



MID COAST AREA  
**PHYSICAL  
ACTIVITY**  
GUIDE



**Access Health**

66 Baribeau Drive, Suite 5A, Brunswick, ME 04011

(207) **373-6973**

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

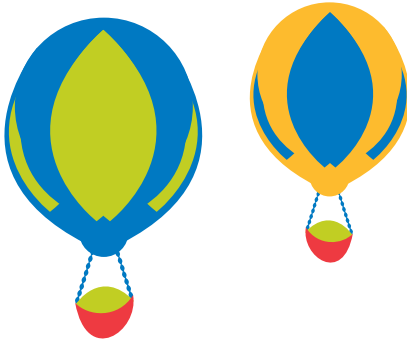
 A Local **Healthy Maine** Partnership

## Access Health

*is part of the*  
Healthy Maine Partnership  
*network.*

### OUR VISION

*We envision a caring and compassionate community  
where all members are encouraged and supported  
to lead healthy and happy lives.*



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## BIKING

### Bath Cycle and Ski

115 Main Street, Route 1, Woolwich

Phone: 442-7002

[www.bikeman.com](http://www.bikeman.com)

*Contact:* Davis Carver

*Hours:* Monday–Friday, 9 a.m.–5:30 p.m.; Saturday, 10 a.m.–5 p.m.

*Bath Cycle and Ski offers:*

Seasonal group rides: Saturdays at 8 a.m. Call ahead!

### Bicycle Coalition of Maine

341 Water Street, Augusta

Phone: 623-4511

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

*Bicycle Coalition of Maine offers:*

- Advocacy for Maine cyclists
- Safety education classes for all ages
- See online event calendar

### Center Street Cycles

11 Center Street, Brunswick

Phone: 729-5309

[www.centerstreetcycles.com](http://www.centerstreetcycles.com)

*Center Street Cycles offers:*

Group rides: Tuesday, Wednesday, Thursday at 5:30 p.m., Saturday at 9 a.m. Time & levels vary. Call shop for details.

### Merrymeeting Wheelers Bicycle Club

P.O. Box 233, Brunswick

Phone: 939-6694

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

*Contact:* Rich Cromwell, President, [richcromwell1@gmail.com](mailto:richcromwell1@gmail.com)

*Merrymeeting Wheelers Bicycle Club offers:*

- Weekly rides, May–September
- Skiing and hiking during colder months
- Monthly meetings with a speaker
- Maps and routes on website

## FITNESS FACILITIES/PROGRAMS

### Bath Area Family YMCA

303 Centre Street, Bath

Phone: 443-4112

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

*Contact:* Kevin Shute, Program Director, [info@ymca.org](mailto:info@ymca.org)

*Hours:* Monday–Friday, 5 a.m.–9 p.m.; Saturday, 7 a.m.–5 p.m.;

Sunday, 9 a.m.–4 p.m. (hours change in September)

*Ages:* All ages welcome.

Adult, family, senior, and student/youth memberships available.

#### Bath YMCA offers:

- 25-yard/18-lane pool, therapeutic pool, and whirlpool
- Fitness center and aerobic studio
- Basketball and racquetball courts
- Gymnastics lessons
- Climbing wall
- Teen center
- Personal training and group exercise classes

### Body Symmetry

1 Paul Street, Brunswick

Phone: 729-1122

[www.bodysymmetrymaine.com](http://www.bodysymmetrymaine.com)

*Contact:* Martha Kittle, [info@bodysymmetry.com](mailto:info@bodysymmetry.com)

*Ages:* 13-years and older

#### Body Symmetry offers:

- Pilates, strength training, spinning, sports conditioning, injury rehabilitation, and general fitness.
- Private, semi-private and group instruction available.

### CrossFit 321

4 Turner Street, Brunswick

Phone: 729-8200

[www.crossfit321.com](http://www.crossfit321.com)

*Contact:* Shawn Thiboutot, [info@crossfit321.com](mailto:info@crossfit321.com)

#### CrossFit 321 offers:

- Free intro class, Saturdays at 10 am
- Kids classes for ages 5-11
- Women's classes

**FITNESS FACILITIES/PROGRAMS** - Continued**Full Spectrum Fitness**

9 Cumberland Street, Brunswick

Phone: 721-0007

[www.fullspectrumfit.com](http://www.fullspectrumfit.com)

*Contact:* Chad Murillo

*Hours:* Monday–Thursday, 5 a.m.–9 p.m.; Friday, 5 a.m.–8 p.m.;  
Saturday & Sunday, 7 a.m.–2 p.m.

*Ages:* 16-years and older

*Full Spectrum offers:*

- Personal training and strength training
- Cardiovascular fitness and aerobic classes
- Martial arts studio

**InspireME**

1 Front Street, Bath

Phone: 443-2509

[www.inspiremept.com](http://www.inspiremept.com)

*Contact:* Perian Moore

*Hours:* By appointment

*Ages:* 13-years and older

*InspireME offers:*

- Functional training
- Pilates, yoga, spinning, tai chi, stretching
- Individual and small group classes
- Corporate discount

**Maine Pines Racquet and Sports**

120 Harpswell Road, Brunswick

Phone: 729-8433

[www.mainepines.com](http://www.mainepines.com)

*Contact:* Rob Manter, [rmanter@gwi.net](mailto:rmanter@gwi.net)

*Hours:* Monday–Friday, 6 a.m.–9 p.m.; Saturday, 7 a.m.–12 p.m.;  
Sunday, 8 a.m.–NOON

*Ages:* 4-years & older to play tennis; 18-years & older to use fitness facilities  
Student rates. Childcare available.

*Maine Pines Racquet and Sports offers:*

- 6 indoor tennis courts
- Personal training and group fitness classes
- Free weights and cardiovascular equipment
- Racquetball, wallyball, yoga, spinning, and Zumba
- Junior development program
- Senior fitness

### Mid Coast Gymnastics

41 Winter Street, Topsham

Phone: 729-9618

[www.midcoastgymnastics.com](http://www.midcoastgymnastics.com)

*Contact:* [midcoastgymnastics@gmail.com](mailto:midcoastgymnastics@gmail.com)

*Ages:* All ages welcome

Can arrange financial assistance for youth with Sweetser

#### Mid Coast Gymnastics *offers:*

- Gymnastics classes for all ages
- Summer camp

### Mid Coast Hospital's *RunningStart* Adult Fitness Program

Medical Office Building, 123 Medical Center Drive, Brunswick

Phone: 373-6360

[www.midcoasthealth.com/fitness](http://www.midcoasthealth.com/fitness)

*Contact:* Keith Guiou

*Track Hours:* Monday, Wednesday & Friday, 7 a.m.–8 a.m., 4:30–5:30 p.m.

*Pool Hours:* Monday, Wednesday & Friday, 9 a.m.–10 a.m.

*Ages:* Primarily older adults

#### Running Start *offers:*

- Community exercise program for all levels
- Stretching, calisthenics, aerobic walking/running, and swimming

### New England Medical Fitness

49 Topsham Fair Road, Suite 22, Topsham

Phone: 373-0907

[www.newenglandmedicalfitness.com](http://www.newenglandmedicalfitness.com)

*Contact:* Lionel J. "Beau" Beaucage, III

[info@newenglandmedicalfitness.com](mailto:info@newenglandmedicalfitness.com)

*Hours:* Monday–Friday, 5 a.m.–8 p.m.; Saturday & Sunday, 7 a.m.–11 p.m.

*Ages:* All ages welcome

#### New England Medical Fitness *offers:*

- Individual general and medical fitness training
- Massage therapy
- Weight loss and nutrition counseling
- Chiropractic care and pain relief
- Colon hydrotherapy

**FITNESS FACILITIES/PROGRAMS** - Continued**Planet Fitness**

31 Gurnet Road, Brunswick

Phone: 725-2944

[www.planetfitness.com/gyms/ME/Brunswick](http://www.planetfitness.com/gyms/ME/Brunswick)

*Hours:* Monday–Friday, 5 a.m.–9 p.m.; Saturday & Sunday, 7 a.m.–7 p.m.

**Planet Fitness offers:**

- Monthly memberships with unlimited personal fitness training
- Free weights and cardiovascular equipment

**Tony Dance Studio**

144 State Road, West Bath

Phone: 386-3221

[www.tonydancestudio.com](http://www.tonydancestudio.com)

*Contact:* Tony, [info@tonydancestudio.com](mailto:info@tonydancestudio.com)

**Tony Dance Studio offers:**

- Latin and international dance fitness classes
- Check website for schedule

**Universe Gym**

361 High Street, Bath

Phone: 442-0180

*Contact:* Shane and Kari McKenna

*Hours:* Monday–Thursday, 4:30 a.m.–9 p.m.; Friday, 4:30 a.m.–6:30 p.m.;  
Saturday & Sunday, 7 a.m.–1 p.m.

**Universe Gym offers:**

- Personal training and physical therapy
- Cardiovascular and weight training
- Yoga and pilates
- Cardio step, kickboxing, and body sculpting
- Kids tumble center, summer camp & after school program



## Women's Fitness Studio and Spa

21 Stanwood Street, Brunswick

Phone: 729-5544

[www.wfs.spa.com](http://www.wfs.spa.com)

*Contact:* Kathleen Strickland

*Hours:* Monday–Thursday, 4:30 a.m.–9 p.m.; Friday, 4:30 a.m.–6:30 p.m.;  
Saturday & Sunday, 7 a.m.–1 p.m.

*Ages:* 11-years (with adult supervision) and older. Childcare available.

### Women's Fitness Studio and Spa *offers:*

- Personal training, free-weights, and machines
- Group fitness classes
- Yoga and Zumba
- Massage and skin care

## World Gym

105 Topsham Fair Mall Road, Topsham

Phone: 721-3200

[www.worldgym.com](http://www.worldgym.com)

*Hours:* Open 24 hours

### World Gym *offers:*

- Free 7-day trial
- Cardio equipment
- Free-weights & machines
- Personal training

## KAYAKING

### Dragonworks, Inc.

42 Stevens Road, Bowdoinham

Phone: 666-8481

[www.dragonworkskayaks.com](http://www.dragonworkskayaks.com)

*Contact:* Ed Friedman

*Hours:* By appointment

**Ages:** All ages welcome

### Dragonworks *offers:*

- Kayak instruction
- Tours on Merrymeeting Bay
- Kayak manufacturing and sales

**KAYAKING** - Continued**Sea Spray**

320 State Road, West Bath

Phone: 443-3646

[www.seaspraykayaking.com](http://www.seaspraykayaking.com)

Sea Spray *offers:*

- Sea kayak tours
- Kayak rentals

**MARTIAL ARTS****Hall's Martial Arts Center**

111 Centre Street, Bath

Phone: 442-0008

[www.hallsmartialartsmaine.com](http://www.hallsmartialartsmaine.com)

*Contact:* Lisa Hall

Check website for class schedules

*Ages:* 3-years and older

Hall's Martial Arts Center *offers:*

- Martial arts training
- Youth conditioning
- Specialized fitness training
- Weight loss program

**Human Element Center**

14 Maine Street, Fort Andross, Suite 104, Brunswick

Phone: 710-0331

[www.humanelementcenter.com](http://www.humanelementcenter.com)

*Contact:* Scott Mayer, [info@humanelementcenter.com](mailto:info@humanelementcenter.com)

Check website for class schedules

Human Element Center *offers:*

Tai Chi and Qi Gong classes

### **Northern Chi Martial Arts Center**

25 Stanwood Street, Brunswick

Phone: 721-0299

[www.northernchi.com](http://www.northernchi.com)

*Contact:* Alex Armstrong, Center Director

*Hours:* Class times vary, check website for weekly schedule

*Ages:* 4-years and older

Northern Chi Martial Arts Center offers:

- Family fitness and wellness
- Martial arts training
- Shaolin Kenpo
- Personal development, self-defense, and weapons classes

### **Riverview Foundation**

610 Augusta Road, Topsham

Phone: 729-7399

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

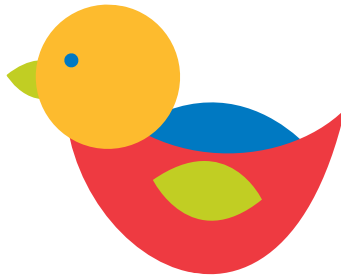
*Contact:* Hester Mishkin, x302

*Hours:* Programs offered all day, check website for schedules

*Ages:* 6-years and older

Riverview Foundation offers:

- Universal movement, non-competitive primary martial arts program
- Tai Chi
- Self-defense and wilderness training



## AGING ADULTS

### **Aging Excellence, Inc.**

113 Pleasant Street, Brunswick

Phone: 729-0991

[www.seniorsonthego.com](http://www.seniorsonthego.com)

*Contact:* Kate Adams

*Hours:* Monday–Friday, 8 a.m.–4 p.m. On-call 24-hours

*Ages:* 50-years and older

*Aging Excellence offers:*

Social and adventure outings

### **People Plus Center**

35 Union Street, Brunswick

Phone: 729-0757

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

*Contact:* Stacy Frizzle

*Hours:* Monday–Friday, 8 a.m.–4 p.m.

*Ages:* Older adults

*People Plus offers:*

- Aerobics and strength training
- Meditation, yoga, and holistic healing
- Line dancing
- Educational and cultural talks and trips
- Outreach program and monthly lunches

## OTHER OUTDOOR ACTIVITIES

### **Appalachian Mountain Club**

14 Maine Street, Brunswick

Phone: 928-2277

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

Appalachian Mountain Club *offers:*

- Local, national, and international outdoor adventure trips for all levels
- Educational presentations
- Trail maintenance committee

### **Maine Outdoor Adventure Club**

P.O. Box 11251, Portland

Phone: 775-6622

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

Contact: [info@moac.org](mailto:info@moac.org)

Maine Outdoor Adventure Club *offers:*

- Outdoor adventure trips for all levels
- Hiking, biking, kayaking, climbing, camping, and snowshoeing

### **Thursday Morning Walkers**

Topsham

Phone: 319-7355

*Contact:* Mic and Stan Moody, [hike@micstan.us](mailto:hike@micstan.us)

*Ages:* Mostly 50+ adults

Thursday Morning Walkers *offers:*

Hikes ranging from easy to 2-3 hour hikes



## RECREATION DEPARTMENTS

### **Bath Recreation Department**

4 Sheridan Road, Bath

Phone: 443-8360

[www.bathrec@cityofbath.com](mailto:www.bathrec@cityofbath.com)

*Contact:* Steve Balboni

*Hours:* Daily, 8:30 a.m.–4 p.m. (Closed Tuesday from NOON–1 p.m.)

*Ages:* Kindergarten to older adults

#### *Bath Recreation offers:*

- Public parks with water access
- Sports camps and summer camp
- Basketball
- Ski trips and skating
- Line dancing
- Coaching certification

### **Bowdoinham Recreation Department**

13 School Street, Bowdoinham

Phone: 666-3504

*Contact:* Brooke Cox , [bcox@bowdoinham.com](mailto:bcox@bowdoinham.com)

*Hours:* Vary

Scholarships provided for all programs.

No child is denied due to financial need.

#### *Bowdoinham Recreation offers:*

- Folk fun and arts classes
- Kayak camp
- Baseball, softball, and basketball
- Ski trips (downhill and cross-country), skating, and snowshoeing
- Walking and running (indoor in winter)
- Mad Science

**Brunswick Parks and Recreation Department**

30 Federal Street, Brunswick

Phone: 725-6656

[www.brunswickme.org/parkrec](http://www.brunswickme.org/parkrec)

*Contact:* Tom Farrell

*Hours:* Monday–Friday, 8 a.m.–4:30 p.m.

*Ages:* Age 3 to adults

Registration fee

**Brunswick Recreation offers:**

- Baseball, softball, basketball, soccer, tennis, swimming, lacrosse, and bowling
- Kayaking and sailing
- Running club and track and field
- Ski trips and skating
- Bicycle and pedestrian path
- Arts classes

**Freeport Community Education**

17 West Street, Freeport

Phone: 865-6171

[www.fce-online.com](http://www.fce-online.com)

*Contact:* Russell Packett

*Hours:* Monday–Thursday, 8 a.m.–4:30 p.m.; Friday, 8 a.m.–4 p.m.

*Ages:* Preschool to older adults

**Freeport Community Education offers:**

- Basketball, soccer, tennis, and cycling
- Yoga, dance, art, and music classes
- Summer programs and vacation camps
- GED testing and adult education



**RECREATION DEPARTMENTS** - Continued**Harpswell Recreation Department**

P.O. Box 39, Harpswell

Phone: 833-5771

[www.harpswellmaine.gov](http://www.harpswellmaine.gov)*Contact:* Gina Perow, Recreation Director*Hours:* Monday, Tuesday, Wednesday & Friday, 8:30 a.m.–4:30 p.m.;  
Thursday, 1 p.m.–6:30 p.m.*Ages:* Age 3 to adults

Scholarships available

*Harpswell Recreation offers:*

- Basketball, baseball, softball, cross-country, karate, kayaking, skiing, and snowboarding
- Pee-wee soccer and T-ball
- Summer swim lessons and camps
- Family swim, hiking and walking trails, and fairy house building

**Phippsburg Recreation Department**

1042 Main Road, Phippsburg

Phone: 389-1835

[www.phippsburg.com](http://www.phippsburg.com)*Contact:* Joanne Wells, [tenacious6@suscom-maine.net](mailto:tenacious6@suscom-maine.net)*Phippsburg Recreation offers:*

- Bowling, roller skating, line dancing, bike rodeo
- After school programs

**Topsham Parks and Recreation Department**

100 Main Street, Topsham

Phone: 725-1726

[www.topshammaine.com/pnr](http://www.topshammaine.com/pnr)*Contact:* Pam LeDuc*Hours:* Monday–Friday, 8:30 a.m.–4:30 p.m.*Ages:* Kindergarten to adult*Topsham Recreation offers:*

- Baseball, softball, basketball, field hockey, soccer, tennis, skiing, golf, and bowling
- Winter open gym on Sundays
- Seasonal activities/bus trips



## SKATING

### Bath Skate Park

Phone: 443-8900

[www.bathskatepark.com](http://www.bathskatepark.com)

*Contact:* Steve Balboni, 443-8360

*Summer Hours:* Tuesday–Saturday, NOON–9 p.m.; Sunday, NOON–6 p.m.

*Winter Hours:* Monday–Friday, 2 p.m.–9 p.m.; Saturday, NOON– 9 p.m.;

Sunday, NOON– 6 p.m.

*Ages:* 4th grade to college age

Bath Skate Park *offers:*

- Skateboarding, inline skating, and BMX
- Lessons available
- Internet cafe

## YOGA

### The Barn

39 Fiddlehead Lane, Topsham

Phone: 798-5884

[www.thebarntopsham.com](http://www.thebarntopsham.com)

*Contact:* Ann Flannery, [ann@thebarntopsham.com](mailto:ann@thebarntopsham.com)

The Barn *offers:*

- Gentle, restorative yoga for all levels
- Yoga for athletes
- Group and private instruction
- Yoga parties and class rental

### Jai Yoga

14 Maine Street, Studio 314, Brunswick

Phone: 725-7874

[www.jaiyogahome.com](http://www.jaiyogahome.com)

Classes and private instruction

Jai Yoga *offers:*

- Yoga classes for all levels
- Prenatal, postnatal, and mother and child yoga
- Yoga movement therapy and YogaDance
- Corporate classes and parties

**YOGA** - Continued**Water Street Yoga**

199 Water Street, Bath

Phone: 522-7988

[www.waterstreetyoga.com](http://www.waterstreetyoga.com)

*Contact:* Wendy Briggs

Call or visit website for schedule.

**Yoganow**

9 McLellan Street, Brunswick

Phone: 729-2781

[www.loveyoganow.googlepages.com](http://www.loveyoganow.googlepages.com)

*Contact:* Lisa Love, [yoganow@gwi.net](mailto:yoganow@gwi.net)

**Yoganow offers:**

- Kripalu and Meridian yoga classes for all levels
- Qi Gong classes



## HEALTHY MAINE WALKS

Visit [www.HealthyMaineWalks.org](http://www.HealthyMaineWalks.org) for more information on these and many other indoor and outdoor walking trails near you, or call Access Health at 373-6973.

ROUTE	DISTANCE
<b>Bath</b>	
Butler Cove	1 ½ miles
♿ Historical Bath	1 ½ miles
♿ Oak Grove Cemetery	> ½ mile
Thorne Head Preserve	1 mile
Sewall Woods	1 ¼ miles
<b>Bowdoinham</b>	
Bowdoinham River Walk	1 mile
Route 75	> ½ mile
<b>Brunswick</b>	
♿ Androscoggin River Bicycle Path	2 ½ miles
Mid Coast Hospital Nature Trails	1 ½ miles
♿ Parkview Wellness Trails	1 mile
Cox Pinnacle Trails	1 ¼ miles
♿ Crystal Spring Farm Trails	2 ½ miles
<b>Georgetown</b>	
Higgins Mountain Preserve	1 mile
Reid State Park	2 ¼ miles
Josephine Newman Audubon Sanctuary	2 ⅔ miles
Weber-Kelly Preserve	1 ¼ miles
<b>Harpswell</b>	
Long Reach Preserve	¾ mile
♿ Depot Site	1 ⅔ miles
<b>Phippsburg</b>	
Bates-Morse Mountain Conservation Area	4 miles
The Ridgewell Preserve	4 ½ miles
The Center Pond Preserve	6 miles
Popham Beach	1 ¼ miles
Perkins Farm Trail	1 ¼ miles

**HEALTHY MAINE WALKS** - Continued**Topsham**

🦿 Topsham Fair Mall/Main Street Loop	3 1/3 miles
Cathance River Preserve	5 miles
Topsham Public Library Eagle's Path	> 1/2 mile
Bruns-Tops Androscoggin Riverwalk	1 1/4 miles

**West Bath**

Hamilton Audubon Sanctuary	2 1/2 miles
Green Point Preserve	1 mile

**Woolwich**

Coffin Wild Flower Preserve	1 mile
Merrymeeting Fields Preserve	1 mile

**INDOOR WALKING ROUTES**

Many schools in the area offer indoor walking during the winter months. Please call the school for time and dates.

**MSAD 75****Bowdoin Central School**

1460 Main Street, Bowdoin  
Phone: 666-5779

**Bowdoinham Community School**

23 Cemetery Road, Bowdoinham  
Phone: 666-5546

**Harpswell Islands Elementary School**

308 Harpswell Islands Road, Harpswell  
Phone: 729-5177

**Mt. Ararat High School**

73 Eagles Way, Topsham  
Phone: 729-2951

**Mt. Ararat Middle School**

66 Republic Avenue, Topsham

Phone: 729-2950

**West Harpswell School**

9 Ash Point Road, Harpswell

Phone: 833-5961

**Williams Cone Elementary School**

19 Perkins Road , Topsham

Phone: 725-4391

**Woodside Elementary School**

42 Barrows Drive, Topsham

Phone: 725-1243

**BATH****Morse High School**

826 High Street, Bath

Phone: 443-8250

**BRUNSWICK****Brunswick High School Adult Education**

116 Maquoit Road, Brunswick

Phone: 319-1910

*Hours:* Tuesday & Thursday, 5 p.m.–9 p.m.



## PLAYGROUNDS

### MSAD 75

**Bowdoin Central School**

1460 Main Street, Bowdoin

**Bowdoinham Community School**

23 Cemetary Road, Bowdoinham

**Foreside Field**

Foreside Road, Topsham

**Naval Annex**

Republic Avenue, Topsham

**West Harpswell School**

9 Ash Point Road, Harpswell

**Williams Cone Elementary School**

19 Perkins Road, Topsham

**Woodside Elementary School**

42 Barrows Drive, Topsham

### BRUNSWICK

**Coffin School**

20 Barrows Street, Brunswick

**Edwards Field**

Jordan Avenue, Brunswick

**Harriet Beecher Stowe Elementary School**

44 McKeen Street, Brunswick

**Mariner Landing**

Route 24, Brunswick

### RSU 1

**Dike-Newell School**

3 Wright Drive, Bath

**Fisher-Mitchell School**

597 High Street, Bath

**Phippsburg Elementary School**

1047 Main Road, Phippsburg

**West Bath School**

126 New Meadows Road, West Bath

**Woolwich Central School**

137 Nequasset Road, Woolwich

### GEORGETOWN

**Georgetown Central School**

52 Bay Point Road, Georgetown

## LAND TRUSTS

Visit these websites for walking maps and other information about outdoor activities:

**Brunswick-Topsham Land Trust**

[www.btl.t.org](http://www.btl.t.org)

**Cathance River Education Alliance**

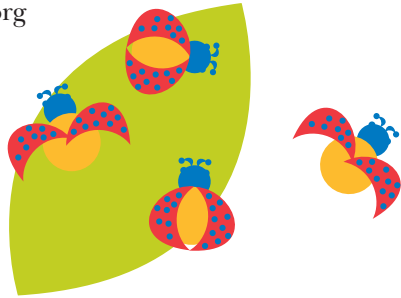
[www.creamaine.org](http://www.creamaine.org)

**Harpwell Heritage Land Trust**

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

**Kennebec Estuary Trust**

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



## COMMUNITY SUPPORTED AGRICULTURE

### **Crystal Spring Community Farm**

277 Pleasant Hill Road, Brunswick

Phone: 729-1112

*Certified organic*

### **Fishbowl Farm**

496 Brown's Point Road, Bowdoinham

Phone: 666-8006

*Certified organic*

### **Juniper Edge Farm**

532 Harpswell Road, Brunswick

Phone: 725-6414

*Certified organic*

### **Life Force Farm**

71 Carlson Cross Road, Bowdoinham

Phone: 215-6773

*Certified organic*

### **Milkweed Farm**

63 Gott Lane, Brunswick

Phone: 725-4554

### **Small Wonder Organics**

32 Wildes Road, Bowdoinham

Phone: 837-7425

*Certified organic*

### **Turning Wheel Farm**

555 White Road, Bowdoinham

Phone: 380-5355

*Certified organic*

### **Two Coves Farm**

90 Neils Point Road, Harpswell

Phone: 373-0399

*Certified organic*



**PICK-YOUR-OWN PRODUCE****Fairwinds Farm**

Brown's Point Road, Bowdoinham

Phone: 729-1872

*Strawberries*

**Fenimore Farm**

92 Keay Road, Bowdoinham

Phone: 353-2360

*Strawberries and peas*

**North Creek Farm**

Route 127, Phippsburg

Phone: 389-1341

*Blueberries*

**Rocky Ridge Orchard**

38 Rocky Ridge Lane, Bowdoin

Phone: 666-5786

*Apples*



## LOCAL PRODUCERS

**Black Water Farm**

Bowdoinham

Phone: 666-5601

*Certified organic meat and vegetables***Juniper Edge Farm**

532 Harpswell Road, Brunswick

Phone: 725-6414

*Certified organic produce***Kenebec Flower Farm & Nursery**

Bowdoinham

Phone: 666-3116

*Potted herbs and produce***Little Creek Farm**

Brunswick

Phone: 751-9504

*Certified organic meat, poultry, and eggs***Mother Oven Bakery**

Bowdoinham

Phone: 666-3994

*Certified organic bakery***North Creek Farm**

Route 127, Phippsburg

Phone: 389-1341

*Produce and eggs***Rocky Ridge Orchard & Bakery**

38 Rocky Ridge Lane, Bowdoin

Phone: 666-5786

*Produce and bakery***Tall Pines Farm**

Bowdoin

Phone: 353-2078

*Poultry and eggs***Two Sisters Farm**

Woolwich

Phone: 443-5459

*Certified organic produce and meat*

## FARMER'S MARKETS

### BATH

#### **Bath Freight Shed**

27 Commercial Street

November–April: Saturday, 8:30 a.m.–NOON

#### **Waterfront Park**

Commercial Street

May–October: Thursday & Saturday, 8:30 a.m.–NOON

### BOWDOINHAM

#### **Merrymeeting Grange Hall**

27 Main Street

May–October: Saturday, 8:30 a.m.–12:30 p.m.

### BRUNSWICK

#### **Brunswick Mall**

Maine Street

May–November: Tuesday & Friday, 8 a.m.–2 p.m.

#### **Crystal Spring Farm**

277 Pleasant Street

May–October: Saturday, 8:30 a.m.–12:30 p.m.

#### **Fort Andross**

14 Maine Street

December–April: Saturday, 9 a.m.–NOON

### PHIPPSBURG

#### **Town Hall Parking Lot**

Route 209

June–August: Saturday, 9 a.m.–NOON

### TOPSHAM

#### **Topsham Grange Hall**

47 Pleasant Street

November–April: Saturday, 9 a.m.–12:30 p.m.



**MID COAST HOSPITAL**  
*Our Community. Our Health.*

**[www.midcoasthealth.com](http://www.midcoasthealth.com)**

*Mid Coast Hospital is the lead agency for Access Health*