-5139

erin.latulippe@gmail.com
www.townofogunquit.com

Old Orchard Recreation Department

148 Saco Ave., Old Orchard Beach
Director: Jason Webber
207-934-0860

jwebber@oobmaine.com
www.oobmaine.com

Saco Recreation Department

80 Common St., Saco
Director: Joseph Hirsch
207-283-3139

jhirsch@sacomaine.org
www.sacomaine.org

Sanford Parks and Recreation Department

919 Main St., Sanford
Director: Marcel Blouin
207-608-4143

www.sanfordmaine.org

ADDITIONAL RESOURCES

Ongoing Support Groups and Classes

Support groups are great resources for people that are going through a hard time or just need to talk to other people that know what they are going through or what they have been through or been affected by. Southern Maine Health Care (SMHC) offer many different support groups and educational classes in Sanford and Biddeford. If you do not see what you are looking for here (too many to list all) please call the Information Helpline because they can listen and help connect you with the appropriate group for you. Please call (207) 283-7234

Prescription Assistance Program

Southern Maine Health Care

This program provides help to those who currently do not have prescription coverage and have difficulty affording their medicines. The program is designed to assist those who do not qualify for other traditional assistance programs such as Medicare D or MaineCare, but whose financial situation qualifies them to receive support. Eligibility is based on household income, medical expenses, and liquid assets.

Call: (207) 490-7483 for more information.

Maine Families York County

Southern Maine Health Care

A FREE and voluntary home visitation program that provides information, support and resources to expectant parents as well as parents of babies and toddlers. Home Visitors work in partnership with parents to ensure healthy childhood growth and development, positive parent/child relationships, and linkage to available community resources.

Any family is eligible but must enroll before their baby is 3 months of age.

Call: (207) 490-7704 for more information.

Physician Finder / Information Line

If you need help finding a physician, specialist, or have any questions regarding hospital services you can use this resource to help you find what you need.

Please call the Find-A-Doctor Help Line at (866) 436-6168

Alzheimer's Support Group

Staff from Southern Maine Health Care offer a support group for those who have loved ones with Alzheimer's. This group meets twice monthly; on the first Wednesday from 7-9pm and on the third Wednesday from 10-11:30am. Both sessions are held at the Pavilion.

Call: (207) 490-7651 for more information.

Cancer Support Group

The Cancer Care Center of York County offers a support group for anyone who has been touched by cancer- whether patient or caregiver. The group meets the second and fourth Wednesday of every month from 6-7pm at the Cancer Center of York County.

Call: (207) 459-1600 for more details.

Childbirth Preparation Classes

These classes are taught at Southern Maine Health Care in Biddeford. Expectant parents and their partners will learn how to manage labor, the delivery process, and the postpartum period. Mothers-to-be will be taught relaxation techniques and will be offered basic baby care tips. For the next available dates call: (207) 283-7350.

Breast Cancer Survivors Support Group

Meets every other Thursday from 5:30 - 6:30pm at the Southern Maine Health Care in Biddeford Webber Building

Contact Helene Langley at (207) 283-7805

Mom's Circle Support Group

Southern Maine Health Care in Biddeford classrooms.

Allows mothers to meet for support, play dates, friendship, and fun. Mother's can share ideas, vent frustration and compare notes. This is a free support group and babies are welcome! Call: (207) 283-7335

Parkinson's Disease

Southern Maine Health Care

Second Sunday of each month 2-4pm

Share information and give support to those living with or affected by Parkinson's Disease.

(207) 967-8971

Southern Maine Chronic Pain Support Group

1st and 3RD Thursday of each month at the Pines Ocean Park (Old Orchard Beach)

www.painsupportgroup.org

Weight Loss Surgery and Weight Loss Management

Southern Maine Health Care

Third Wednesday of each month from 6-7pm.

Group provides information about nutrition and resources to help with lifestyle and emotional adjustments you may face.

(207) 284-2630

“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



We hope that you have enjoyed this Physical Activity Resource Guide and that it will be useful to you in finding new and fun ways to stay active!

Choose To Be Healthy Coalition (CTBH)

Berwick, Eliot, Kittery, Lebanon,
North Berwick, Ogunquit, South Berwick,
Wells and York
At York Hospital

Coalition Director: Sue Patterson

spatterson@yorkhospital.com

(207) 351-2658

Coastal Healthy Communities Coalition (CHCC)

Arundel, Biddeford, Buxton, Dayton, Hollis,
Kennebunk, Kennebunkport, Old Orchard
Beach and Saco

At the University of New England College
of Osteopathic Medicine

Coalition Director: Bethany Fortier

bfortier@une.edu

(207) 602-3555

Partners for Healthier Communities (PHC)

Acton, Alfred, Cornish, Limerick, Limington,
Lyman, Newfield, Parsonsfield, Sanford,
Shapleigh and Waterboro

At Southern Maine Health Care

Director: Betsy Kelly

blkelly@smhc.org

(207) 490-7033 X 310

