

Take It Outside

Spring Series 2025



Outings to help adults "spring" into shape...



COYOTE



DEER



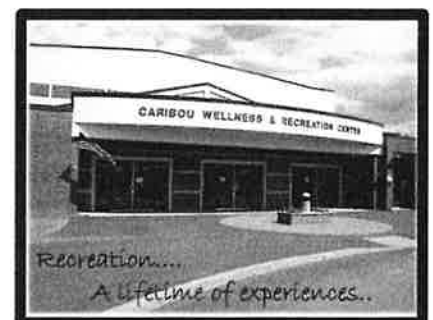
RABBIT



RACCOON



SQUIRREL



Take It Outside Adult Series

CARIBOU
Parks & Rec. Dept.
207-493-4224

February-June
2025

Outings to help
adults "spring"
into shape...

February 28

CUSHY Ice Fishing from a heated camp!

Fee: \$40



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 \$40 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. Pre-registration is required. The registration deadline is February 14. **MIN 6 MAX 9.**

March 7 Shoe, Brew and Stew!

Fee: \$40

If you've never snowshoed before or even if you're a seasoned snowshoer, this outing will be for you. The ol' 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: \$40** Everything included. Pre-registration is required. The registration deadline is February 21. **MIN 6 MAX 9**



March 28 Deer!

Fee: \$40



Ever given much thought to how animals survive our long winters? Today will focus on this topic. Join us as we travel with Wildlife Biologist Amanda DeMusz from the Maine Department of Inland Fisheries and Wildlife to some area deer yards. Participants will learn what it takes to manage such a delicate species. Lunch, included with fee. **The trip will depart from the Caribou Wellness and Recreation Center at 9:00am and return by 4:00pm.** Preregistration is required. Registration deadline is March 14. **MIN 6 MAX 9.**

***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. Persons 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.**

April 4 Mactaquac Dam and Mactaquac Biodiversity Facility

Fee: \$40

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. Registration deadline is March 21.

MIN 6 MAX 9.



May 31-June 1 Allagash Wilderness Waterway

Fee: \$120



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. Registration deadline is May 16. MIN 6 MAX 8.



Take It Outside Adult Series

 **CARIBOU**
Parks & Rec. Dept.

207-493-4224

sleeper@cariboumaine.org

May 2025

Outings to help
adults "spring"
into shape...

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.

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|---------------|---|------------------|
| May 2 | Eagle Lake – 3 Max, depart 8am, return by 3pm | FEE: \$60 |
| May 9 | Long Lake – 3 Max, depart 8am, Return by 3pm | FEE: \$60 |
| May 23 | Square Lake – 3 Max, depart 8am, Return by 3pm | FEE: \$60 |
| May 30 | Aroostook River, Lower Lyndon Street or Forbes Pit (depending on water levels) | |
| | 9am-12pm 2 Max | FEE: \$35 |
| | 1pm – 4pm 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. Persons 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.

2025 May is Healthy You Caribou!

Bird Watching Outings Led by Bill Sheehan!

May 7 @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 14 @7-8 am Bird Watching at Caribou Bog



Meet at Aroostook Valley Rail Trail Road crossing on the Washburn Road directly before the Carson Road. There will be a short walk on level ground from the parking lot to the birding area.

May 21 @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 28 @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 28 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



Caribou Parks & Recreation Department is pleased to announce the online registration portal. Please take a minute to visit the site and create a user account. A listing of our Late Fall, Winter, and Spring programs is now available. Visit www.caribourec.org



LOOK FOR THIS ICON

Beginners ADULT Golf Program

March 31, April 3, 7, 10, 14, 17

@Caribou Wellness & Recreation Center gymnasium | 55 Bennett Drive

Fee: \$50

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 4, 2025

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

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

9:45am

Mandatory Race briefing

10am

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

1pm

Awards at Forbes Pit at 1100 Fort Fairfield Road, Caribou

CANOE CLASSES and KAYAK CLASSES

Open Class

Open Class 2-person

Open Class Solo



Recreational

Recreational 2-person

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.recl.com/ME/caribou-me/catalog>