

TRIPS and OVERNIGHTS

Fernwood Cove offers our campers an active outdoor tripping program one day a week. It consists of a variety of experiences in and around Maine and New Hampshire. We want the girls to experience the lakes, mountains and quiet byways, (Hiking, Biking, Canoeing) along with the exciting whitewater, rock faces and nature discoveries (climbing, kayaking, ocean, gem mines and woods walking). Sometimes special interest trips are arranged for photography or art. Girls will also be overnight camping and cooking out. As the girls grow older there are specific age group overnights offered. In all cases our intent is to give them a treat and a challenge.

Below you will find a sample of the summer trips we undertake, and a short description of what they entail. Of course all trips end with a generous scoop of ice cream!

<u>TYPE of TRIP</u>	<u>NAME</u>	<u>DESCRIPTION</u>
Hike		
	Arethusa Falls	Located in Crawford Notch area of NH 2.6 mi Mt View (500 ft falls) and pools of water to play in on the way back.
	Bradbury Mt. State Park.	Closer to coastal ME. Park with trail to the summit. Also has playground area for younger campers.
	Douglas Mt.	Small Mt hike near the west shore of Sebago Lake. Girls take a dip at Long Beach.
	East Royce Mt.	Located north of Fryeburg on the border near New Hampshire. Challenging.
	Pleasant MT	Beautiful views with lake at the bottom in Bridgeton ME.
	Screw Auger Falls Quartz Trail	On the north border of the Whites, trip to a beautiful waterfall and hike down to river. Also Quartz trail above, leads to quartz cliffs and other falls.
	Step Falls	Located near Screw Auger along Wight Brook. In high water, rock water slides.
	Streaked Mt.	Small Mt hike near camp. Short but beautiful views of the Oxford Hills area and many lakes.
	Table Rock	Loop trail is 2.4 miles total. A little more challenging. Stream to splash in and other sights to see -- Moose Cave and Mother Walker Falls if there is time.
	Tumbledown Mt.	Medium to hard hike with swimming pond at the top.
BIKE		
	Bolster Mills Rte	Challenging and lengthy local bike jaunt including a steep incline. Stops in Harrison for refreshing swim in Crystal Lake.
	Near Camp Bike	Starts at top of Temple Hill. Scenic cruise past Waziyatah, Keoka Beach, and Bear Pond. Reaches Harrison for a dip in Crystal Lake then back to camp.
	Peak's Island	After a van trip to Portland, this neat coastal trip includes a ferry ride from Portland to the island. The girls "pedal tour" the sandy beaches and spots to find sea glass.

CANOE/KAYAK		
	Ossipee River	Begins in Hiram ME. This trip starts on the Ossipee and joins up with the Saco River and includes a small portage.
	Saco River	Put in just North of Fryeburg (Swans Falls) and loop, taking out in Fryeburg. Distance is 3.6 mi. Sandy beaches offer playful diversion.
	Songo Locks	Put in at Naples Village, lake canoe to Crooked River winding through to the locks and then into Sebago.
OCEAN BEACH		
	Crescent Beach	Beautiful sandy Beach located on Cape Elizabeth near Portland
	Popham Beach	At mouth of the Kennebec River. Has Mt to climb and warm tidal pools at low tide. If time permits can explore Ft Popham
	Scarborough Marsh	Ocean Salt Marsh -- nature center, followed by beach trip.
O'NITES		
	Lean-to at Charles Point	About 1/2 mile down the lake on Island Pond.
	Sebago Lake State Park	Lake spot to swim, camp and cookout.
	Fiddlehead	Overnight campground on edge of Saco with sand dunes to explore.
ADVENTURE		
	Frenchman's Hole	In Bethel Region. 2-3 places to jump into a deep pool from 10-30 feet, and a place where you can slide
	Ski/Climb	At-camp extra opportunity for water ski-ing and climbing.
	Tubing	Lazy fun trip down Saco River on oversized inner-tubes.