



Take it Outside!
with
**Maine State
Parks**
www.parksandlands.com

A Summertime of FUN!

Biking: check for designated trails

Androscoggin Riverlands, Bradbury Mountain, Camden Hills, Mount Blue

Camping:

Aroostook, Bradbury Mountain, Camden Hills, Cobscook Bay, Lake St. George, Lamoine, Lily Bay, Mt. Blue, Peaks-Kenny, Rangeley Lake, Sebago Lake, Warren Island

Freshwater Fishing:

Fishing license required

Aroostook, Damariscotta Lake, Grafton Notch, Lake St. George, Lily Bay, Mt. Blue, Peaks-Kenny, Range Pond, Rangeley Lake, Sebago Lake, Swan Lake

Hiking:

State Parks suited for families include:

Bradbury Mountain, Cobscook Bay, Ferry Beach, Lily Bay, Peaks-Kenny, Range Ponds, Vaughn Woods Memorial, Wolfe's Neck Woods, and the beaches—see other side for Beach Walking list

More challenging hikes with views and vistas include:

Aroostook, Camden Hills, Grafton Notch, Mount Blue, Mount Kineo, Quoddy Head

Lake Swimming:

Aroostook, Damariscotta Lake, St. George, Lily Bay, Mt. Blue, Peaks-Kenny, Range Pond, Rangeley Lake, Sebago Lake, Swan Lake

Ocean Swimming:

Birch Point, Crescent Beach, Ferry Beach, Holbrook Island, Popham Beach, Reid, Roque Bluffs

Programs:

Nature programs are offered at Ferry Beach, Mt. Blue, Sebago Lake, Wolfe's Neck Woods. Colonial Pemaquid, Fort Knox Historic Sites offer historic and cultural programs.

Playgrounds:

Bradbury Mountain, Damariscotta, Lake St. George, Lamoine, Moose Point, Peaks-Kenny, Range Pond, Sebago Lake, Two Lights



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Winter Wonderlands to Explore!

Beach Walking:

Crescent Beach, Ferry beach, Kettle Cove, Owls Head Light, Popham Beach, Reid, Roque Bluffs

Cross Country Skiing: *groomed trails

Aroostook, Bradbury Mountain, Camden Hills, Cobscook Bay, Holbrook Island Sanctuary, Lily Bay, Moose Point, *Mount Blue, Reid, *Sebago Lake, Wolfe's Neck Woods

Horseback Riding:

Popham Beach, Reid State Park

Ice Fishing:

Allagash Wilderness Waterway, Damariscotta Lake, Lake St. George, Lily Bay, Mount Blue, Penobscot River Corridor, Sebago Lake

Playgrounds:

Bradbury Mountain, Fort McClary, Two Lights

Skating: *skates available

Cobscook Bay, Ferry Beach, Fort McClary, *Mount Blue

Sledding:

Aroostook, Mount Blue

Snowmobile Riding:

Check for designated trails

Allagash Wilderness Waterway, Aroostook, Bradbury Mountain, Camden Hills, Lily Bay, Mount Blue, Peaks-Kenny

Snowshoeing:

*snowshoes available to rent

Aroostook, *Bradbury Mountain, Camden Hills, Cobscook Bay, Crescent Beach, Kettle Cove, Ferry Beach, Fort McClary, Holbrook Island Sanctuary, Lily Bay, Moose Point, Mount Blue, Owls Head Light, Shackford Head, Vaughan Woods

Winter Camping:

Call for specific park information

Aroostook, Bradbury Mountain, Camden Hills, Cobscook Bay, Mount Blue



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Horseback Riding:

Popham Beach, Reid State Park

Ice Fishing:

Allagash Wilderness Waterway, Damariscotta Lake, Lake St. George, Lily Bay, Mount Blue, Penobscot River Corridor, Sebago Lake

Playgrounds:

Bradbury Mountain, Fort McClary, Two Lights

Skating: *skates available

Cobscook Bay, Ferry Beach, Fort McClary, *Mount Blue

Sledding:

Aroostook, Mount Blue

Snowmobile Riding:

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Snowshoeing:

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Cobscook Bay, Ferry Beach, Fort McClary, *Mount Blue

Sledding:

Aroostook, Mount Blue

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