

Finding “Places to Go” Local & National Resources

Places to Go in Cumberland County, Maine

The *Get Up & Go Guide* is a searchable database designed to help residents in Cumberland County, Maine, locate physical activity and nutrition resources available for children, youth and families in their area.

Go to <http://www.letsgo.org/Guide/>, and click on a town on the map to get a complete list of resources offered in one of 12 communities, or use the Advanced Search to find specific activities. The *Get Up & Go Guide* is also available as a downloadable [pdf](#) file.



Places to Go in the U.S.

Check out these organization’s websites in your search for excellent "places to go"!

The **National Wildlife Federation's Nature Find** is a great way to search for outdoor spaces and events in the US. <http://nwf.org/naturefind/>

The **Our Forests & Parks: Where the Other You Lives** website will help you find out where to "Discover the Forest"! <http://www.discovertheforest.org/where-to-go>

KaBOOM! Playground Finder is a quick and easy way to find a playspace where ever you happen to be across the country. <http://playspacefinder.kaboom.org/>