

Physical Activity

Beaver Park

Address: 37 Cotton Rd. Lisbon, ME 04250
Tel: (207) 353-9075
Web: www.lisbonme.org

Healthy Androscoggin

Address: 300 Main Street Lewiston, ME 04240
Tel: 207-795-5990
Web: www.healthyandroscoggin.org/healthy-androscoggin/physical-activity/

MTM Community Center/Lisbon Recreation

Address: 18 School St. Lisbon Falls, ME 04252
Tel: 207-353-2289
Web: www.lisbonme.org/rec

Local Foods

Fresh Start Farms

76 Littlefield Road
Lisbon, ME 04250
(207) 761-4769

Little Ridge Farm

101 Gould Road
Lisbon Falls, ME 04252
(207) 353-7126

Lisbon Farm Stand

R. Belanger & Sons
262 Cotton Road
Lewiston, ME 04240
(207) 783-3737

Packard Farm

76 Littlefield Road
Lisbon, ME 04250
(207) 761-4769

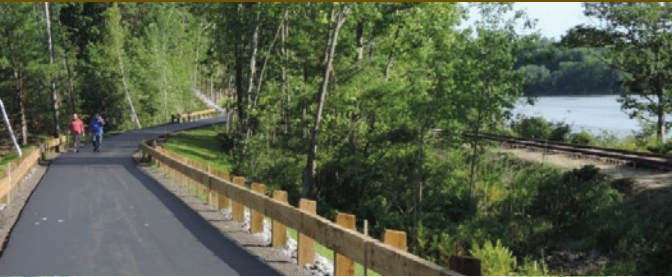
Additional Resources

For more resources on these topics and many others, dial:

2-1-1

Or visit:

www.Maine211.org



For more information about the trail system in Lisbon call:
(207) 353-9075



Lisbon Town Offices
300 Lisbon Street
Lisbon, Maine 04250
(207) 353-3000
www.lisbonme.org



HEALTHY
MAINE STREETS
— LISBON —
Where wellness works

LISBON

“ACTIVITY GUIDE FOR A HEALTHY COMMUNITY”



Healthy Eating Resources

Healthy Androscoggin

Healthy Androscoggin is the Healthy Maine Partnership for Androscoggin County. We work to create a healthier community by supporting tobacco free lifestyles, preventing youth substance abuse, encouraging physical activity, promoting healthy eating, and preventing childhood lead poisoning.

Address: 300 Main Street Lewiston, ME 04240
Tel: 207-795-5990
Web: www.healthyandroscoggin.org/healthy-androscoggin/healthy-eating/

Lisbon Area Christian Outreach Food Pantry

Address: 18 School St. Lisbon Falls, ME 04252
Web: www.lacopantry.org/

St. Mary’s Weight Management & Wellness Clinic

Address: 583 Lisbon Road Lisbon Falls, ME 04252
Tel: 207-353-8830
Web: www.stmarysmaine.com/Departments-Services/st-marys-weight-management-and-wellness-program.html
(Consult your physician before starting any weight loss plan.)

University of Maine Cooperative Extension in Androscoggin County

Address: 24 Main Street Lisbon Falls, ME 04252
Tel: 207-353-5550
Web: www.umaine.edu/androscoggin-sagadahoc/

Smoking Cessation and Substance Abuse Prevention

Healthy Androscoggin

Address: 300 Main Street Lewiston, ME 04240
Tel: 207-795-5990
Web: www.healthyandroscoggin.org/healthy-androscoggin/tobacco-use/

Maine Tobacco HelpLine

Tel: 800-207-1230
Web: www.tobaccofreemaine.org/quit_tobacco/Maine_Tobacco_HelpLine.php

Office of Substance Abuse Information and Resource Center

Tel: 800-499-0027
Web: www.maine.gov/dhhs/samhs/



Beaver Park

Beaver Park is a 337-acre day-use family park. The Park offers many activities such as swimming, picnicking, snowshoeing, cross-country skiing, and hiking as well as a fitness course and abundant wildflowers and wildlife. The park is open year-round for all to enjoy! Visit the Town of Lisbon online (lisbonme.org) for more information.

Daily user fees, per person:
Residents: \$1
Non-residents: \$3

Annual family passes:
Residents: \$15
Non-residents: \$30

Group rates are available.

Trails and Mileages		
1 Fitness Trail, 1.0	6 Jesup Trail, 0.5	11 J.P.Trail, 0.4
2 Coon's Path, 0.3	7 Cottontail Trail, 0.5	12 Pine Ridge Trail, 0.4
3 Swamp Hollow Trail, 1.3	8 Pluto Trail, 0.5	13 Rabbit Run, 0.4
4 Woods Road Trail, 0.4	9 Arndt Trail, 0.3	
5 Middle Pond Trail, 0.2	10 To the Hills Trail, 0.3	

Trail

On-Road Bicycle Route (Route 196)

Walking Trail

Parking

Picnic Area

Toilet

School

Boat Launch

Swimming Area

Ice Skating

Baseball Fields

Track

Tennis Courts

Fitness Center

Ranger Station

Lone Pine Lodge

Changing Area

0

0.5

1

1.5

2 Miles