



Trail Day

Celebrate forests, recreation, and clean water

The 1,700 acre Sebago Lake Land Reserve is managed to protect Sebago Lake, your source of drinking water.



Portland Water District's 5th Annual Trail Day

Saturday, Sept. 30th, 1:00 p.m. | Sebago Lake Land Reserve, Standish

Register online at www.pwd.org

Woods Walk and Talk



Portland
Water
District

Join us for a guided walk to learn about the forest and how it helps protect Sebago Lake. The approximately two-mile route traverses varied terrain and will include some areas with short, steep inclines.

Learn to Kayak



Learn recreational kayaking skills and tips in this clinic hosted by Sebago Trails Paddling Co. After your instruction, put your new skills to the test and paddle around the pond! All equipment provided.

Forest Flow Yoga



Join a YMCA Group Exercise Instructor for a full body yoga workout that incorporates body weight exercises while using the breath to stay mindful. This is an all-levels class with modifications offered. Bring your own mat.

Radical Ropes Course & Climbing Wall Adventures



Challenge yourself on our ropes course elements and 50' climbing wall all under the supervision of experienced YMCA counselors.

Family Trails Scavenger Hunt



Bring your family to explore the trails guided by a nature-themed scavenger hunt designed by Standish Parks and Recreation. A scavenger hunt guide, trail map, and nature discovery tools will be provided to each group of participants.

For complete event descriptions, times, and registration information visit www.pwd.org

All registered participants will receive a stainless steel water bottle and a Sebago Lake Land Reserve carabiner!

Join our email list (email us at sebagolake@pwd.org to sign up) and follow us on Facebook to receive information about other events and our efforts to protect Sebago Lake!