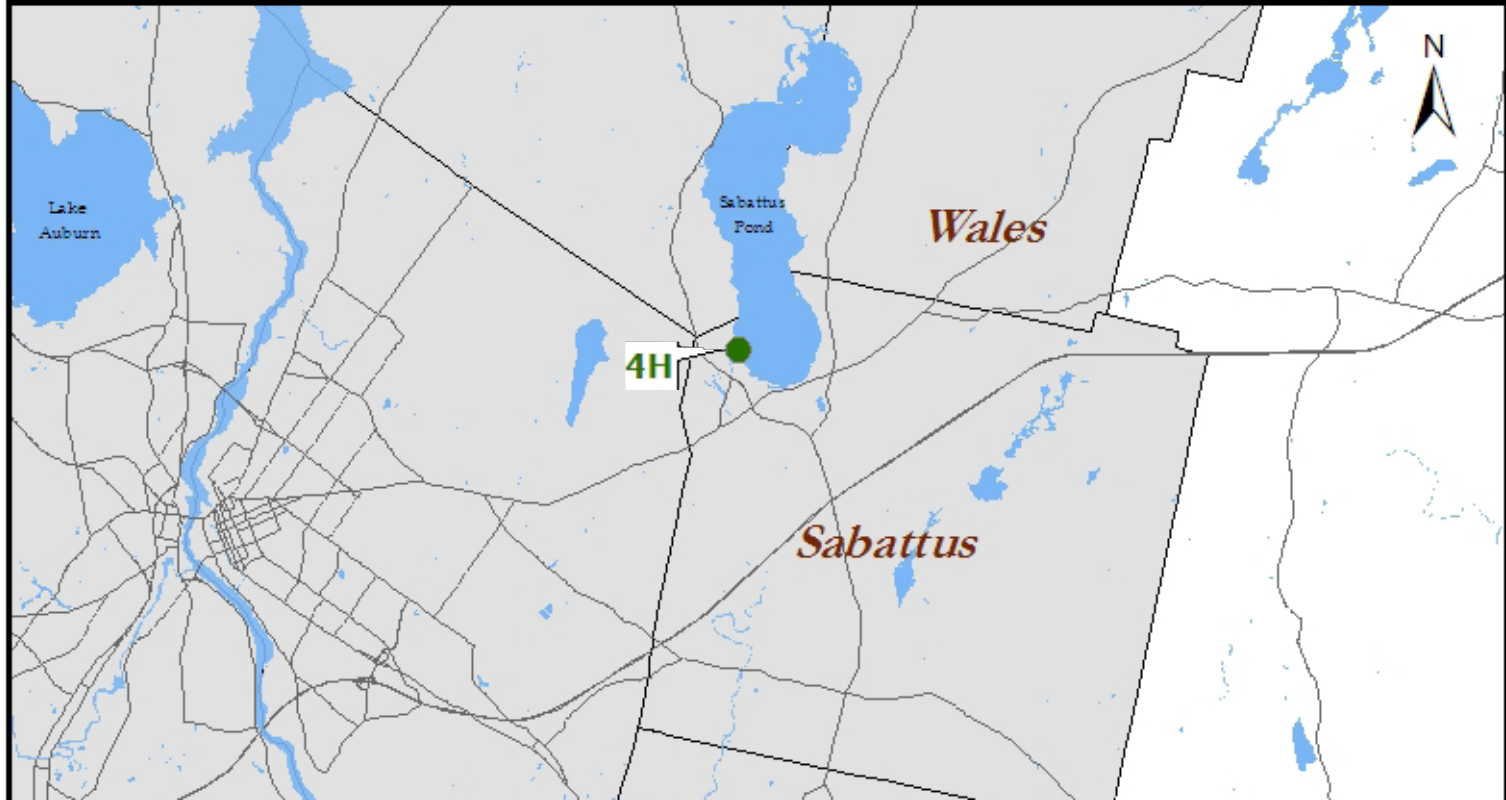
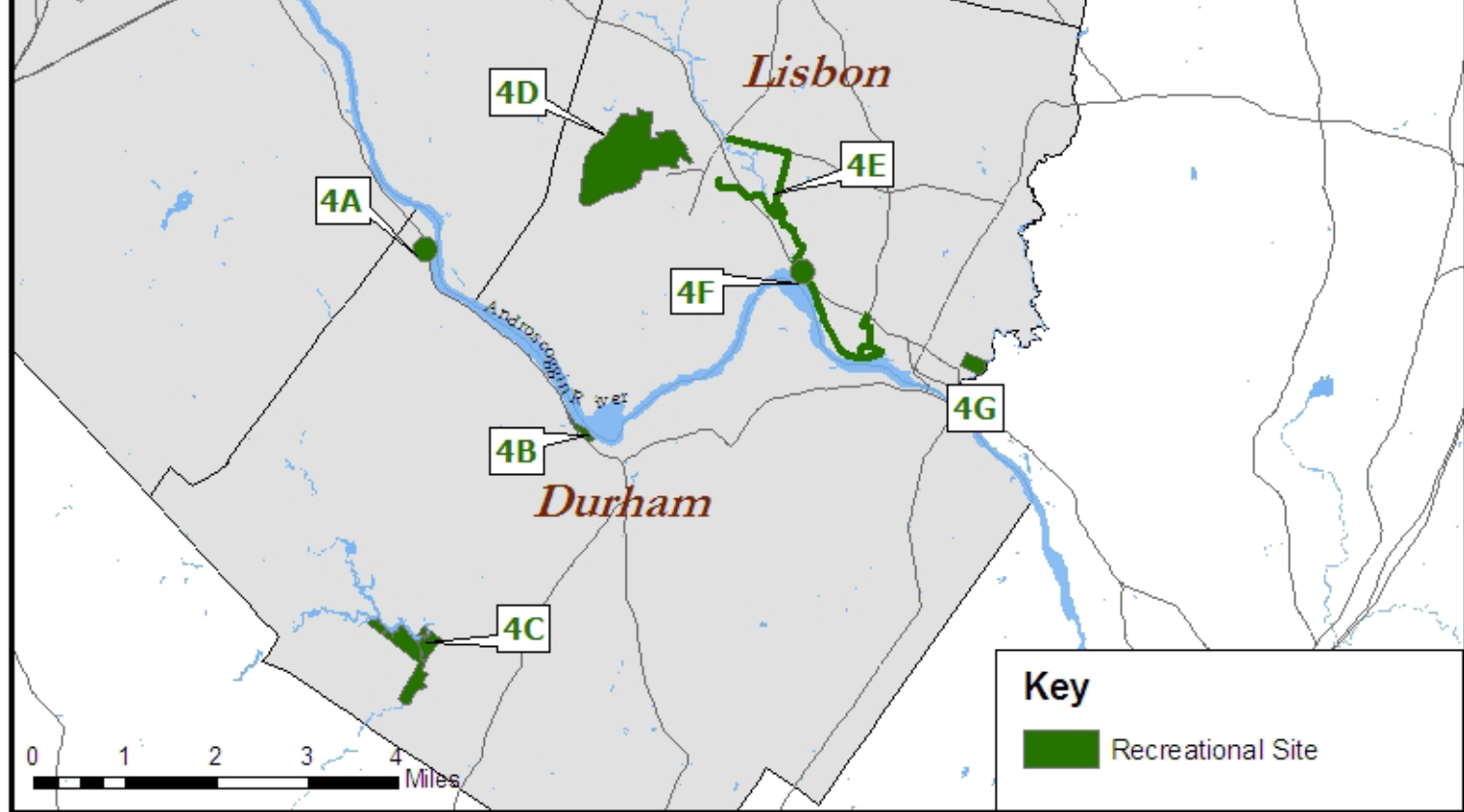


Outdoor Recreation in Androscoggin County

Durham, Lisbon, Sabattus and Wales

Map 4





See next page for descriptions of above recreational sites.

Map produced by the Androscoggin Land Trust 2007

MAP 4

DURHAM, LISBON, SABATTUS AND WALES

Durham 4A

Name: **Durham Boat Launch**

Directions: On Route 136, along the Androscoggin River. From Auburn, follow Route 136 south approximately 6.5 miles. The boat launch is on your left just before Stackpole Road. From Durham intersection of Route 136 and Route 9 (Newell Brook Road and Royalsborough Road), follow 136 north 3.3 miles. The boat launch is on your right just after Stackpole Road.

Activities: Boat launch, canoeing, and kayaking

Contact: Durham Town Office, owned by Florida Power and Light

Phone: (207) 353-2561

4B

Name: **Durham River Park**

Directions: On Route 136, along the Androscoggin River. From Durham intersection of Route 136 and Route 9 (Newell Brook Road and Royalsborough Road), follow Route 136 north .5 mile. The park is on your right.

Activities: Canoeing, kayaking, nature trail, and picnic area

Size: 12 acres. Trail length not available.

Contact: Durham Town Office or Androscoggin Land Trust

Phone: (207) 353-2561 or (207) 782-2302; www.androscogginlandtrust.org

4C

Name: **Runaround Pond**

Directions: From Durham intersection of Route 136 and Route 9 (Newell Brook Road and Royalsborough Road), follow Route 136 and Route 9 south. Stay left on Route 9 and follow to intersection of Rabbit Road and Runaround Pond Road. Turn Right onto Runaround Pond Road.

Activities: Boat launch, canoeing, kayaking, hiking, cross-country skiing, snowshoeing, and picnic area

Contact: Durham Town Office

Phone: (207) 353-2561

Lisbon 4D

Name: **Beaver Park**

Directions: From Lisbon Center, follow Route 196 northwest to Gartley Street. Turn left onto Gartley Street and follow to Village Street. Turn left onto Village Street and follow to Pinewood Road. Turn right onto Pinewood Road and follow to Cotton Road on your right.

Activities: Hiking, fishing, swimming, cross-country skiing, snowshoeing, ice skating, ball fields, and fitness course with stations

Size: 337 acre park

\$1 per person per day Lisbon resident/\$3 per person per day non-resident

\$15 yearly family pass Lisbon resident/\$30 yearly family pass non-resident

Contact: Lisbon Parks Department

Phone: (207) 353-9075

4E

Name: **Papermill Trail**

Directions: From Route 125/Main Street Lisbon turn left on Gould Road, then left on Route 9/Ridge Road, then right on Frost Hill Avenue.

Activities: Walking, hiking, and biking

Size: .9 mile trail (trail expansion in development)

Contact: Lisbon Recreation Department

Phone: (207) 353-2289

4F

Name: **Sabattus River Boat Launch**

Directions: From Route 125/Main Street Lisbon turn left on Gould Road, then left on Route 9/Ridge Road, then right on Frost Hill Avenue.

Activities: Boat launch, canoeing, and kayaking

Contact: Lisbon Recreation Department

Phone: (207) 353-2289

4G

Name: **Summer Street Park**

Directions: Traveling from Lewiston on Route 196, Summer Street is located just before the Topsham town line on the left.

Activities: Hiking

Size: 20 acre park

Contact: Lisbon Parks Department

Phone: (207) 353-9075

Sabattus 4H

Name: **Sabattus Pond Boat Launch**

Directions: From Lewiston, take Route 126 east to the intersection of Route 126 and Route 9. Turn left onto High Street. Follow High Street .3 mile and turn right onto Elm Street. Follow Elm Street .2 mile and turn right onto Lake Street. Follow Lake Street .3 mile to boat launch on your right.

Activities: Swimming (for Sabattus, Wales, and Greene residents only); boat launch, fishing, picnic area, kayaking, and canoeing open to the public

Contact: Sabattus Town Hall

Phone: (207) 375-4331

Additional Recreational Opportunities

DURHAM, LISBON, SABATTUS AND WALES

Durham Community Organizations

Name: Durham Athletic Boosters

Location: 630 Hallowell Road

Activities: Baseball and basketball

Phone: 865-0906

Other Interests

Name: Chez Chevaux

Location: Route 136

Activities: Lessons, clinics, horse shows, and boarding

Phone: 353-4774

Name: Esprit Equestrian Center

Location: 268 Newell Brook Road

Activities: Horseback riding lessons, specializing in dressage

Phone: 353-8533 (day) 353-8587 (night); www.espritequestriancenter.com

Name: Monarch Horse Farm

Location: 90 Shiloh Road

Activities: Riding instructions, summer camps (age 8 and up), horsemanship training, and boarding

Phone: 353-4657

Name: Northern Chi Martial Arts Center

Location: 847 Newell Brook Road

Activities: Family wellness through martial arts and t'ai chi

Phone: 353-6135; www.northernchi.com

Lisbon Community Organizations

Name: Lisbon Adult and Community Education

Location: Lisbon High School – 591 Lisbon Road

Activities: Aerobics, yoga, Pilates. Call for brochure and location of classes.

Phone: 353-3037; www.Lisbonadulced.org

Name: Lisbon Recreation Department

Location: 18 School Street (MTM School)

Activities: Sports camps available include field hockey, wrestling, tennis, track & field, soccer, basketball, and cheering. Other summer programs are playground camp, day camp, horseback riding, and swimming. Wide variety of youth and adult sports and leagues such as softball, tackle and flag football, skiing, field hockey, and karate.

Phone: 353-2289 ext. 117 or 118; www.lisbonme.org/rec2.htm

Other Interests

Name: **Alma Lea's Dance Studio**

Location: 28 Moody Road

Activities: Tap, jazz, ballet, acrobatics, baton twirling, Pilates, competitive opportunities

Phone: 353-2274; www.almaleasdancestudio.com

Name: **Curves of Lisbon**

Location: 244 Lisbon Street

Activities: 30-minute strength training and cardio, suggested 3 times a week.

Personal training also available

Phone: 353-0910; www.curvesinternational.com

Name: **Good Time Lanes**

Location: 671 Lisbon Road

Activities: Candlepin bowling, bumper bowling

Phone: 353-8681

Name: **Masters Activity Center**

Location: 379 Lisbon Street

Activities: Balance training, cardiovascular conditioning, strength training, flexibility, group classes, dietary analysis

Phone: 353-5405

Name: **Safe Haven**

Location: 60 Upland Road

Activities: Horseback lessons in English, Western, and driving

Phone: 353-4248

Sabattus Community Organizations

Name: **Sabattus Recreation Club**

Location: P.O. Box 190

Activities: Soccer, basketball, baseball, softball, and different leagues available depending on age

Phone: 375-4570

Wales Community Organizations

Name: **Oak Hill Adult and Community Education**

Location: 56 School Road

Activities: Basketball, kayaking, and hiking day trips

Phone: 375-6605