



YORK COUNTY PHYSICAL ACTIVITY RESOURCE GUIDE

- Acton
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- Parsonsfield
- Saco
- Sanford
- Shapleigh
- South Berwick
- Waterboro
- Wells
- York



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The York District Public Health Council (YDPHC) is excited to present a Physical Activity Resource guide that includes all 29 communities of York County. This guide has been updated from the former York County Physical Activity Resource Guide from 2015.

YDPHC is a representative, district-wide body formed in partnership with the Maine Center for Disease Control and Prevention (MeCDC) to engage in collaborative planning and decision-making for the delivery of the Ten Essential Public Health Services in the York Public Health District. The York Public Health District includes all communities in York County. Our mission is to promote, improve, sustain, and advocate for the delivery of the essential public health services in York County.

We recognize that this guide does not represent **ALL** the activities available to residents of York County. We aim to highlight free and public resources available to all. Many other options are available for your wellness needs. We encourage you to let us know if there is something that we missed.

Our hope is that this resource guide will be useful to you and encourage physical activity among all members of your family. Use this guide only as intended - as a guide. As with any physical activity, there may be risks associated. Work within your own limits. It is your responsibility to determine if a new activity is right for you and your family. Any medical conditions or concerns must be consulted with your doctor or trusted medical professional.

For an electronic version or more information regarding the YDPHC and the MeCDC, please visit: <https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/council-main.shtml>

Thank you.



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The following are key health facts for York County, Maine:

- **21%** of York County adults lead a sedentary lifestyle – no leisure-time physical activity in the past month
- **64%** of York County adults are overweight or obese
- **28%** of York County high school students are overweight or obese
- **42%** of York County high school students participate in at least 60 minutes of physical activity five days a week
- Only **15%** of York County high school students consume the recommended amount fruit and vegetables per day

Source: *Maine Shared Community Health Needs Assessment (Shared CHNA), York County, 2015*



SAFETY FIRST

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 an exercise and cool down with slower movements to help prevent injuries. Be sure to consider seasonal weather-related needs as nothing ruins an outing like being cold, wet, dehydrated, or sunburnt. When in doubt, and especially if you have a health condition, **check with your doctor** before starting a new activity.

FITNESS GUIDELINES

Current CDC guidelines suggest that every week adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking), or one hour and 15 minutes of vigorous-intensity aerobic activity (i.e., jogging or running). In addition, adults 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). Additional health benefits are gained by engaging in physical activity beyond these recommendations.

Children and teens should get at least one hour of physical activity daily including aerobic, muscle-strengthening, and bone-strengthen activities that are appropriate and enjoyable for their age.

THE BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity is one of the **most** important things you can do for your health. You may be able to 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, sleep, and mood ❖
- ❖ Improve your ability to do daily activities and prevent falls ❖
 - ❖ Increase your chances of living longer ❖

HELPFUL HINTS

Below are some seemingly small ways to get moving or add more activity to your day:

- Take the stairs over elevators or use the printer/bathroom furthest from you
- Park further away from your destinations
- Walk or bike to run errands, to work, or to restaurants
- Stand/stretch intermittently while working or at home instead of sitting still
- Walk during a coffee break or lunch – better yet, go for walking meetings
- Download an app, set a timer/alarm, or invest in a fitness watch to remind you when to move

Get the whole family involved:

- Encourage outdoor play together like wiffle ball, frisbee, or badminton
- Limit TV/videogame/cellphone usage for the entire family
- Walk children to and/or from school
- Go on after-dinner family bike rides or walks
- Plan weekend outings like a hike/camping/canoe trip
- Set goals for each family member and reward progress
- Perform outdoor chores and yardwork together
- Try geocaching and find new hikes and new swimming holes



Make it fun:

- Participate in community events such as walks/runs or clean up days
- Join an exercise/activity group – try water aerobics, dance class, kickboxing, yoga, rock climbing, paddle boarding, cross-country skiing/snowshoeing etc.
- Sign up for a club sport like tennis, hockey, softball, soccer, or volleyball – or join community a running or biking group
- Recruit friends and family members to join you in new activities
- Grow your own and tend a vegetable garden (added benefit -- fresh produce!)
- Walk museums, lighthouses, farmers markets, zoos, parks, or family farms
- In winter, visit favorite swimming, hiking, or canoeing locations and try ice skating, cross-country skiing, snowshoeing, or sledding (if available)

THINGS TO KEEP IN MIND

- **Keep moving all year-long.** If you rely on the great outdoors to provide you with free physical activity, winters in Maine may make exercising seemingly more difficult. Set realistic goals to maintain during winter months to keep motivated. Dress and prepare accordingly for cold/snowy/icy weather.
 - During inclement weather, consider public transportation to help travel to group classes, indoor pools, or a store to walk around
 - Enjoy walks outside when the sidewalks are cleared of snow and ice
 - Try snowshoeing, cross-country skiing, or a new winter activity
 - Stretch and do light workouts in your home – dance while doing chores, or try DVDs or online videos as they may offer guidance as well as new, creative ideas to keep you moving
 - Remember, shoveling can be quite the workout. Stretch beforehand and take it easy!



- **Stay hydrated.** Water influences the wellbeing of the entire body, including proper function of the brain, heart, digestive system, muscles and joints, and may even help with weight-loss. Your water-intake needs may change daily. Mild dehydration can lead to fatigue, lightheadedness, and confusion. Major symptoms of dehydration can include diarrhea, change in stool, or disorientation. Contact your doctor for questions about hydration or if you have any signs of dehydration as it may lead to serious complications.
 - Sip water throughout the day, not just when you are thirsty
 - Eat more fruits and vegetables with high water content like zucchini, apples, broccoli, grapefruit, tomatoes, cucumbers, celery, or **watermelon**
 - Drink water, herbal tea, or coconut water over soda and alcoholic beverages
 - Try water infused with cucumbers, strawberries, mint, or lemon. Have fun and create combinations like watermelon-basil or blueberry-orange for a healthy, refreshing drink with less sugar than soda or some juices

- **Be mindful.** Listen to your body – it may be telling you to slow down or take a break. Be cognizant of what is appropriate for you. Honor your personal limits and signals to prevent injury.
 - Simply put - if it hurts, **stop**
 - Take time to rest muscles including days off and adequate sleep
 - Be careful with new exercises/movements until you learn your limits
 - Don't skimp on stretching or controlling your breath while exercising
 - When in doubt, consult a professional be it a doctor or trainer



KEY TAKE-AWAYS

Some physical activity is better than none.

The health benefits of physical activity outweigh the risks of getting hurt.

Everyone can gain the health benefits of physical activity – age, ethnicity, shape or size do not matter.

Activities you enjoy will be more beneficial than ones you despise. So –

HAVE FUN!



For more information, visit:

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

ACTIVITIES BY AREA

Weather may make some of the following trails impassible or activities unavailable. Always adventure at your own risk and take the appropriate safety precautions.

ACTON

Acton Elementary School

700 Milton Mills Road

School grounds offers play area and ball fields for children when school is not in session.

Acton Recreation Field

2672 Route 109

Public recreation spaces include basketball court, soccer and baseball fields. Leagues for tee ball, softball, basketball, soccer and volleyball may be offered to children in the nearby communities for a fee.

Goat Hill Trail

Parking lot will be on the left just after Romac Orchard if travelling north on H Road. A local favorite! This hike leads from the parking lot to the summit of Goat Hill with spectacular views of lakes and the White Mountains. About a 20-minute walk to the top - and don't forget to pack a picnic!

Great East Lake

Boat access near a dam at the lakes outlet off Canal Road. On the right-hand side of the road just before the New Hampshire border.

Enjoy a quiet, public boat launch. Public sandy beach on the northern side of the lake. Great East Lake is the largest body of water in Acton and is home to many great fishing areas and beautiful views.

Hobbs Farm Trail

651 Foxes Ridge Road

A 1.6-mile loop through fields and forest down to one of the two large South Action Swamps. Great for wildlife and bird watching.

Mary Grant Nature Preserve

Parking at the preserve on Sam Page Road

Two major wooded walking trails are available at the 13-acre preserve. Enjoy a picnic at the park while you are there.

Moose Pond

Small area for carry-in boats off H Road. If traveling East, pull off is on the right side of the road, about .1 miles past Mann Road (small dirt road)

This 27-acre pond offers a very tranquil area for paddling and fishing.

Romac Orchard

1149 H Road, parking area about .25 miles north of orchard entrance.

Relaxing views of Square Pond, Wilson Lake, and Mt. Washington atop this gently winding trail.

Square Pond

Public access on West Shore Drive

Boat launch is about .8 miles down West Shore Drive if coming from Goose Pond Road. On the left side of the road, before driving over a small bridge, you can access 910 acres of beautiful, clean water.

ALFRED

Massabesic Experimental Forest

Ida Jim Road (dirt road)

A kiosk and two trailheads can be found on the west side of Ida Jim Road. – B.C. Jordan and Littlefield trails – and one trail on the east side, Clayton Carl Trail with the Atlantic White Cedar Loop. Across from the Littlefield Trail lies the Clayton Carl Trail. You can hike big or small loops through this preserved land of rare White Cedar Swamps. Home to massive (and record setting) Atlantic White Cedar trees as well as state and globally rare and endangered species. These vulnerable trails must be treated with caution and care.

Recreation Park

Route 111

Outdoor basketball and public tennis courts, multi-use ball field and playground are open to the public from dawn to dusk at the Alfred Recreation Park.

Shaker Pond

On Pond Road – from Rt. 202, take Gore Rd to Pond.

Shaker Pond offers shallow waters that are great for fishing and canoeing.

Shaker Woods Reserve

Stone Road, off of ME-4, parking is a ½ mile down Stone Road on the left.

An easy 2-mile round trip hike passing by Hay Brook and the Middle Branch of the Mousam River with scenic views. Carry-on boat launch on the left trail when hiking in, or you can find a boat launch further down Stone Road (about ¼ of a mile further from the trailhead) on the left. No motorized boats are permitted.

Shrine Trail

Shaker Hill Road, directly across the street from Anthony Road

About a mile loop will lead you through sacred spaces dedicated to the Shaker community and the Brothers of the Christian Instruction. Enjoy the year-long beautiful views of the fields and eventually reach the mild, granite summit of Mt. Saint Notre Dame.

ARUNDEL

Alfred Park

10 School Street

Open from dawn to dusk, families of all ages can enjoy the town park which offers ball fields and a playground.

Mildred L. Day School

600 Limerick Road

This school offers a range of activities for youth on the school grounds including Gilliam Field.

BERWICK

Berwick Kayak Launch

116 Rochester Street

Enjoy the Salmon Falls River from this ADA accessible dock. Available seasonally, many individuals enjoy canoeing, kayaking, and participating in clean up days on the scenic river.

Great Falls Park

Saw Mills Road

A park in the works! This area of land is currently being developed as a recreation area along the Salmon Falls River. Visit www.greatfallspark.me/ for more updates or to volunteer your time in the creation of this park.

Knowlton School

8 Noble Street

Walking paths are accessible behind the school's recreation fields and playgrounds.

Memorial Field

25 Sweetser Street

This park includes baseball fields, a multi-purpose field, a basketball court, playground and more! There is large pavilion and a concession stand that is open seasonally by volunteer sports leagues. Open to the public from dawn to dusk.

Murdock Lake

Lake access on 172 Ridlon Road

Carry in boat launch off a dirt road at the dam near the outlet of the lake.

BIDDEFORD

Biddeford RiverWalk

Parking in the Pepperell Mill Campus at North Dam Mill, or Run of the Mill in Saco
Small network of urban paths along the scenic Saco River. View the historical mill buildings that put Biddeford on the map.

Clifford Park

Pool Street across from Parent Avenue

Network of easy walking trails offering plenty of loops to personalize the distance. For bikers, the trails may be challenging. Park also includes tennis courts, basketball court and a playground. Plentiful parking.

East Point Sanctuary

Lester B. Orcutt Boulevard, Biddeford Pool

A 1.6-mile walk with five distinct areas: Open field, dense shrubbery, gnarled low-growing trees, rocky intertidal zone, and a small beach. You can see the Wood Island Lighthouse, the 4th oldest in Maine. There is limited parking. Visitors are welcome from sunrise to sundown. Dogs are not allowed.

Fortunes Rocks Beach

Fortunes Rocks Road

A locals' favorite! Everyone can find something to enjoy about this 2-mile stretch of sandy beach. Popular to area for surfers and those looking to explore tidepools. Parking is available nearby to those with a parking permit (learn more at Biddeford City Hall).

Gilbert R. Boucher Memorial Beach (Bathhouse Beach)

1 Beachhouse Lane

Unlike other beaches in Biddeford, this location offers restrooms and showers inside the bathhouse. Perfect place to comb the beach or jump in the waves. Requires a seasonal beach parking permit.

Hills Beach

Access through University of New England or on street parking if available
Where the Saco River meets the Atlantic Ocean! Enjoy the breath-taking sights of coastal Maine. Parking may available at the University of New England (11 Hills Beach Road) or off of side streets like Sea Breeze Avenue.

Marblehead Boat Launch (into the Saco River)

Pool Street (Rt. 9)

Boat launch access into the Saco River and Atlantic Ocean. Plenty of parking for all. Enjoy navigating to small nearby islands or sit on the dock and take in the beautiful costal scenery.

Mayfield Park (also known as Memorial Park)

130 May Street

All the perfect amenities to enjoy a summer day. Park has something for everyone: playground with swings, lighted tennis courts, little league fields, basketball court, picnic tables with grills, restrooms and more!

Middle Beach

Parking lot on Beach Avenue (at the intersection of Bridge Road and Mile Stretch Road)

Limited parking means this beach never feels crowded! Revel the quiet, sandy beach located in between Fortunes Rocks Beach and Bathhouse Beach. Seasonal parking permit required for peak beach hours.

Park in the Pines at Hills Beach

194 Hills Beach Road

Small, passive park with benches overlooking Biddeford Pool. Beautiful views and access to the pool for carry on boats.

Rachel Carson National Wildlife Refuge, Timber Point Trail

Trailhead begins at the end of Granite Point Road. Very limited parking by kiosk. Over 100 acres of preserved land has been noted as “a true taste of Maine coast”. A short hike, just about .8 miles one way, offers a beautiful wooded trail to rocky coastline. Be sure to time your trip appropriately! Plan to arrive as the tide is going out so you can walk to Timber Island! Tide chart is available on the trail – so double check you will make it back to the mainland on time! No animals or bikes allowed on trails, but carry-in boat access is available.

Rotary Park

550 Main Street

These 72 acres includes walking trails, softball, volleyball, playgrounds, skate park, picnic areas, dog park and more along the Saco River. Parking is abundant.

St. Louis Field

284 Hill Street

Open from dusk to dawn, these fields are home to two full sized baseball fields and one all-purpose field for sports like soccer and lacrosse. Restrooms available on site. Adjacent to St. Louis Field, Waterhouse Field, is the newly updated high school football field!

Wilcox Pond

West Street, next to St. Joseph’s Cemetery

A true one of a kind: Here you will find the one kid-only fishing hole in York County! A well-stocked pond offers plenty excitement for kids under 16 to fish for trout. Special regulations apply.

William A. Doran Sr. Park

314 South Street

Used for Biddeford High School’s Field Hockey team, this park also offers a small park and a full-sized softball field.

Bonny Eagle Park

Proprietors Road

This is a small park located on the beautiful Bonny Eagle Pond with a boat launch and swimming area. The pond is calm and shallow enough for young kids to swim in.

Buxton Center Elementary School

Corner of Long Plains Road and Grovevill Road

Playground and multipurpose fields at the elementary school are great for children and families.

Carroll Park

Between Flaggy Meadow Road and Hurlin Smith Road

4.8 acres host a baseball field, basketball court, playground, and picnic area. Walking paths circles the entire park.

Estes Park

Chicopee Road in North Buxton

Approximately 5 acres includes softball diamond with dugouts and bleacher seating, as well as picnic tables and off-street parking.

Pleasant Point Park

Simpson Road

60 acres of well-maintained land with picnic tables, canoe/kayak access, and swimming areas. Walking trails lead through ancient burial grounds of early settlers. Beautiful views overlooking the Saco River. Walking and hiking with dogs (on a leash) is allowed.

Town Farm Park

Town Farm Road

Large parking lot on site for those who want to enjoy multi-purpose fields and a walking/jogging path that surrounds the park.

Weymouth Park

Intersection of Rt. 202 and 112

About 7 acres of open land once known as “Old Fair Ground”. Home to a Babe Ruth ball field, Little League field, tennis and basketball courts. Parking is limited.

CORNISH

Cornish Fairgrounds and Trotting Park

Fairgrounds Drive

One of the oldest and most unique places to Cornish, enjoy a walk around the historic fairgrounds. Dogs welcomed on a leash.

Hilltop Baptist Church

17 School Street

Playground and small fields on the lawn of the Hilltop Baptist Church. Check with church for public use accessibility.

Thompson Park

Main Street

Historic Thompson Park is a beautifully kept area in the downtown district. Enjoy a picnic, walk to shops, or grab a coffee to enjoy while at the park.

Additional Local Favorites:

Mind Body Soul Holistic offers a free running group on Sundays at 8am. For more information, call 619-0994. Local veterans are welcome to join yoga classes once every other month. Call for details.

Local Gear hosts seasonal (May – September) bike rides for the public on Saturdays at 7:30am. Meets at 74 Maple Street. Helmets required and must be able to bike 10 – 15 miles. Call 625-9400 for information.

DAYTON

Dayton Soccer Field

33 Clarks Mills Road

Behind the Dayton Town Hall, enjoy soccer, basketball and multi-use fields along with a playground for children.

Harris Farm

280 Buzzell Road

Seasonal cross-country skiing and snowshoeing a 600-acre dairy and vegetable farm – snow permitting from 9am – dusk. Beginner to advanced trails for all to enjoy.

Snowshoes, fat bikes, and pulk sleds are available to rent. Take the kids sledding on their hill out front. When you're done, warm up in the lodge! Call for more details: (207) 499-2678

Saco River Boat Launches at Skelton Dam

At the corner of Union Falls Road and Landing Road

Two boat launches near one another to access the Saco River either above or below the Skelton Dam. Follow signs down Union Falls Road for carry-in access only below the dam, or enjoy the option to cruise around in a motorized boat through a very accessible launch above the dam.

ELIOT

Boat Basin

90 Hammond Lane

Public boat launch with a park, multi-purpose fields, and pavilion with restrooms to enjoy. Fees are collected on weekends and holidays through Memorial Day through Labor Day weekend to launch a boat.

Dixon Road Recreation Area

11 Dixon Road

Hammond Park, skating rink, and the skate park can all be accessed in one convenient location for the entire family to enjoy. Dixon Road Rec. offers sand volleyball court/horseshoe pits next to the Eliot Community Service Department building. Please park at the Elementary School during non-school hours or at the Town Hall for the park or volleyball area. For the skate park and seasonal ice rinks, please park next to the red barn or at the Elementary School.

Douglas Memorial Woods

Village Center at the corner of Old Road and State Road

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. Parking may be available at the Grange Hall, 1333 State Road.

Frost Tufts Park

195 Old Road

Delightful, green park for all ages. Well-equipped facility for outdoor fun, with basketball and tennis courts, baseball and multipurpose fields, playgrounds, and picnic tables.

William Murray-Rowe Park

510 River Road

Great fields and space for baseball and other sports. Don't forget to pack a picnic!!

Community Building

35 Town Farm Road

Offers recreational fields out front and a swing set by the pond. Check with the Town Hall/Parks and Recreation Department for programs that may be hosted such as exercise classes and other community events – 929-5142.

Deer Pond

Route 117

Well-known for its quality trout fishing, Deer Pond is certainly a local favorite all year long from swimming to ice fishing. Public Access is on the southern side of the pond, off Route 117 (Cape Road) near a long brown wooden fence. The gravel boat launch is great for small trailered boats. Parking is limited.

Googins Woods Preserve

Pleasant Hill Road, approximately 104 Pleasant Hill Road

A newer addition to the area as 30 acres has recently been gifted to the town of Hollis for recreational use. A nature walk of about 2 miles of trails leads through a wooded terrain. Limited parking for 3 – 4 vehicles may be available at the kiosk.

Hollis Sports Complex

Corner of Plains Road and Lower Tarbox Road

A well designed area for many different recreational uses! Softball/baseball fields, basketball/tennis courts, regulation soccer field, walking path, playground, and more!

Indian Cellar Preserve

12 Old Alfred Road

A beautiful piece of Maine! 80(+) acres and 3 miles of networked trails along the Saco River will keep you captivated for years to come. Bring your dog, bathing suit, a fishing pole, a picnic, or all four! Perfect for an after-dinner walk or an all-day adventure. Great cross-country skiing in the winter as well.

Killick Pond

Berube Lane (gated) and Promised Lane

Two access points, but this body of water is a well-hidden gem. Surrounded by woods, the roads can be quite difficult to navigate, making you feel peacefully remote. Berube Lane has a gate that may or may not be open/ remain open after dark, be cautious. Hand carried boats only, but bring supplies to catch some bass!

Alewive Woods Preserve

Parking on the right-hand side of Cole Road – from Alfred Rd, bear right onto Cole and drive .7 miles to get to trailhead. Parking is limited. Can park on Cole Road. Explore over 625 acres and a 45-acre pond at this forested preserve. 2.5 miles of trail ranging from easy to moderate.

Bridle Path

Parking on Sea Road (or at Sea Road School) or off Route 9 (see Madelyn Marx Preserve Parking)

Old railroad bed from the 1880's about 3 miles in length one way. 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 great for bicycling, cross-country skiing, or as a nature walk for the whole family year-long. Bridle Path connects (from north to south) the Sea Road Preserve to the Madelyn Marx Preserve.

Butler Preserve (also known as Picnic Rock)

Parking on Old Port Road, by the corner of Rivers Edge Drive

Quiet, 14-acre preserve, .3mi one way, to the Kennebunk River. Pack a lunch to enjoy on top of a glacial boulder better known as "Picnic Rock".

Charles E. Clark Preserve

Parking is along the roadside at the end of Emmons Road

Enjoy a short walk through the Charles E. Clark Preserve to connect to the Eastern Trail. Wildlife is abundant on this trail! Moose, deer, fox have been seen along with many bird species including Great Gray and Northern Saw-whet Owls.

Intervale Road River Park

At approximately 31 Intervale Road

Carry-in boat launch to the winding Mousam River. Parking is limited.

Kennebunk Beaches and Kennebunk Beach Loop

All along the coast on Beach Avenue, parking may be limited or permit-only from mid-June through mid-September

Gooch's Beach, Middle Beach, and Mother's Beach make up the wonderful Kennebunk Beach. The string of beaches offers plenty of fun for all – Mother's Beach even has a new playground. Walk the sidewalks that connect these wonderful beaches together for the Kennebunk Beach Loop: It is approximately 1½ miles from the far

end of Gooch's Beach to Lord's Point, or about a 3-mile loop. Go past Lord's Point, and you can add another 0.6 mile to your excursion, making a 4.2-mile round trip!

Kennebunk Plains Wildlife Management Area

Parking off Route 99

2,000 acres of former blueberry barrens and coastal sandy grasslands – one of a kind in New England! Home to Maine's largest flock of endangered Grasshopper Sparrows and the rare Black Racer Snake as well as several other species of birds. The area is painted purple in August by Northern Blazing Star blooms (the largest population of this threatened flowering plant in the world). In July, fields are covered with fresh wild blueberries. Trails are generally flat and gravel.

Lafayette Park

9 Storer Street

Lush, green open fields with a picnic area. Great for the whole family!

Lloyd G. Nedeau Memorial Park

1 Clear Brook Crossing

Baseball field, basketball courts, and open fields that are great for any activity!

Playground and picnic tables are available as well.

Lower Village Park

159 Port Road

A great big playground, baseball field, basketball courts and multi-purpose fields conveniently location near shops and restaurants.

Madelyn Marx Preserve

Parking can be found on Western Ave (Rt. 9) near the Mousam River

This portion of Bridle Path is .8 miles one way leading you to the Madelyn Marx Preserve. Host to wonderful views of coastal salt march that offers protection to coastal birds and their habitat.

Mousam River Boat Launch

Route 9 – Western Avenue

Carry in boat access – wonderful place to put in for fishing the river!

Mousam River Wildlife Sanctuary

Parking on Water Street – almost at the end of the road. Trailhead and kiosk at the end of the street.

Enjoy two scenic overlooks of the Mousam River estuary from the trails in this preserve.

Parson's Beach

Parson's Beach Road

Perhaps a lesser known due to its limited parking and its private ownership, Parson's Beach is a very scenic area just down the road from the Rachael Carson Trail. Some locals choose to bike in rather than chance a parking spot, but everyone respects the land that is meticulously cared for by the owners.

Parson's Field & Roger's Park

19 Park Street

These two areas offer baseball fields, a basketball court, picnic tables, a huge playground, tennis courts, and so much more! Plenty of parking and great for families.

Roger's Pond and Park

49 Water Street

Carry-in boat access, multi-purpose fields, pavilion, picnic area and more make this site is perfect for outdoor recreation. Enjoy ample parking and easy access to the Mousam River.

Rotary Park

1 Water Street

Gazebo, open fields, and picnic tables on the Mousam River walking distance from Main Street Kennebunk!

Seagrass Lane Boat Launch

Seagrass Lane

Access to the mouth Kennebunk River where river meets ocean. Great for sea kayaking or paddle boarding!

Secret Garden

Parking at the Evergreen Cemetery

Enjoy this 1.5mi loop behind the cemetery through nearly 40 acres of forest and wetland.

Skateboard Park

30 Factory Pasture Lane

Great place for skateboarders of all ages and all skill levels.

St. Anthony's Monastery

28 Beach Street

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.

Waterhouse Center

51 Main Street, parking shared with Kennebunk Village Pharmacy

A youth and family pavilion that is home to events all year long. Ice skating is weather available in the winter (November – March) depending on the weather.

West Kennebunk Recreational Field

39 Holland Road

A well maintained space for many different activities! Home to landscaped multi-use fields, ball field, tennis courts, picnic area, and a fun playground.

Wiggins Pond and Hope Cemetery Trails

20 Wood Pond Lane

Trails can be accessed at four points: Barnard Lane (through the cemetery), Wood Pond Lane (in the cul de sac), Fletcher Street (across from Mechanic) and Woodhaven Drive (near the intersection with Longwood). Signs are posted.

Enjoy this amazing system of trails through 75 acres of diverse trees and wildlife. These trails have been loved by many generations, and continues to offer peaceful respites in all seasons.

Wonderbrook Preserve (also known as Murphy Preserve)

End of Plummer Lane, parking at the trailhead

This small park crosses Wonder Brook and is a 1.2-mile hike to the Kennebunk River. A total network of 2.5 miles of trails through nearly 80-acres of land. The riverbank is steep but it can be climbed with caution.

KENNEBUNKPORT

Arundel Beach (also known as Colony Beach)

Small gravel parking lot near

A small, 150-yard stretch of sand and pebbles is a perfect slice of Maine. The Parson's Way shore walk starts here (see below!).

Beachwood Park

1 Beachwood Avenue

The only public tennis courts in town! Also enjoy their basketball court, playground, and picnic area. Limited to one hour of use if there are people waiting for tennis.

Cape Porpoise Fireman's Park

Located on the marsh on Mills Road

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

Cleaves Cove Beach

Off of Halcyon Way

Secluded and scenic beach off Ocean Avenue near the Bush Estate. No designated parking, facilities or lifeguards keeps this small beach feeling private.

Edwin L. Smith Preserve Trail

76 Guinea Road

1,100-acre forest with 10 miles of well-maintained hiking trails though a wildlife habitat. Enjoy the peaceful sounds of nature while hiking, biking, cross-country skiing, snowshoeing, or nature watching. Different loops and trails available to suit everyone.

Emmons Preserve

Trailhead at 57 Gravelly Brook Road. Limited parking on both ends of Jeremy's Trail
Located at the headquarters for the Kennebunk Conservation Trust. Choose from a short half mile nature walk or a longer 2.5-mile loop along the Batson River

Goose Rocks Beach

Parking along Kings Highway – Permit may be required

The absolutely beautiful white sand is perfect for all beach activities. The sand is protected by a barrier reef that can be seen at low tide. Nearly 3 miles long, there is plenty of room to comb the beach.

Grist Mill Property

Mill Lane

Boat launch for carry-in boats only as well as a picnic area to enjoy. Access the beautiful Mast Cove, and revel in the history of the town's colonial times.

Kennebunkport Conservation Trust, Gravelly Brook Road

Trails are all a little different - some are conducive to bird watching and viewing wildlife, others for hiking, biking, snowshoeing and cross-country skiing. For more information on this site as well as other Trust properties, see

Ocean Ave

Ocean Avenue and Cape Porpoise, Kennebunkport (8 Miles)

Definitely bring your camera on this ride or walk. Head out of Dock Square on Ocean Avenue with the water on your right. Ocean Avenue is heavily traveled so families with young children may want to take another route. You will be riding or walking parallel to the Kennebunk River. Bear right at the Wildes District Fire Station and stay on Wildes District road all the way into Cape Porpoise. Here you will find a working fishing village with great vistas and traditional Maine fare. When you have had enough lobster, hop on your bike and backtrack your route back into town.

Parson's Way Shore Walk

Ocean Avenue

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!

Silas Perkins Park

On Ocean Avenue near Green Street

A nice restful area with benches and picnic tables on the Kennebunk River.

Tyler Brook Conservation

Parking in gravel area on Tyler Brook Lane or from 57 Gravelly Brook Road

With scenic marsh overlooks and river views with small waterfalls, this trail is sure to please. The main loop is about 1 mile long with a few off-shooting trails. Bring a picnic or binoculars.

KITTERY

Crescent Beach

End of Sea Point Road (same as Seapoint Beach)

Mostly filled with pebbles, this beach offers a secluded area for individuals to enjoy the sound of the waves hitting the rocks. The parking is available to Kittery residents at no fee with their dump sticker during peak summer days and times.

Cutts Island Trail

The end of Cutts Island Lane, where Chauncey Creek Road turns to Seapoint Road
Wonderful trail for all abilities. Enjoy a little over 2-mile loop that offers a chance to see some wildlife. Carry in boat access available.

Fort Foster

Pocahontas Road, Kittery Point

Offers 3 small beaches, an extensive trail system, picnic areas, and old military forts to explore. Biking paths may be available as well. This park also includes incredible views and seasonal restrooms. May be a fee for parking.

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 forts along walking paths. There are picnic tables and a playground available, as well as a pond that ices over and cleared for winter activities.

Frisbee Commons

120 Rogers Road

Part of the Kittery Community Center, events, ballgames and other sports often gather at these green fields. Walking paths are available behind the commons.

Roger's Park

End of Dion Avenue (keep left), limited parking

Walk the gorgeous preserved 27 acres of waterfront and wetland trails along Spruce Creek.

Traip Academy Public Boat Launch

12 Williams Ave

Traip Academy Boat Launch is a beautiful place to launch into the Piscataqua River. This boat launch is open to the public, with ample parking outside of normal school hours.

LEBANON

George Stuart Memorial Field

Corner of Central Road and Lower Cross Street

Well maintained ball field for all ages!

Gully Oven

Gully Oven Road

Historically and naturally beautiful area formed thousands of years ago that offers walking paths and stone tables for picnics. With stories and ties dating back to Native American use, feel connected to Maine's rich past with a scenic hike.

Salmon Falls Reserve

Parking by the Prospect Hill Cemetery

Wonderful .5-mile loop through woodlands to get to the Salmon Falls River. Steep cliffs may make this trip hazardous to children and dogs and ledges may be slippery – please use caution!

LIMERICK

Limerick Ball Fields

Park Street

Situated between Pickerel Pond and the southernmost portion of Sokokis Lake, this area is a perfect place for a summertime ballgame.

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. Adventurers are welcome to explore the land beyond the trails; however, it can be very easy to get turned around. Please bring a map and compass, or a GPS device, if navigating from the paths. Total route from parking lot to summit (1-way) is about 1.2 miles of moderate to advanced hiking. Please note: hunting is allowed, dress appropriately during hunting season.

Sokokis Lake (Holland Pond)

Public boat launch and small beach area at 174 Washington Street

Swimming, boating, fishing... enjoy all your favorite water related activities on this gorgeous lake. Visit Boy Scout Island for a quieter swimming area.

Tibbets Memorial Park

Corner of Main Street (Route 5) and Elm Street (Route 11)
A park for remembering and reflecting. Enjoy benches and

Pickerel Pond

Public boat launch at the southernmost point located on Route 11/Central Avenue
Enjoy fishing, swimming, and sightseeing around the smaller body of water in
Limerick.

LIMINGTON

Boyd Pond

Outlet access under Mill Turn Road
Excellent, quiet area for paddling and fishing. Hand-carried boats are best as there is
no designated boat launch. Parking may be on the shoulder and limited.

Jagolinzer Preserve

Off Route 25 (near Cornish town line)
The 20 acre preserves boasts a lovely trail loop of about a half mile going by the old
dam, brook, and river. Enjoy wetlands and small waterfalls near the Saco River. Enjoy
snowshoeing or cross-country skiing in the winter months. Reminder to dress
appropriately during active hunting seasons.

Moy-Mo-Dâ-Yo Recreational Area

Recreational Area is about 1 mile down Number 1 Road
Area is typically open from Memorial Day to Labor Day from 9am – 8pm daily or
visit during the winter for snowshoeing and ice fishing! Offers many facilities such as
a boat launch, tennis courts, volleyball, picnic tables with grills, and much more for a
small daily fee. Can purchase a season pass from the town office. No pets.

Horne Pond (Pequawket Lake)

Public boat launch on Number 2 Road (Off North Road, can take Number 1 or
Number 2 Road towards Moy-Mo-Dâ-Yo Rec. Area)
Great boat launch with plenty of parking. Perfect for ice fishing as well!

Little Ossipee River Trails

Trailhead off Hardscrabble Road, across from Chase Mills Road (northern) or at the junction of Sand Pond Road and Beaver Berry Road (southern)

Many miles of trails following along this river, the conditions can vary but offer a great long walk. ATV and snowmobiles trails along the way.

Sawyer Mountain

Off of Cape Road/Route 117 at a sharp turn is 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. Adventurers are welcome to explore the land beyond the trails; however, it can be very easy to get turned around. Please bring a map and compass, or a GPS device, if navigating from the paths. Total route from parking lot to summit (1-way) is about 1.8 miles of moderate to advanced hiking. Please note: hunting is allowed, dress appropriately during hunting season.

LYMAN

Alewive Woods Preserve

Cole Road

Considered the “crown jewel of Kennebunk Land Trust properties”, this parcel of land offers a gorgeous trail to Alewive Pond. Parking is limited by the kiosk, but parking on the side of Cole Road is an option. Excellent for walking, bicycling, fishing, cross-country skiing and snowshoeing.

Bunganut Lake

224 Brock Road

Swimming and town park with larger, open fields, sand volleyball courts, and access to miles of hiking trails that are free to Lyman residents (small fee for non-residents). Park is open seasonally from Memorial Weekend to Labor Day.

Kennebunk Pond

Down Kennebunk Pond Road

Small, free parking lot can be found that has access to a small, public beach as well as a public boat launch.

Barkers Pond (Parker Pond)

Down Barkers Pond Road

Park at the picnic tables to enjoy the small pond. Enjoy lunch, a small beach, and kayaking. Perfect ice fishing in the winter!

Round Pond

York County Fish and Game Association, Goodwins Mills Road, at Mast Road intersection

Small, 6-acre body of water that offers great fishing all year long!

NEWFIELD

Balch Pond

Public carry-in boat access near outlet on Acton Ridge Road (near Shady Nook Road) There are various public access areas around Balch Pond which is excellent for a body of water that will continue to offer something to explore. Winding waterways, small islands

Knox Mountain

Water Street/Route 11, across from Hick Road

A gorgeous, fairly easy, 2-mile round-trip hike to the summit. Views of rolling hills, a stone wall, wild blueberries, and more makes this an authentic Maine hike.

Newfield Public Beach (on Rock Haven Lake)

End of Coolidge Road

A wonderful small beach and boat access from Newfield Public Beach.

Province Mountain

Parking below the gate at Wilkinson Road.

Drive from Butterfield Road to Wilkinson Road and you can park at the gate (but do not block). Hike up the road until you see the trailhead marked with a cairn on the right. Enjoy a moderate hike to the summit with extraordinary views. Round trip hike may take anywhere from 45 – 60 minutes but leave yourself time to enjoy a picnic and the sights.

Rock Haven Lake (also known as Adam's Pond)

Access adjacent to the outlet near Bond Spring Road and Water Street

Carry in your canoe or kayak and enjoy the scenic waters. Great for fishing and paddling.

Bauneg Beg Mountain Conservation Area

Parking lot accessed from Fox Farm Hill Road and pull off parking on Bauneg Beg Hill Road.

The 89 acres of trails winds through peaceful forest and up through a pine grove. The round-trip hike is about 2 miles of moderate hiking along paths of dirt, rocks, and wooden paths. Bauneg Beg Mountain has 3 peaks that offer spectacular panoramic views. Great for the whole family all year long.

Bruce Abbott Memorial Park

Morrills Mill Road

Limited parking, but from this park you can enjoy access to Bauneg Beg Lake. There is a small boat launch – feel free go out on the lake with a canoe, kayak, or small boat, or enjoy fishing from the dock.

Canal Street Park

Behind Mill Field on Canal Street

Newly renovated, this area provides a new half-court basketball court, picnic tables, a few grassy areas for play, and a new playground for youth aged 2 - 12!

Community Center Walking Trails

264 Lebanon Road

Excellent recreational center (see pg. 53 for contact information). There are numerous open grassy fields and an adventure trail that meanders through the woods with bridges and planks. There is also a basketball court and playgrounds to enjoy. There is a large pavilion area filled with picnic tables for nice for a family picnic. Plenty of parking.

Elroy Day Canoe Launch

Great Works Estate Road (along the west entrance of Pratt & Whitney)

Small parking lot on site, but offers access to the gorgeous Great Works River and West River. Carry-in access only.

Guptill Field

Next to Mary R. Hurd School at 77 High Street

Enjoy a baseball game at this field during the spring or summer time.

Mill Field

Gazebo near the intersection of Main Street and Market Street

Large, accessible area that is perfect for a football or baseball game. Home to the Mill Field Festival – which kicks off in August each year.

Negutaquet Conservation Area

Parking at 219 Lebanon Road

This is an area made up of 100 acres of beautiful and peaceful land. Enjoy approximately 2 miles of trail systems, winding through hardwood forest by the Negutaquet River.

Negutaquet Nature Center/Primary School Trails

Parking at Varney Road behind North Berwick Elementary 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 such as fields, forest, and streams to explore!

OGUNQUIT

Beach Plum Farm

610 Main Street at the Great Works Regional Land Trust (GWRLT) Headquarters
22-acres of wide open space to walk and take in the sights of the last remaining saltwater farm in Ogunquit. This is also home to community gardens and various wildlife habitats.

Dorethea Jacobs Grant House

86 Obeds Lane

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. www.ogunquitheritagemuseum.com

Footbridge Beach

Parking lot at the end of Ocean Street (fee charged during peak months)

Walk across a long footbridge spanning the Ogunquit River to enjoy access to the ocean. The Footbridge itself is a popular striper fishing spot, and many people utilize the public ramp for putting their small boats, kayaks, or paddleboards into the Ogunquit River. Choose to access the beach by trolley to save some money on parking.

Hilton-Winn Preserve

Parking on Berwick Road next to the Ogunquit River

Starting at the kiosk, the Boardwalk Trail leads along the river to a waterfall at an old milldam site that was abandoned in the late 1800's. Home to diverse species, such as cardinal flower, wood lily, flying squirrel, snowshoe hare, river otter and the Northern Goshawk.

Marginal Way

Shore Road 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

Ogunquit Beach

Parking at the end of Beach Street or take the Ogunquit Trolley or Ogunquit Beach Caddie (parking may charge a fee, especially during peak season. Trolley and Caddie when available charges a smaller fee)

A beautiful 3-mile stretch of white sandy beach (noted as one of the best beaches in Maine)! Open year-round from 5am – 11pm and this beach has everything! Main Beach is the most popular area, or visit the warmer river-side of the beach. Plenty of gorgeous beach to comb

Perkins Cove

Perkins Cove Lane

A wonderful place to walk around and take in the sights of a working harbor! Fees to park may be collected, but this area offers shops and restaurants in a stunning area.

OLD ORCHARD BEACH

Blueberry Plains

Ross Road, approximately .9 miles from Rt. 1 on the right-hand side.

The Blueberry Plains offer a network of trails through miles of sandy vegetation.

Memorial Park

4 Heath Street

In addition to a ball field and playground, this community park features a monument to honor veterans.

Milliken Mills Woods / Mill Brook Trail

Parking at 192 Portland Avenue

Small network of trails that winds through the Milliken Mills Conservation area to Mills Brook.

Ocean Park Beach Trails – Red Dot and Blue Dot Trails

Parking at 83 Temple Avenue or 30 Free Street

The Red Dot Trail circles through Guild Park Cathedral Pines. Accessible through the kiosk parking area or the covered bridge on Temple Avenue. The Blue Dot Trail begins on Free Street and leads to Hemlock Brook that connects just north of the Red Dot Trail via boardwalk bridge. Several hiking trails are available and are color-blazed for your guidance and safety.

Old Orchard Beach

Parking throughout town, iconic pier at the end of Old Orchard Street

Miles of sandy beach, this beach is full of life and a destination for thousands of tourists every summer. Surrounding the beach, you can find many activities, restaurants, and shops. Enjoy combing the beach and swimming during perfect summer days. During the off-season, the beach maintains its coastal charm with the added perk of serenity.

PARSONSFIELD

Leavitt Plantation

Swimming

This 8.603-acre of land is popular to hunters, hikers, snowmobilers, cross-country skiers and more. 30 miles of mountain biking trails were created and maintained by the group “Back Country Excursions”.

Long Pond

Public access off Road Between the Ponds, southeastern end of the pond

Swimming, boating, and fishing are perfect activities at Long Pond. Listen to the loons and unwind. At the end of Chick Road, enjoy a long walking path around 2 - 2.5 miles long to the pond.

Atlantic Way (off of Route 9)

Parking on the side of the road

Enjoy the 0.9-mile trail that meanders through the Rachel Carson Sanctuary. During deer and waterfowl-hunting season, shotgun hunting is allowed (except on Sundays), so it is advised to wear hunter's orange.

Bayview Beach

Parking lot at the end of Bayview Road where it meets Seaside Avenue

Just north of Ferry Beach State Park, Bayview Beach offers beach and often less crowded than those nearby. Fees may be collected to park during peak beach season, but you can enjoy combing the beach all year long.

Boothby Park

Lincoln Road

Public park with a basketball court with a small playground and swing set nestled in the trees.

Camp Ellis

Parking area on Eastern Avenue or along Bay Avenue (permit may be required)

Swimming, fishing, boating, beach combing and more, the neighborhood of Camp Ellis offers everything to desire in a small coastal community. Walk or fish along the picturesque Camp Ellis Jetty, or enjoy watching boats on a small sandy beach where the Saco River meets the Atlantic Ocean.

Cascade Falls

Cascade Road - from Rt. 1, parking will be on the left about a quarter mile.

The easy yet beautiful .5-mile loop is good for all skill levels including younger families. This used to be an attraction area and old animal cages may still be seen, but the primary reason to hike is for the waterfall. Several excellent areas to picnic and streams to fish as well.

Diamond Riverside Park

At the end of Irving Street

Boasting a park and a boat launch, this area is a favorite for many individuals and families. Right on the gorgeous Saco River, enjoy all that the river offers. Parking is available for vehicles with boat trailers.

Ferry Beach State Park (fee during in-season months)

Ferry Beach State Park Road (off Bayview Road)

Picnic areas, 1.7-mile network of walking trails, interactive guided nature programs (free with admission), white sandy beach, and much more is available at the stunning Ferry Beach State Park. An excellent area to cross-country ski, snowshoe, or skate (at Long Pond) during winter months.

Ferry Landing Trail

Parking area and kiosk toward the end of Ferry Road, past Landing Road on the left. Proceed into the woods of Saco through paths of dirt roads and boardwalks. Keep your eyes peeled for the three large tupelo trees as they are rare, normally found in southern climates! The tupelo leaves turn a beautiful, bright red/orange during the fall foliage.

Middle Goosefare Trails

Two parking areas: one is across the street from Seacoast RV and the other lot is at the Big Apple near NAPA Auto Parts on Route 1

Surprisingly quiet trails running parallel to Route 1. The Sweetser Link near the Big Apple store is a quick walk from the parking lot, and offers sites of the late Anton Hahn's cabin that once stood there. You can turn back to the lot or follow the white blazes of Old Camp Loop. Great for winter activities as well!

Horton Woods

464 Buxton Road

Over 2 miles of networked trails lead through 100 acres of preserved land. Hike the multiple trails through thick woods, march land, and heath bog. Look for deer, moose and coyotes along the way as well as perhaps the largest Red Maple Tree you will ever see (found off of Red Maple trail, of course)!

Jubilee Park (formerly Poors Island)

Off of Water Street, left hand side of the one-way street

A small pedestrian covered bridge leads to a 3/4-acre wooded island in the Saco River. This passive park is open from Spring to Fall with several picnic tables, benches, and walking paths that are handicap accessible.

Kinney Shores Beach

Seaside Avenue

This dog and family friendly beach is the northern most beach in Saco. The small community and limited parking may be responsible for the quieter nature of this beach. Gorgeous white sandy beach is perfect to visit all year long.

Laurel Hill Cemetery

293 Beach Street

The cemetery is open from sunrise to sunset. While not strictly a trail, this beautiful park-styled cemetery offers plenty of peaceful paths near the Saco River for walkers to stroll along while they get a glimpse of the final resting place for many of Saco's historic families.

Pepperell Park

On Beach Street, near the Fairfield School

Lush, green fields with a small playground and swings. Great place for kids to run around or to have a picnic under the trees.

Plymouth Trail

Plymouth Drive, by #32. Limited parking for about a dozen cars

This 0.48-mile trail winds through a mature forest of hardwoods and evergreens. The trail is a bit bumpy with roots and dips. Connects to Atlantic Way Trail and Vines Trail for a larger hike.

Saco Heath Preserve

Route 112 (gravel parking lot on right if traveling North. Address is approximately located at 176 Buxton Road)

The Saco Heath Preserve is over 1,200-acres of bog that has a two-mile-long trail loop with a boardwalk and 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. This heath is of the largest stands of Atlantic White Cedar in Maine and it supports one of only two populations in Maine of the Hessel's hairstreak butterfly. Wonderful place for everyone to observe and enjoy nature.

Sylvan Trail

Approximately 150 Flag Pond Road (off of Route 1)

The 1.7-mile trail loops through the woods and follows an old logging road. Be sure to listen for the many bird songs you're sure to hear. There is a parking lot available near the turnpike bridge.

Vines Trail

Vines Road

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

Benton Park

31 Roberts Street

Excellent playground with tennis and basketball courts, as well as a baseball field. Ideal for a summer spent outside.

Carpentier Park

82 High Street

A large area in the heart of a large residential neighborhood with a playground, gardens, tennis courts, baseball diamond, and basketball courts.

Estes Lake

Parking on street at Goodwins Bridge Road

Carry-in boat access may be available under the bridge. Beautiful lake with 387 acres to explore. Noted as having excellent angling opportunities.

Goodall Park

38 Roberts Street

Beautiful, large baseball field that is home to the Sanford Mainers, a New England Collegiate Baseball League. Great place to visit on a summer day.

Gowen Park

6 Gowen Park Drive

Walk through the lush green lawn, play a game of tennis, have a picnic, or bring your own lawn games for a day filled of fun. Cool off under a tree, under the iconic stone gazebo, or by the water.

Holdsworth Park

278 Main Street, Springvale

A favorite to many, the green fields, pavilion, and playground are situated next to the lovely Mousam River at Holdsworth Park. Small but well-maintained beach area for those who want to swim in the river is available as well. Plenty of parking.

Littlefield Pond

From Littlefield Road, take the graveled Emmons Road. Access is .2 miles down on the right – access is by permissive trespass

Beautifully clear pond just outside of downtown makes this area feel like an oasis.

Carry-in access only makes this a quiet place for ample paddling, fishing, and relaxing.

Mousam Way Trail (North and South)

Mousam Way Park, Holdsworth Park, and Stanly Road (North) or Emery Street and School Street (South)

A very large network of trails that winds its way through the greater Sanford-Springvale area. There are several places to enter the trail. Mousam Way South is a gorgeous wooded trail that follows the Mousam River from Emery Street to School Street and features a 300-foot boardwalk across a wetland. Mousam Way North is an extremely scenic trail through Riverside Cemetery and follows along the banks of the Mousam River to Indian's Last Leap. Both areas are excellent for small hikes, biking, snow shoeing and cross-country skiing.

For more information on the Mousam Way Trail, visit sanfordmaine.org/trailmaps

Number One Pond

Multiple access points. Parking can be found on-street in sections along Riverside Avenue and William Oscar Emery Drive, or use the small lot near the rotary at William Oscar Emery Drive, Front Street, and Gowen Park Drive. Parking is also available at Gowen Park.

A section of the Mousam River, Number One Pond offers various activities all throughout the year! Many people from all around come to watch the summer water ski show and fireworks! Benches line the perimeter of the pond, and sidewalks and paths are used to navigate around. When the water is frozen, many enjoy ice skating.

Oakdale Cemetery

127 Twombly Road

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

Rail Trail

Parking available at the Hanson's Ridge Road, Oak Street, Main Street and Pleasant Street. Visit http://sanfordrec.com/forms/5786_rail_trail_info.pdf for more information

Approximately 6 miles one-way, the trail offers use for hikers, runners, bikers, horse-back riders, cross-country skiers and more! Snow mobiles and ATVs can also be used on this trail.

Riverside Cemetery

9 River Bank Court

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

Sanford High School and YMCA Trails

Parking in various areas – Sanford Springvale YMCA, Sanford High School Blvd. and Gowen Park (see Gowen Park above)

These easy walking trails connect Sanford High School Complex, the Sanford Springvale YMCA, Marginal Way, the Rail Trail, and William Oscar Emery Drive. No trail segment is longer than a half mile, but you can enjoy up to 4.5-miles of networked trails. Great for biking, hiking or winter-activities! Map of trails can be found at: https://sanfordrec.com/forms/5787_sanford_high_school_ymca_trail.png

Sanford/Springvale Urban & Historic Walks

Parking is available throughout the downtown areas

One trail in downtown Sanford, a second loop is located in Springvale. Whether you are a visitor or a local, everyone can enjoy the benefits of walking around the neighborhood. For a map, visit:

https://www.sanfordrec.com/forms/5775_urban_walk.pdf

Springvale Park

3 Emond Street

Enjoy activities for all-ages! This park offers a playground, basketball, tennis, and more!

SHAPLEIGH

Abbott Mountain

Parking at the end of Owl’s Nest Road

Navigating this hike may be a little tricky, so be sure to come prepared! Hike from Owl’s Nest Road to Pitts Road. The end of Pitts Road starts the beginning of the trail. Approximately a 2.5-mile hike round trip, Abbott Mountain offers lovely views of the rolling hills and mountains at the summit.

Mousam Lake

Swimming area at “the Foot of Mousam” at the corner of Shapleigh Corner Road (Route 11) and Emery Mills Road (Route 109). Public boat launch off Emery Mills Road on 2nd Street

Over 980 stunning acres of water, Mousam Lake is a favorite for locals and visitors. Split by Route 109, Lower Mousam Lake is noticeably quieter than the larger Upper Mousam Lake. Perfect for all boating activities, swimming, and fishing!

Shapleigh Commons

Corner of Back Road and Owl's Nest Road

A quaint passive park with benches and gazebos.

Town Forest Trail

Access from Square Pond Road, Cedar Drive, or Shapleigh Corner Road

This walk is roughly 5 miles round trip from Shapleigh Corner Road to a small beach at Square Pond. Accessing the trail near the corner of Square Pond Road and Town Farm Road brings you quite a bit closer to the pond. There is a little parking at the corner of Cedar Drive and Indian Village Road. The green blazes have faded a bit, so be sure to have a map and compass with you.

Shapleigh Recreational Field

Shapleigh Corner Road (Route 11) near Oak Hill Road

Ball field, green fields with nets, basketball court and more are available at the Rec. Field. There is a one-mile loop beyond the fields that has a wood chip surface. The path is open from dawn until dusk, and dogs are allowed on a leash.

SOUTH BERWICK

Grant's Meadow at Beaver Dam Heath

Parking on Diamond Hill Road, about 1/3 mile from turning off Old Sanford Road

Enjoy a mile loop through a network of extensive wetlands. A local's favorite for snowshoeing and cross-country skiing when the ground is frozen!

Kenyon Hill Preserve

Approximately 100 Ogunquit Road

Enjoy a well-marked 1-mile loop that is great for many activities like bird watching, photography, trail-running, and more. Small parking lot is available. Trail is open year-round, and dogs are welcome.

Orris Falls Conservation Area

Approximately 153 Thurrell Road – access through private property so please respect boundaries.

171 acres of land is home to many natural wonders. You can find remains of an ancient volcanic caldera, rich area of vernal pools, wetlands and a 90-foot 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. Hikers can choose to the 1.5-mile round trip to Orris Falls

or the 3-mile round trip to Balancing Rock, or both! Excellent snowshoeing in the winter.

Powderhouse Ski Area

4 Agamenticus Road

Community ski area is owned and operated by the all-volunteer Powderhouse Ski Club! Three trails, rope tow, and small lodge all for a \$5 cash entrance fee. Call the snow phone for conditions and more information: 207-384-5858

Raymond & Simone Savage Wildlife Preserve (formerly Porter Pines)

15 Dover Road

26 acres of mixed landscape, this area is one of the most diverse in the area. Offers a well-marked 3/4-mile walking loop. Great for all ages, especially those who enjoy bird-watching. Bald Eagles and over 120 other bird species have been spotted here.

Vaughan Woods State Park

Entrance off Oldfields Road (at approximately 27 Oldfields Road)

Enjoy a walk or charcoal BBQ with the family in this gorgeous 160-acre park. Stroll along the scenic Salmon Falls River or visit the beautifully historic Hamilton House and gardens. Surely a favorite.

WATERBORO

Bob Fay Memorial Park (formerly Ossipee Pines)

End of Turtle Cove (from Logan Circle)

Trails around the water make for very quiet walks with rural beauty. There is access to a swimming area on Little Ossipee Lake. Foot bridges lead you around little islands in the cove.

Friendship Park

Old Alfred Road across from Oak Lane

Playground and soccer and baseball field and volleyball and basketball courts are available here. Ample parking

Gobeil Park / Ossipee Pond Kayak Launch

Route 5 (on the right approximately .7 miles North from intersection with Townhouse Road)

Ample parking for the busy summer days. Boat launch to Little Ossipee Pond and picnic tables for cookouts. Swimming in the summer and ice skating in the winter are some favorite activities.

Jaden's Journey Memorial Park & Arrowhead Lake Boat Ramp

212 New Dam Road

Memorial Park with a green field and public boat launch to the beautiful Lake Arrowhead.

Ossipee Hill Trail

McLucas Road and Ossipee Hill Road (by the intersection of Route 5)

This hike is great for all ages and skills. Offers pleasant views and a historic fire tower. Approximately 1-mile round trip.

Waterboro/Shapleigh Barrens

Parking off Buff Brook Road (on left approximately .8 miles north of the intersection of Harpin Road, Cornellier Way, and Lake Sherburne Road.)

This area is one of the largest and best-preserved pitch pine barrens in Maine. It supports a rich array of rare species of plants, animals, and natural communities. A large network of trails can allow you to explore for miles! From the parking lot, it's 1.5 miles to the sandy pool and stream, and just over a mile to the Pine Spring Lake.

Victoria Lane Park

At approximately 40 - 58 Victoria Lane

Playground, basketball courts, tennis court, and field are all available at this recreational area. Perfect in this residential neighborhood.

WELLS

Crescent Beach

210 Webhannet Drive

A mix of sand and rocks, this beach offers a quieter beach experience than some of its neighbors. Limited parking lot and some on-street parking may be available on Gold Ribbon Drive. When the tide comes in, there is little to no beach left for lounging so plan accordingly. When the tide goes out, there are many tidal pools to explore.

Drake's Island

End of Drake's Island Road

Lovely, sandy beach with dunes – a favorite among visitors. Limited parking available for a fee during peak seasonal hours. Dogs are welcome during certain hours and seasons.

Rachel Carson Wildlife Refuge

321 Port Road (Route 9)

There is a one-mile walking loop within the 14,600-acre refuge that offers incredible views of the tidal salt marsh. The trail meanders with Merriland River and Little River to the point at which the rivers connect before meeting with the Atlantic Ocean. This trail has limited parking and is wheelchair accessible.

Tatnic Hills Preserve, Red Trail and White Trail

Cheney Woods Road (partial dirt road) Directions: If driving north on Cheney Woods Road from Tatnic Road, continue on Cheney Woods Road until the road changes to a dirt road. Parking is .2 miles down the dirt road on the right. If traveling south on Cheney Woods Road from Littlefield Road near Route 9, continue driving another .8 miles after the paved road is a dirt road, parking is on the left.)

This preserve is 171 acres nestled at the north end of the Agamenticus Conservation Area. Each trail, located on opposite sides of the road, is about a mile-long hiking loop through forested areas and nice views of the Tatnic Hills (Red Trail) and vernal pools (White Trail). Trails are wonderfully secluded and quiet – perfect for a nature walk any time of the year.

Walter Marsh Recreation Area

412 Branch Road

70-acre area that includes nature trails, soccer fields, softball field, playground, horseshoe pits, picnic area, and tennis courts (tennis courts are maintained by a user fee). Public restrooms may be available from May through October.

Wells Barrens Preserve

Parking at 572 Wire Rod (lot adjacent to the driveway)

Four loops on the preserve offer almost 4 miles of networked trails through sandplain grassland and low-shrub heathland. Provides a habitat to 9 state-listed rare plant species and 11 state-endangered or threatened animals. Many plants and animals depend on this unique and ecologically important landscape.

Wells Beach

Parking spots and pay-to-park lot at the end of Mile Road. More parking along Atlantic Road may be available. Pay-to-park lot at the end of Atlantic Road.

Considered the main stretch of beach in Wells, Wells Beach is an excellent family-friendly destination in the summer. Wells Beach offers over a mile and a half of soft, sandy coastline with sand dunes and sea grass. There is direct access to the boat launch into Wells Harbor and access to the Wells Beach Jetty if parking at the Atlantic

Road lot. The Jetty is perfect for fishing and children to explore. Some folks who live or rent near-by enjoy biking to the beach to avoid traffic congestion and parking fees.

Wells Harbor Community Park

331 Harbor Road

A wonderful recreational area by the marshes and dunes, Wells Harbor Community Park offer many activities. Includes free parking, pavilion with picnic tables, playground, horseshoe pits, bocce, and more! Enjoy a quiet fishing area or attend one of the many events like their Summer Concert Series. Perfect for many large family outings!

Wells Reserve at Laudholm Farm

342 Laudholm Farm Road

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 drawn 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. Small fee may be collected at the entrance.

YORK

Bog Road Recreational Complex

40 Bog Road

Plenty of parking is available for the baseball field and two multipurpose fields for soccer, lacrosse, field hockey and football. This area is also home to a large memorial playground called Benjamin Park.

Cape Neddick Beach (also known as Passaconaway Beach)

Approximately 220 Shore Road. Parking by permitted residents on Shore Road and Hutchins Boulevard. Other seasonal pay-to-park areas are available around the beach. Small, secluded beach with excellent views. Great for children to climb rocks and explore the tide pools. Many local residents enjoy biking to the beach to avoid the congestion and paying to park.

Cliff Walk

Entrance at the end of Harbor Beach Road

Parking by permit at Harbor Beach Road. Additional parking without a permit can be found on York Street. This scenic, 1-mile, out and back walk along York Harbor is flat yet potentially hazardous due to the rocky nature of the coastline. Gorgeous sights

along the path. Connects to Fisherman's Walk near Harbor Beach Road.

Ellis Park

Ocean Avenue on the right (across from York Manor Condominiums)
Adjacent to the popular Short Sands Beach, Ellis Park offers a playground, gazebo, basketball courts, and a grassy park for picnics and playing.

Fisherman's Walk

Parking at the end of Barrell Lane Extension. Or park on by Wiggly Bridge on Lilac Lane and the path begins on the same side as parking spaces.

This path connects the Cliff Walk with Wiggly Bridge and Steedman Woods Loop Trail! All three trails from Wiggly Bridge to the end of Cliff Walk is about 1.6 miles of stunning coastal views. The Fisherman's Walk brings you along the York River. Walk in front of the Sayward Wheeler House (path between Lilac Lane and Barrell Lane Extension). Once you arrive at the Stage Neck Harbor Inn, with the tennis courts directly in front of you, you can turn back for a total loop of 1 mile, or continue along the beach and pick up the Cliff Walk on the left as you face the ocean from the beach!

Goodrich Park

200 US Route 1

Home to the Grant House, this passive recreational area lies along the York River. Great for picnics and short walks to the river. Rices Bridge Boat Launch is available for non-motorized and motorized boats opposite barn on York River Bridge, Route 1. Ample parking on site.

Hartley Mason Reservation

480 York Street

Limited parking off street, this destination offers a beautiful green lawn with benches overlooking the ocean at York Harbor Beach. Take a short, well-maintained path down to the beach to walk along the rocky shore.

Highland Farm Preserve

Parking at the kiosk on Cider Hill Road (Route 91) either 1 mile north of Scotland Bridge Road or 1 mile south of the intersection of Mill Lane and Birch Hill Road
151-acre property offers historic attractions, beautiful outlooks, picnic areas, and miles of looping easy – moderate hiking trails. Hike more than three miles of varied terrain. Perfect for winter activities such as snowshoeing and cross-country skiing. Riverview Trail is across the street if interested in a longer outing.

Long Sands Beach (York Beach)

189 Long Beach Avenue

Pay-to-park meters line the roads near this beach, however this beach often doesn't feel crowded at low tide. During high tide, much of the beach is consumed, so check the tidal charts before venturing out in hopes to lay out. Perfect beach for a long stroll with some sights of Nubble Light.

Moulton Park

Across from York Art Association at 394 York Street. Parking along York Street or down Clarks Lane

Green fields and benches are nestled just beyond York Village. Plenty of shady trees to enjoy a picnic or small field games under.

Mount Agamenticus (Mount A)

Mountain Road. Lat/Long Coordinates: N43.22303, W70.69262

More directions from www.agamenticus.org: "There is a gravel parking lot on the right and a paved road leading to the summit of Mount Agamenticus. Green fence posts at the entrance says, "Mount A Summit." If the road turns to gravel, you've gone a hundred meters too far."

This conserved region consists multiple trails through 10,000(+) acres of unique land. Stunning views from the summit. On a clear day, look south for the skyscrapers of Boston, and to the west see Mount Washington and the Presidential Range. Hike or drive up. Mountain biking and snowshoeing is also enjoyed at Mount A – and some trails are open to horseback riding and ATV riders. Trail maps are available. Learning Lodge at the summit is open peak hours on weekends from Memorial Day Weekend through Columbus Day.

Riverview Trail to Smelt Brook Preserve

Parking at the Highland Farm Preserve (trail directly across the street)

Follow the wooded trail to access lovely views of salt marshes along the meandering York River. Excellent for bird watching as the Smelt Brook Preserve is host to many shorebirds including Great Blue Herons, Night Herons, White Egrets and Kingfishers. Perfect for snowshoeing and cross-country skiing in the winter.

Scotland Bridge Boat Launch

Gravel Ramp on Scotland Bridge Road, nearly across the street from River Lane.

Parking on the side of the road

Excellent place to put your canoe, kayak, or stand-up paddle board in the York River! Paddle up river and you will find yourself in pristine marshes, or paddle down river towards York Harbor. This is a tidal river and currents may become strong.

Short Sands Beach (York Beach)

Ocean Avenue

A quarter-mile long stretch of sandy beach with some rocks and tidal pools, this area is a very popular destination in the summer months. Meters parking nearby from mid-May to mid-October.

Sohier Park / Nubble Light

Down Nubble Road

Sohier Park is the gateway to the incredible Nubble Lighthouse – noted as the most photographed lighthouse in the world! Enjoy a picnic or bring a fishing pole for a leisurely day outside.

Wiggly Bridge and Steedman Woods Loop Trail

Park on Lilac Lane (Route 103), less than 1/8 of a mile south of Barrell Lane

Starting from Lilac Lane, walk the causeway to reach Wiggly Bridge and head into the quiet woods of the Steedman Woods Reserve. Wiggly Bridge, true to its name, is a suspension bridge that flexes as you cross the tidal flow from Barrells Millpond along the York River. Makes for a pleasant, scenic walk. Potential parking at the trailhead for Steedman Woods at the end of Mill Dam Road. If interested in extending the nature walk, connect to the Fisherman's Walk that starts by the parking area on Lilac Lane.

York Harbor Beach (also known as Mothers' Beach)

End of Harbor Beach Road

Family-friendly crescent shaped beach with gentle waves, surrounded by a rocky coastline and walking paths. Limited parking by permit at Harbor Beach Road. Additional parking without a permit may be found on York Street. Expansive beach during low tide that dramatically decreases during high tide, so watch the tidal charts! During high tide, enjoy the green lawns of the Hartley Mason Reserve or stroll along the Cliff Walk or Fisherman's Walk.

York Beach Ball Field

Railroad Avenue/Church Street

Permitted parking and metered parking available. York Beach Ball Field has a baseball/softball field and a large grassy area for multipurpose use.

EASTERN TRAIL

The Eastern Trail is a developing section of the East Coast Greenway with the idea to connect not only trails, but to connect people as well. The East Coast Greenway begins in Calais, Maine at the Canadian border, and continues through 15 more states before reaching Key West, Florida.

The Eastern Trail section is being organized in Southern Maine along the old Eastern Railroad which used to connect Portland, ME to Boston, MA.

York County fortunately offers many parking areas along the Eastern Trail:

Arundel:

- Town Hall (at Limerick Road and Mountain Road intersection)

The town of Arundel has created parking spaces along the Limerick Road portion of the Eastern Trail.

Biddeford:

- Southern Maine Medical Center (rear lot)

Kennebunk

- Town Hall (at Limerick Road and Kennebunk Elementary School (rear of lot near kiosk and spur trail)

Old Orchard Beach:

- Milliken Mills Road (on the shoulder)
- Old Cascade Road (two spots only)

Saco:

- Mill Brook Business Park (off Route 1)
- Thornton Academy (Clark Street shoulder; in TA lot only when not in session)

www.EasternTrail.org - The Eastern Trail is a recreation and transportation greenway from Casco Bay to the Piscataqua River in Kittery with trails through York County.

Additional parking information can be found in the Trail Guide:

www.EasternTrail.org/index.php/trails-a-maps/trail-guide

The goal of land trusts is often to preserve and protect sensitive natural habitats, farm/ranchland, water sources, cultural/historical sites, or major landmarks. Some protected areas may limit public access due to the sensitive nature of the land. However, many land trusts are available to the public for recreational purposes. York County is home to over 25 land trusts. Listed below are just a few

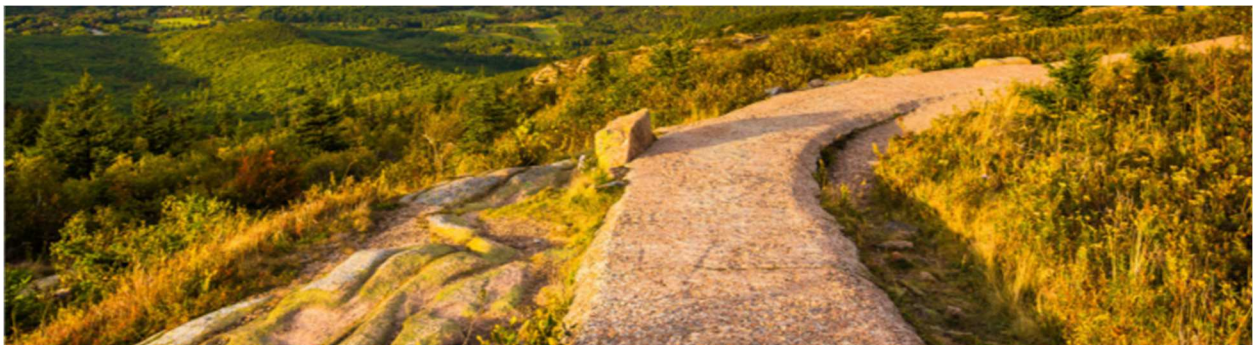
www.3RLT.org – Three Rivers Land Trust's supports the three rivers of Little Ossipee, the Salmon Falls, and the Mousam River. Service area envelopes Acton, Alfred, Lebanon, Shapleigh and Sanford/Springvale.

www.GWRLT.org – The Great Works Regional Land Trust is your local land trust in the communities of the Berwicks, Eliot, Ogunquit, and Wells.

www.YorkLandTrust.org - Manages five preserves, open for public access, that feature the perfect settings for hikes, walks, and other recreation amidst landscapes that define the Greater York/Mount Agamenticus Region of Southern Maine.

For more information on York County's Land Trusts, please visit the Maine Land Trust Network at:

www.MLTN.org/



PARK AND RECREATION DEPARTMENTS

Acton Town Hall:

www.actonmaine.org

Follow the Acton Recreation Facebook page for information and community events!

Alfred Town Hall:

www.alfredme.us

Visit the Town Hall website or follow the Alfred Recreation Facebook page for more information!

Arundel:

www.arundelrec.com

Offers youth/teen programs as well as discount tickets.

Berwick:

www.berwickmaine.org/rec or visit www.berwickrec.com

Offers events, discount tickets, and volunteering opportunities.

Biddeford:

www.biddefordrec.com

Offers an extensive list of programs and memberships including summer camps, youth and adult sports, and activates for those 50+.

Buxton:

www.buxtonme.myrec.com

Learn more about summer programs, adult/senior activities as well as events, classes and more!

Cornish:

www.cornish-maine.org/recreation-entertainment

Provides year-round list activities in Cornish and surrounding areas.

Dayton Town Hall:

www.dayton-me.gov

Check out upcoming community activities. Parks and Rec offers youth programs such as soccer and basketball.

Eliot:

www.eliotcsd.org

Check out upcoming all-ages events and programs, or to register for camps.

Hollis:

www.hollismaine.org/parks-recreation

Offers youth camps and classes during the summer, and seasonal leagues for children, adults, and seniors.

Kennebunk:

www.kennebunkme.myrec.com

Scroll through a list of programs, classes, and trips. From youth white water rafting, to tennis lessons, to archery and concerts in the park – you'll be sure to find something you love.

Kennebunkport:

www.kennebunkportme.gov/parks-and-recreation or visit

www.kennebunkportrec.com

Check out their events page or Facebook for more local happenings!

Kittery:

www.kitterycommunitycenter.org

Special events, art, sports, childcare and more! Many offerings to children, teens, adults, and seniors in the area.

Lebanon:

www.lebanon-me.org/recreation

Get more information on local happenings as well as obtain soccer and summer camp applications.

Limerick:

www.limerickme.org/Recreation_Departme nt

Check out what Limerick has to offer!

Limington:

www.limington.net/recreation

Offers activities such as a youth league for community members. Also visit their Facebook page for more events!

Lyman Town Hall:

www.lyman-me.gov

Parks and Rec Calendar/Events can be found on the Town Hall webpage. Offers many programs including youth yoga, drama, and more!

Newfield Town Hall:

www.newfieldme.org

Visit their calendar of events for more information!

North Berwick:

www.townofnorthberwick.org/Pages/Files/PRWelcomeLPR

Land, Parks, and Recreation page offers many different activities for all ages.

including volleyball, bingo, sports, and volunteer opportunities.

Ogunquit Town Hall:

www.townofogunquit.org

See their Events & Meetings calendar for town happenings.

Old Orchard Beach:

www.oobrec.com

Notoriously busy in the summer, check out their programs and events specific to community members.

Parsonsfield Town Hall:

www.parsonsfield.org

Like them on Facebook or visit their calendar of events for upcoming happenings!

Saco:

www.sacomaine.org/departments/parks_and_recreation or visit

www.sacorec.com

Offering programs for all-ages, including soccer, cooking, softball and much more.

Sanford:

www.sanfordrec.com

Offers many activities for all ages as well as discounted tickets and special events.

Shapleigh Town Hall:

www.shapleigh.net/recreation

Visit their town webpage or the Rec. Facebook page for more events!

South Berwick:

www.southberwickmaine.org/departments/recreation

Offers multiple youth and adult programs all year long! More events may be posted in their newsletters.

Waterboro:

www.waterboro-me.net/departments/recreation_dept

Check out their upcoming all-ages events, which may include trips, camps, luncheons, and much more.

Wells:

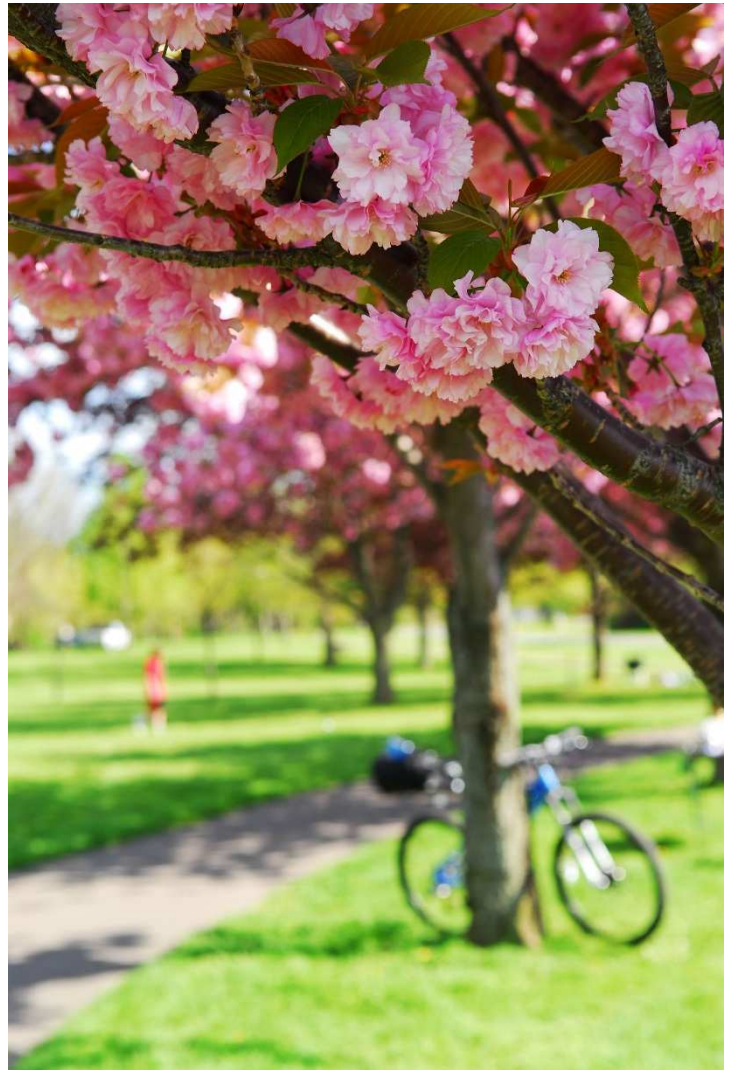
www.wellsrec.org

Sports leagues, summer camps, and discounted tickets are just the beginning. Webpage links you to community events.

York:

www.yorkparksandrec.org

Take a peek at their upcoming events which may include soccer, tee-ball, the Festival of Lights, and other special events!



ADULT EDUCATION CENTERS

Adult Education Centers act as a hub of resources for many individuals. Join an exercise class, dance lessons, or outdoor adventures. Offers classes at a fee or for free! Check out an Adult Education Center near you for more details: www.maineadulted.org/

Adult Education of the Kennebunks and Arundel:

89 Fletcher Street, Kennebunk, ME 04043. Phone: 985-1116

Biddeford Adult Education:

189 Alfred Street, 2nd Floor, Biddeford, ME 04005. Phone: 282-3883

Bonny Eagle Adult Education:

290 Parker Farm Road, Buxton, ME 04093. Phone: 929-9185

Kittery Adult Education:

12 Williams Avenue, Kittery, ME 03904. Phone 739-5896

Marshwood Adult & Community Education:

260 Route 236, South Berwick, ME 03908. Phone: 384-5703

Massabesic Center for Adult Learning:

84 West Road, Massabesic East, Waterboro, ME 04087. Phone: 247-2022

Noble Adult & Community Education:

100 Noble Way, North Berwick, ME 03906. Phone: 676-3223

Old Orchard Beach / Saco Adult & Community Education:

28 Jameson Hill Road, Old Orchard Beach, ME 04064. Phone: 934-7922

Sanford Community Adult Education:

21 Bradeen Street, Suite 201, Springvale, ME 04083. Phone: 490-5145

Wells-Ogunquit Adult Community Education:

200 Sanford Road, Wells, ME 04090. Phone: 646-4564

York Adult & Community Education:

30 Organug Road, York, ME 03909. Phone: 363-7922

Some York Country residents also enjoy the Sacopee Valley Adult & Community Education Center, Gorham Adult Education, and others!

ADDITIONAL RESOURCES WE LOVE

For more information on trails and ideas regarding healthy choices – we recommend:

www.211Maine.org - 211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. Available 24/7.

www.CDC.gov – Stay up to date and learn about public health topics from environmental health, to global health, and more. The nationwide standard and resource for

www.ChooseMyPlate.gov - MyPlate is a reminder to find your health eating style and build it throughout your lifetime. Website also offers recipes and physical activity ideas.

www.LNT.org – Center for outdoor ethics. Leave No Trace is a national organization that protects the outdoors by teaching and inspiring people to enjoy it responsibly. Enjoy your world.

www.Maine.gov/dhhs/mecdc/population-health/ - The division of disease prevention works across three focus areas to better the lives of all Maine people: children have a healthy start, healthy and safe living, and chronic disease prevention and control.

www.MaineHealth.org/southern-maine-health-care/healthy-communities/ - SMHC is committed to making the communities it serves the healthiest in America by offering classes, support groups and services to help you improve your health and wellbeing.

www.MaineTrailFinder.com – Maine Trail finder is a free online resource for people-powered trails. Search by activity, location or browse a map.

www.MOAC.org – The Maine Outdoor Adventure Club is an all-volunteer member organization that organizes and leads outings from beginner to expert.

www.RethinkDiabetes.org/for-mainers/ - Maine's National Diabetes Prevention Program (NDPP) information portal.

www.TheQuitLink.com – An online resource to support Maine residents to be tobacco-free and connect to the Maine Tobacco HelpLine.

CONTACT INFORMATION

Again, we recognize that this guide does not represent **ALL** the activities available to residents of York County. We aim to highlight free and public resources available to all. Many other options are available for your wellness needs. We encourage you to let us know if there is something that we missed. This guide will be updated periodically.

Please contact the York District Public Health Liaison, Adam, at Adam.Hartwig@Maine.gov for any additions or edits.

Visit our webpage for the most up to date Physical Activity Resource Guide and for additional information on YDPHC at <https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/council-main.shtml>

Thank you to the Maine Center for Disease Control and Prevention, the York District Public Health Council, and all the community members that helped provide details and insight. We hope to see you out there!



~

“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

IMPORTANT DISCLAIMER

With any physical activity, there is an assumed risk of injury. Neither the York District Public Health Council nor the Maine Center for Disease Control and Prevention can be held liable for any injuries, loss, or issues as a result of or in connection with anything mentioned in this reference guide. If you have a medical condition, please check with your doctor before starting a new activity.

It is pertinent to read all trail signs and notices. Some trails abut private property, and some properties may or may not allow access. Do not deviate from trails unless otherwise posted. Do not bring dogs unless publicly noted.

We would like to remind you that outdoor activities often require specialty equipment. You must supply your own gear that may be appropriate for the activity and weather. We suggest bringing a map and compass, or GPS tracker, when navigating through unfamiliar lakes, rivers, trails, and more.

Ticks are abundant in our district. Please learn how to prevent ticks and mosquitos by visiting: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/>