

BOOTHBAY REGION LAND TRUST (BRLT) has many opportunities to get outside and explore as a family. This guide offers seasonal suggestions of preserves to visit, as well as ideas of what to do when you get there. As with any outdoor adventure, be sure to check the weather and let someone know where you are going. Dress appropriately, wear sunscreen, and bring water. Most importantly, have fun!

The Boothbay Region is known for its spectacular natural beauty, rocky shores, coastal islands, and river corridors. Since 1980, Boothbay Region Land Trust has preserved the beauty of this region by conserving land for the benefit and enjoyment of residents and visitors.

Our Mission
To conserve for the public benefit the natural habitat, scenic beauty and working land of the Boothbay Region.

BRLT relies on charitable contributions. These donations help support land conservation, stewardship of the preserves, and educational programming. Please consider a contribution.
Thank you for your support.



BOOTHBAY REGION LAND TRUST

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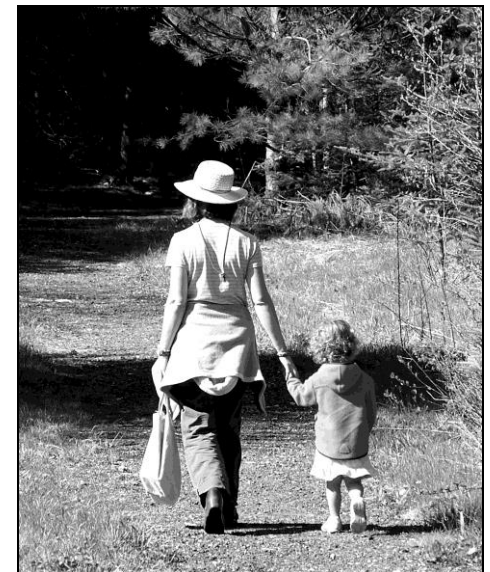
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PRESERVES FOR FAMILIES

A Family's Guide to Boothbay Region Land Trust Preserves

Get Outside Together



BOOTHBAY REGION LAND TRUST

A Non-Profit Land Conservation Organization

KID FRIENDLY PRESERVES

While all BRLT preserves are open to everyone, some are better suited for families with young children.

Penny Lake Preserve: An ADA accessible trail is perfect for those pushing strollers. The large wetland and vernal pool are ideal for seeing and hearing frogs.



Lobster Cove Meadow Preserve: An old dirt road is fun to follow while searching for signs of beavers. On a breezy fall day the fields come alive with floating milkweed seeds.

Gregory Preserve: This enchanted forest is found on the Back River. Discover a shipwreck on the shores of the one mile loop trail.

Singing Meadows Preserve: Old salt farm fields are fun for frolicking; a perfect place to visit in late summer when the grasses are alive with the sounds of singing insects.

SOMETHING FOR EVERY SEASON

The following are suggestions for fun things to do with your family while out for a hike.

Spring

Welcome Back Birds: Grab a pair of binoculars and keep your eye out for feathered friends returning from the south.

Frogging: Listen for frogs calling at dusk. Try your hand at catching one of the six frog species that live on our peninsula.

Summer

Flower Power: Marvel in the action of photosynthesis while seeing how many types of blooms you can find.

Tidepooling: Roll up your pants and wade at low tide to discover all kinds of ocean critters.

Bugs Life: A net and a box is all you need to catch and observe hundreds of species of fascinating invertebrates.



Fall

Leaf Peepers: Enjoy nature's colorful show while collecting fallen leaves of every color. Arrange the leaves in imaginative patterns to create art.

Bye Bye Birdy: Keep an eye on the sky as the majority of birds make the trek to warmer climes.

Seed Savers: Discover the many ways seeds can disperse, from wind to water. Put a pair of old socks on the outside of your shoes to find hitch hiking seeds.

Winter

Fresh Tracks: Find footprints in the snow and follow them to see where they go.

Snow Shelter: Dig out a cave and discover the insulating properties of snow.

Year Round

Common Senses: Scratch and sniff a tree. Lay down on some moss. Find the smallest rock. Take your time and use all of your senses.

Animal Safari: Search for the mammals, reptiles, amphibians, birds, insects, and fish present at different times of year.

Pick a Tree: or a rock or a scenic spot. Visit your choice throughout the year to see how things change. Take pictures to compare.

Trash Patrol: Grab a bag, wear some gloves, and keep the trails and shorelines clean.

FREE FAMILY FRIENDLY EVENTS

Boothbay Region Land Trust has them! From hikes to paddles and everything in between, there is always something fun to join in on. Visit bbrlt.org to see our calendar of events.