



Family Activities in Lincoln County

Public Libraries

Boothbay Harbor Memorial Library – 633-3112

Magic Mary's Story Hour for preschoolers,
Fridays at 10 am. www.bmpl.lib.me.us

Bridge Academy Public Library (Dresden) – 737-8810
Stories and a craft for preschool/elementary age kids,
Saturdays at 10 am.

Hours are Tuesdays and Thursdays, 2-7, and Saturdays
from 9-1.

Bristol Area Library (New Harbor) – 677-2115

Story Time for all ages, Fridays at 10:30 am.



Jefferson Public Library – 549-7491

Located at Jefferson Village School. Hours are Tuesdays and Thursdays, 4-7.

Rutherford Library (South Bristol) – 644-1882

Skidompha Public Library (Damariscotta) – 563-1058 www.skidompha.org

Toddler Time: Stories songs, and rhymes for children 2-5, Tuesdays at 9:30 am.

Book Babies: Stories, songs, fingerplays for babies 0-3, Wednesdays at 10 am.

Saturday Story Time: Songs, puppets stories and crafts for all ages, 10 am.

Children of all ages are welcome at all programs.

Waldoboro Public Library – 832-4484

www.waldoborolibrary.org

Stories and activities for preschoolers, Wednesdays at 10 am.

It's helpful to WPL if families call ahead to register.

Wiscasset Public Library – 882 7161

www.wiscasset.lib.me.us

“Children who can sit and enjoy short picture books and rhymes will find this a special time for fun with parents and friends.” Thursdays at 10:30 am.

Playgroups



Healthy Kids Playgroups – 563-1818

www.healthykidsmaine.com

Stories, songs, snacks, special activities and free play for kids age 0-5 and their parents or caregivers. Free. Offered in two locations:

- 127 Elm Street, Damariscotta – meets Mondays, 10 to noon.
- Congregational Church of Boothbay Harbor – Every other Wednesday during the school year, 10 to noon.

Note: From July through September, the playgroups combine for weekly field trips at various locations around Lincoln County,

on

Mondays from 10 to noon. Call or visit our website for the summer field trip schedule.

Frogs and Polliwogs – 563-1393

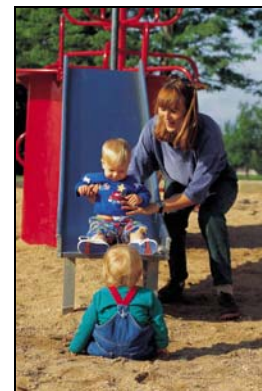
www.draclt.org

Damariscotta River Association, on Belvedere Road in Damariscotta. Outdoor exploration for your young naturalist! Please call ahead to register – and don't forget to dress for the outdoors. Ages 2-5, \$2 donation per child. First Friday of every month from 9:30-10:30 a.m.

Outdoor Fun

Public Playgrounds

- CLC YMCA, off of Business Route 1 in Damariscotta
- Harold B. Clifford Community Playground, on Back River Road in Boothbay
- Wiscasset Annex Playground, across from the High School on Route 27



Places to Explore:

Boothbay Region:

For more information, contact the Boothbay Region Land Trust at 633-4818 or brlt@bbrlt.org

- Lobster Cove Meadow, on Eastern Avenue in Boothbay Harbor – there is a hiking trail here about a mile long, but there is also an old road/ATV trail that offers easy walking. Boasts a freshwater wetland, field, old apple orchard, and forested upland, as well as unbeatable birding (over 140 species have been identified here!)
- Ocean Point, East Boothbay – a lovely area to explore, whether poking along the shore or walking along the paved loop.
- Ovens Mouth Preserve, on Dover Road in Boothbay – a unique 146-acre preserve with dramatic shoreline bordered by swift tidal water, quiet coves and salt marshes.

P.O. Box 689 • Damariscotta, ME 04543 • Tel. (207) 563-1818 • Fax (207) 563-6381
www.healthykidsmaine.com

Ovens Mouth East offers easier hiking than Ovens Mouth West, with 1.6 miles of moderately easy trails. There is a 93' bridge connecting the East and West preserves.

- Penny Lake Preserve, behind the Chamber of Commerce and Carousel Theatre – over a half-mile trail, with the added feature of a half-mile handicap/stroller accessible trail, leading back to the Penny Lake wetland and 16-acre field. Rich in wildlife!
- Porter Preserve, on Kimballtown Road, Barter's Island – BRLT's most popular preserve, featuring 1.1 miles of moderately easy trails, expansive views of the Sheepscot River and Back River, a small off-shore island, a beach, and an old homestead. An interpretive trail guide is available at the kiosk.
- Singing Meadows, on Cross Point Road in Edgecomb – a 16-acre hardwood-rimmed field, home to a wide variety of wildlife, with about a half-mile of trails. BRLT hosts an annual insect and butterfly safari here each August.

Bristol Peninsula and South Bristol:

For more information, contact the Pemaquid Watershed Association at 563-2196 or info@pemaquidwatershed.org

- LaVerna Nature Preserve, on Route 32 in Chamberlain – a longer hike, but fine for the adventuresome preschooler or well-equipped parent. Beautiful forest and lovely rocky shoreline.
- Pemaquid Beach – a perennial favorite (off-season) walk.
- Rachel Carson Salt Pond Preserve, on Route 32 in Chamberlain – not a hike, but a wonderful place to explore a large tide pool area.
- Tracy Shores/Library Park – two hikes on either side of Route 129 in South Bristol. Library Park is a 1-mile moderate to steep hike offering excellent views of St. John's Bay and Witch Island. Tracy Shores is moderate to very steep, with vernal pools, cascading streams, cliffs, and views of Jones Cove and the river.
- Walpole Woods, on Route 129 in Walpole – a flat and easy hike, less than a mile, with a pond at its furthest point.

Damariscotta/Newcastle Area:

For more information, contact the Damariscotta River Association at 563-1393 or dra@draclt.org

- Alewife Stream in Damariscotta Mills – explore the newly renovated fish ladder. A must-see in May and June when the alewives are running!
- Dodge Point Preserve on River Road in Newcastle – about a 3 mile loop of moderate difficulty. One of the region's most popular hikes, featuring multiple beaches and historic remains, including old brickyards and an ice pond, and an interpretive trail.
- Great Salt Bay Heritage Trail, on Route 215 in Newcastle – You can make this hike as long as you like. Fun for kids, as it offers extensive bog bridges and a metal bridge early on, as well as lovely vistas of Great Salt Bay.
- Mills Overlook, on Academy Hill Road in Newcastle – a one-mile loop, easy to moderate, culminating in a rocky outcropping that overlooks Damariscotta Mills and Great Salt Bay.
- Salt Bay Farm on Belvedere Road in Damariscotta – Trails crisscross the DRA property, which is easy, rolling terrain. Fields, wetland, salt marsh, and shoreline are wonderful for bird-watching.

- Whaleback, on Business Route 1 in Damariscotta – An easy trail, about 1/3 mile, leading visitors through the amazing oyster shell midden remains. Passes through an apple orchard and along a lovely stretch of the Damariscotta River.

Waldoboro Area:

For more information, contact the Medomak Valley Land Trust at 832-5570 or mvl@midcoast.com

- Mill Pond, on Finntown Road – short hike to a beautiful stretch of the Goose River, with a nice rock for a picnic. Less than a mile round-trip.
- Goose River/Peace Corps Preserve, across from Mill Preserve – another relatively short hike along a lovely stretch of river. Of historical interest, look in the river for old mill equipment. This is from a mill that washed out in a flood years ago. Be cautious, as the current is fast here.
- Nelson Preserve, Friendship – owned by Maine Audubon, this is a good spot for a short hike and a picnic. Beautiful deep green mosses.
- Osborn-Finch Preserve, on Dutch Neck Road – an easy, short (under ½ mile) hike to the Medomak River and back. This preserve includes 2 acres of grassy field and 9 acres of moss-draped woodlands featuring old-growth white and red spruce.
- Waldoboro Town Forest, on Route 1 near the park & ride – a nice flat trail through old growth hemlocks, with a magical feel. A great spot to build fairy houses!

Wiscasset Area and Inland Lincoln County:

For more information, contact the Damariscotta Lake Watershed Association at 563-1393 or dra@draclt.org, or the Sheepscot Valley Conservation Association at 586-5616 or svca@sheepscot.org

- Davis Stream Interpretive Trail, on Route 126 in Jefferson – an easy ½-mile trail, overlooking Davis Stream and a floodplain.
- Marsh River Preserve, on Osprey Point Road in Newcastle – An easy 1-mile trail with a ¼-mile secondary loop. Wonderful rock outcrops and lovely vistas of the Marsh River. Pick up an interpretive guide at the kiosk.
- Sortwell Memorial Forest in Wiscasset (Wiscasset Outdoors!)– over 200 acres of trails through pine forest. Trailheads can be found on Willow Lane, at the Wiscasset Community Center, the primary school, the high school, and the Morris Farm.
- Stetser Preserve, Egypt Road, Alna – this mile and a half loop trail winds through hilly woods and old logging trails, and a short spur trail leads to a view of the property's beautiful pond.
- Whitefield Salmon Preserve, on Howe Road in Whitefield – a 56-acre forestland teeming with wildlife. Nearly two miles of easy trails along the Sheepscot River.

Places to Swim (free and open to public except where noted)

- Barrett Park (Linekin Bay), on Wall Point Road in Boothbay Harbor
- Biscay Pond, on Biscay Road in Damariscotta
- Boyd Pond, on Old County Road in Pemaquid
- Bristol Mills, on Route 130 in Bristol
- Damariscotta Lake State Park, on Route 32 in Jefferson. Fee: \$4 for ages 12 and older. 549-7600

- Damariscotta Mills (Damariscotta Lake), on Route 215 in Nobleboro
- Pemaquid Beach Park, on Snowball Hill Road in Bristol. Seasonal day use fee: \$4 for ages 12 and older. 677-2754
- Damariscotta River at Dodge Point, on the River Road in Newcastle (hike in)
- Damariscotta River at Glidden Street, Newcastle
- Grimes Cove, on Route 96 at Ocean Point in East Boothbay
- Hendricks Headlight, on Beach Road in Southport
- Ross Pond, on Old County Road in Pemaquid



Sledding

- Damariscotta River Association, on Belvedere Road in Damariscotta
- Lincoln Academy, on Academy Hill in Newcastle
- Wawenock Golf Club, on Route 129 in Walpole

Other Fun Things to Do

Coastal Maine Botanical Gardens (Boothbay) – 633-4533 www.mainegardens.org

Nearly 250 acres, with a mile of waterfront, located on Barter's Island Road in Boothbay. The gardens are open year round. Explore the Garden of the Five Senses or the new Children's Garden, or simply walk some of the many beautiful pathways around ponds, through the woods, and along the water's edge. Special programs for kids and families are offered regularly, including Story Time in the Forest, which is Thursdays in July and August (starting July 8 – please call for specifics).

Admission to the gardens is \$10 for adults, \$5 for kids age 3-17, and free for children under 3.



Farms to Visit (seasons and hours of operation vary)

- **Beau Chemin Farm**, on Finntown Road in Waldoboro – organic heirloom produce and flowers, heritage livestock, trails. 832-5789 or www.beaucheminfarm.com
- **County Fair Farm**, on Route 32 in Jefferson – a full farm stand, baby animal barn, and free wagon rides on weekends. 549-3536 or www.countyfairfarm.com
- **The Morris Farm**, on Route 27 in Wiscasset – A working farm and educational resource for the communities of Midcoast Maine. Welcomes visitors, also offers day camps, after-school programs, and special programs. FMI: 882-4080 or www.morrisfarm.org
- **Springtide Farm**, on Rial Herald Road in Bremen – charming cashmere goats. 529-5747 or www.springtidefarm.com
- **Winter's Gone Farm**, on Route 27 in Wiscasset – alpacas. 882-9191 or www.wintersgone.com

Maine State Aquarium (West Boothbay Harbor) – 633-9559

www.maine.gov/dmr/rm/aquarium/index.html

Home to a fantastic array of sea creatures found on the Maine Coast, from lobsters of various colors and sizes, to northern shrimp, to sportfish. Features an 850 gallon tank where visitors can pet a live shark or skate, as well as a twenty-foot touch tank filled with anenomes, sea cucumbers, starfish and sea stars, mussels, scallops, oysters, crabs, and much more. Open seasonally. Free for kids 4 and under, \$3 for kids 5-16 with an adult family member, and \$5 for adults.

Pick-Your-Own

www.pickyourown.org/ME.htm

- **Bailey's Orchard**, North Hunts Meadow Road in Whitefield - apples. 549-7680
- **Beau Chemin Farm**, on Finntown Road in Waldoboro – flowers, raspberries. 832-5789
- **Biscay Orchards**, Biscay Road, Damariscotta - apples, flowers, pumpkins. 563-3026
- **Clarks' Cove Farm**, on Ridge Road in Walpole – apples. 563-8704
- **County Fair Farm**, on Route 32 in Jefferson - apples, pumpkins and flowers. 549-3536
- **Crummett Mountain Farm**, Crummet Mountain Road in Somerville – organic wild blueberries. 549-7314. Call for hours very early in the morning and please leave your phone number.
- **Popp Farm**, off Route 128 in Dresden – strawberries, cranberries, peas and beets. 737-4351
- **Sand Hill Farm**, Sand Hill Road, Somerville – organic strawberries. 549-5089.
- **Uncas Farms**, Townhouse Road, Whitefield – strawberries. 549-5185. Call ahead.
- **Windsong Herbs & Gardens**, Windsong Way, Walpole – organic herbs and flowers. 677-3770

Trains

- **Boothbay Railway Village**

www.railwayvillage.org

A turn-of-the-century village with over 24 buildings containing historical exhibits, including an auto museum. Admission (\$5 for kids 3 to 16, and \$9 for adults) includes a ride on the authentic narrow-gauge steam train. Open seasonally. Located on Route 27 in Boothbay.

- **WW&F Railway Museum**

www.wwfry.org

On the Cross Road in Alna: museum, gift shop, and historic narrow gauge train with approximately 4 miles of track through the Alna countryside. Trains run on weekends, from April into December. \$4 for kids 4 to 12, and \$6 for people over 12.



Healthy Kids is the Lincoln County Child Abuse and Neglect Council, a private non-profit working to prevent Child Abuse and Neglect in Lincoln County. We offer parent workshops, weekly playgroups, school-based programs, and a voluntary home visiting program for parents living in Lincoln County who want support, information, and resources.