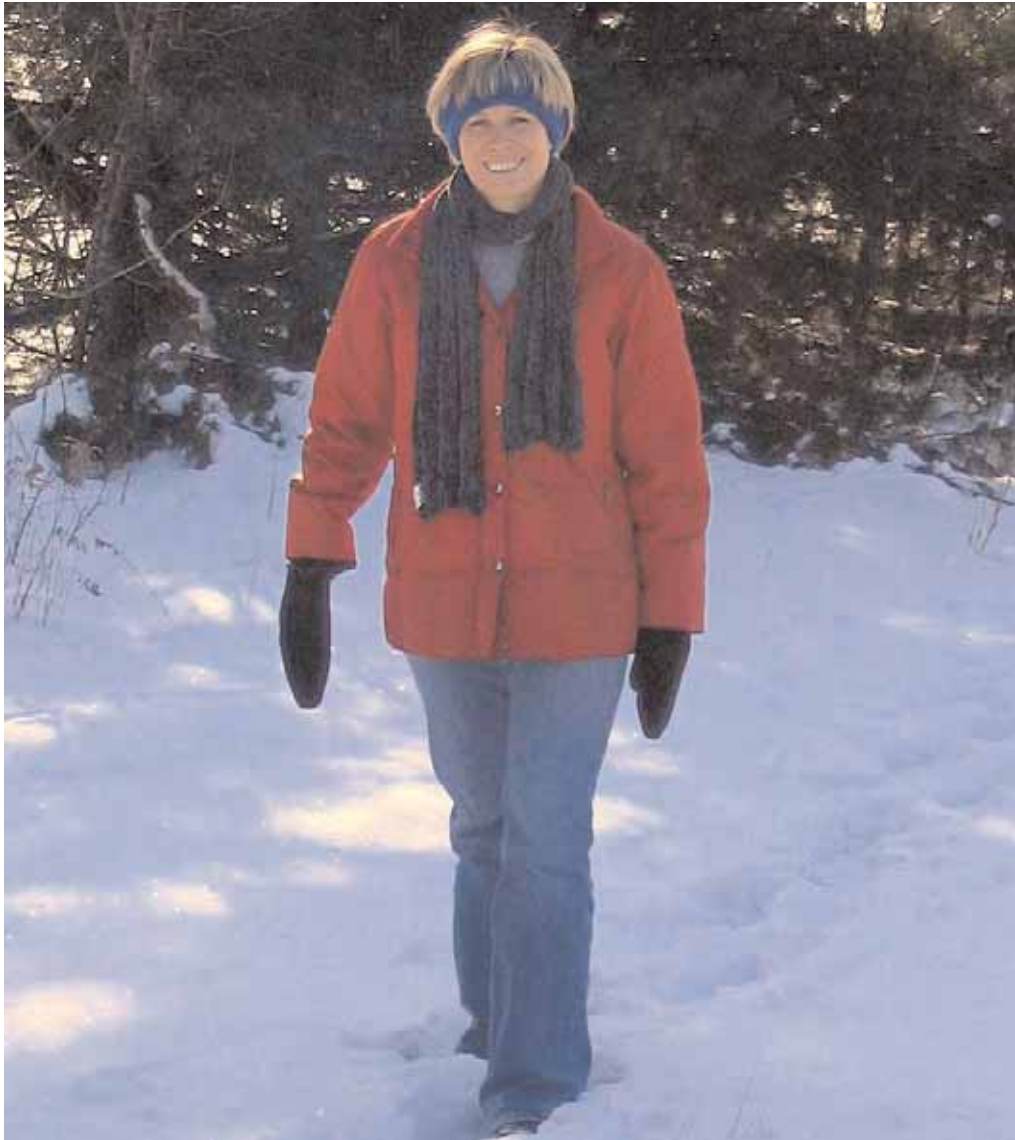


"Move More"



Physical Activity Asset Map
Kennebec Valley Region
October 1, 2006

Move More is a community group in the Kennebec Valley region that helps people be more physically active and eat healthier.

Contact information:

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The information in this Asset Map was provided by community members and was updated October 1, 2006. To suggest additions or changes, please contact Erin Gray or Mark DiTullio.

Move More thanks MaineGeneral Health for support in creating and producing this asset map.

What is Move More?

Move More is a community group in the Kennebec Valley region that works together to prevent disease and help people manage chronic disease by changing health behaviors, such as increasing physical activity and improving nutrition and other health self-care skills.

Our Goals are to:

- **Build capacity** Develop and promote places in the community where people can be physically active. We have walking maps and lists of indoor walking spaces for the winter months.
- **Provide peer support** Help people who want to be more physically active by giving them peer support from our trained volunteer Movers and Health Educators.
- **Educate and inform** Give people the information they need to eat well, be physically active and prevent and/or manage chronic disease through our Move More Guides, our website, (www.movemore.org), Mover outreach and a chronic disease self-management program.
- **Advocate** Work for change in our communities by helping our volunteers, community members, businesses, schools and community leaders identify, develop and promote more places to be active in every central Maine community.
- **Collaborate** Work with other groups and businesses in central Maine to ensure everyone who wants to be active and eat well has the opportunity to do so.
- **Participate in research.** Get involved in research and pilot projects that help us understand how to help people in rural areas lead healthier lives.

How to use this Physical Activity Asset Map

A physical activity asset map is an inventory of a community's physical activity resources of a community. Once these resources are identified, it's easier for community members to think about building on these resources to address community needs and improve health. Asset mapping also promotes community involvement, ownership and empowerment.

A community resource or asset is anything that improves the quality of community life. The physical activity assets in this asset map include:

- 1) The abilities of community members—Move More members and partners
- 2) Institutions—local, public and non-profit institutions or organizations
- 3) Businesses that provide physical activity opportunities
- 4) Associations of citizens that provide physical activity opportunities or promote physical activity
- 5) Private and public physical structures (schools, recreation centers, etc.) and places where people can be active (parks, playgrounds, walking trails, etc.)
- 6) Websites that provide information about physical activity in the Kennebec Valley region

The information in this asset map was created by and for community members in the Kennebec Valley region. We hope community members will use the information to plan new physical activity opportunities or expand existing programs. An asset map is by nature an evolving document. As new walking trails are completed, new businesses, institutions and associations will emerge and new programs will be developed and this asset map will be updated. To suggest additions or changes, please call Erin Gray at 621-3740 or Mark DiTullio at 872-1830.

Members and Partners



Move More Members and Partners

Anthony Anderson

School Health Coordinator
Gardiner Area High School
Gardiner 582-0936

Laura Brock

Project Director
Greater Waterville Communities
for Children and Youth
After School Aspirations Program
Waterville 859-9840

Joanne Burns

Health & Nutrition Manager
Kennebec Valley Community Action Program
Child and Family Services
Waterville 859-1608

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Healthy Maine Partnership of Greater Waterville
Waterville 873-0686

Rebecca Dick

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Healthy Futures
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Mark Ditullio

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Waterville 872-1830

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School Health Coordinator
Waterville Senior High School
Waterville 873-2751

Becky Green,

Personnel Officer: Health, Safety and Wellness
Maine Department of Health and Human Services
Augusta 287-9919

Claire Heffernan

School Health Coordinator
School Union 52
Winslow 872-1967

Joanne Joy,

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Healthy Communities of the Capital Area/
Healthy Maine Partnership
230 Water Street
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University of Maine Cooperative Extension
Augusta 622-7546

Beth Prelgovisk

School Health Coordinator
MSAD # 47
Oakland 465-2167

John Salvato, MD, FAAP

Medical Director, Edmund Ervin Pediatric Center
MaineGeneral Medical Center
Waterville 872-4303

Karen True

Southern Kennebec
Child Care Development Corp.
Augusta 626-3410

Ken Walsh,

Executive Director
The Alford Youth Center
Waterville 873-0684

Institutions

"Move More"

Alfond Youth Center

126 North Street
Waterville 873-0684
www.aplaceforkidstogo.org

Boys and Girls Club of Greater Gardiner

14 Pray Street
Gardiner 582-8458
www.club4me.org

City of Augusta Recreation

16 Cony Street
Augusta 626-2350
www.ci.augusta.me.us

Colby College

Mayflower Hill Drive
Waterville 872-3000
www.colby.edu

Fairfield Community Center

61 Water Street
Fairfield 453-9895

Inland Hospital Community Education

200 Kennedy Memorial Drive
Waterville 861-3378

Inside Out Playground and Preschool

93 Main Street
Waterville 877-8747

Kennebec Valley Community College

92 Western Avenue
Fairfield 453-5000

Kennebec Valley YMCA

31 Union Street
Augusta 626-3488
www.kvymca.org

Ladd Community Center

Gott Road
P.O. Box 246
Wayne 685-4616

Litchfield Recreation Department

2400 Hallowell Road
Litchfield 268-4760

MaineGeneral Medical Center, Prevention Center

32 College Avenue
Waterville 872-1830
www.maine-general.org

Institutions

"Move More"

Maine State Government

Employee Health Improvement Program
Augusta 287-6780

Manchester YMCA

40 Granite Hill Road
Manchester 622-9622
www.kvymca.org

Manchester/Winthrop Adult Education

Winthrop Grade School
Winthrop 377-2265
www.mflight@winthrop.k12.me.us

Maranacook and Hall-Dale Adult/Community Education

2250 Millard Harrison Drive
Readfield 685-4923 x303
www.maranacook.org

MSAD 11 Adult Education

Gardiner Area High School
40 West Hill Road
Gardiner 582-3774
www.sad.11.k12.me.us.adultedweb.index.htm

Muskie Center

38 Gold Street
Waterville 873-4745

Thomas College

180 West River Road
Waterville 859-1111

University of Maine at Augusta

Civic Center Drive
Augusta 621-3000

University of Maine Cooperative Extension

125 State Street, 3rd floor
Augusta 622-7546

Waterville Area Boys & Girls Club

126 North Street
Waterville 873-0684
www.aplaceforkidstogo.org

Winthrop Recreation/YMCA

31 Town Hall Lane
Winthrop 377-9686
www.winthropmaine.org

Wiscasset Community Center

242 Gardiner Road
Wiscasset 882-8230
www.wiscasset-me.gov

YMCA

126 North Street
Waterville 873-0684

Businesses

"Move More"

1-7-10 Sports Center

Augusta 621-1710

Advanced Health and Fitness

160 Riverside Drive
Augusta 622-9467
www.lightoflife.info

Albion Health Club

Albion 437-5033

All-Pro Soccer and Sports Club

161 West River Rd
Waterville 877-6666

Allard's Aerobic Tae Kwon Do & Women's Self Defense

Augusta 800-995-2467

Ascona Tennis & Health Club

Augusta 622-6800

Champions Fitness Club

Waterville 873-0571

Cohen Community Center/Senior Spectrum

Hallowell 626-7777

Curves for Women

Augusta 622-1888

Curves for Women

Gardiner 582-6461

Curves for Women

Hallowell 626-0347

Curves for Women

Waterville 872-6200

The Dance Connection

Fairfield 453-9094

Family Gym & Fitness Center

Unity 948-5300

Fitness Center

Winthrop 377-6349

Flight Two

Augusta 623-1200

Focused Fitness Martial Arts Center

Randolph 582-6365

Gilly's Gym

Waterville 872-7140

Businesses

"Move More"

Huard Ju-Jitsu & Karate Inc.

Winslow/Fairfield 873-0407

Holiday Inn Pool and Health Club

Waterville 872-4507

Inside Out Playground and Preschool

Waterville 877-8747

Interstate Bowling Center

Hallowell 623-6000

Kennebec Valley Health Club

Farmingdale 582-7259

Knox-Turner Stables

Fairfield 453-6227

Ladies Workout Express

Augusta 621-2900

Kennebec Ice Arena

Hallowell 622-6354

Littlefield's Gym

Waterville 872-0996
Oakland 465-4201

Lucky Strike Lanes

Gardiner 582-7474

Maine-ly Gymnastics

Augusta 622-9584

Muskie Center/Senior Spectrum

Waterville 873-4745

Spare Time Recreation

Waterville 873-3739

Senator Inn and Spa

Augusta 622-3138

Sukee Arena

Winslow 872-5994

That's Dancing! Ballroom Dance Studio

Fairfield 453-7754

United Fitness & Martial Arts

Winthrop 377-2465

United Martial Arts Academies

Augusta 621-0770

The Weight Room

Fairfield 453-7025

Associations



Albion Recreation Committee/Athletic Association
Albion Snowmobile Club
Arnold Trail Club (Sidney, private hunting club)
Augusta Snowmobile Club(s)
Belgrade Regional Conservation Alliance
Belgrade Recreation Program
Bicycle Coalition of Maine
China Four Seasons Club
Clinton Snowmobile Club
Belgrade Draggin' Master Snowmobile Club
Fairfield Healthy Communities
Gardiner Recreation Committee
Hallowell Recreation Department
Hallowell Conservation Commission
Healthy Communities of the Capital Area
Healthy Maine Partnership of Greater Waterville
Hillandalers Snowmobile Club (Winthrop)
Kennebec Messalonskee Trails Association
Kennebec River Trails (southern Kennebec)
Kennebec Valley Beagle Club (Litchfield)
Kennebec Valley Model Airplane Club (Sidney)
Litchfield Conservation Commission
Litchfield Recreation Committee
Litchfield Snowmobile Club
Maine Trail Riders Snowmobile Club
Manchester Country Riders Snowmobile Club
Mid-Maine Worksite Wellness Council
Move More (North and South Kennebec)
Oakland Recreation Department
Oakland Snow Goers (Snowmobile club)
Fairfield PAL Association
Rails and Trails Association (Augusta)
Sidney Athletic Association
Sidney Trail Riders, Inc. (Snowmobile club)
Sunrise Rotary Club (Waterville)
Vassalboro Recreation Committee
Waterville Parks and Recreation Department
Winslow Parks and Recreation Department
Winthrop Recreation and Open Space Committee

Albion

Public

- Ball field
- School playground
- Lovejoy Pond (fishing and boating; not swimming)

Private

- Hiking, cross country skiing and snowmobile trails

Augusta

Public

- Farrington Elementary School (playground)
- Gilbert Elementary School (ball field, 3 half basketball courts, 1 full basketball court, playground)
- Hussey Elementary School (playground)
- Lincoln Elementary School (playground)
- Middle School (formerly Buker Middle School -- ball field, basketball court, soccer field, 6 tennis courts)
- Hodgkins Middle School (2 ball fields, 1 basketball court, 1 soccer field)
- Cony High School (1 multi-purpose field, 1 field hockey field)
- Capital Area Technical Center (3 tennis courts, 1 multi-purpose field, 1 soccer field, 1 field hockey field, 1 football field, 1 running track)
- Calumet Park (playground, basketball court, tennis courts, wading pool, 2 skating rinks,)
- Cunningham Park and Playground (and 1 half basketball court)
- Macomber Playground (and wading pool)
- McCalls Park and Playground (and softball field, basketball court, wading pool)
- Mt. Vernon Avenue Park and Playground (and softball field, basketball court, wading pool)
- Williams Park and Playground (and softball field, basketball court, wading pool, 2 skating rinks)
- Capital Park (multi-purpose field, soccer field, field hockey field, football field, running track, volley ball court)
- East Side Boat Park (boat launch, playground); Waterfront Park (boat launch)
- Youth Memorial Park (playground)
- 10 ball fields
- University of Maine at Augusta Nature Trails; are located at the UMA, off Civic Center Drive. UMA has multiple trails ranging from 1/2 to 2 miles with fitness stations.
- Community Gardens
- Garcelon Wildlife (recreational trails)
- Kennebec Greenway (recreational trail)
- Gage Street Park
- Waterfront Park
- Bond Brook Park
- Mill Park
- Pleasant Hill Park
- Alumni Field
- Savage Park
- Bicentennial Park

Augusta Continued

Private

- Arboretum-Abnaki (cross-country ski trails)
- Augusta Nature Center (recreational trails)
- Snowmobile trails
- Pine Tree State Arboretum is located across from the Augusta Mental Health Institute campus, offering convenient access from Route 9 (Hospital Street). The Arboretum is open from dawn to dusk, seven days a week, free of charge. The 5-mile, year-round trail system is open to hiking, jogging, bird watching, non-motorized biking, horseback riding, and cross-country skiing on groomed winter trails. A number of trails have hard-packed surfaces suitable for wheelchair access. Enjoy a picnic, take some photos, look for birds (more than 150 species have been spotted). Pets are permitted on a leash. Trail maps are available at the Arboretum.
- Kennebec River Rail Trail (KRRT) is a planned 6.5 mile path linking Gardiner, Hallowell, Farmingdale and Augusta. Either enter from Water Street at the Maine State Housing Authority parking lot (beneath Memorial Bridge), or enter from Capital Park by the ball fields on Union Street near the Augusta Police Station.

Move More maps (www.movemore.org)

- Arsenal St/Hospital St (2.2 Miles)
- Bridge Loop 1.6 Miles
- East Side Hannaford Loop 0.7 Miles
- Eastern Ave/East Chestnut Loop 0.7 Mile
- Key Bank to 221 State Street by Kennebec River Rail Trail
- Key Bank to 221 State Street by road
- Key Bank Plaza to Airport 1.1 Miles
- Southern Kennebec Child Development Corporation First Friends
- Riverview Psychiatric Center Loop 1.1 Miles

Resources by Town

"Move More"

Belgrade

Public

- Belgrade Central School (ball fields, multi-purpose fields, basketball court, playground, tennis court)
- Municipal ball field
- Belgrade Recreational Center
- Peninsula Park and Dam
- Town beach
- Hayden Park
- Salmon Lake Dam (boat launch)
- Messalonskee Lake boat launch

Private

- Great Pond boat launch
- Town forest
- Ice skating (lakes and ponds)
- Kennebec Highlands <http://www.kennebechighlands.org>
- Great Pond Marina
- Belgrade Lakes Golf Course (including trails for walking and cross-country skiing)
- Snowmobile trails

Move More maps (www.movemore.org)

- Belgrade 0.3 mile loop
- Belgrade Taylor Woods 2.3 mile loop

Benton

Public

- Benton Elementary School ball field
- Whitmann's Dam boat launch
- Benton Park
- Shady Riverside Trail

Move More maps (www.movemore.org)

- Benton Elementary 1 mile loop

Chelsea

Move More maps (www.movemore.org)

- Chelsea/Togus Walk 1.2 mile

China

Public

- Thurston Park (snowmobiling and cross-country skiing)
- Playground
- Multi-use and ball fields
- China Elementary School multi-purpose gymnasium
- China Lake Town Landing and South China Landing boat launches

Private

- Erskine Academy playing field, tennis courts and gymnasium
- China Four Seasons Club boat launch and beach

Clinton

Public

- 1 basketball court
- Central Elementary School (playground, gymnasium and ball field)
- Town Hall recreation hall
- Kennebec and Sebec rivers, swimming, canoeing, fishing

Private

- Legion Hall
- The Grange
- Lions Club Fairgrounds
- Snowmobile trails (also used for cross-country skiing and hiking)

Move More maps (www.movemore.org)

- Clinton 1 Mile Loop

Coopers Mills

Move More maps (www.movemore.org)

- Coopers Mills Loop 2 Miles

Dresden

Private

- The Pownalborough Courthouse trail is a short and lovely trail found along Route 128 in back of the Pownalborough Courthouse. It passes through towering pines and an old cemetery along the Kennebec River. The walk takes 10 to 15 minutes. On weekends and during the summer, it's possible to tour the courthouse, too.

Fairfield

Public

- Fairfield Community Center (gymnasium and playground)
- Police Athletic League (PAL) Little League field and multi-use field
- Lawrence High School (gymnasium and Martin Memorial Complex -- 2 tennis courts, playfields, practice football field and track)
- Mill Island Park (walking trail, playground)
- Water Street boat launch
- Hinckley Bridge boat launch
- Town forest walking trails
- Memorial Park
- Lawrence Junior High School (gymnasium)

Private

- Hinckley walking and biking trails

Move More maps (www.movemore.org)

- Fairfield 1 Mile
- Fairfield .75 Mile
- Fairfield Community Center 1 Mile
- Fairfield Center 1 Mile

Farmingdale

Private

- Jamies Pond Trail system (JPTS) consists of a series of interconnected loop trails that lie within the Jamies Pond Wildlife Management Area (JPWMA), an 820 acre tract situated between the communities of Hallowell and Manchester, Maine. The JPTS consists of 6.5 miles of trails. The trail system is a popular destination for hikers because of its great natural beauty, varied terrain and ecosystems, and the sense of isolation and solitude it inspires. The Jamies Pond Trail System can be accessed from the Jamies Pond Road in Hallowell, or from the Meadow Hill or Collins Farm roads in Manchester. Hunting, fishing, boating and hiking are permitted in the JPWMA, but camping, campfires and swimming are prohibited. The Trail Heads have maps depicting the entire area, and the intersections on the trails have "you are here" signs to identify your location.

Move More maps (www.movemore.org)

- Farmingdale Loop 1.25 Miles

Fayette

Move More maps (www.movemore.org)

- Fayette Loop 1.8 Miles

Gardiner

Public

- Water Street New Park, Water Street Mini Park, South Gardiner Park, Soldiers Field
- The Wharf (boat launch for Kennebec River)
- O.C. Woodman School gym
- Gardiner Area High School and Junior High School fields
- Gardiner Middle School, Boys & Girls Club of Greater Gardiner, Pittston School, Riverview Community School, Helen Thompson School, L.E.R. School, T.C. Hamlin School, and Gardiner Area High School indoor winter walking
- Brunswick School, Boys & Girls Club of Greater Gardiner and Plummer School, playgrounds
- Gardiner Common
- Quimby Field

Private

- Snowmobile trails, also used for hiking and cross-country skiing
- Brown's Boat Landing
- Sportsmen's Club, outdoor swimming
- Kennebec River Rail Trail is a planned 6.5-mile path linking Gardiner, Hallowell, Farmingdale and Augusta. The Gardiner to Farmingdale section can be accessed from the Hannaford parking lot in Gardiner.

Move More maps (www.movemore.org)

- Gardiner Commons Loop 0.23 Miles
- Gardiner MGH Loop 1.25 Miles
- West Gardiner Loop 2.6 Miles

Hallowell

Public

- City Recreation Area, includes ball field, basketball court, swimming hole, beach, and trail system
- Jamies Pond Watershed, owned by the Maine Department of Inland Fisheries and Wildlife, contains an informal trail network
- Community Gardens on state-owned land
- State boat launch on Kennebec River
- Little League ball field
- Primary School ball field and playground
- Union Street mini-park
- Skating rink

Private

- Vaughn Woods, includes 2-miles of walking trails that connect with the Hall-Dale school site. From Water Street turn west onto Winthrop Street. Immediately after turning onto Winthrop Street, take your first left onto Second Street (heading south), and travel 0.7 miles. At the end of Second Street turn right. A small parking area for Vaughan Woods is on your left. A trail leaves the parking lot and follows Vaughan Brook.
- Jamies Pond Trail System (JPTS) consists of a series of interconnected loop trails that lie within the Jamies Pond Wildlife Management Area (JPWMA), an 820 acre tract situated between the communities of Hallowell and Manchester, Maine. The JPSTS consists of 6.5 miles of trails. The trail system is a popular destination for hikers because of its great natural beauty, varied terrain and ecosystems, and the sense of isolation and solitude it inspires. The Jamies Pond Trail System can be accessed from the Jamies Pond Road in Hallowell, or from the Meadow Hill or Collins Farm roads in Manchester. Hunting, fishing, boating and hiking are permitted in the JPWMA, but camping, campfires and swimming are prohibited. The trail heads have maps depicting the entire area, and the intersections on the trails have "you are here" signs to identify your location.
- Kennebec River Rail Trail is a planned 6.5-mile path linking Gardiner, Hallowell, Farmingdale and Augusta. Enter from the Hallowell Municipal Lot on Water Street.

Move More maps (www.movemore.org)

- Hallowell Loop 0.6 Miles
- Hallowell Dept. of Audit Loop 1.7 Miles

Jefferson

Private

- Wavus Nature Trail is a 0.8-mile hike that wraps around an isolated and undeveloped cove in Damariscotta Lake. Wavus Camp and Nature Trail are located in Jefferson on Route 123 (Bunker Hill Road), about a mile south of the Route 126 intersection. A parking area is located on the camp road, directly across from a big yellow barn. To get to the trailhead, walk down the Wavus Camp road, through the gate and look to the right for the kiosk and trail. A numbered trail map, pointing out interesting fauna and the history of Wavus Camps, is available in the kiosk.
- The Davis Stream trail is owned and maintained by the Damariscotta Lake Watershed Association. The trail is located on Route 126. The trail head starts at the back of the cemetery located 0.4 miles from the Route 32/Route 126 intersection. Parking is available at the Damariscotta Lake Watershed Association (old post office) or at the Willow Grange Hall (on the right just after the Jefferson Town Office). From Willow Grange Hall, plan on 14 to 20 minutes for the hike.

Move More maps (www.movemore.org)

- Jefferson Loop 1.5 Miles

Litchfield

Public

- Woodbury Pond Park swimming beach, playground, soccer volleyball field and boat launch ramps open in summer
- Buker Pond and Pleasant Pond boat launch ramps
- Smithfield Plantation nature area and nature trails for school children
- Two public ball fields
- Community playground and playing fields at Libby-Tozier school
- Carrie Ricker Middle School baseball field and soccer field, and playground
- Oak Hill High School tennis courts
- Biking/walking trail

Private

- Snowmobile club maintains snowmobile trails
- Maine Trail Riders Club maintains trails for horseback riding
- Kennebec Valley Beagle Club maintains area for beagle training and competition
- Birches Campground, including a boat launch ramp, recreational hall and playground
- The Meadows Golf Course, an 18-hole golf course
- Yellow Trail on Pease Hill Road in Litchfield is a .06-mile trail in a figure-eight shape that allows a choice of lengths. The lower part is well suited for the beginner and the upper part climbs and crosses a stream. It is located within a wildlife refuge and bird sanctuary near an old cemetery, 50 yards in on Pease Hill Road, which is almost across from the Woodbury Pond Park. Yellow Trail combines with White and Blue trails, for a combined distance of 3.0 miles.
- Smithfield Plantation Recreation Trail, 1.5 mile walking loop, on Libby Hill Road between Hallowell and Litchfield

Resources by Town



Manchester

Public

- Ball fields, basketball courts, playgrounds
- YMCA
- Walking, jogging paths

Private

- Augusta Country Club, 18-hole golf course and beach
- Horse stables
- Longfellow's Greenhouses - indoor walking during hours of operation.
- Jamies Pond Trail System (JPTS) consists of a series of interconnected loop trails that lie within the Jamies Pond Wildlife Management Area (JPWMA), an 820 acre tract situated between the communities of Hallowell and Manchester, Maine. The JPSTS consists of 6.5 miles of trails. The trail system is a popular destination for hikers because of its great natural beauty, varied terrain and ecosystems, and the sense of isolation and solitude it inspires. The Jamies Pond Trail System can be accessed from the Jamies Pond Road in Hallowell, or from the Meadow Hill or Collins Farm roads in Manchester. Hunting, fishing, boating and hiking are permitted in the JPWMA, but camping, campfires and swimming are prohibited. The trail heads have maps depicting the entire area, and the intersections on the trails have "you are here" signs to identify your location.
- Allen-Whitney Memorial Forest is a 700+ acre forest owned by the New England Forestry Foundation. Trailhead and parking are at the North Manchester Meeting House on Scribner Hill Road. A kiosk is at the trailhead, and a trailhead parking sign is in the works so people know that it's ok to park there. Logging operations continue there, so some of the trails have been disrupted. A map can be found at the Manchester municipal web site.

Move More maps (www.movemore.org)

- Manchester Loop 1.1 Miles

Monmouth

Move More maps (www.movemore.org)

- Monmouth 1.1 Miles

Mt. Vernon

Move More maps (www.movemore.org)

- Mount Vernon 0.7 Miles

Oakland

Public

- Municipal playground
- Municipal basketball court
- Town Landing boat launch (Messalonskee Lake)
- Belgrade Avenue Park
- Messalonskee High School (gymnasium/basketball court, baseball field, softball field, field hockey field, cross-country running trails, weight room, tennis courts, football field)
- Messalonskee Middle School (baseball field, softball field, football field, soccer/multi-purpose field, football field, gymnasium/basketball court)
- Messalonskee walking and cross country ski trail system
- Atwood/Tapley Elementary School (playground, all-purpose playing field)
- Williams Elementary School (gym/basketball court, playground, and multi-purpose field)
- Memorial Hall (private dance lessons, etc.)
- Pleasant Point Park - McGrath Pond (baseball field, soccer field, playground, walking trails and canoe/small boat launch)

Private

- Waterville Country Club (18-hole golf course, cross country skiing)
- Snowmobile trails
- Trolley rail bed (walking, jogging)

Move More maps (www.movemore.org)

- Oakland Loop Church Loop 0.5 Mile
- Oakland School Loop 1.2 Mile
- Oakland Downtown Loop 1.5 Mile
- Oakland Boat Landing Loop 1.8 Mile

Pittston

Move More maps (www.movemore.org)

- Pittston Loop 1.1 Miles

Randolph

Public

- Narrow Gauge Trail (walking, jogging, cross-country skiing)
- Town dock on Kennebec River with year-round access
- Elementary school multi-purpose field, skating rink, basketball court and playground

Private

- Old Narrow Gauge Trail currently covers 1.25 total miles starting next to Goggins IGA on Water Street in Randolph and continuing up a ravine for .4 miles before crossing Windsor Street. It continues in to the woods for almost one mile. The trail is in good condition for walking the entire length, although there are two shallow brook crossings at which you need to be careful (step on stones).

Move More maps (www.movemore.org)

- Randolph 1 Mile Loop

Readfield

Public

- Readfield Elementary School (playground, ball field)
- Maranacook Community Middle School and High School (2 ball fields, track, 2 multi-purpose fields, wooded trails)
- Town beach
- Boat launch

Private

- Kents Hill School skating rink
- Fogg Farm Woods is a 15 acre wooded area with a small brook. From Rt. 17 at the blinking light in Readfield take the Church Road north for 1 mile. Turn right (east) on the Fogg Road; go .6 miles. There is a green sign at the trailhead on the left side of the road. The .4 mile-long loop trail was constructed by Maranacook Community School Pathways students.
- Wyman Memorial Forest is a 40-acre managed woodlot and open space owned by the Kennebec Land Trust. TAKE CARE: Access is off Route 1, and you need to walk on the road for a few hundred yards. Park at the Case Cemetery on Route 17 (0.6 miles east of Route 135). Walk north on Route 17 past 2 houses to a place where ledge is visible. The trail starts there on the north side of Route 17 and heads up into the woods to Monks Hill.

Move More maps (www.movemore.org)

- Readfield Maranacook 1 Mile

Richmond

Move More maps (www.movemore.org)

- Richmond Loop 1.1 Miles
- Richmond 1 Mile Loop
- Richmond Half Mile Loop
- Richmond 0.26 Mile Loop

Resources by Town

"Move More"

Sidney

Public

- Messalonskee Lake boat launch
- Kennebec River boat launch
- James Bean School (gym/basketball court, playground, nature trails and multi-purpose fields)

Private

- Snowmobile trails
- Arnold Trail Club private hunting club
- Kennebec Valley Model Airplane Club
- Silver Spur Riding Club

Move More maps (www.movemore.org)

- Sidney 0.3 Mile Loop

Somerville

Move More maps (www.movemore.org)

- Somerville 2 miles

South China

Move More maps (www.movemore.org)

- South China 3 Mile Loop

Vassalboro

Public

- Ball fields
- Playground
- Webber Pond and China Lake boat launches
- Undeveloped lake frontage on China Lake (West Basin)
- Spectacle Pond (undeveloped)

Private

- Natanis Golf Course

Vienna

Move More maps (www.movemore.org)

- Vienna 0.4 Miles

Waterville

Public

- Sidewalks (40 miles; 50% are plowed in the winter)
- Oxbow Nature Trail
- Pine Ridge Recreation Area Trail (softball field, soccer field, tennis courts, Pine Ridge Golf Course, trails for cross-country running and skiing, walking and mountain biking)
- Benedict Arnold Trail
- Merritt Nature Trails (Waterville Junior High School nature trail)
- North Street Recreation Area (soccer fields, swimming pool, horseshoe pits, tennis courts, shuffleboard courts, playground, basketball court)
- Couture Field (softball field)
- Green Street Field (multi-use field and playground)
- Coburn Park (a.k.a. Monument Park)
- Peters Field (Little League field)
- Purnell Field (a.k.a. Matthews Field (Little League field)
- Neighborhood Tot Lots (Chaplin Street, Grove Street, Hillside Court, Kelsey Street, Sterling Street, Ticonic Street and Western Avenue)
- Kennebec River boat landing
- Gilman Street gymnasium (former high school)
- Downie Park
- Harris Park
- Waterville High School (football field, baseball field, softball field, practice field, gymnasium)
- Waterville Junior High School (multi-purpose field, baseball field, softball field, gymnasium)
- George J. Mitchell School (multi-purpose field, playground,)
- Muskie Center (senior citizens recreation and activity center)

Private

- Colby College (public use of outdoor trails for walking, running, cross-country skiing, outdoor pond for skating, outdoor track, outdoor tennis courts)
- Thomas College (public use of hiking and jogging trails)

Move More maps (www.movemore.org)

- Waterville Downtown 0.25 Mile Loop
- Waterville Downtown 0.33 Mile Loop
- Waterville Downtown 0.7 Mile Loop
- Waterville 3 Mile Loop
- Waterville Downtown 4 Mile Seton Loop

Wayne

Public

- Ladd Recreation Center (2 tennis courts, outdoor basketball court, baseball field, soccer fields, and trails for hiking, cross-country skiing and snowmobiling)
- School playground and gym
- Boat launch on Androscoggin Lake

Private

- Yacht Club beach and moorings
- Mt. Pisgah Trailhead is off of Route 133 in Wayne. Turn south and take the Fairbanks Road for 1.1 miles. At the end of Fairbanks Road, bear to the left onto the Mt. Pisgah Road. Travel south for 1.7 miles on the Mt. Pisgah Road. The Mt. Pisgah parking lot and a trailhead, marked with blue blazes, are on the left (east) side of the road. The blue blazed trail climbs to the Mt. Pisgah fire tower. The trail is approximately one mile long and is easy to moderate with some uphill sections. The 60-foot high fire tower is open to the public. On a clear day, the views from the top of the tower are outstanding.

Move More maps (www.movemore.org)

- Wayne Loop 0.4 Miles

Whitefield

Private

- The Whitefield Salmon Preserve is located on the Howe Road in North Whitefield. This 56-acre preserve offers 2 miles of groomed trails along the West Branch and main stem of the Sheepscot River. An informational kiosk is located in the parking lot with trail maps and a log book for hikers to record their experience. Directions: From Route 126 south, turn left onto the Vigue Road (after St. Denis Church). Travel 1.8 miles and turn right onto Howe Road and travel 1 mile to a gravel parking lot on the right (just after one lane bridge). From Route 17 in Coopers Mills, turn right onto the Howe Road (after Country Corners Store) and travel 1.4 miles to the gravel parking area on the left.

Move More maps (www.movemore.org)

- Town House Road

Resources by Town

"Move More"

Winslow

Public

- 6 playgrounds
- Bolduc Park, Monument Park, Scott Park
- Winslow Elementary School recreational fields 4 baseball fields, 1 softball field, 1 football field, 4 multi-purpose fields, 755 ft track, 3 full basketball courts, 2 half basketball courts, 6 outdoor tennis courts
- Recreation hall at Frost Cassidy Youth Center
- Fort Halifax Park
- Foot trails near Winslow High School

Private

- Snowmobile trails

Move More maps (www.movemore.org)

- Winslow Library Loop 0.8 Miles
- Winslow 1 Mile Loop
- Winslow 2 Mile Loop

Windsor

Move More maps (www.movemore.org)

- Windsor 1 Mile

Winthrop

Public

- Athletic fields at high school, middle school and grade school
- Fire House Field (softball)
- Davis Fields (2 softball fields)
- Scott Fields (2 Little League baseball fields)
- Project GROW Playground
- Norcross Point boat launch
- Maranacook Beach
- East Winthrop Beach
- Charles Street park, nature and ski trails
- Route 202 Nature Area trails
- Route 133 Rest Area (carry-in boat access to Berry Pond)
- Upper Narrows Rest Area (carry-in boat access to Upper Narrows)
- E. Winthrop Cemetery (carry-in boat access to Cobbossee)
- Perry Island, Hodgdon Island (undeveloped land)

Private

- Marshview (carry-in access to Little Cobbossee)
- Lakeside Motel (carry-in access to Cobbossee)
- Lower Narrows Rest Area (carry-in access to Lower Narrows)
- Trolley Bed (trails)
- Snowmobile trails

Move More maps (www.movemore.org)

- Winthrop Loop 1.15 Miles

Indoor Walking



Indoor Walking Spaces

Augusta Area Indoor Winter Walking

Gardiner Area High School hallways,

2:30-4:30 p.m., Monday - Friday, November 1 through April 1

Gardiner Middle School, Boys and Girls Club of Greater Gardener and Pittston School,

6:00 - 7:00 a.m., Tuesday and Wednesday, November 1 through April 1.

Longfellow's Green houses, open during hours of operation

Riverview Community School, Helen Thompson School, Laura E. Richards School,

6:30 - 7:30 a.m, Monday - Friday, November 1 through April 1.

T.C. Hamlin School,

6 - 7:30 a.m., Monday - Friday, November 1 through April 1.

Indoor Walking Winter Workout, SAD 11 (Elementary Schools in Gardiner,

Pittston, West Gardiner, South Gardiner, Randolph). Early morning, Monday - Friday during winter season.

Waterville Area Indoor Winter Walking

Albion Elementary School,

6 - 8 a.m., and 3:30 - 4:40 a.m., school days

Alfond Youth Center,

6:30 a.m. - closing

Belgrade All Seasons Center,

9 a.m.- 3:00 p.m. open gym for walking

Fairfield Community Center,

7 - 10:30 a.m. Monday-Friday

Messalonskee Middle School,

6 - 7:30 a.m., school days.

Waterville Senior High School,

6- 8 a.m., school days.

Websites

"Move More"

Physical Activity Websites

Alfond Youth Center

www.aplaceforkidstogo.org

Bicycle Coalition of Maine

www.bikemaine.org

Boys and Girls Club of Greater Gardiner

www.club4me.org

Healthy Maine Partnerships

www.healthymainepartnerships.org

Healthy Maine Walks

www.healthymainewalks.org

Kennebec Highlands

www.kennebechighlands.org

Kennebec River Rail Trail

www.krrt.org

Kennebec Valley YMCA

www.kvymca.org

Maine Governor's Council

www.mainephysicalactivity.org/nehf

Pine Tree State Arboretum

www.pinetreestatearboretum.org