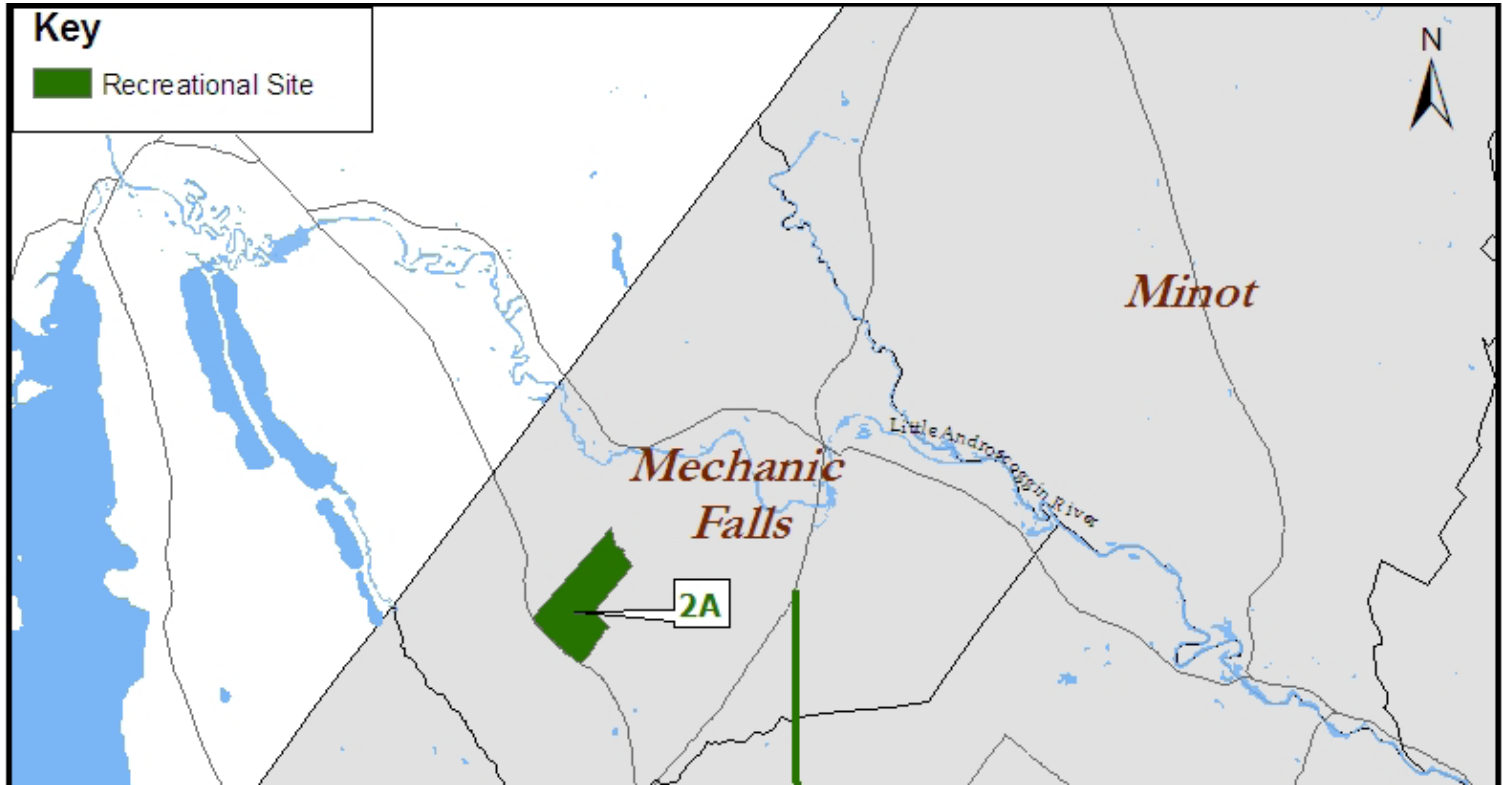


Outdoor Recreation in Androscoggin County

Mechanic Falls, Minot and Poland

Map 2





See next page for descriptions of above recreational sites.

Map produced by the Androscoggin Land Trust 2007

MAP 2

MECHANIC FALLS, MINOT AND POLAND

Mechanic Falls 2A

Name: **True Farm Living Forest**

Directions: The True Farm is on Route 26 in the western part of Mechanic Falls. Starting at the intersection of Route 26 and Route 11, travel north on Route 26 approximately 2.1 miles to the forest. It is on the right and the entrance is an abandoned road on the right opposite Edwards Rd. Go northeast on abandoned road about 400 feet and turn left on logging road, which runs through the property.

Activities: Hiking and nature observation

Size: 150 acres

Contact: New England Forestry Foundation – *Phone:* (978) 952-6856

Poland 2B

Name: **Lower Range Pond Town Beach**

Directions: Take Route 26 to Connor Lane and the beach is off of Connor Lane.

Activities: Swimming; beach is available weekdays 4 pm – 8 pm only, weekends 8 am – 8 pm

Size: data not available

Contact: Town of Poland – *Phone:* (207) 998-4601

2C

Name: **Middle and Upper Range Pond Boat Launch** (Poland residents only)

Directions: Route 26 to Range Hill Road.

Activities: Boat launch, canoeing, and kayaking

Size: data not available

Contact: Town of Poland – *Phone:* (207) 998-4601

2D

Name: **Railroad Trail**

Directions: Located just off Route 26 on the Poland Corner Road.

Activities: Multi-use trail, hiking, and biking

Size: 1.5 mile trail (trail expansion in development)

Contact: Town of Poland – *Phone:* (207) 998-4601

2E

Name: **Range Pond State Park**

Directions: Route 26 north from Gray or Route 202 south from Lewiston, which will connect with Route 122. Follow Route 122 to Empire Road. Park is just off the Empire Road.

Activities: Picnic area, playground, ball field, swimming, handicap-accessible boat ramp, hiking, and nature observation

Size: 750 acres

Contact: Range Pond State Park

Phone: (park season) 207-998-4104; (off season) 207-624-6080

2F

Name: **Tripp Pond Town Beach** (Poland residents only)

Directions: Located on Route 11.

Activities: Picnic area, swimming, and fishing

Size: .25 acre beach

Contact: Town of Poland – *Phone:* (207) 998-4601

Additional Recreational Opportunities

Minot/Hebron Community Organizations

Name: **Minot-Hebron Athletic Association**

Location: Minot Town Office

Activities: Softball, baseball, soccer, and basketball programs

Phone: 345-3305

Poland Community Organizations

Name: **Poland Recreation Department**

Location: 1231 Maine Street

Activities: Skiing at Lost Valley, softball, baseball, basketball, indoor and outdoor soccer, cheering, yoga, 50+/- Club, summer youth programs including teen adventure program, football, tumbling, baton twirling, cross-country ski lessons, volleyball, Special Olympics unified basketball, swim lessons, ice skating rink, and discount tickets for skiing at Lost Valley and Shawnee Peak and snow tubing at Oxford Plains Snow Tubing

Phone: 998-4650

On Your Own

Name: **Poland Regional High School**

Location: 1457 Maine Street

Activities: Walking or running on outside track

Size: .25 mile around

Other Interests

Name: **Body Dynamics**

Location: 1199 Maine Street

Activities: Gym, cardiovascular equipment, free weights, Nautilus, personal trainers, and nutritional analysis

Phone: 998-2260

Name: **Fairlawn Golf Course and Country Club**

Location: 388 Empire Road

Activities: 18-hole championship golf course, driving range, and practice facilities

Phone: 998-4277; www.fairlawngolf.com

Name: **Summit Springs Golf Course**

Location: 292 Summit Spring Road

Activities: 14-hole golf course – *Phone:* 998-4515

Name: **Poland Springs Golf Course**

Location: 41 Ricker Road

Activities: 18-hole golf course

Phone: 998-6002; www.polandspringresort.com