

Take It Outside

Spring Series 2026

CARIBOU
Parks & Rec. Dept.

207-493-4224

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Outings to help adults “spring” into shape...



COYOTE



DEER



RABBIT



RACCOON



SQUIRREL



***All outings must have a minimum of 6 participants withing (2) weeks of the actual program. If by the deadline the minimum required of participants is met, the registration will remain open. People wishing to register must register on our online registration portal. *Absolutely no refunds withing 48 hours of scheduled trip. There will be a 50% penalty for any cancellations made within two weeks of the scheduled trip.**

Take It Outside Adult Series

March-May 2026

March 27 CUSHY Ice Fishing from a heated camp!

Fee: \$42



Nobody likes to freeze and be uncomfortable outside. But we also know people would love to try ice fishing or try it again. **Depart from the Caribou Wellness and Recreation Center at 8am and return by 1pm.** We will travel to Madawaska Lake, drill a few holes, shoot the bull, have lunch, play cards and observe our traps out of the wind and inside the comfort of a heated camp that has plumbing! Doesn't get any better than that, does it? **The fee of \$42 includes a day fishing license, lunch, transportation, and a friendly game of scat!** Bring a dollar bill or two with you.... **Participants holding a valid Maine fishing license, the fee will be reduced by \$11 at checkout. Pre-registration is required. The registration deadline is March 13. MIN 6 MAX 9.**

April 3 Shoe, Brew and Stew!

Fee: \$42

If you've never snowshoed before or even if you're a seasoned snowshoer, this outing will be for you. The old saying if you can walk, you can snowshoe fully applies to this opportunity! What's better than a leisurely snowshoe through the woods surrounded by the comradery of fellow snowshoers? How about arriving at a tiny cabin in the woods with a fire in the woodstove, eating delicious stew, sipping coffee or sampling Northern Maine Brewing famous brews! **Depart from the Caribou Wellness and Recreation Center at 9am and return by 2pm.** Snowshoes, trekking poles, transportation and beverages included. Doesn't get any better than that, does it? **FEE: \$42 Everything included. Pre-registration is required. The registration deadline is March 27. MIN 6 MAX 9**

April 10 Mactaquac Dam and Mactaquac Biodiversity Facility

Fee: \$42

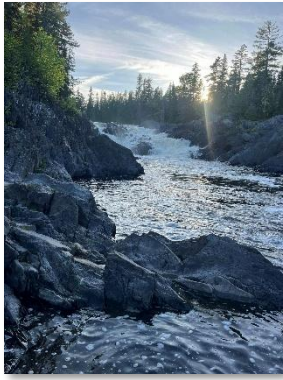


Tour of this massive hydroelectric project that Aroostook County depends on to get its electricity. Upon touring the Mactaquac Dam, we will break for lunch, included in the fee. After lunch we will tour Mactaquac Biodiversity Facility. The Mactaquac Biodiversity Facility was built in 1968 following the building of the Mactaquac Hydroelectricity Dam on the Saint John River. The facilities developed at the time included a fish lift at the dam whose primary purpose was to collect fish returning to the dam and truck and release them upriver; and a fish culture facility where a Salmon rearing program was developed to spawn and grow Salmon in captivity for river release (stocking) to compensate for production losses upriver of the dam. **The trip will depart from the Caribou Wellness and Recreation Center at 7:30am and return by 5pm.**

Preregistration Required. The registration deadline is March 27.

MIN 6 MAX 9.

May 30- 31 Allagash Wilderness Waterway-Allagash Falls Fee: \$122



This one-night two-day paddling trip on the Allagash Wilderness Waterway will expose adults to the fun opportunities that we have right in our back yard! Canoes will be our mode of transportation for both people and gear. Adults will learn the basic skills associated with traveling with gear in boats. This trip will start at Michaud Farms, and conclude at the Allagash Boat Landing, stopping for one night at the Muskie infested waters of the Allagash Falls Campsite, so bring your steel leader and favorite Muskie lures. **The trip will depart from the Caribou Wellness and Recreation Center at 7am and return by 5pm.** Includes gear, transportation, and meals, not snacks. **The registration deadline is May 15. MIN 6 MAX 8.**

June 5-6 Chase Rapids on Allagash Wilderness Waterway Fee: \$120

Overnight paddling trip to **CHASE RAPIDS** on the **Allagash Wilderness Waterway** will expose adults to the famed rapids on the Allagash. Saturday afternoon we will explore the area around Churchill Dam including visiting the natural history museum. The balance of Saturday afternoon will be spent relaxing around the campsite. Sunday morning, we will paddle the famed Chase Rapids then be shuttled back to our campsite. This 8-mile stretch of river, that starts at Churchill Dam and ends at Bisonette Bridge, is comprised of Class I & Class II waters. Transportation, Canoes, Entrance fees into the North Maine Woods, Camping Fees, dinner Saturday night, breakfast Sunday morning and lunch Sunday are included. We will provide tents, however, if you prefer to bring your own, that is fine too. A detailed gear list will be provided upon registration. Some canoe paddling experience is recommended. Trip will depart from the Caribou Wellness and Recreation Center at 2pm Friday afternoon and return by 5pm Saturday afternoon. **Min 6 Max 8 preregistered participants by May 22.**



FISHING FRIDAY'S!!!

Spring Trolling Fishing Trips – Spring is the best time of the year to fish. Fish are actively feeding on smelts. Northern Maine has many terrific locations, and each Friday in May, we'll make our way to the destinations below. All equipment included. All full-length days will include lunch. On split days, snacks will be provided. Be prepared to see lots of wildlife too! Fee includes license **Preregistration is required**. Participants holding a valid Maine fishing license will be reduced by \$11, license must be presented at time of registration to receive discount.

May 1	Eagle Lake – 3 Max, depart 6am, return by 1pm	FEE: \$60
May 8	Long Lake – 3 Max, depart 6am, Return by 1pm	FEE: \$60
May 22	Square Lake – 3 Max, depart 6am, Return by 1pm	FEE: \$60
May 29	Aroostook River, Lower Lyndon Street or Forbes Pit (depending on water levels)	
	8am-11am 2 Max	FEE: \$35
	12pm – 3pm 2 Max	FEE: \$35

***All outings must have a minimum of 6 participants within (2) weeks of the actual program, if by the deadline the minimum required of participants is met, the registration will remain open. People wishing to register must register on our online registration portal.**

***Absolutely no refunds within 48 hours of scheduled trip. There will be a 50% penalty for any cancelations made within two weeks of the scheduled trip.**



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.

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



2026 Beginners ADULT Golf Program

March 30, April 2, 6, 9, 13, 16

@Caribou Wellness & Recreation Center gymnasium | 55 Bennett Drive

Fee: \$52

Session 1 Mondays & Thursdays @4:30-5:45pm

Session 2 Mondays & Thursdays @6-7:15pm



Please bring your own clubs. If you don't have clubs, some will be made available during the program.

Pre-registration is required. To register please visit registration site at

<https://caribougolf.com/product/adult-golf-spring-program/>

FMI Please contact Marc Weeks at www.redsoxfanfl@yahoo.com

Aroostook River Spring Runoff Canoe and Kayak Race

Sunday, May 3, 2026

Fee: \$10 per paddler 19 and over

\$5 per paddler 18 and younger



This 6.2-Mile race STARTS at Lower Lyndon Street Boat Launch by Caribou Stream and ENDS at Forbes Pit, 1100 Ft Fairfield Road, Caribou. *All racers must be off the river by 12:30pm, otherwise boaters will be responsible for their own safety.

8:30-9:30am

9:45am

10am

1pm

Race Day registration at the startup on Lower Lyndon Street Boat Launch.

Mandatory Race briefing

Race starts - 2 boats will be released at 2-minute intervals.

Awards at Forbes Pit at 1100 Fort Fairfield Road, Caribou

CANOE CLASSES and KAYAK CLASSES

Open Class

Recreational

Open Class 2-person

Recreational 2-person

Open Class Solo

Recreational Solo Male

Recreational Solo Female



All Maine Boating Laws are applicable & Coast Guard approved life jackets must be worn as well as a whistle.

Cash payouts for division 1st place winners. T-shirts to first 75 registrations. You may register online at our online registration portal at <https://secure.rec1.com/ME/caribou-me/catalog>

ATV Safety Course

May 9, 2026 @8:30am-2:30pm

To be held At the Caribou Wellness & Recreation Center | 55 Bennett Drive | Caribou, ME

Fee: \$5 *Payable at class



This Department of Inland Fisheries and Wildlife course covers ATV operation, laws, landowner relations, first aid and other state mandated subjects. **The class is open to those 10 years of age and older. Children ages 10-15 must be accompanied by an adult.** Upon completion participants receive certification. **Bring a bag lunch. Pre-registration is required.** For additional information please contact the Caribou Parks and Recreation Department at 207-493-4224 and ask for Neal.