

# Outdoor Adventures

## **Gym and Pool**

Nearby University of Maine sells guest passes to their fitness center, classes and indoor pool – day and monthly passes. 207-255-1408 or [UMM fitness center](#)

## **Golf**

The nearest public golf courses are

Barren View Golf Course in Jonesboro. 207-434-6531 [Barren View Golf Course](#)

Great Cove Golf Course 387 Great Cove Road, Roque Bluffs, 434-7200

## **Swimming**

Roque Bluffs State Park has both salt and fresh water swimming. This is the best local choice for ocean swimming.

Gardner Lake (and many other lakes) nearby – [Here's a link](#) to virtual tours of local beaches and lakes.

## **Rock-Collecting, Picnicking (no facilities), Beach Strolling**

Jasper Beach. Take Rt 92 East. See sign for Jasper Beach on the left. Continue on Rt 92 for a couple of more miles to Point of Maine.

## **Nearby Parks and Wildlife Preserves**

Roque Bluffs State Park. Roque Bluffs. Sandy ocean beach on one side of the road and freshwater swimming area on the other. Most spectacular beach roses anywhere in Maine – worth the trip for the roses alone. Route 1 south – just past McDonalds, watch for signs for the park and road on the left. Follow signs.

West Quoddy Head State Park. Lubec. Most photographed lighthouse in the U.S. Easternmost point of land in the U.S. Well maintained hiking trails and picnic area. Take South Lubec Road off Route 189. The road ends at the park.

Roosevelt-Campobello International Park and Herring Cove Provincial Park. Welshpool, Campobello Island. Summer home of President Franklin Roosevelt. Historic video presentation, free tour of President's cottage, hiking trails including a handicapped accessible woodland bog trail, and picnic areas, Go into Lubec village and across the International Bridge to Campobello Island. Stop at the information center and pick up maps and information. *\*\*\*\*Passport needed!\*\*\*\**

Lubec Sand Bar Wildlife Management Area. Bar Road, off South Lubec Road, Lubec. Unusual geographic feature in this section of rocky Maine coast. Mile long sand bar with beautiful sandy beach and salt marsh. Public access by vehicle is currently unavailable. The best way to get to the sand bar is to find a safe place to park beside South Lubec Road and to walk down the access road to the Sand Bar which is Bar Road. If you visit Crow Town Gallery, you can leave your car parked there and walk the short distance to Bar Road and the Sand Bar.

Cobscook Bay State Park. Edmunds. Day use area with boat launch, clam digging area, hiking trails, playground, and picnic area.

## **Fishing**

A person who wishes to fish in saltwater who does not wish to purchase a fresh water fishing license must register on the Saltwater Registry. In the past, the person needed to do this through the Department of Marine Resources (DMR), either [online](#) or at DMR headquarters. The new law requires that the Saltwater Registry be available through IF&W as well.

Customers wishing to purchase the Saltwater Fishing Registry item, will be required to provide a phone number.

The new item 1871 Saltwater Fishing Registry will be the same for everyone (residents, non-residents, or aliens). The state fee is \$0 and the agent fee is \$2 for agents, \$1 here at IF&W, and \$1 online through Informe.

There are a number of people who are exempt from having to register.

1. Persons under 16 years of age do not have to register.
2. A person with a lifetime fresh water fishing license will need to register each year if they wish to fish in saltwater. They will now be able to purchase the new item 1871 Saltwater Fishing Registry through IF&W as well as through DMR as described above.

[DownEast and Acadia Fishing info with links to purchase permits](#)

[State of Maine Fishing Info](#)  
[Maine Recreation](#)

## **Hunting**

[State of Maine hunting info](#)

## **Canoe, Kayak Rental & Wilderness Guides**

[Sunrise Canoe and Kayak](#)

[Cobscook Hikes and Paddles](#)

[Water Guides](#)  
[More Maine water guides](#)

## **Boat tours, puffin tours, whalewatch, etc.**

[Robertson Sea Tours and Adventures](#)

[Downeast Charter Boat Tours](#) Lubec

[Bold Coast Tours](#) Cutler

[Eastport Windjammers](#) Eastport

[Downeast Windjammer Cruises](#), Cherryfield 288-4585

[Pleasant River Boat Tours](#), Harrington - 598-6993

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## **Hiking Trails, Scenic Drives and Special Focus Trails**

[Downeast Coastal Conservancy](#)

Maine birding trail [Maine Birding Trail](#)

Bicycle tours and scenic by-ways - [www.exploremaine.org](http://www.exploremaine.org)

Down East Sunrise trail - multi-use corridor connecting eastern Maine and the head of the east coast greenway from Calais to Key West, FL -

[www.sunrisetrail.org](http://www.sunrisetrail.org)

Bald Coast Trail - [www.hikenewengland.com](http://www.hikenewengland.com) and search for Cutler Coast