

Take It Outside

 **CARIBOU**
Parks & Rec. Dept.

207-493-4224

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Spring Series 2024



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



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. Visit www.caribourec.org

LOOK FOR THIS ICON →



Take It Outside Adult Series


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**March – April – May-June
2024**

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

March 8



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 Center at 9am**, 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? FEE: \$40 includes 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, fee will be reduced by \$11. Pre-registration is required, and the registration deadline is February 23. MIN 6 MAX 9.

March 28-29



Baxter State Park Ski Trip /South Branch Pond Bunkhouse FEE: 120

Depart at 8am on March 28 & return by 4pm March 29. Participants must have a strong skiing background and be able to ski lengths of 2 miles while towing a ski pulk which is provided. This one-night, two-day trip will focus on backcountry ski touring using provided waxless cross-country skis. We will base camp out of the South Branch Pond Bunkhouse in Baxter State Park. The bunkhouse is nicely provisioned with a wood stove, wooden bunks, and a gas light. Participants will be provided with a gear list and will be required to help carry group gear associated with meals & safety equipment. All meals based out of the South Branch Pond Bunkhouse will be provided. **FEE: \$120.** Registration deadline is March 14. MIN 6 MAX 7.

April 12



Deer!

FEE: \$40

Ever given much thought to how animals survive our long winters? Today we 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. FEE: \$40.00.** Preregistration Required. Registration deadline is March 29. MIN 6 MAX 9.

*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.

April 26

Mactaquac Dam and Mactaquac Biodiversity Facility

FEE: \$40



Tour this massive hydroelectric project that Aroostook County depends on to get its electricity. Upon touring the Mactaquac Dam, we will break for lunch, included. After lunch we will tour Mactaquac Biodiversity Facility, which 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 Center at 7:30am and return by 5pm.** Preregistration is required. Registration deadline is April 12. MIN 6 MAX 9.

June 1-2

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. **FEE: \$120.** Registration deadline is May 18. MIN 6 MAX 8.



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May 2024

Outings to
help adults
"spring" into

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 3	Eagle Lake – 3 Max, depart 8am, return by 3pm	FEE: \$60
May 10	Long Lake – 3 Max, depart 8am, Return by 3pm	FEE: \$60
May 17	Square Lake – 3 Max, depart 8am, Return by 3pm	FEE: \$60
May 24	Aroostook River, Lower Lyndon Street or Forbes Pit (depending on water levels)	
	9am-12pm 2 Max	FEE: \$35
	1pm – 4pm 2 Max	FEE: \$35
May 31	Long Lake – 3 Max, depart 8am, Return by 3pm	FEE: \$60



*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 come into the Wellness and Recreation Center to register and pay in full for the program.

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

May is Healthy You Caribou!

Bird Watching Outings Led by Bill Sheehan!

May 1 **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 8 **7– 8 am**

Bird watching at Aroostook River Meet at the Lower Lyndon Street Boat Launch across the street from Sleeper's Market promptly at 7 am. Be prepared to do some light walking and warbler exploration around the perimeter of the pond.

May 15 **7-8 am**

Bird Watching at the Caribou Utilities District Waste Water Treatment Ponds Meet at Caribou Utilities Waste Water Treatment Ponds Driveway on the Grimes Road.

May 22 **7-8 am**

Bird Watching at North Caribou Park. Meet at the entrance of North Caribou Park on Van Buren Road just North of Sacred Heart Parish in North Caribou. the Cary Medical Center Community Trails behind Cary Rehab. 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 22 a name will be selected from a hat and one lucky person will win a free pair of binoculars.
- Outings are open to all age.

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

