

2026 May is Healthy You Caribou!

Bird Watching Outings Led by Bill Sheehan!

May 6 @7-8 am Bird Watching at North Caribou Park

Meet at the entrance of North Caribou Park at 1186 Van Buren Road North of Sacred Heart Parish in North Caribou.



May 13 @7-8 am Bird Watching at Caribou Bog



Meet at Aroostook Valley Rail Trail Road crossing on Washburn Road directly before Carson Road. There will be a short walk on level ground from the parking lot to the birding area. (Watch for Westine Enterprises, 610 Washburn Road, Woodland, the parking lot is on the right after this business)

May 20 @7-8 am Bird watching at Aroostook River

Meet at the Lower Lyndon Caribou Hydroelectric Station across the street and upriver from Sleeper's Market. Be prepared to do some light walking and warbler exploration to the boat launch above the dam



May 27 @7-8 am Bird Watching at the Caribou Utilities District Wastewater Treatment Ponds

Meet at Caribou Utilities Wastewater Treatment Ponds Driveway at 363 Grimes Road. A winner for the binocular giveaway will be drawn at the completion of this walk.

- All Events are rain or shine..., please dress appropriately for cold and inclement weather.
- Birding outings are sponsored by Cary Medical Center, Aroostook Birders & the Caribou Parks and Recreation Department.
- No Pre-registration is required, unless otherwise noted.
- Participants names will be placed in a hat. At the completion of birding outings on May 27 a name will be selected from a hat, and one lucky person will win a free pair of binoculars.
- Outings are open to all ages.

For additional information please contact the Caribou Parks & Recreation Department @ 493-4224

