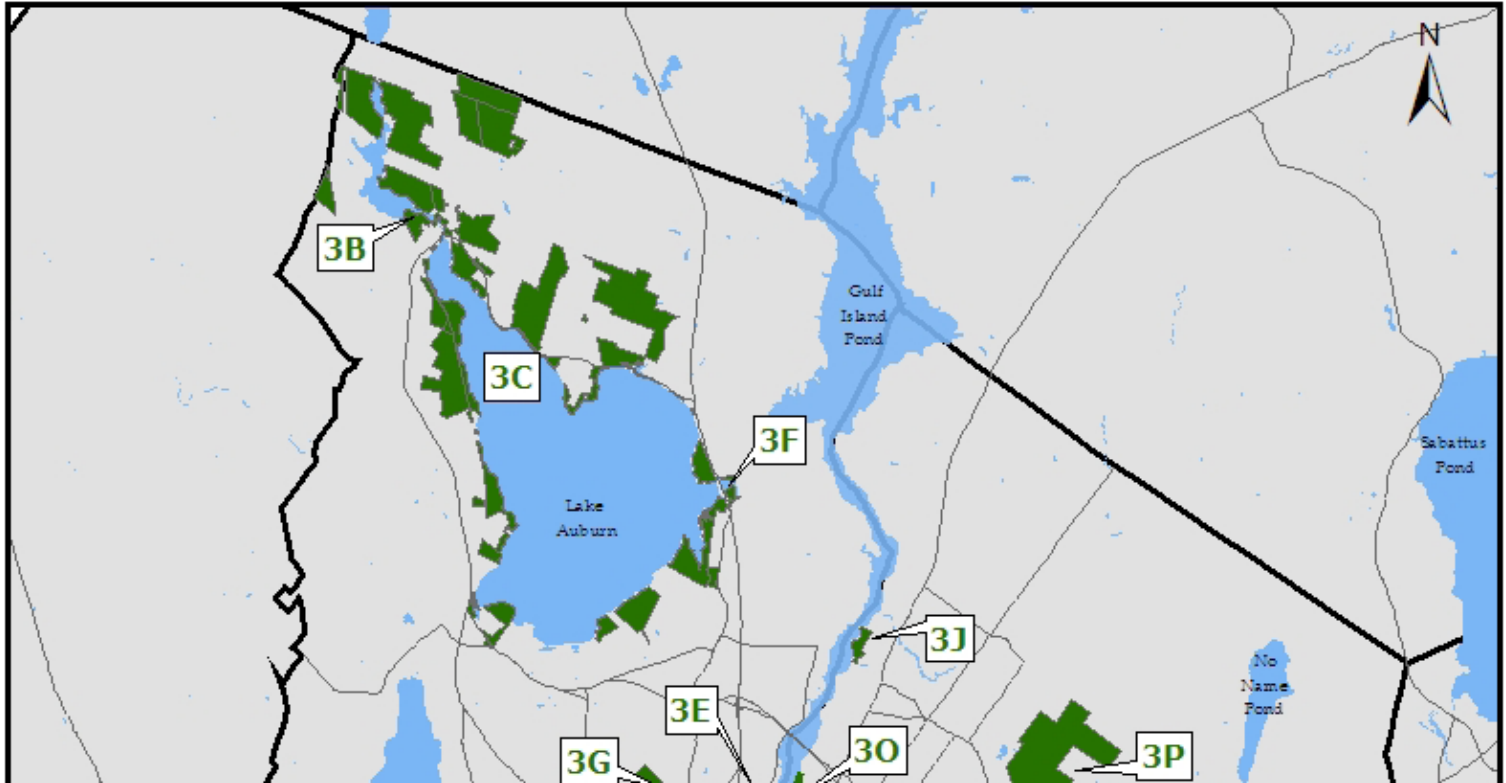
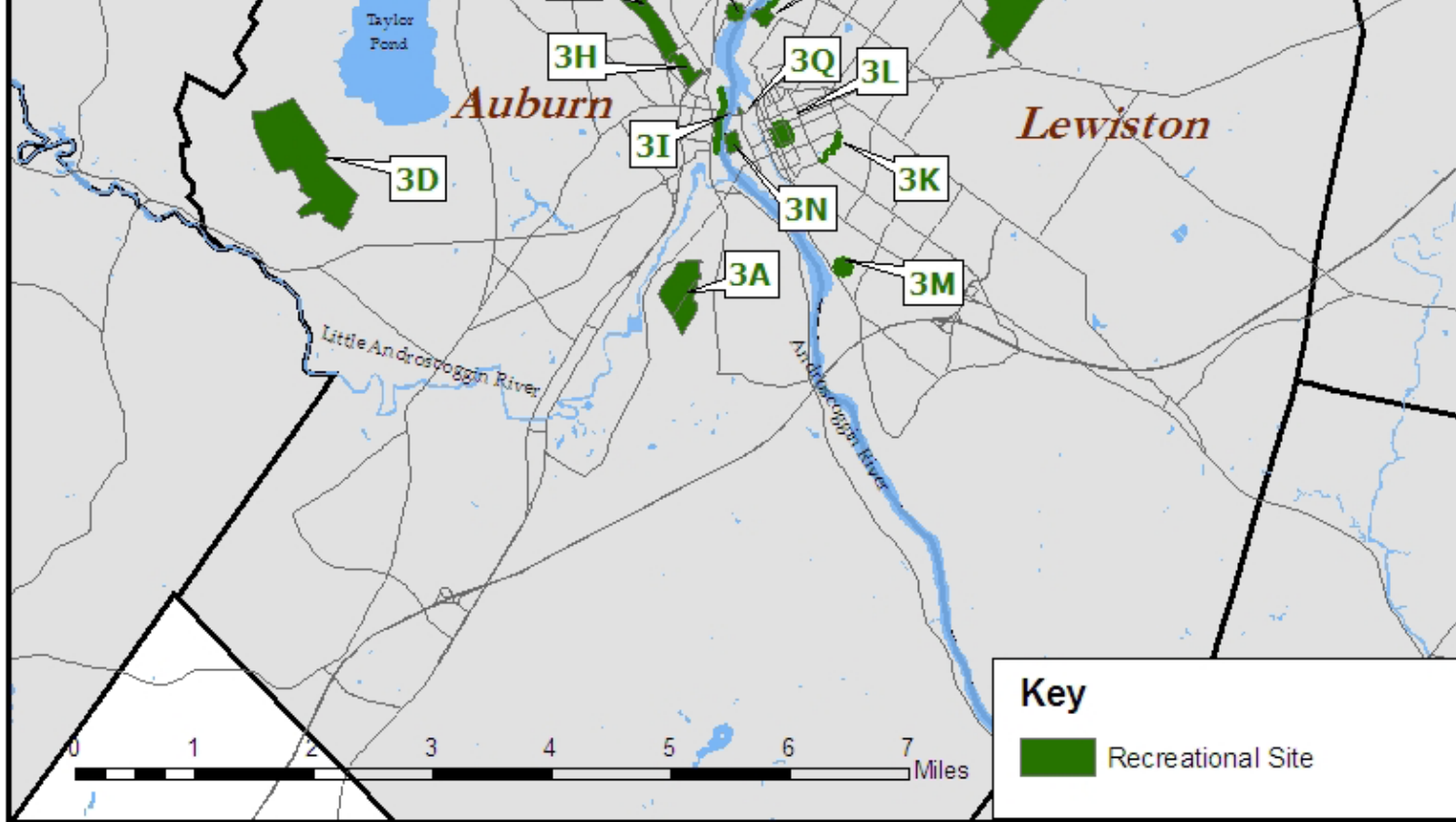


# Outdoor Recreation in Androscoggin County

*Auburn and Lewiston*

## Map 3





See next page for descriptions of above recreational sites.

*Map produced by the Androscoggin Land Trust 2007*

**Auburn****3A**

*Name:* **Alexander-Harkins Preserve/Sherwood Forest**

*Directions:* Trailhead is at the end of 19th Street in New Auburn next to Sherwood Heights School. Park along Sherwood Drive.

*Activities:* Walking, hiking, cross-country skiing, snowshoeing, and nature observation

*Size:* 83 acres; 33 acres owned by Androscoggin Land Trust and 50 acres owned by City of Auburn

*Contact:* Androscoggin Land Trust, [www.androscogginlandtrust.org](http://www.androscogginlandtrust.org); Sherwood Heights School

*Phone:* (207) 782-2302 – Androscoggin Land Trust  
(207) 783-8526 – Sherwood Heights School

**3B**

*Name:* **Auburn Land Lab Trails and Holly Cooney Wellness Trail**

*Directions:* Located at corner of North Auburn Road and Holbrook Road six miles west of Route 4 via Lake Shore Drive.

*Activities:* Hiking, cross-country skiing, and snowshoeing

*Size:* 1 mile trail

*Contact:* Auburn Land Lab

*Phone:* 783-4563 or <http://landlab.auburnschl.edu>

**3C**

*Name:* **Lake Auburn Watershed Protection Commission Lands**

*Directions:*

- **Lake Auburn Boat Launch:** Route 4, 6 miles north of downtown Auburn - motorized boat launch, canoeing, and kayaking
- **North Auburn Boat Launch:** corner North Auburn Road and Lake Shore Drive, 5.5 miles west of Route 4 – launching for kayaks and canoes
- **Basin Boat Launch:** Holbrook Road, just west of Land Lab – non-motorized boat launch, canoeing, and kayaking
- **Spring Road Trail:** Southern entrance off West Auburn Road 8 miles northwest of downtown Auburn. Northern entrance at North Auburn Road, 6 miles west of Route 4 via Lake Shore Drive. At northern entrance there is an easy connection to Land Lab trails – 1.5 mile trail for hiking, cross-country skiing, snowshoeing, biking, and non-motorized use only

*Activities:* Call the Auburn Water District for rules, regulations, and restrictions that apply to activities.

*Size:* Lake Auburn Watershed Protection Commission Lands are approximately 2,000 acres.

*Contact:* Auburn Water District; [www.awsd.org](http://www.awsd.org)

*Phone:* (207) 784-6469

### 3D

**Name: Mount Apatite Municipal Park**

*Directions:* Garfield Road entrance located .5 mile north of Route 121 (Minot Avenue).

*Activities:* Non-motorized-use-only trail, hiking, biking, cross-country skiing, snowshoeing, and nature observation

*Size:* 325 acres with 4 mile trail

*Contact:* Auburn Parks and Recreation Department

*Phone:* (207) 784-0191

### 3E

**Name: North River Road Boat Launch**

*Directions:* Located on North River Road off Center Street in Auburn (approximately .125 mile on right after turning off Center Street).

*Activities:* Motorized and non-motorized boat launch; fishing

*Size:* Provides access to the stretch of Androscoggin River between Deer Rips Dam and Great Falls

*Contact:* Auburn Parks and Recreation Department

*Phone:* (207) 784-0191

### 3F

**Name: Outlet Beach, Lake Auburn**

*Directions:* Located on Route 4 across the road from the Lake Auburn Boat Launch, 6 miles north of downtown Auburn.

*Activities:* swimming, playground, picnic area, basketball, and volleyball; fee charged

*Contact:* Auburn Parks and Recreation Department

*Phone:* (207) 784-0191

### 3G

**Name: Pettengill Park and Woods**

*Directions:* Traveling west on Gamage Avenue, take a right on Wilson Street, and Pettengill Park Road will be on your right.

*Activities:* Non-motorized-use-only trail, hiking, cross-country skiing, snowshoeing, baseball and softball fields, playgrounds, snow sledding hill, and nature observation

*Size:* 40 acre park, 1 mile trail

*Contact:* Auburn Parks and Recreation Department

*Phone:* (207) 784-0191

### 3H

**Name: Pettengill – Union Street Gully Walkway**

*Directions:* Located on Chestnut Street. Traveling north on Turner Street, take a left on Dennison, left on Winter and a right on Chestnut.

*Activities:* Basketball and tennis courts located at Union Street Gully Park, and walking

*Size:* .75 mile paved walkway connecting Pettengill and Union Street Gully parks

*Contact:* Auburn Parks and Recreation Department

*Phone:* (207) 784-0191

## 3I

*Name:* **Riverwalk**

*Directions:* Located in Auburn, near Festival Plaza.

*Activities:* Walking, biking, and nature observation

*Size:* .33 mile paved path along Androscoggin River from Festival Plaza to Bonney Park, where it connects to Lewiston's Railroad Park via the Railroad Pedestrian Bridge. The north end of Riverwalk accesses a .25 mile paved walkway that leads to West Pitch Fork overlooking the Great Falls.

*Contact:* Auburn Parks and Recreation Department

*Phone:* (207) 784-0191

## Lewiston

### 3J

*Name:* **Androscoggin River Preserve**

*Directions:* From Main Street in Lewiston, take Northwoods Road (next to Marden's Store), then take a left onto Tall Pines Drive. Park alongside of road or parking lot (to be constructed).

*Activities:* Non-motorized boat launch, walking, hiking, cross-country skiing, snowshoeing, dog walking (on leash), and nature observation

*Size:* 14.3 acres

*Contact:* Androscoggin Land Trust; [www.androscogginlandtrust.org](http://www.androscogginlandtrust.org)

*Phone:* (207) 782-2302

### 3K

*Name:* **Franklin Pasture**

*Directions:* 161 Birch Street (entrance near Androscoggin Bank Coliseum)

*Activities:* Walking, hiking, biking, and dog walking (on leash)

*Size:* 75 acres; .5 mile trail

*Contact:* Lewiston Recreation Department

*Phone:* (207) 782-5951

### 3L

*Name:* **Kennedy Park**

*Directions:* 120 Park Street (bordered by Park Street, Pine Street, Bates Street, and Spruce Street).

*Activities:* Skateboarding, walking, basketball, playground, and swimming

*Size:* 7.57 acre park featuring a skateboard park

*Contact:* Lewiston Recreation Department

*Phone:* (207) 782-5951

### 3M

*Name:* **Lincoln Street Boat Launch**

*Directions:* 509 Lincoln Street

*Activities:* Boat launch, canoeing, kayaking, and fishing

*Size:* 0.9 acre

*Contact:* Lewiston Recreation Department

*Phone:* (207) 782-5951



### 3N

**Name: Railroad Park**

*Directions:* From Lincoln Street, follow Beech Street to its end and take a right on Oxford Street. Railroad Park is on the left.

*Activities:* Walking, hiking, biking, rollerblading, and dog walking (on leash)

*Size:* 8.78 acre park

*Contact:* Lewiston Recreation Department

*Phone:* (207) 782-5951

### 3O

**Name: Sunnyside Park/Riverside Trail**

*Directions:* 132 Winter Street. From Main Street, follow Whipple Street to its end.

*Activities:* Walking, hiking, biking, cross-country skiing, snowshoeing, dog walking (on leash), ball field, basketball, and nature observation

*Size:* 8.48 acre park/6 mile Riverside Trail

*Contact:* Lewiston Recreation Department. For a description of Riverside Trail, visit [www.latrails.org](http://www.latrails.org)

*Phone:* (207) 782-5951

### 3P

**Name: Thorncrag Bird Sanctuary**

*Directions:* Enter at the northern end of East Avenue or at the corner of Montello Street and Highland Spring Road.

*Activities:* Walking, hiking, cross-country skiing, snowshoeing, dog walking (on leash), and nature observation

*Size:* 312 acres

*Contact:* Stanton Bird Club

*Phone:* (207) 782-5238; [www.avcnet.org/stanton/](http://www.avcnet.org/stanton/)

### 3Q

**Name: Veterans Memorial Park**

*Directions:* 2 Main Street (just off the Longley Memorial Bridge).

*Activities:* Walking and nature observation

*Size:* 1.67 acres

*Contact:* Lewiston Recreation Department

*Phone:* (207) 782-5951

# Additional Recreational Opportunities

## AUBURN AND LEWISTON

### Auburn Community Organizations

**Name: Auburn Adult Education**

**Location:** Edward Little High School – Auburn Heights, 77 Harris Street

**Activities:** Variety of classes including hip hop dance, hi-low impact aerobics, ballroom dancing for beginners and intermediates, clogging, swing and Latin dance, round dancing, beginning golf, and yoga

**Phone:** 784-9220

**Name: Auburn Parks & Recreation Department**

**Location:** 48 Pettingill Park

**Activities:** Youth football, basketball, tennis, golf, track & field, pillow hockey, after-school open gym, indoor soccer, fishing derby, summer rec camps, hiking, mountain biking, cross-country skiing, men's softball, co-rec softball, men's and women's basketball, adult open gym, senior citizen's clubs, senior excursions, Winter Festival, seasonal events, and much more. The Hasty Community Center (gymnasium), Ingersoll Arena (indoor ice skating facility)

**Phone:** 784-0191; [www.auburnmaine.org](http://www.auburnmaine.org)

**Name: Boys and Girls Club of Auburn/Lewiston**

**Location:** 43 Second Street

**Activities:** Recreational, fitness, and educational programming for students 7-17 during after-school hours. Opportunities for adults to rent the gymnasium and to have groups take part in adventure workshops with an indoor ropes course.

**Phone:** 782-2446

**Name: Edward Little High School**

**Location:** 77 Auburn Heights

**Activities:** Walking or running on outside track

**Size:** .25 mile around

**Phone:** 783-8528; [www.auburnschl.edu/](http://www.auburnschl.edu/)

**Name: YMCA**

**Location:** 62 Turner Street

**Activities:** Health and fitness promotion, recreational activities, complete fitness center, aerobic room, gymnasium, swimming pool, and teen center

**Phone:** 795-4095; [www.alyymca.com](http://www.alyymca.com)

## On Your Own

**Name: Androscoggin Riverfront Bike Trail**

*Location and Directions:* From Lewiston –Auburn Railroad Bridge, bike south on Main Street following signs for 136 S. Bike to the new River Park in Durham (a 12 acre farm) and bike back.

*Activities:* Road biking

*Size:* 20 mile loop

**Name: Auburn Mall Walkers**

*Location:* in the Auburn Mall

*Activities:* Walking loop inside and outside the mall. Two loops inside are equal to 1 mile. Two laps outside are equal to 1.125 miles. Doors open M-Sa 8am-9pm and Sun 9am-5pm for walking

*Phone:* 786-2977; [www.auburnmall.com](http://www.auburnmall.com)

**Name: Barker Mill Loop**

*Location and Directions:* Mill Street in New Auburn. Find the service road at the lower Barker Mill Dam and follow the wooded trail along the Little Androscoggin River to the Upper Barker Mill Dam. Return to Mill St.

*Activities:* Walking or running

*Size:* 2 miles

**Name: Lake Auburn Loop**

*Location and Directions:* Clockwise around the lake: start at The Home Depot, go right on Mount Auburn Ave. to Summer Street, West Auburn Road, Spring Road (no vehicles allowed), Lake Shore Drive to Route 4, then Turner St. back to Mount Auburn Ave.

*Activities:* Mountain or road cycling

*Size:* 13-mile loop

**Name: The Parkway**

*Location and Directions:* Starts at Elf Woods at the intersection of Elm St. and Minot Ave. Follow the paved path to Edward Little High School and continue on Harris, Granite, Davis, Gamage, and Williams which will then lead you to the Union St. gully and ends at Pettengill Park.

*Activities:* Walking and running

*Size:* 4 miles and includes stairs in the park

## Other Interests

**Name: ABC's School of Dance**

*Location:* 1022 Minot Avenue

*Activities:* Ballet and pointe, hip-hop, tap, and gymnastic classes. Youth and adult classes offered

*Phone:* 755-0001

**Name: Curves for Women**

*Location:* 229 Center Street

*Activities:* Fitness club for women only, resistance machines, circuit training with aerobic pad

*Phone:* 782-0005; [www.curves.com](http://www.curves.com)

**Name: Electric Beach Tanning**

*Location:* 178 Turner Street

*Activities:* Weights, Nautilus

*Phone:* 783-9488

**Name: Fox Ridge Golf Course**

*Location:* 427 Harmon's Corner Road

*Activities:* 18-hole golf course

*Phone:* 777-4653; [www.foxridgegolfclub.com](http://www.foxridgegolfclub.com)

**Name: Lake Auburn Equestrian Center**

*Location:* 85 Quail Run

*Activities:* Lesson programs, boarding horses, training, ½ leases

*Phone:* 783-7754

**Name: Lost Valley**

*Location:* 200 Lost Valley Road (see directions below)

*Activities:* Downhill skiing, snowboarding, Terrain Park for boarders, cross-country skiing, paintball, mountain biking, walking, and hiking. Lessons available for downhill skiing and snowboarding

*Phone:* 784-1561; [www.lostvalleyski.com](http://www.lostvalleyski.com)

**Name: Lost Valley Trails**

*Location and Directions:* From Center Street, proceed towards Wal-Mart onto Mt. Auburn Avenue, continue past the stores and bear left at the fork in the road. Go straight at the next stop sign, and after a sharp bend in the road, the Lost Valley Ski sign and access road are to the right at the bottom of the hill.

*Activities:* Mountain biking, running, hiking on 300 wooded acres dotted with streams and rolling hills.

*Phone:* 784-1561; [www.lostvalleyski.com](http://www.lostvalleyski.com)

**Name: Prospect Hill Golf Course**

*Location:* 694 South Main Street

*Activities:* 9- and 18-hole golf course

*Phone:* 782-9220

**Name: Rollodrome**

*Location:* 12 Riverside Drive

*Activities:* Roller-skating and roller blading

*Phone:* 777-3940

**Name: Roy's All Steak Hamburgers and Golf Center**

**Location:** Just past Lake Auburn on the left, Route 4.

**Activities:** Miniature golf, driving range, executive 9-hole golf course, batting cages, pitching and hitting instruction.

**Phone:** 782-2801; [www.roysgolf.com](http://www.roysgolf.com)

**Name: Taber's Lakeside Stand**

**Location:** 473 Lake Shore Drive

**Activities:** Miniature golf, driving range

**Phone:** 784-2521

**Name: The Dance Center**

**Location:** 175 Whitney Street

**Activities:** Ballet, modern, jazz, hip-hop, and creative movement

**Phone:** 784-3246

**Name: Women's Fitness**

**Location:** 730 Center Street

**Activities:** Full fitness facility for women, aerobics, private and personal training, spinning

**Phone:** 786-0674; [www.womensfitness-personaltraining.com](http://www.womensfitness-personaltraining.com)

**Name: Yoga Center of Maine**

**Location:** 336 Center Street

**Activities:** Variety of yoga classes for all level yoga students, massage, reiki, therapeutic yoga, private yoga sessions, kids yoga. Wellness workshops, community and corporate classes available

**Phone:** 786-0100; [www.yogacenterofmaine.com](http://www.yogacenterofmaine.com)



## **Lewiston Community Organizations**

**Name: City of Lewiston Parks and Recreation Department**

*Location:* 65 Central Avenue

*Activities:* Many opportunities including soccer, tennis, golf, track, basketball, aquatics programs, adult volleyball, and a teen drop-in center. A variety of activities are available for youth and adults.

*Phone:* 782-5951; <http://ci.lewiston.me.us/recreation/>

**Name: Lewiston Adult Education**

*Location:* 156 East Avenue

*Activities:* Self-defense for women, “Challenge Yourself” ropes course held at Lewiston High School. Yoga and dance classes offered, and new activities are planned each semester.

*Phone:* 795-4141; [www.lewiston.k12.me.us/~laeweb/](http://www.lewiston.k12.me.us/~laeweb/)

**Name: Lewiston High School**

*Location:* 156 East Avenue

*Activities:* Walking or running. The track is illuminated for night use.

*Size:* .25 mile loop

*Website:* [www.lewiston.k12.me.us/~lhsweb/](http://www.lewiston.k12.me.us/~lhsweb/)

**Name: Multi-Purpose Center**

*Location:* 145 Birch Street

*Activities:* Line dancing, fitness room complete with free weights, machines and cardiovascular equipment, and senior’s low-impact exercise classes

*Phone:* 784-2926; [www.ci.lewiston.me.us](http://www.ci.lewiston.me.us)

**Name: YWCA**

*Location:* 130 East Avenue

*Activities:* Swim lessons, water fitness, therapeutic swim, family swim, recreational services, day camping in the summer. Please call for current class schedule.

*Phone:* 795-4050; [www.ywcamaine.org](http://www.ywcamaine.org)

### **On Your Own**

**Name: Androscoggin River Ride (to Beaver Park in Lisbon)**

*Location and Directions:* From the L-A Railroad Bridge, follow Oxford and Lincoln streets south through historic Little Canada. Road is fairly wide with shoulders. Lincoln Street turns into River Rd., follow this to Ferry Rd., Pine Woods Rd., and Moody Rd. to reach Beaver Park in Lisbon.

*Cost:* Free until Beaver Park

*Activities:* Road cycling

*Size:* 18 miles



**Name: Bates College Loop**

**Location and Directions:** From Kennedy Park, follow Bates St. to College St. At Russell St. follow marked bike lanes clockwise around College St., Stetson Rd., Hogan Rd., and Central Ave. Beyond the intersection of Webster, Central and Sabattus, take Ash St. back to Kennedy Park.

**Activities:** Road cycling

**Size:** 10-mile loop

**Name: The Great Falls Loop (Railroad Park – Riverwalk)**

**Location and Directions:** Begins in downtown Lewiston at Railroad Park on Oxford Street. Cross the river into Auburn at the L-A Railroad Bridge (for pedestrian and bike use only). Follow the Riverwalk to Festival Plaza and proceed over the Longley Bridge and back to Railroad Park.

**Activities:** Walking and running

**Size:** 1.5 miles

### **Other Interests**

**Name: Androscoggin Bank Colisee (Formerly Central Maine Civic Center)**

**Location:** 190 Birch Street

**Activities:** Ice-skating from October through March, indoor soccer from April through July, skating lessons available

**Phone:** 783-2009; [www.thecolisee.com](http://www.thecolisee.com)

**Name: Apple Valley Golf Course**

**Location:** Pine Woods Road

**Activities:** 9-hole golf course

**Phone:** 784-9773

**Name: Central Maine Athletic Center**

*Location:* 74 Westminster Street, off outer Lisbon Street

*Activities:* Family fitness, cardiovascular equipment, Nautilus, free weights, aerobics, personal trainers, spinning, volleyball, and Andy Valley School of Gymnastics

*Phone:* 786-4820

**Name: Central Maine Medical Center–Wellness Center**

*Location:* 12 High Street

*Activities:* Community education, yoga, Pilates, various aerobic classes, nutrition, personal training, stress reduction and tobacco cessation classes, and a variety of other classes. Fitness classes include: functional training, kickboxing, group exercise, low-impact, and step. Specialty Classes include: Yoga, Pilates, PACE (People with Arthritis Can Exercise), Fit-N-Fun (for the over 55 crowd), and personal fitness

*Phone:* 795-2473; [www.cmmc.org/community.html](http://www.cmmc.org/community.html)

**Name: Androscoggin Bank Colisee (Formerly Central Maine Civic Center)**

*Location:* 190 Birch Street

*Activities:* Ice-skating from October through March, indoor soccer from April through July, skating lessons available

*Phone:* 783-2009; [www.thecolisee.com](http://www.thecolisee.com)

**Name: Contours Express**

*Location:* 1761 Lisbon Street

*Activities:* 5 weight-based machines and stair climbers

*Phone:* 784-4263

**Name: Ellen T. Cooper Dance Studio**

*Location:* 23 Lisbon Street

*Activities:* All styles of dance, ballet, hip-hop, jazz, tap, ballroom, clogging, and Irish dancing

*Phone:* 783-3823

**Name: Fitness World**

*Location:* 770 Main Street

*Activities:* Full-service facility. Aerobics, cardiovascular equipment, outdoor weight room, massage therapy, and child care

*Phone:* 784-1047; [www.fitnessworldme.com](http://www.fitnessworldme.com)



**Name: Health Club and Spa**

*Location:* 1977 Lisbon Road

*Activities:* Cardiovascular equipment, Nautilus, free weights, personal training, and other programs available

*Phone:* 782-9188

**Name: L-A Bushido**

*Location:* 268 Lisbon Street

*Activities:* Traditional martial arts, fitness kick-boxing, self-defense. Group and private lessons available

*Phone:* 786-3149

**Name: Pelletier Karate**

*Location:* 35 Taylor Hill Road

*Activities:* Karate for adults and children. Self-defense for adults and children.

Women's empowerment workshops, t'ai chi, kickboxing, yoga, Pilates, kids' safe awareness workshops

*Phone:* 786-3731; [www.pelletierskarate.com](http://www.pelletierskarate.com)

**Name: Planet Fitness**

*Location:* 65 East Avenue

*Activities:* Cardio and weight training equipment in a judgment free zone

*Phone:* 782-5510; [www.planetfitness.com](http://www.planetfitness.com)

**Name: St. Mary's Regional Medical Center/HealthSteps/Take Charge**

*Location:* 95 Campus Avenue

*Activities:* HealthSteps Core Classes take place at Bates College and include: aquatic fitness, lap swimming, walk/jog on the indoor track; aerobic classes including step, weighted workout, floor aerobics, balance ball, healthy hearts, cardio/strength combo, boot camp, and more. Specialty classes include t'ai chi, yoga, prenatal yoga, lifetime fitness, exercise 101 (utilizing fitness equipment), and arthritis exercise

*Phone:* 777-8898; [www.stmarysmaine.com](http://www.stmarysmaine.com); [healthsteps@sochs.com](mailto:healthsteps@sochs.com)

**Name: Shapes Express for Women**

*Location:* 895 Lisbon Street

*Activities:* Personal training, circuit training exercise classes

*Phone:* 782-5500; [shapemaine@aol.com](mailto:shapemaine@aol.com)

**Name: Sparetime Recreation**

*Location:* 24 Mollison Way

*Activities:* Ten-pin bowling, bumper bowling, men, women, senior and youth leagues

*Phone:* 786-2695; [www.sparetimerec.com](http://www.sparetimerec.com)

**Name: The Dance Center**

*Location:* 250 Main Street

*Activities:* Ballet, modern, jazz, hip-hop, and creative movement

*Phone:* 784-3246