

Physical Activity and Nutrition Guide

KENNEBEC COUNTY



Northern LightSM
Inland Hospital

In partnership with

MaineHealth
LET'S GO!

 **healthy
communities**
OF THE CAPITAL AREA
making connections — improving lives

Northern Light Inland Hospital, Healthy Communities of the Capital Area, and Let's Go!

Northern Light Inland Hospital and Healthy Communities of the Capital Area value the health and well-being of the community and are partnering to provide individuals and families with a **“Physical Activity and Healthy Nutrition Guide - Kennebec County.”**



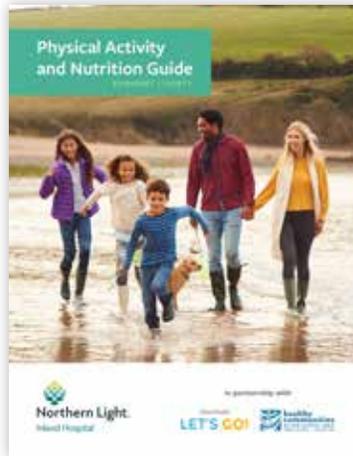
Northern Light Inland Hospital is a 48-bed community hospital with primary and specialty care medical offices in Waterville and three surrounding communities. Its mission is to improve the health of the people and communities it serves. Inland Hospital is committed to making healthcare work for patients by providing high-quality care that meets individual needs. For more information about Inland visit <https://northernlighthealth.org/inland-hospital>.



Healthy Communities of the Capital Area (HCCA) is a local, nonprofit public health organization offering grant-funded prevention

programs for tobacco and substance misuse prevention, improved nutrition, increased physical activity, youth empowerment, and other initiatives. To learn more about Healthy Communities of the Capital Area visit www.hccame.org.

Through a partnership with the Let's Go! 5-2-1-0 program, Northern Light Inland Hospital and HCCA work throughout Kennebec County to support the health and well-being of students, staff, and caregivers in schools, out-of-school programs, early care and education, and healthcare practices.



The Let's Go! program is an evidence-based, statewide community wellness initiative, promoting healthy eating and active living and encourages these daily habits:

5 or more servings of **FRUITS & VEGETABLES**

2 hours or less of **RECREATIONAL SCREEN TIME**

1 hour or more of **PHYSICAL ACTIVITY**

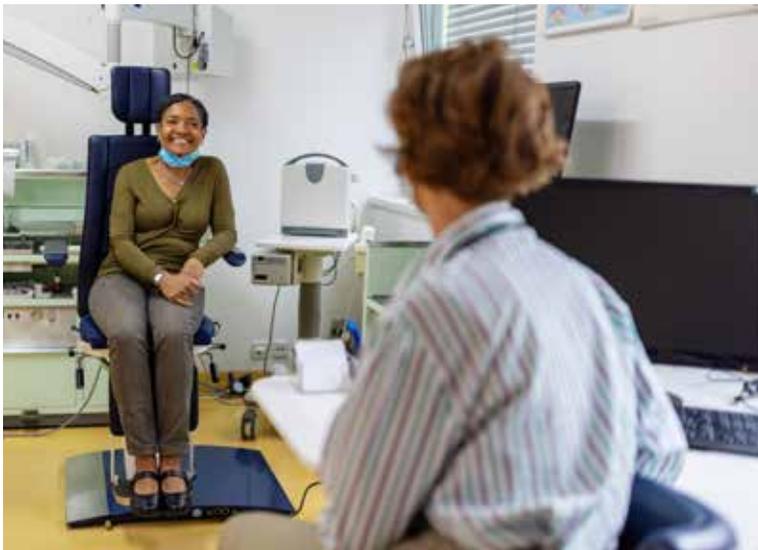
0 sugary drinks, **MORE WATER**

For more information visit letsgo.org

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Is Physical Activity Safe for Me?



The information in the **“Physical Activity and Nutrition Guide _ Kennebec County”** is for educational and informational purposes only and not meant to take the place of a healthcare provider’s advice. Most healthy adults can participate in physical activity without a medical exam. However, some health conditions can affect an individual’s exercise routine and nutrition plan. Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or chronic or other health conditions, such as arthritis, diabetes, or heart disease.

Talk with your healthcare provider about exercises, physical activities, and a nutrition plan or diet that are appropriate for you. When beginning an exercise program start slowly and build over time. If you experience any unexplained symptoms or pains, stop exercising and consult a healthcare provider.

Safety Tips

Start slowly and build activities gradually

Carry cell phone in case of emergency

Tell others where you are going

Prepare for weather conditions

For outside exercise, dress to be visible

Consider exercising with a partner

Use appropriate safety equipment (i.e. helmets)

Drink water before, during, and after activity

Stop if you feel pain



Watch this video for how to perform a tick check:
<https://www.youtube.com/watch?v=4ORIWfGvYMc>



Tick Prevention

- Wear EPA-approved repellants.
- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in center of trail.
- Wear long-sleeved, light colored clothing.
- Tuck pant legs into socks and shirt into pants.
- Check clothing and gear for ticks and do full-body tick check when back indoors. Pay special attention to underarms, behind knees, between legs, in and around ears, in belly button, around waist and in hair.
- Take shower within two hours after spending time outdoors, which will wash off unattached ticks.
- Source - Maine CDC: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/lyme/tick-prevention-and-property-management.shtml>
- Tick Lab – University of Maine Cooperative Extension: <https://extension.umaine.edu/ticks/>
 - Prevention
 - Tick checks
 - Pet protection
 - Ticks of Maine
 - Tick-borne diseases
 - Tick removal
 - Submit a tick
 - Landscape management
 - Chemical control





Sun Safety/Skin Cancer Prevention

- Seek shade when appropriate – the sun’s rays are strongest between 10 am to 2 pm.
- Wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses with UV protection.
- Apply broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Reapply every two hours, or after swimming or sweating.
- Use extra caution near water, snow, and sand, as they reflect the damaging rays of the sun.
- Avoid tanning beds.
- Perform regular skin self-exams. Be attentive to any changes in moles or moles that look different from others, itching, bleeding, scaly patches, and sores that don’t heal. If any of these signs and symptoms occur, talk with your healthcare provider or a dermatologist.
- Source – American Academy of Dermatology: <https://www.aad.org/public/diseases/skin-cancer/prevent/how>



5 2 10
EVERY DAY!

1 hour or more of
PHYSICAL ACTIVITY

Physical Activity Guidelines - Adults

Check with your personal health care provider if you have any questions about beginning an exercise routine

Aerobic Activities

150 - 300 minutes per week of moderate-intensity activity
(You should be able to talk, but not sing while doing activity).

or

75 - 150 minutes per week of vigorous-intensity activity
(You should be able to say a few words while doing activity).

or

An equivalent mix of moderate and vigorous-intensity activity

Muscle-Strengthening Activities

Two or more days per week
(No specific duration each day)
Work all major muscle groups
(legs, hips, back, abdomen, chest, shoulders, and arms).

Flexibility Activities

At least 3 times a week for 10-12 minutes

When stretching, extend the muscle to the point of tension -not pain- and hold for 20 to 60 seconds.



5 2 10
EVERY DAY!

1 hour or more of
PHYSICAL ACTIVITY

Physical Activity Guidelines - Youth (ages 6-17)

Aerobic Activities

60 minutes, seven days per week

Mostly moderate-intensity activity

At least three days/week include
vigorous-intensity activity

Bone-Strengthening Activities

At least three days per week

Weight-bearing activities

What if I don't meet the Physical Activity Guideline recommendations?

According to the 2018 Physical Activity Guidelines Advisory Committee Scientific Report “for individuals who perform no or little moderate to vigorous-intensity activity, replacing sedentary behavior with light intensity activity reduces the risk of all causes of mortality, and the incidence of type 2 diabetes. There is no threshold that must be exceeded before benefits begin to occur.”

So, in short, any activity you do matters!

Source for Physical Activity Guidelines: US Department of Health and Human Services, Physical Activity Guidelines for Americans, 2nd Edition, Washington DC, 2018.



How do I know what level of intensity I am exercising at?

Step One

Determine your maximum heart rate:

$$220 - \text{Your Age} = \text{Maximum Heart Rate (MHR)}$$

Step Two

While exercising, briefly stop activity, take your pulse for 15 seconds, and multiply by four to get your pulse for one minute:

$$\begin{array}{c} \square \\ \text{number of} \\ \text{heartbeats} \\ \text{you hear in} \\ \text{15 seconds} \end{array} \times \begin{array}{c} \square \\ 4 \\ \square \end{array} = \begin{array}{c} \square \\ \text{your pulse} \\ \text{for one minute} \end{array}$$

MODERATE INTENSITY

Aerobic Activity
Pulse (measured for one minute)
= 60-70% of MHR

VIGOROUS INTENSITY

Aerobic Activity
Pulse (measured for one minute)
= 70-80% of MHR

Example:

50-year-old individual

Step One

Determine maximum heart rate:

$$220 - 50 \text{ (age)}$$

$$= 170 \text{ max. heart rate}$$

Step Two

Take your pulse for 15 seconds and multiply by four to get pulse for one minute.



Moderate Intensity = 60-70% of MHR or 102-119 beats per minute



Vigorous Intensity = 70-80% of MHR or 119-136 beats per minute

What can exercise do for me?



Lowers risk for...

High blood pressure

High cholesterol

Diabetes

Cardiovascular Disease

Cancer

Osteoarthritis

Osteoporosis

Obesity

Falls and fall-related injuries,
helping Seniors maintain
independence



Improves mental and emotional well-being including ...

Relieving stress

Improving symptoms of
anxiety and depression

Lowering risk for
postpartum depression

Improving sleep

Supporting cognition,
memory, processing speed,
and academic performance



Improved quality of life

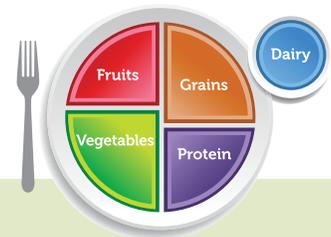
More energy

All ages function better



5 2 10
EVERY DAY!

5 or more servings of
FRUITS & VEGETABLES



Making Nutritious Choices

Focus on nutrient-dense foods that provide lots of healthy vitamins and minerals

- Colorful fruits and vegetables, like dark, leafy greens, tomatoes, and oranges are full of vitamins, fiber, and minerals
- Whole grain foods are rich in fiber
- Lean meat, skinless poultry, fish, eggs, beans, and nuts are excellent protein choices
- Milk, cheese, and yogurt are full of calcium and other nutrients too

Why Make More Nutritious Choices?

- Eating a well-rounded diet full of fruits and vegetables provides vitamins and minerals important for supporting growth, development, and optimal immune function.
- Fruit and vegetable consumption may help prevent weight gain and may be an important aid in achieving and sustaining a healthy weight.
- Higher intakes of fruits and vegetables are associated with lower rates of chronic disease such as heart disease, stroke, high blood pressure, diabetes, and some types of cancers.

Tips for achieving a healthier diet:

- Fill half of your dinner plate with fruits and vegetables
- Try introducing new fruits and vegetables, such as kiwis, pineapple, and jicama, alongside familiar favorites to increase the likelihood of trying them
- If fresh fruit and vegetables are not in season or accessible, try a frozen or canned option.
- Try mixing more nutritious foods into less nutritious foods, such as plain yogurt into sweetened yogurt, or whole grain flour into your pancake mix.
- Try cutting up and preparing fruits or vegetables in advance so they are an easily accessible snack instead of reaching for packaged, processed foods.
- Remember, eating healthy is all about balance. Incorporating vegetables, eating smaller amounts of higher-calorie, high-fat foods, and drinking water over sugary beverages are all excellent ways to improve your diet.



Making Nutritious Choices

Limit Sugary Drinks

- Sugary drinks are the leading source of added sugars in the average American diet
- They are high in sugar and empty calories
- Too much added sugar in your diet can lead to health problems such as obesity, type 2 diabetes, heart disease, kidney disease, liver disease, and cavities.
- High intake of sugar-sweetened beverages is associated with overweight and obesity, displacement of milk consumption, and dental cavities

Rethink Your Drink



WATER: 0 teaspoons of sugar, 0 calories

SPORTS DRINKS: 2 teaspoons of sugar, 75 calories

SWEET TEA: 8.5 teaspoons of sugar, 120 calories

COLA: 10.25 teaspoons of sugar, 150 calories

MOUNTAIN DEW: 18 teaspoons of sugar, 275 calories

DUNKIN STRAWBERRY COOLATA: 15 teaspoons of sugar, 290 calories

STARBUCKS CARAMEL FRAPPUCCINO: 13 tsp of sugar, 380 calories

Choose Water

- Choose water when out to eat to save money and reduce calories
- Add citrus slices such as orange or lemon to your water for some flavor
- Add a splash of 100% juice for some extra flavor
- Carry a reusable water bottle with you and refill it throughout the day
- Try plain tea in order to consume more water and cut down on sugar

Changing Health Habits

Strategies that Work



Information in this section can be found in a booklet available at Northern Light Inland Hospital titled **“Changing Health Habits: A research-based guide to help with strategies that work!”**

For more information contact the Community Wellness Department at **207-861-3392**.





Attitude Matters

- Changing health habits is challenging and setbacks are common.
- You are not alone! And you can do it!
- Be patient.
- Learn from setbacks.
- Stay positive.
- Don't give up!
- How we view our efforts, can make all the difference!

Confidence Counts

- Believe you can and you will!
- Increase confidence by:
 - Setting specific and doable goals
 - Making small changes
 - Problem-solving challenges



Motivation Moves Us

- Have a good reason for changing health habits.
- Explore your personal reasons.
- Make a list or journal your thoughts.

Why SMART Goals?

- Gives direction and plan for success
- Holds us accountable and committed
- Provides opportunity to experience success and build confidence

Example of SMART Goal

- State your starting point.
I am currently walking for 10 minutes, three days per week.
- Date begin goal.
On April 1, I will
- Set specific and realistic goal.
I am currently walking for 10 minutes, three days per week. On April 1, I will walk 20 minutes, three days per week and re-evaluate on June 1.

Make your goals SMART

S	Specific	Clear with detail
M	Measurable	Written to measure progress and success
A	Achievable	Realistic and doable
R	Relevant	Connected to what you want to accomplish (example: setting exercise goal to lose weight)
T	Time-based	Specific start date



Small Changes Make a Difference!

EXAMPLE: By losing one pound of weight, we reduce the load off our knee joints by four pounds for each step we take. The accumulated reduction in knee load for a one-pound loss in weight would be more than 4,800 pounds for every mile walked.¹

Find Solutions to Challenges

- Identify barriers to achieving goals.
- Make a list of possible solutions.
- Pick one solution. Set a SMART goal.

Have a Relapse Prevention Plan

- Observe/record positive changes noticed while working on goal. This can be an ongoing source of motivation.
- Stress is a common reason for setbacks. Pre-plan healthy strategies for managing stress, such as exercise, deep breathing, or journaling.
- Reach out to friends, family, and health professionals for support.
- Don't give up!

What can I do to keep myself motivated for fitness?

- Exercise with a buddy: A friend, co-worker, spouse, or even a dog can help keep us on track.
- Use a tracking device: A pedometer or Fitbit can help us to set and achieve SMART goals.

(1) Source: Messier, *Arthritis & Rheumatism, S.i.*, vol 52; pp 2026- 2032. News release, John Wiley & Sons, Inc.



Statewide Food Resources

Apple Orchards

Maine Pomological Society

<https://www.maineapples.org/orchards/>

Farmers' Markets

Maine Federation of Farmers' Markets

<http://www.mainefarmersmarkets.org/market/>

Food Banks/Pantries

Good Shepherd Food Bank

<https://www.gsfb.org/>

Call before visiting to confirm hours of operation

Maine's Pick-Your-Own Blueberries

The Heart of New England

<http://www.theheartofnewengland.com/backporch-MaineBlueberries.html>



Healthy Food Information

(Healthy recipes can be found on most of these sites.)

American Diabetes Association

<https://www.diabetes.org/healthy-living/recipes-nutrition>

American Heart Association

<https://www.heart.org/en/healthy-living/healthy-eating>

Eat Right

Academy of Nutrition and Dietetics

<https://www.eatright.org/>

Kids' Corner

U.S. Department of Agriculture

<https://www.nutrition.gov/topics/nutrition-age/children/kids-corner>

Let's Go! 5-2-1-0

https://www.letsgo.org_

MyPlate

U.S. Department of Agriculture

<https://www.myplate.gov/>

National Institute on Aging

<https://www.nia.nih.gov/health/healthy-eating>

Nutrition

Centers for Disease Control

<https://www.cdc.gov/nutrition/index.html>

Oldways

Mediterranean Diet

<https://oldwayspt.org/>

SNAP-Ed Connection

U.S. Department of Agriculture

<https://snaped.fns.usda.gov/>

Cooking Classes

University of Maine Cooperative Extension in Kennebec County

<https://extension.umaine.edu/kennebec/nutrition-education/>



Physical Activity Resources

Bicycle Coalition of Maine

<https://www.bikemaine.org>

Centers for Disease Control and Prevention

<https://www.cdc.gov/physicalactivity/index.html>

Kennebec Land Trust

<https://www.tklt.org/>

Kennebec Messalonskee Trails

<https://www.kmtrails.com/the-trails/>

Maine Department of Inland Fisheries and Wildlife

Recreational Opportunities

<https://www.maine.gov/ifw/fish-wildlife/wildlife/lands/wildlife-management-areas/recreational-opportunities.html>

Maine Lakes

<https://www.lakesofmaine.org>

Maine Office of Tourism

<https://visitmaine.com>

Maine State Parks

<http://parksandlands.com>

Maine Trailfinder

<http://www.mainetrailfinder.com>

New England

Mountain Bike Association

<https://www.nemba.org/chapters/cemenemba>

Physical Activity Guidelines for Americans

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

7 Lakes Alliance

<https://www.7lakesalliance.org/>

WinterKids

<https://winterkids.org/>

Recreational Trails

Kennebec County

Trail ratings (Easy, Moderate, Advanced) determined by Maine Trail Finder

- | | | |
|---|---|--|
|  Birding |  Fishing |  Running |
|  Canoeing and Kayaking |  Glade Skiing |  Sledding |
|  Cross-country Skiing |  Hiking |  Snowmobiling |
|  Dogs Allowed on Leash |  Horseback Riding |  Snowshoeing |
|  4-Wheeling |  Mountain Biking |  Walking |

Augusta

Augusta Greenway Trail

- ▶ **Trailheads/Parking:** Augusta City Hall and Old Fort Western at 16 Cony Street in Augusta and the Augusta Eastside Boat Landing Park on Howard Street
- ▶ 9-mile trail, one way
- ▶ **Walking, mountain-biking**
- ▶ Easy

Augusta Nature Education Center

- ▶ **Trailhead:** Many access points are available along northern border on Route 105, southern border on Cony Street, western border at Hodgkins Middle School and eastern border at Vocational Technical Center and Cony High School.
- ▶ 4.8-mile network of trails
- ▶ **Hiking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy, moderate

Bond Brook Recreation Center

- ▶ **Trailhead/Parking:** From Civic Center Drive, head south and turn right on Bond Brook Road. Turn left on Tall Pines Way and parking located before and after bridge and at Stadium parking lot. Additional parking is located at Mount Hope Cemetery on Winthrop Street.
- ▶ 10.4-mile network of trails with 5.8-mile network of groomed trails for cross-country skiing
- ▶ **Hiking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy, moderate, advanced

Kennebec River Rail Trail

- ▶ **Augusta trailhead:** One access point is located by Maine State Housing Authority parking lot at 26 Edison Drive and a second access point is located by parking lots for ball fields at Capitol Park (near YMCA) at 33 Union Street.
- ▶ **Hallowell trailhead:** Park along Route 201 near Front Street. Trail junction is on Greenville Street.
- ▶ **Gardiner trailhead:** Park in Gardiner Hannaford parking lot.
- ▶ 6.5-mile trail, one way
- ▶ **Walking, biking, snowshoeing**
- ▶ Easy, moderate (paved surface)

University of Maine Augusta Fitness Trails – University of Maine at Augusta (UMA)



- ▶ **Trailhead 1:** Park beside UMA fitness field and tennis courts by Augusta Civic Center. Trailhead is on far end of field.
- ▶ **Trailhead 2:** Trailhead and parking is located behind Maine Municipal Association building at 60 Community Drive.
- ▶ 2.2-mile network of trails on University of Maine at Augusta campus
- ▶ **Walking, biking, snowshoeing, cross-country skiing**
- ▶ Easy, moderate

Viles Arboretum

- ▶ **Trailhead:** From Augusta traffic circle, take Route 9 (Stone Street) exit and continue on Route 9 for 1.2 miles. Turn left into Arboretum Visitor Center parking lot.
- ▶ 5-mile network of trails on 150 acres of fields and 74 acres of forest
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy

Belgrade

Kennebec Highland Trail System

See information under town of Rome

Benton

Benton Riverside Park

- ▶ **Trailhead:** by Benton Town Office at 1279 Clinton Avenue
 - ▶ 0.4-mile round trip walk along Sebasticook River; gazebo and picnic tables
 - ▶ **Walking**
 - ▶ Easy
-

Rotary Centennial Park

See information under city of Winslow

Fayette

Meadowbrook and Sturtevant Farm Trail

- ▶ **Trailhead:** Traveling on Route 17, turn left on Sanderson's Corner Road and follow for 0.1 miles until it turns into Fayette Corner Road. After 1.4 miles, road turns into Bamford Hill Road. Continue for 0.3 miles and trailhead on right. Park on shoulder of Bamford Hill Road.
 - ▶ 1-mile trail, one way
 - ▶ **Hiking, snowshoeing, cross-country skiing**
 - ▶ Easy
-

Parker Pond Headland Preserve

- ▶ **Trailhead:** From Route 17, take Route 41 north 3.6 miles to "Chimney" in West Mount Vernon. Take left on Sandy River Road and travel 2.5 miles to Fellows Cove Road. Park at end of road.
 - ▶ 142 acres with 5,000' on Parker Pond
 - ▶ Two trail loops totaling 2.6 miles
 - ▶ **Hiking, snowshoeing, cross-country skiing**
 - ▶ Moderate
-

Farmingdale

Jaime's Pond

- ▶ **Trailhead/Parking Hallowell:** Take Outlet Road to Jamie's Pond Road and proceed 0.5 miles and look for turn-off to pond on left. Park along Jamie's Pond Road.
 - ▶ **Trailhead/Parking Manchester:** Parking is available on north side of Collins Road and south side of Meadow Hill Road.
 - ▶ 5.9-mile network of trails
 - ▶ **Walking, snowshoeing, cross-country skiing**
 - ▶ Easy, moderate
-

Kennebec River Rail Trail

See information under city of Augusta

Gardiner

Cobbossee Stream Conservation Area & Harrison Nature Trail



- ▶ **Directions:** Access from Route 126 to Harrison Avenue, immediately west of bridge over Cobbossee Stream. Limited parking is available along east side of Harrison Avenue.
- ▶ 0.8-mile, round trip along stream
- ▶ **Hiking, snowshoeing**
- ▶ Easy

Kennebec River Rail Trail

See information under city of Augusta

Hallowell

The RES



- ▶ **Trailhead/Parking:** From Winthrop Street in downtown Hallowell cross over I-95. Turn left on Town Farm Road. Turn on Reservoir Road and find “RES” on right about a quarter-mile in. Year-round parking available on Town Farm Road and seasonal parking available at end of Reservoir Road, near beach and ball field areas.
- ▶ If you are not a resident a parking permit must be obtained by City Hall between May 15-September 15.
- ▶ Porcupine Ridge Loop – 2 miles; Wildflower Loop – 1 mile
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy, moderate

Jaime’s Pond

See information under city of Farmingdale

Kennebec River Rail Trail

See information under city of Augusta

Vaughan Woods



- ▶ **Trailhead/Parking:** Small parking lot at 2 Litchfield Road or access by tennis courts at Hall-Dale High School through summer and on weekends. Parking on road is not allowed.
- ▶ Main trail has 2-mile loop with some side trail options.
- ▶ **Walking**
- ▶ Easy, moderate

Litchfield

Holman Conservation Area



- ▶ **Trailhead:** From Lewiston, take Route 126 toward Gardiner and turn right on Route 197. At Litchfield Corner, turn left on Hallowell Road, then right on Plains Road. Turn right on Upper Pond Road and proceed 0.5 miles, before turning right on Melanie Lane. Travel 0.2 miles to trailhead.
- ▶ 2-mile network of trails
- ▶ **Walking, biking, snowshoeing, cross-country skiing**
- ▶ Easy

Small-Burnham Conservation Area



- ▶ **Trailhead/Parking - from Monmouth:** From Route 126 east in Augusta, go 0.5 miles and turn right on Old Lewiston Road. Take first right on Pond Road, which becomes Plains Road. Go 8.5 miles and turn right on Pine Tree Road. Travel 0.5 miles and park on right.
- ▶ 2.4-mile trail loop
- ▶ **Walking, cross-country skiing, snowshoeing**
- ▶ Easy

Litchfield (continued)

Smithfield Plantation

- ▶ **Trailhead/Parking:** From north, travel Hallowell-Litchfield Road and take right on Libby Road at Fire Station. Parking is available on left.
- ▶ 1.6-mile network of trails
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ Easy

Webber-Rogers Farmstead Conservation Area

- ▶ **Trailhead/Parking:** From Lewiston, travel on Route 126 east and turn right on Route 197. At Litchfield Corner, turn left on Hallowell Road, then right on Plains Road, passing Fairgrounds. Drive 3 miles and trailhead is located on right. Park on road.
- ▶ 1.5-mile trail loop
- ▶ **Hiking**
- ▶ **Pets not permitted**
- ▶ Moderate

Woodbury Nature Sanctuary

- ▶ **Trailhead/Parking western trail network:** From Lewiston, take Route 9 north to Monmouth and turn left on Carver Road. Trailhead is about 1 mile in on right, where you will find parking and kiosk (old wood's road).
- ▶ **Trailhead/Parking eastern trail network:** From Lewiston, take Route 9 north to Monmouth and turn left on Town Farm Road and drive one mile. Trailhead is located on left.
- ▶ 4.1-mile network of trails
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ **Pets not permitted**
- ▶ Easy, moderate

Manchester

Allen-Whitney Memorial Forest

- ▶ **Trailhead/Parking:** From Belgrade, travel south on Route 135 (Prescott Road) for 10 miles and take left on Scribner Hill Road. In 0.9 miles, park by New England Forestry Foundation sign. Trailhead is located on Worthing Road.
- ▶ 7.6-mile network of trails
- ▶ **Walking, biking, snowshoeing, cross-country skiing**
- ▶ Easy, moderate

Hutchinson Pond Trail

- ▶ **Trailhead/Parking:** From Manchester, travel south on Pond Road for 3.5 miles and turn left on Collins Road at Cobbossee Outlet. Take first right on Benson Road and travel 0.9 miles. Park on left.
- ▶ 0.5-mile trail, one way
- ▶ **Walking**
- ▶ Easy

Jaime's Pond

See information under city of Farmingdale

Gannet Woods and Wyman Memorial Forest

- ▶ **Gannet Woods Trailhead:** Take Route 17 to Route 135 and go north for 1.2 miles to Scribner Hill Road. Turn southeast on Scribner Hill Road for one mile. Look for Wood's Road on right side of road. Cross stream with granite bridge and look for blue blazed trail. Trail connects to Wyman Forest trail at Wood's Road.
- ▶ **Wyman Forest Trailhead:** From Manchester travel west on Route 17 for 2.4 miles (just across town line into Readfield). Park in front of Case Street Cemetery on Route 17 in Readfield. From cemetery, walk west 300 yards and Kennebec Land Trust sign marks access point.
- ▶ 2.4-mile network of trails
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ Easy, moderate

Monmouth

Whittier Woods Walking Trail

- ▶ **Trailhead/Parking:** From Monmouth Center, travel 3.3 miles east on Route 135 and turn right on Launch Drive. Go 0.4 miles and turn right at boat launch parking lot.
- ▶ 1.4-mile network of trails
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ Easy

Woodbury Nature Conservancy

See information under city of Litchfield

Mount Vernon

Ezra Smith Wildlife Conservation Area

- ▶ **Trailhead/Parking:** Sign on east side of Route 41 in Mount Vernon, ½ mile south of Blake Hill Road, adjacent to cemetery; parking available
- ▶ 125 acres, with 50 acres of wetland
- ▶ 0.5-mile Deer Loop Trail & 0.3-mile Beaver Trail
- ▶ **Walking, snowshoeing**
- ▶ Easy

Oakland

Messalonskee School Trails

- ▶ **Messalonskee High School Trailhead:** accessed from student parking lot, athletic complex & track
- ▶ **Messalonskee Middle School Trailhead:** back of school from parking lot
- ▶ No check in at schools needed
- ▶ 1.1-mile wooded trails between Messalonskee Middle and High Schools
- ▶ **Walking, snowshoeing**
- ▶ **Pets not permitted**
- ▶ Easy

Messalonskee Stream Trail

- ▶ **Trailheads:** Kennedy Memorial Drive or Rice Rips Road
- ▶ 2.6 miles one way through woods, along Messalonskee Stream
- ▶ **Hiking, snowshoeing**
- ▶ Moderate

Town Farm Property

- ▶ **Trailhead:** Park by Transfer Station at 53 Transfer Station Road.
- ▶ 0.75 miles of trails on 40-acre tract
- ▶ **Walking**
- ▶ **Pets not permitted**
- ▶ Easy

Randolph

Old Narrow Gauge Rail Trail

- ▶ **Trailhead:** next to Goggins IGA on Water Street
- ▶ 2.6 miles, round trip
- ▶ **Walking, mountain-biking**
- ▶ Easy

Readfield

Gannet Woods and Wyman Memorial Forest

See information under city of Manchester

Macdonald Conservation Area & Readfield Town Forest



- ▶ 210 acres managed by Town of Readfield and Kennebec Land Trust
- ▶ **Macdonald Conservation Area Trailhead:** From Route 133 turn north on North Wayne Road and travel 3 miles. Then turn right on Kents Hill Road and travel one mile. Look for a Kennebec Land Trust sign.
- ▶ **Readfield Town Forest Trailhead:** From Route 133 near Berry Pond in Winthrop, turn north on North Wayne Road. Travel 1.3 miles and turn right on Hathaway Road. After 0.7 miles, turn left on Belz Road.
- ▶ 4-mile network of interconnected trails
- ▶ **Hiking, snowshoeing, cross-country skiing**
- ▶ Some or all of Readfield Town Farm Forest/Jones Brook trails are often closed during bird nesting season (April through July). Check postings at entrances.
- ▶ Easy, moderate

Readfield Fairgrounds



- ▶ **Church Road Trailhead:** Traveling west on Route 17 (from Manchester towards Kents Hill), turn right at blinking light on Church Road and travel 0.3 miles to Fairgrounds on right. Turn right into parking area with kiosk.
- ▶ **Maranacook Trailhead:** Located near Superintendent's Office (parking available) on the west side of Millard Harrison Drive (access road to Maranacook Community School).
- ▶ 1.8-mile network of trails on 35 acres of Readfield town property
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ Easy

Torsey Pond Nature Preserve



- ▶ **Trailhead/Parking:** From intersection of Route 17 and Route 41 at Kents Hill, take Route 41 one mile. Park on right.
- ▶ 1.8-mile network of trails on 92 acres abutting Torsey Pond
- ▶ **Walking**
- ▶ Easy

Tyler Conservation Area



- ▶ **Trailhead:** From intersection of Route 17 and Route 41, travel west on Route 17 and in 0.2 miles turn right on Old Kents Hill Road. After 0.6 miles take right onto Thundercastle Road. Travel 0.5 miles and look for Kennebec Land Trust sign on right.
- ▶ 0.9-mile network of trails
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ Easy

Rome

French's Mountain Trail



- ▶ **Trailhead:** Turn on Watson Pond Road. Travel 0.7 miles and look for parking on left side of road.
- ▶ 0.8-mile trail loop with views of Long Pond, Great Pond and Belgrade Lakes Village
- ▶ **Walking**
- ▶ Please remove dog waste
- ▶ Easy

Mount Phillip Trail



- ▶ **Trailheads:** On north side of Route 225, across from Starbird Lane and 1.5 miles east of Route 27; secondary parking just west of main trailhead
- ▶ 1.4-mile trail loop
- ▶ **Hiking**
- ▶ Please remove dog waste
- ▶ Moderate

Rome (continued)

The Mountain Trail

- ▶ **Trailhead:** Off Route 27 turn on Mountain Drive and continue 0.3 miles to trailhead/parking on left side of road.
- ▶ 1.5-mile trail loop
- ▶ **Hiking, mountain-biking, snowshoeing, snowmobiling, horseback riding**
- ▶ Please remove dog waste
- ▶ Moderate

Kennebec Highlands – Round Top

- ▶ Kennebec Highlands is public land covering over 6,000 acres.
- ▶ **Trailhead:** Turn on Watson Pond Road from Route 27 and travel 4 miles to parking at corner of Watson Pond Road and Wildflower Estates.
- ▶ 3.3-mile network of trails in Rome and Vienna
- ▶ **Hiking, snowshoeing, snowmobiling**
- ▶ Please remove dog waste
- ▶ Moderate

Kennebec Highlands – Sanders Hill

- ▶ **Trailhead:** Turn on Watson Pond Road from Route 27 and travel 1.3 miles. Park on right.
- ▶ 3-mile round trip trail loop
- ▶ **Hiking, snowshoeing, snowmobiling**
- ▶ Please remove dog waste
- ▶ Moderate

Sidney

Reynold's Forest

- ▶ **Trailhead:** Travel River Road (Route 104) in Augusta north towards Sidney. Shortly after passing Dinsmore Road, see Kennebec Land Trust sign on left. Park along road.
- ▶ 0.6-mile trail loop
- ▶ **Walking**
- ▶ Easy

Snow Pond Community Trails

- ▶ **Trailhead:** Across road from entrance to Snow Pond Center for the Arts at 8 Goldenrod Lane
- ▶ 3.7 miles of groomed nature trails
- ▶ **Walking, mountain-biking, cross-country skiing, snowshoeing**
- ▶ Planned discovery walks
- ▶ Easy

South China

China School Forest

- ▶ **Trailhead:** China Primary School
- ▶ Check with office at China Primary School if use during school hours.
- ▶ 1.4 miles of trails on 50 acres open for public use
- ▶ **Walking**
- ▶ Outdoor classrooms
- ▶ Large tree house
- ▶ Easy

Vassalboro

Annie Sturgis Sanctuary Trail

- ▶ **Trailhead:** From Route 201, take Cushnoc Road and travel 1.5 miles. Park on shoulder.
- ▶ 1.6-mile network of trails on 40 acres along Kennebec River
- ▶ **Walking, snowshoeing**
- ▶ **Pets not permitted**
- ▶ Easy

Davidson Nature Preserve

- ▶ **Trailhead:** Parking lot on west side of Taber Hill Road
- ▶ 1.2-mile round trip on 97 acres of privately-owned land
- ▶ **Walking, birding, snowshoeing, cross-country skiing**
- ▶ **Pets not permitted**
- ▶ Easy

Vassalboro Community School and Town Conservation Trail

- ▶ **Trailhead:** South of athletic fields at Vassalboro Community School
- ▶ During school day, call 207-923-3100 or check in at office.
- ▶ 0.4-mile trail
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy

Vassalboro Town Forest Trail

- ▶ **Trailhead:** Travel 0.4 miles on Bog Road. From Route 32. Park in rear parking lot for town of Vassalboro recreation fields.
- ▶ 1-mile trail loop
- ▶ **Walking, snowshoeing, skiing**
- ▶ Easy

Vassalboro Wildlife Habitat

- ▶ **Trailhead:** On east side of Webber Pond Road, ½ mile past public boat landing at Webber Pond
- ▶ 1-mile network of trails
- ▶ **Hiking, snowshoeing, fishing**
- ▶ Easy

Vienna

Kennebec Highlands Trails

See under town of Rome

Peter Miller Woodland Loop Trail

- ▶ **Trailhead:** From Readfield, take Route 41 north for 11 miles. Turn right on Kimball Pond Road and follow for 2.6 miles. Turn left on Anderson Road. After 0.25 miles, look for Kennebec Land Trust sign on left.
- ▶ 1.5-mile trail loop
- ▶ **Walking**
- ▶ Easy

Waterville

Colby College

(Perkins Arboretum)



- ▶ **Trailhead/Parking:** Access from lot behind Diamond Building. Park at Diamond building or Mary Low parking lots.
- ▶ 4 miles, mostly wooded trails
- ▶ Connects to Runnals Hill Trail at Colby College
- ▶ **Walking, cross-country running, snowshoeing, birding**
- ▶ **Dogs need to be on a leash**
- ▶ Easy, moderate

Colby College

(Runnals Hill Trails)



- ▶ **Trailhead:** Two trailheads are located on Mayflower Hill Drive, across from end of rugby fields at Colby College. Park in Mary Low parking lot.
- ▶ 3.8 miles, mostly wooded trails
- ▶ Connects to Perkins Arboretum at Colby College
- ▶ **Walking, cross-country skiing**
- ▶ **Dogs need to be on a leash**
- ▶ Easy, moderate

Inland Woods Trails



- ▶ **Trailhead:** Behind Northern Light Inland Hospital from parking lot.
- ▶ 17 acres of wooded, nature trails
- ▶ Linked to Pine Ridge Recreation Area allowing for 6.4-mile network of trails
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Little Free Library by trailhead
- ▶ Moderate

Pine Ridge Recreation Area



- ▶ **Trailheads:** Inland Woods trailhead or Rummel's Field off West River Road
- ▶ 144 acres owned by city of Waterville
- ▶ Linked to Inland Woods Trails, allowing for 6.4-mile network of trails
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Moderate

Merritt Nature Trail



- ▶ **Trailhead:** Park in Waterville Junior High School parking lot. Trail begins to right beyond school building.
- ▶ Use trail before/after school or when school not in session.
- ▶ 0.9-mile network of trails along Messalonskee Stream
- ▶ Follow appropriate masking policies
- ▶ **Walking**
- ▶ Easy

North Street Recreation Area Trail

(Waterville Connector)



- ▶ **Trailhead:** Three access points on North Street or Edgemont Avenue.
- ▶ 0.6-mile trail, one way along Messalonskee Stream
- ▶ Paved, wheelchair-friendly
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy

Oxbow Trail



- ▶ **Trailhead:** From Lutheran Church parking lot at 36 Cool Street
- ▶ 0.7-mile trail network of trails along Messalonskee Stream
- ▶ **Walking**
- ▶ Easy

Quarry Road Trails



- ▶ **Location:** 300 Quarry Road (Find **Welcome Center Yurt** 1.3 miles down Quarry Road off North Street).
- ▶ 200+ acres owned/operated by city of Waterville
- ▶ 6.5-mile network of trails
- ▶ **Walking, biking, canoeing/kayaking, sledding, snowshoeing, cross-country skiing, glade-skiing**
- ▶ From first snow through March 15, trails groomed for cross-country skiing and biking. Walkers and dogs are not allowed on groomed trails in winter.
- ▶ Lighted trails for night use on snow making loop
- ▶ Snowshoe/ski rentals on site
- ▶ Easy, moderate, advanced

Wayne

Gott Pasture Preserve

- ▶ **Trailhead/Parking:** From Route 133 in Wayne Village, travel south 0.7 miles on Old Winthrop Road and turn right on Morrison Heights Road. Travel 1.4 miles and bear left on Hardscrabble Road. After traveling 1.3 miles, Kennebec Land Trust sign and parking is on left.
- ▶ 1.6-mile network of trails
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ **Pets not permitted**
- ▶ Moderate

Macdonald Conservation Area & Readfield Town Farm Forest

See information under city of Readfield

Mt. Pisgah Conservation Area Trails

- ▶ **Trailhead/Parking:** From Route 133 in Wayne, turn south on Fairbanks Road. At end of road, turn left on Mt. Pisgah Road and travel 1.7 miles. Park on left.
- ▶ “No Parking” restrictions alongside roadway and on abutting property of neighbors. If parking lot full, please choose another trail.
- ▶ 4.4-mile network of trails
- ▶ **Hiking**
- ▶ Moderate

Perkins Woods

- ▶ **Trailhead/Parking:** Access by boat from State boat launch on Rt. 133 in Wayne. Paddle toward undeveloped shoreline between West Acres and the Androscoggin Boys Camp. Kennebec Land Trust sign marks landing area on southern shore.
- ▶ 0.5-mile trail loop
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ **Pets not permitted**
- ▶ Easy

Winslow

East Kennebec Trail

- ▶ **Trailhead:** Access across road from Winslow Elementary School or at trailhead for Rotary Centennial Trail.
- ▶ 1.5-mile trail along Kennebec River
- ▶ Connects Winslow Community Trail and Rotary Centennial Trail
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy

Rotary Centennial Trail

- ▶ **Trailheads:** Access off Benton Avenue in Winslow or from Crummett Street in Benton.
- ▶ 1.5-mile family-friendly trail along Kennebec River in Winslow/Benton
- ▶ **Walking, mountain-biking, snowshoeing, cross-country skiing**
- ▶ Easy

Winslow Community Trails

- ▶ **Trailhead/parking:** Superintendent’s Office parking area for Winslow public schools
- ▶ 1.6 miles of trails around sports fields and through woods connecting all three of Winslow’s schools
- ▶ **Walking, mountain-biking, snowshoeing**
- ▶ Easy

Winthrop

Hodgdon Island Preserve

- ▶ **Trailhead/Parking:** Island is accessed from one of two public boat launches on Cobbossee Lake and from informal access point in Manchester at intersection of Pond Road and Collins Road at Cobbossee Stream outlet.
- ▶ 1-mile trail loop on an island on Cobbossee Lake
- ▶ **Hiking**
- ▶ Moderate

Horseshoe Island Preserve

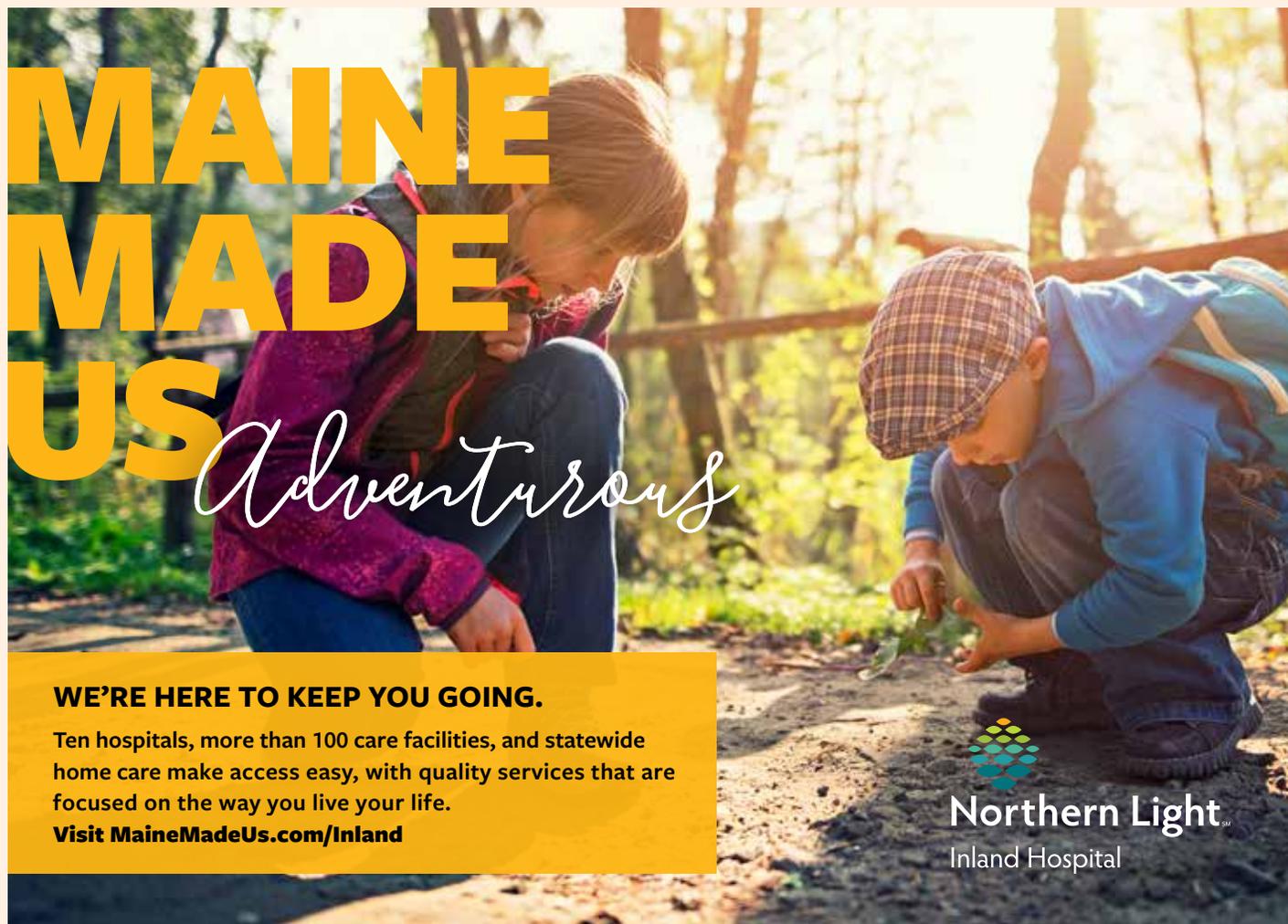
- ▶ **Trailhead/Parking:** Island accessed from boat launch on Cobbossee Lake on southwest shore in Monmouth and from informal access point at intersection of Pond Road and Collins Mills Road at Cobbossee Stream outlet.
- ▶ 1.4-mile network of trails
- ▶ **Walking, snowshoeing, cross-country skiing**
- ▶ Easy

Mt. Pisgah Conservation Area Trails

See information under city of Wayne

Perry Island Preserve

- ▶ **Trailhead/Parking:** Perry Island can be accessed by boat from two public boat launches: one on Turtle Run Road just off Route 202 in East Winthrop and a second off Route 135 in Monmouth and from informal access point at intersection of Pond Road and Collins Mills Road at Cobbossee Stream outlet.
- ▶ 0.5-mile trail, round trip
- ▶ **Walking**
- ▶ Easy



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Municipal Parks, Pools, and Playgrounds

Augusta

Augusta Parks and Recreation

<https://augustame.myrec.com/info/facilities/default.aspx>

Belgrade

Parks around the Belgrade Lakes region, 10 miles north of Augusta, Maine

<http://www.belgradelakesmaine.com/about/parks.html>

Central Maine Playground Guide

Parks and Playgrounds

<https://b985.fm/the-ultimate-playground-guide-for-central-maine-beyond/>

Waterville

Parks and Playgrounds

<http://www.waterville-me.gov/parks/parks-playgrounds/>

For other playgrounds in Kennebec County, please check with your city/town, local Parks and Recreation Departments, and area schools.

Thank you and we hope you find Northern Light Inland Hospital and Healthy Communities of the Capital Area's Physical Activity and Nutrition Guide for Kennebec County beneficial!