



SUMMER ADULT PROGRAM SCHEDULE

CHEESE MAKING & TOUR- \$10

Pre-registration Required

June 8 July 14 Aug. 12- 3pm-5pm.

Ages 14 & up. Location: Education Barn.

After learning the basics of making a simple cheese, enjoy a behind the scenes tour of our dairy facility including an observation of an afternoon milking. **Contact Education:** education@pinelandfarms.org or 207.650.3031

SUMMER GARDEN SERIES - \$10

Pre-registration Required

June 11, 12 July 3, 23 Aug. 6, 13 Sep. 10 & 25 - 2:30pm-4pm.

Location: The Garden off from Rt. 231

Enjoy a tour of our garden and relax in its beautiful surroundings. Stroll the winding paths and mingle with friends. We'll be there to answer your garden questions. Iced Tea and Pineland Farms refreshments will be served. **Contact:** PR@pinelandfarms.org

NATURE FOREST THERAPY - \$20

Pre-registration Required

June 17, July 15, Aug. 19 - 4:30pm-6:30pm

June 20, July 18, Aug. 22 - 10am-12pm.

Open to ages 18+. Location: Education Barn.

Are you looking for a different way to destress and connect to the natural world around you? Hughes Kraft, a Certified Nature Forest Therapy Guide, is partnering with Pineland Farms to share his knowledge of and love for the spectacular forests of Maine.

Nature Forest Therapy Walks are two hour opportunities to slow down, connect with nature and with oneself. It is not a destination hike, nor is it a nature walk where things are named and described, it is an invitation to explore the relationship between the humans and the more than human world surrounding us. We hope you accept.

Contact Education: education@pinelandfarms.org or 207.650.3031

WOMEN'S HIKE NIGHT - \$8

Register night of at the Outdoor Center

Every Wednesday through October - 6pm-9pm.

All ages & abilities. Location: Outdoor Center.

Come Join us on Wednesday evenings for our weekly Women's Night! This weekly event is open to women of all ages and abilities. Meet some new friends or invite friends and family to join the Pineland Farms Outdoor Center staff for a guided 2-3 hour hike along our trail systems. Each week we will set out to explore a new trail system at Pineland Farms, so be ready to hike and explore for a few miles each trip! During this outing you will be learning how to read our trail maps and locate where you are on the trails, how to prep for hiking adventures, proper hiking attire, responsible leave no trace principals, hiking etiquette, wildlife / insect protection, and much more! Hike ending times may vary. **Contact:** Outdoor@pinelandfarms.org

FULL MOON HIKE - \$10

Pre-registration Required

June 24, July 23, Aug. 22 - 6pm-10pm.

All ages & abilities. Location: Outdoor Center.

Bring some friends or family and come join us for a full moon hike. We will be hiking from the Pineland Farms Outdoor Center down the River Loop and out to the River Valley Cabin. Enjoy a lit firepit and great views of the Full Moon and the surrounding stars from our hayfields and Pump House Trail. During this outing you will be learning how to read our trail maps and locate where you are on the trails, how to prep for hiking adventures, proper hiking attire, responsible leave no trace principals, hiking etiquette, wildlife / insect protection, and much more!

Contact: Outdoor@pinelandfarms.org

MUSHROOM IDENTIFICATION WALKS W/ NORTH SPORE - \$25

Pre-registration Required

June 26 - 11am-1:30pm.

July 8, Aug. 9 & 23 - 4:30pm-6:30pm

Open to all ages. Location: Education Barn.

Join North Spore Mushrooms at Pineland Farms for an informative mushroom walk and learn about cultivation, foraging, and local mushrooms species of Maine.

Contact Education: education@pinelandfarms.org or 207.650.3031



Covid-19 Guidelines on the Farm:

- Please practice social distancing at all times.
- When in general outdoor areas face coverings are not required unless social distancing can't be met.
- Educator led activities, inside barns, and educational spaces we will still require all participants to wear masks.
- Please stay home if you are sick or do not feel well, or have been in contact with anyone who is unwell.

Scan to register



www.pinelandfarms.org