



SUMMER 2022 ADULT PROGRAMS

WOMEN'S HIKE NIGHT- \$5

Drop-in Day of or Register Online

Wednesdays July 6 - August 31 - 6pm-8pm.

Must be able to hike over various terrain for 3 miles.

All ages. Location: Outdoor Center. Weather dependent.

Join us on Wednesday evenings for our weekly Women's Night! Open to women of all ages and abilities. Meet the Outdoor Center staff for a guided 2-3 hour hike along our trail systems.

Contact: Outdoor@pinelandfarms.org or 207.688.6599

NATURE FOREST THERAPY - \$20

Pre-registration Required

Thursdays July 7, 14 Aug. 4, 25 4pm-6pm

Sundays July 10 Aug. 7, 21 - 9am-11am

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.

Contact Education: education@pinelandfarms.org or 207.650.3031

BIKE NIGHT - \$5|\$15|\$20

Drop-in Day of or Register Online (to rent a bike)

Thursdays July 7 - August 25 - 6pm-8pm

Youth and Adult rentals available. Location: Outdoor Center.

Come join us for a family friendly group bike ride around one of the many Pineland Farms Nordic ski trails. We will be going over how to read our trail maps, safe riding practices, trail etiquette, general bike maintenance, and leave no trace principals. **Contact:** Outdoor@pinelandfarms.org or 207.688.6599

GARDEN TOUR- FREE

Pre-registration Required

June 10, 22 July 8, 23 Aug. 12, 27 Sept. 2, 14 - 2:30pm-4pm.

Open to all ages. Location: The Garden (corner of Rt. 231 & Freeport Rd.)

Enjoy a tour and relax in the beautiful garden surroundings. Stroll the winding paths and mingle with friends. We'll be there to answer your garden questions. Iced Tea and light Pineland Farms refreshments will be served.

Contact: PR@pinelandfarms.org or 207.688.3384



FULL MOON HIKE - \$10

Pre-registration Required

July 13 & Aug. 11 - 7:30pm-9:30pm

All ages. Location: Education Barn.

Enjoy a hike, lit firepit and great views of the Full Moon and the surrounding stars. During this outing you will be learning how to read our trail maps, responsible leave no trace principals, hiking trail etiquette, and much more!

Contact: Outdoor@pinelandfarms.org or 207.688.6599

CHEESE MAKING & TOUR- \$15

Pre-registration Required

July 16 Aug. 6 - 1pm-3pm. July 19 Aug. 10 - 3pm-5pm.

Ages 14 & up - adult supervision required. Location: Education Barn

While learning the basics of making cheese curds, enjoy a behind the scenes tour of our dairy facility. **Contact Education:** education@pinelandfarms.org or 207.650.3031

MUSHROOM IDENTIFICATION WALKS WITH NORTH SPORE - \$30

Pre-registration Required

August 12 - 4:30 PM - 6:30 PM

Ages 14 & up - adult supervision required. Location: Education Barn.

Join North Spore Mushrooms for an informative mushroom walk and learn about cultivation, foraging, and local mushroom species. Add to your knowledge or learn a new skill! North Spore is based out of Westbrook and specializes in fresh mushroom cultivation as well as producing "mushroom spawn" for home growers and mushroom farms. These walks are a great time to learn and ask all your mushroom questions! Baskets or mesh bags and pocket knives are encouraged for collecting. Be prepared to be outside for the entirety of the program.

Contact Education: education@pinelandfarms.org or 207.650.3031

Scan to register

