Get Up and Go!
A PHYSICAL ACTIVITY RESOURCE GUIDE for KNOX COUNTY, MAINE
For additional copies of Get Up and Go! Knox County or for more information, please contact Adrienne Gallant, Let’s Go! Knox County Coordinator at 207-596-8951 or agallant@penbayhealthcare.org.

The purpose of this guide is to help you find the information and resources you need to get moving toward a healthier life. Organized by town and type of activity, we hope this guide will help you discover many of the wonderful places in Knox County to meet your exercise/activity goals.

If you live or work in other regions of the state, we urge you to contact one of the Healthy Maine Partnership coalitions for a similar resource guide or to find activities near you. For more information, please visit their website at www.healthymainepartnerships.org or call the Maine Center for Disease Control and Prevention at (207)287-8016.

This guide is not intended to be a comprehensive listing of all fitness opportunities in the region. There may be additional resources that were inadvertently missed or have opened since the printing of this publication. If you have additional resources to include in the next version of this guide, please contact Let’s Go! Knox County at 596-8951, or e-mail, agallant@penbayhealthcare.org.

This guide would not be possible without the help and support of Pen Bay Healthcare (www.pbmc.org) and MaineHealth (www.mainehealth.org).
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INTRODUCTION

Eating well and being physically active are key to your child’s well-being. Eating too much and exercising too little can lead to overweight and related health problems that can follow children into their adult years.

You can take an active role in helping your child – and your whole family – learn healthy eating and physical activity habits.

Children are good learners, and they learn what they see. Choose healthy foods and active pastimes for yourself. Your children will see that they can follow healthy habits that last a lifetime.

A balanced diet and being physically active help children:

- Grow properly
- Learn and excel in school
- Build strong bones and muscles
- Have energy
- Maintain a healthy weight
- Avoid weight-related diseases like type 2 diabetes, sleep disorders and high blood pressure
- Get plenty of nutrients
- Feel good about themselves

TYPES OF ACTIVITY

AEROBIC ACTIVITY

Aerobic activities build endurance and keep the heart pumping at a steady but elevated rate for an extended period. Practicing them regularly can enhance cardiac function, boost HDL cholesterol (the “good” cholesterol) levels and strengthen bones, as well as lower the risk of heart attack, high blood pressure, stroke, diabetes, and even some forms of cancer.
Aerobic exercise also trims body fat and can improve one’s sense of well-being. Examples include jogging, swimming, cycling, stair-climbing and aerobic dancing. As little as one hour a week is helpful, but three to four hours per week are optimal. Because it is so natural and convenient, brisk walking is an excellent and easy way to accomplish aerobic activity.

**STRENGTHENING ACTIVITY**

Aerobic activity focuses on endurance; strengthening activities focus on muscle strength. Adding 10 to 20 minutes of modest strength training two or three times a week is important for a balanced exercise program.

Strengthening activity is beneficial for everyone. In fact, strength training becomes even more important as one ages, because after age 30 everyone undergoes a slow process of muscle loss which can be reduced or even reversed by adding strengthening activities to an exercise program. Please note that people at risk for cardiovascular disease should not perform strengthening exercises without checking with a physician.

**FLEXIBILITY ACTIVITY**

Flexibility training uses stretching exercises to prevent cramps, stiffness and injuries. It also ensures a wider range of motion (the amount of movement a joint has). Yoga and t’ai chi, which focus on flexibility, balance and proper breathing, may even lower stress and help to reduce blood pressure. Experts now recommend performing stretching exercises for 10 to 12 minutes at least three times a week.

When stretching, extend the muscle to the point of tension—not pain—and hold for 20 to 60 seconds (beginners may need to start with a 5- to 10-second stretch). Stretching is appropriate for the cool-down period after exercise, but not for warming up because it can injure “cold” muscles.
IS PHYSICAL ACTIVITY SAFE FOR ME?

Most healthy adults can increase their physical activity without a medical exam. However, if you can answer yes to any of the following questions, please call your healthcare provider before increasing your physical activity.

- Has your doctor ever restricted you or told you not to engage in exercise or physical activities?
- Are you extremely breathless after only mild activity?
- Do you take medication for high blood pressure or a heart problem?
- Do you have a medical condition that might need special attention if you increase your current activity level, such as diabetes or back problems?
- Are you middle-aged or older, physically inactive and planning a fairly vigorous exercise program?

BENEFITS OF PHYSICAL ACTIVITY

- Feel better
- Look better
- Lose weight
- Have more energy
- Have greater stamina
- Improve overall health
- Reduce chance of injury
- Live longer
Regular physical activity can also help prevent many diseases and help people already living with conditions such as:

- Cardiovascular disease
- High blood pressure
- High cholesterol
- Diabetes
- Osteoarthritis
- Osteoporosis
- Back problems
- Depression

**AVOIDING INJURIES**

The following are some things you can do to make sure you are exercising safely:

- Start slowly. Build up your activities and your level of effort gradually. Doing too much, too soon, can hurt you, especially if you have been inactive.
- Use appropriate safety equipment, such as helmets, knee and elbow pads, and eye protection, to keep you from getting hurt.
- Be sure to drink plenty of water when you are engaging in endurance activities that make you sweat. Many older people tend to be low on fluid much of the time, even when not exercising.
- When you bend forward, bend from the hips, not the waist. If you keep your back straight, you’re probably bending correctly. If you let your back “hump” anywhere, you’re probably bending from the waist, which is the wrong way.
- Make sure your muscles are warmed up before you stretch, or you could hurt them. For example, you can do a little easy biking, or walking and light arm pumping first.
None of your activities should hurt or make you feel really tired. You might feel some soreness, a slight discomfort, a bit weary, but you should not feel pain. In fact, in many ways physical activity and exercise will probably make you feel better.

WHAT LIES AHEAD

This guide is designed to help you find a fitness facility or activity to suit your needs. The resources are separated by town, and then by area of interest. Not every town will have facilities in each category. A facility followed by a "**" means that it is free.

The categories are:

**Community Services**

Community services include organizations such as adult education and recreation programs. These facilities usually offer a variety of activities to suit people of all fitness levels.

**Fitness Clubs/Personal Trainers**

This category is where you will find a membership gym with all types of equipment, and personal trainers who will work for you on an individual level.

**On Your Own**

This category includes all of the natural wonders in Knox County. There are walking paths, parks and beaches open for all types of outdoor activities.

**Other Interests**

In this section you will find all sorts of facilities, such as golf courses, bowling alleys, etc. There are a variety of activities for people of all ages.
STATEWIDE RESOURCES

BICYCLE COALITION OF MAINE

www.bikemaine.org
A comprehensive website available for people to find bicycle trails in their local communities. The primary focus of these trail listings in non-auto-traffic roads, trails and paths open for bicycle use. A select number of on-road routes (the 25 MDOT-designated bike touring loops, and the interim on-road East Coast Greenway Route) are listed because they were especially selected by local bicyclists; utilize scenic, low-traffic roads; and have detailed route descriptions. There are limitless on-road bicycling opportunities in Maine.

HEALTHY MAINE PARTNERSHIPS

www.healthymainepartnerships.org
Healthy Maine Partnerships is an initiative that was established to link aspects of the five Maine CDC (formerly Maine Bureau of Health) programs:

- Partnership For a Tobacco-Free Maine (PTM)
- Maine Cardiovascular Health Program (MCVHP)
- Physical Activity and Nutrition Program
- Community Health Program
- Maine CDC Coordinated School Health Programs in collaboration with the Coordinated School Health Programs of the Department of Education.

Healthy Maine Partnerships are working together to improve the health of our state by promoting healthy, active ways of life. The Knox County Healthy Maine Partnership is the Knox County Community Health Coalition. (207) 236-6313. www.penbayymca.net/kcchc/kcchc.html

HEALTHY MAINE WALKS

www.healthymainewalks.org
Healthy Maine Walks is sponsored by a coalition of trail and
health agencies and organizations working together to build a healthier Maine. These groups have joined forces to promote healthier lifestyles, and they have made it easier for Mainers to find and use walking routes in communities all across the state. Healthy Maine Walks provides a central location for towns and local groups to register walks as well as descriptions of registered paths for those interested in locating places to walk.

LET’S GO!

www.letsgo.org
Let’s Go! is a community-based initiative to promote healthy lifestyle choices for children, youth and families in the state of Maine and beyond. Our goal is to help children and youth ages 18 and under increase their physical activity and adopt healthy eating habits.

MAINE BUREAU OF PARKS & LANDS

www.state.me.us/doc/parks
A great searchable website that allows users to locate trails on state land.

MAINE OUTDOOR ADVENTURE CLUB

www.moac.org
An all-volunteer member organization. Members organize and lead all trips and activities from beginner to expert. From the extremes of winter camping and ice/rock climbing, to the strenuous hike, mountain bike, ocean paddle or river kayak, to the gentle sail, walk, or snowshoe – MOAC has something for everyone.

WINTERKIDS

www.winterkids.org
Winterkids is a nonprofit organization committed to helping children develop lifelong habits of health, education and physical fitness through outdoor winter activity. Seven exciting programs help accomplish this goal.
SOME LOCAL ORGANIZATIONS AND WEB SITES

COASTAL MOUNTAINS LAND TRUST

www.coastalmountains.org
101 Mount Battie Street, Camden, ME 04843
(207) 236-7091

A private non-profit organization dedicated to permanently conserving land to benefit the natural and human communities of western Penobscot Bay. Offering 8,100 acres of land as preserves, open to the public.

THE GEORGES RIVER LAND TRUST CONSERVATION TRAILS

www.grlt.org
8 N. Main St., Suite 200, Rockland ME 04841
(207) 594-5166

The GRLT is a non-profit organization whose mission is to conserve and steward the natural resources and traditional character of the Georges River watershed for public benefit. Over 40 miles of connected low-impact hiking trails in Midcoast Maine.

THE PENOBSCOT BAY CHAMBER OF COMMERCE

www.mainedreamvacation.com

Information on many activities available in Knox County and the surrounding region.

THE MEDOMAK VALLEY LAND TRUST

mlvt@midcoast.com
25 Friendship St., Waldoboro, ME 04572
(207) 832-5570

A private non-profit organization dedicated to preserving land in the Medomak River Watershed.
KNOX COUNTY RESOURCES

Appleton

On Your Own

APPLETON PRESERVE*

Camden Rd. (Route 105), Appleton, ME
Owned and managed by Georges River Land Trust
www.grlt.org

Year-round. Hiking and cross-country skiing trail on 124-acre preserve. Parking is at the Maine Inland Fisheries and Wildlife lot located next to the bridge on Route 105.

Camden

Community Services

CAMDEN SNOW BOWL/RAGGED MOUNTAIN RECREATIONAL AREA*

www.camdensnowbowl.com
Camden Parks & Recreation, P.O. Box 1207, Camden, ME
(207) 236-3438

Year-round. Four-season recreation area for the whole family. Downhill and cross-country skiing, tubing, tobogganing, ice skating, mountain biking, hiking, boating and tennis courts. Some activities are free.

TEEN CENTER (an outreach of the Penobscot Bay YMCA)

www.penbayymca.org
10 Knowlton Street, Camden, Me. 04843
(207) 230-0866

Year-round. Skatepark (May through October) and other activities for teens grades 5 through 12.
Fitness/ Personal Training

HIGH MOUNTAIN HALL

www.highmountainhall.com
5 Mountain Street, Camden, ME 04843
(207) 239-2003

Year-round. Wide variety of dance, fitness and yoga classes in a beautiful, renovated church.

PILATES CENTER FOR MINDFUL MOVEMENT

5 Elm Street, 2nd Floor
Camden, ME 04843
(530) 859-9515
camdenpilates@gmail.com

Enjoy comprehensive and personalized care for fitness, sport specific, post-rehab & whole body health.

On Your Own

BARRETT’S COVE BEACH*

Route 52, Megunticook Lake, Camden, ME 04846
Year-round. Swimming and boating in summer. Rest rooms, picnic facilities.

BALD MOUNTAIN PRESERVE*

www.coastalmountains.org
(207) 236-7091
Barnestown Road, Camden, ME, 04846

Year-round. 600-acre preserve with strenuous 2 mile round-trip hike to the summit of Bald Mountain. Beautiful views of Penobscot Bay and Camden Hills.
CAMDEN HILLS STATE PARK

280 Belfast Road, Route 1, Camden, ME 04843
May-October: (207) 236-3109,
November-April: (207) 236-0849

Year-round. Visitors can drive or hike to the top of Mount Battie. Road is open for cars May 1 through October 31. Views of Camden Harbor and the bay. 25 miles of hiking trails, seasonal campgrounds, picnic area. Cross-country skiing, snow-shoeing in winter.

LAITE MEMORIAL BEACH*

http://camdenmainevacation.com/laite-memorial-beach.php
Bay View Street, Camden, ME 04843

Year-round. Swimming in summer. Playground, outdoor grills, picnic tables, public bathrooms and outdoor shower.

MERRYSPRING NATURE CENTER*

www.merryspring.org
30 Conway Road, Camden, ME 04843
(207) 236-2239

Year-round. 66-acre park and education center with nature trails and gardens. Some areas allow dogs off-leash.

Other Interests

ATLANTIC CLIMBING SCHOOL

www.climbacadia.com
(207) 288-2521

Seasonal. Certified guides give personalized rock climbing courses in Camden and at Acadia National park.
MEGUNTICOOK ROWING

www.megunticookrowing.org
PO Box 855, Camden ME 04853

Meet at Barrett's Cove Beach, Megunticook Lake. Seasonal. Beginner's lessons as well as opportunities for beginning and competitive rowers to continue with the sport. Scholarships available.

Hope

On Your Own

HATCHET MOUNTAIN PRESERVE*

www.coastalmountains.org
Route 235/Hatchet Mountain Rd, Hope, ME

Year-round. Hiking trail. Park along Hatchet Mountain Rd and follow trail for ¾ mile to the summit. Moderately difficult and steep.

HOPE ORCHARDS

www.hopeorchards.com
www.facebook.com/hopeorchards
434 Camden Rd, Hope, ME 04847
(207) 763-2824

Seasonal, Thursday-Sunday. Pick your own apples and pears from September - October and get some delicious cider as well.
Lincolnville

Community Services

LINCOLNVILLE RECREATION FACILITIES*

493 Hope Rd, Lincolnville, ME 04849
(207) 763-3555

Year-round. Baseball fields, soccer fields, cross-country track, tennis courts, basketball court and playground. Swimming at Norton’s Beach and Lincolnville Public Beach.

Fitness/personal training

POINT LOOKOUT FITNESS CENTER

www.visitpointlookout.com
U.S. Route 1, 67 Atlantic Highway, Lincolnville, ME 04849
(207) 789-2011


On Your Own

FERNALD’S NECK PRESERVE*

www.coastalmountains.org
(207) 236-7091

Route 52 north to Youngtown Corner, turn left on Fernald’s Neck Road. Bear left at fork. Parking at end of road. Year-round. 300-acre preserve offers many trails, access to Megunticook Lake. Moderate but flat hiking trails. Closes at 7:30 p.m. Dogs not allowed.
LINCOLNVILLE PUBLIC BEACH*
  Route 1, Lincolnville Beach, ME
Year-round. Beachcombing, fishing and swimming in the bay.

TANGLEWOOD 4-H CAMP & LEARNING CENTER/ UNIVERSITY OF MAINE COOPERATIVE EXTENSION*
  www.tanglewood4h.org
  1 Tanglewood Road, Lincolnville, ME 04849
  (207) 789-5868
Year-round. Part of the Camden Hills State Park, this summer camp offers over 7 miles of forested trails on 940 acres. Hiking, cross-country skiing, snow-shoeing.

Other Interests

DUCKTRAP KAYAK
  www.ducktrapkayak.com
  U. S. Rt 1, 2175 Atlantic Hwy., Lincolnville Beach, ME 04849
  (207) 236-8608
Seasonal. Guided tours, lessons, rentals, sales. Tour the coast or Megunticook Lake with certified guides.

POINT LOOKOUT BOWLING CENTER
  www.visitpointlookout.com
  Route 1, 67 Atlantic Highway, Lincolnville, ME 04849
  (207) 789-2012
Year-round. Eight automated fully equipped 10-pin bowling lanes, arcade room, pool table, air hockey and a function room.
THORFINN EXPEDITIONS
www.thorfinnexpeditions.com
2516 Atlantic Highway, Lincolnville, ME 04849
(207) 236-2239
Seasonal. Lessons and rentals available in sailing, stand-up paddleboarding and outdoor education, as well as the Acadia Premier Multi-Sport package.

North Haven Island

Fitness/Personal Training

NORTH HAVEN FITNESS AND WELLNESS CENTER (AN OUTREACH OF THE PENOBSCOT BAY YMCA)

www.penbayymca.net
21 Town Office Square, North Haven, ME 04853
(207) 867-4418
Year-round. Fitness facility with some exercise classes.

Owls Head

On Your Own

BIRCH POINT STATE PARK (LUCIA BEACH)

Off Rt 773, Dublin Rd to Ballyhoc Rd., Owls Head, ME 04854
(c/o Maine Bureau of Parks and Lands, 106 Hogan Rd, Bangor, ME 04401.) Year-round. Swimming (no lifeguards), hiking trails and beachcombing.
OWL’S HEAD LIGHT STATE PARK*

www.lighthouse.cc/owls/
Lighthouse Rd, Owls Head, ME 04854
(207) 941-4014

(c/o Maine Bureau of Parks and Lands, 106 Hogan Rd, Bangor, ME 04401.) Year-round. Beachcombing, trails, picnicking.

Rockland

Community Services

ROCKLAND RECREATION DEPARTMENT

Limerock St., Rockland, ME 04841
(207) 594-0321


RSU #13 ADULT AND COMMUNITY EDUCATION

www.rsu13.maineadulted.org
28 Lincoln St. (207) 594-9764
400 Broadway (207) 596-2018
Rockland, ME, 04841

Year-round. Various educational and recreational opportunities.

Fitness Clubs/Personal Trainers

KORRINSDANCE ART & FITNESS CENTER

143 Rankin St, Rockland, ME 04841
(207) 701-6970

Zumba classes for all levels.
MID-COAST GYM

44 Park Street, Rockland, ME 04841
(207) 596-0141

Year-round. Offers strength training, aerobic equipment, group classes, personal training.

SOMA PILATES & YOGA

www.pilatesatsoma.com
385 Main Street, Rockland, ME 04841
(207) 596-6177

Year-round. Private and group Pilates & yoga classes.

SPHERE

www.spherefit.com
328 Main Street 2nd floor, Rockland, ME 04841
(207) 691-8207

Year-round. Private and group classes including Tabata, P90X, boot camp, Ryde, Pilates and a 5K run club.

SYMMETRY FITNESS STUDIO

www.facebook.com/symmetryfitnessstudio
31 New County Rd, Rockland, ME 04841
(207) 542-2123

Year-round. Classes include kickboxing, cardio, kickalates and Pilates.

TRADE WINDS HEALTH CLUB & FITNESS CENTER

2 Park Drive, Rockland, ME 04841
(207) 594-2123

On Your Own

COASTAL CHILDREN’S MUSEUM

www.coastalchildrensmuseum.org
75 Mechanic St, Rockland, ME 04841
(207) 596-0300

Year-round. Offers a variety of programs for children including the free Quest for Beech Hill, details on their website.

COMMUNITY PLAYGROUND*

Merritt Park, Limerock Street, Rockland

Year-round. Open dawn to dusk, adjacent to Rockland Community Recreation Building.

GILBERT AND ADAMS CENTRAL PARK*

Park Drive, Rockland

Year-round. Sweeping views of Rockland Harbor.

HARBOR PARK*

Public landing, Rockland

Year-round. Public rest rooms.

JOHNSON MEMORIAL PARK*

Chickawaukie Lake, Route 17, Rockland.

Seasonal. Swimming beach, picnic area, rest rooms. Public boat access.

MARIE H. REED MEMORIAL PARK*

Rockland Breakwater, Samoset Road, off Waldo Ave.

Year-round. Ocean view, small sandy beach, walk (1.7 miles total) to Rockland Breakwater Lighthouse.
ROCKLAND HARBOR TRAIL*
Public footpath four-plus miles long along the historic waterfront of Rockland. Follow signs from Snow Marine Park along streets, parks, pathways and sidewalks to the Rockland Breakwater.

SANDY BEACH PARK*
Ocean Street, Rockland
Year-round. Picnic benches, small sandy beach, Rockland Harbor views. Adjoins the boardwalk and walking trail.

SNOW MARINE PARK*
Mechanic Street, Rockland

Other Interests

ATLANTIC CHALLENGE
www.atlanticchallenge.com
643 Main Street, Rockland, ME 04841
(207) 594-1800
Year-round. Boat building and sailing opportunities.

BREAKWATER KAYAK CO., LLC
www.breakwaterkayak.com
8 Mill Street, Rockland, ME 04841
(207) 596-6895
Seasonal. Kayaking trips with Registered Maine Guides.
ROCKLAND GOLF COURSE

www.rocklandgolf.com
606 Old County Road, Rockland, ME. 04841
(207) 594-9322

Seasonal. 18-hole golf course. Open to the public.

STATION MAINE*

www.stationmaine.org
Sharp’s Point South
75 Mechanic Street, Rockland, ME 04841
(207) 691-2037

Year-round. Offers boating opportunities at no cost to youth of all ages.

SWING AND SWAY DANCE STUDIO

www.swingnsway.com
143 Maverick Street, Rockland, ME 04841
(207) 594-0940

Year-round. Ballroom and other style dance instruction.

Rockport

Community Services

FIVE TOWN CSD ADULT & COMMUNITY EDUCATION

www.fivetowns.maineadulted.org
25 Keelson Drive, Rockport, ME 04856
(207) 236-7800, ext. 274

Year-round. Classes of all kinds offered at low-cost. Indoor walking at CHRHS while Adult Education is in session. (Free)
**Fitness Clubs/Personal Training**

**AUTHENTIC PILATES**

www.authenticpilatesmaine.com  
247 Commercial St, Rockport, ME 04856  
(207) 230-7270

Year-round. Pilates classes offered at all levels.

**COUNTRY INN AT CAMDEN/ROCKPORT**

www.countryinnmaine.com  
8 Country Inn Way - Route 1, Rockport, ME 04856  
(207) 236-2725

Year-round. Fitness center and indoor pool.

**MIDCOAST RECREATION CENTER**

www.midcoastrec.com  
535 West Street, Rockport, ME 04856  
(207) 236-9400

Year-round. Ice arena and tennis facility. Programs for skaters and tennis players of all ages.

**PENOBSCOT BAY YMCA**

www.penbayymca.net  
116 Union Street, P.O. Box 840, Rockport, ME 04856  
(207) 236-8956

Year-round. Full service fitness center with indoor olympic-size pool, climbing wall. Diverse program of activities and classes offered. Scholarships available.

**SAMOSET RESORT FITNESS CENTER**

www.samosetresort.com  
220 Warrenton Street, Rockport, ME 04856  
(207) 594-2511

STONE COAST CROSSFIT

www.stonecoastcrossfit.com
16 Rockport Park Center, Rockport, ME 04856
(207) 370-0544

Year-round. Kids summer camp in addition to classes geared at all levels. Open gym time is also available.

On Your Own

BEECH HILL PRESERVE*

www.coastalmountains.org
Coastal Mountains Land Trust
101 Mt Battie Street, Camden, ME 04843
(207) 236-7091

Year-round. Beech Hill is an extraordinary hiking, picnicking and birding destination that offers panoramic views of Penobscot Bay. It is a 1.5-mile round-trip hike that is easy, with a gradual climb. Parking area and trailhead on Rockville St. off Rte. 1 in Rockport.

CAMDEN HILLS REGIONAL HIGH SCHOOL*

www.fivetowns.net/CHRHS
25 Keelson Dr., Rockport, ME 04856
(207) 236-7800

Year-round. Outdoor track available for community use before 7:30 a.m. and after 2:30 p.m and weekends. Cross-country trail open for skiing and walking. Outdoor tennis courts also open to public when not in use by the school. Walking in the school allowed while adult education is in session.
Other Interests

GOLFER'S CROSSING MINI GOLF
   www.facebook.com/GolfersCrossingCamdenMaine
   7 Country Inn Way - Route 1, Rockport, ME 04856
   (207) 230-0090
Seasonal. 18 hole miniature golf course with scenic, natural backdrops.

GOOSE RIVER GOLF COURSE
   50 Park Street, PO Box 1230, Rockport ME
   (207) 236-8488

MAINE SPORT OUTFITTERS
   www.mainesport.com
   Route One, Rockport, ME
   (207) 236-8779
Year-round. Sales and rental equipment and information for winter and summer sports and outdoor activities. Guided kayak tours in season.

OAKLAND PARK BOWLING LANES
   732 Commercial Street, Rockport, ME 04856
   (207) 594-7525
Year-round. Candlepin bowling for the whole family, arcade games, pool table, snack bar.

SAMOSET RESORT GOLF COURSE
   www.samosetresort.com
   220 Warrenton Street, Rockport, ME 04856
   (207) 594-1431
Seasonal. 18-hole oceanside course.
TruHiking

www.truhiking.com
PO Box 756, Rockport, ME 04856
(207) 236-0110

Year-round. Hikes, backpacking trips, walks and talks led by a Maine Guide. Several trips are dog-friendly.

Vesper Hill Children’s Chapel, Beauschamp Point*

Calderwood Lane, Rockport, ME 04846

Beautiful outdoor chapel along scenic walking loop. From Russell Ave., Rockport, turn onto Calderwood Lane. Drive past Megunticook Golf Course. The driveway to the chapel is on the right.

St. George (Tenant’s Harbor/Port Clyde)

Community Services

St. George Parks and Recreation Dept.

www.stgeorgemaine.com
3 School Street, PO Box 131, Tenant’s Harbor, ME 04860
(207) 372-6363

Year-round. Various programs for children and adults in the community.

On Your Own

Fort Point Trail*

www.stgeorgemaine.com
St. George Conservation Commission
c/o St George Town Office (see above)

Year-round. Parking located near the spring above Wiley’s Corner on Route 131. Easy walk to ruins on the St George River. Approx ¼-mile round trip.
PORT CLYDE KAYAKS
www.portclydekayaks.com
3 Factory Rd, Port Clyde, ME 04856
(207) 372-8100
Seasonal tours and sales of kayaks and stand-up paddleboards.

ST GEORGE SCHOOL PLAYGROUND AND NATURE TRAIL*
www.rsu13.org
65 Main Street, Tenants Harbor, ME. 04860
(207) 372-6312

TOWN FOREST LOOP*
www.stgeorgemaine.com
St George Conservation Commission
c/o St George Town Office (see above)
Year-round. Walking, snow-shoeing, cross-country skiing. Trailhead and parking area located 0.8 miles off Route 131 (south side of Kinney Woods Rd.). Easy ¾-mile loop.

Thomaston

Community Services

THOMASTON RECREATION DEPARTMENT*
www.thomastonrecreation.com
(207) 354-6107, ext. 246
**Fitness Clubs/Personal Trainer**

**ON THE EDGE FITNESS**

Thomaston, ME 04861  
(207) 691-6029  
Year-round. Zumba classes.

**THOMASTON YOGA STUDIO**

www.thomastonyogastudio.com  
185 Main Street, Thomaston, ME 04861  
(207) 319-6301  
Year-round. Yoga classes.

**On Your Own**

**LAURA LIBBY SCHOOL PLAYGROUND***

www.rsu13.org  
13 Valley Street, Thomaston, ME 04861  
(207) 354-6464  
Year-round. Outdoor playground, field, skate-park, basketball hoops.

**THOMASTON TOWN FOREST SYSTEM (a section of the Georges Highland Path)***

www.grlt.org  
Town of Thomaston, PO Box 299, Thomaston, ME 04861  
(207) 543-2131  
Year-round. System of hiking trails. Parking off Booker Street. Some trails in close proximity of wastewater disposal fields. Avoid hiking on very windy days. Not strenuous, with up to 7.2 miles of trails. Suitable for cross-country skiing.
Union

Community Services

THOMPSON COMMUNITY CENTER

51 South Union Rd., Union, ME 04862
(207) 785-2202

Year-round. A variety of activities open to the public.

On Your Own

UNION ELEMENTARY SCHOOL PLAYGROUND

www.union.msad40.org
1070 Heald Highway (Route 17), Union, ME, 04862
(207) 785-4330

Year-round. Playground for young children when school is not in session.

UNION FAIRGROUNDS (Free)

www.unionfair.org
Route 17, Union, ME 04862
(207) 785-3281

Year-round. Fairground raceway open for walking, cross-country skiing in winter.

Vinalhaven Island

Fitness/Personal Training

AEROFIT GYM

Harbor Wharf Center, Vinalhaven, ME 04863
(207) 863-4624

Year-round. Cardio and weightlifting machines, free weights, personal training.
On Your Own

Vinalhaven has several lovely parks and conservation areas. Visit the Vinalhaven Chamber of Commerce web site for more info: [www.vinalhaven.org/town-parks](http://www.vinalhaven.org/town-parks).

**Waldoboro** (in Lincoln County, but serves many Knox County residents)

**Community Services**

**MSAD #40 ADULT EDUCATION**

[www.msad40.maineadulted.org](http://www.msad40.maineadulted.org)
320 Manktown Rd, Waldoboro, ME 04572
(207) 832-5205

Year-round. Exercise and activity programs for adults.

**WALDOBORO RECREATION**

rec@waldoboromaine.org
[www.waldoboromaine.org](http://www.waldoboromaine.org)
1600 Atlantic Highway, Waldoboro, ME 04572
(207) 832-5369 x 308

Year-round. Exercise and activity programs for adults and children.

**WALDOBORO TOWN OFFICE**

1600 Atlantic Highway, Waldoboro, ME 04572
(207) 832-5369

Year-round. Various activities and programs offered for adults and children.
Fitness/Personal Training

WALDOBORO FITNESS

www.waldoborofc.com
75 Winslow Mills Rd, Waldoboro, ME 04572
(207) 832-0611

Year-round. Complete fitness center, indoor heated pool, hot tub.

Warren

Community Services

WARREN RECREATION DEPARTMENT

http://town.warren.me.us/
Warren Town Office, Warren, ME 04864
(207) 273-4138


On Your Own

THE PLAYROOM MAINE

www.maineplayplace.com
90 Camden Rd, Warren ME 04864
(207) 273-3007

Year-round. Features an indoor playground, large sports field, playground and forest play area in addition to MiniMe rentals, ZUMBA and shops. It is available for birthday parties and other special events.
THANK YOU

Now let’s “get up and go” out and enjoy! Let us know what you find. We are looking forward to adding your favorite places to future editions of this guide. You can also view this guide on the following web sites: Knox County Community Health Coalition (www.penbayymca.net/kcchc/kcchc.html), Let’s Go! (www.letsgo.org), and Pen Bay Healthcare (www.pbmc.org/zing).

NOTES
5210 Every Day!

5 or more fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

LET'S GO!
KNOX COUNTY
www.letsgo.org