

Sabbathday Lake  
New Gloucester Twp., Cumberland Co.  
U.S.G.S. Gray, Me. (7 1/2')

#### Fishes

Brook trout	Minnows
Brown trout	Golden shiner
Rainbow smelt	White sucker
Largemouth bass	Pumpkinseed sunfish
Chain pickerel	American eel

#### Physical Characteristics

Area - 340 acres

Temperatures

Maximum depth - 68 feet

Surface - 74°F  
65 feet - 43°F

Principal fisheries: Brown trout, brook trout, largemouth bass

Sabbathday Lake was chemically reclaimed in 1939 to remove competing species and permit more intensive management for trout. The lake has good water temperatures and oxygen levels down to 40 feet and is ideally suited for management of coldwater fish species. Although some natural reproduction of trout occurs in the tributaries, stocking is necessary to provide a good fishery. Both brook trout and brown trout are stocked annually.

The Maine Department of Marine Resources began stocking anadromous alewives in 1977 in order to increase returns of these fish to the Royal River. These alewives have the potential to directly compete with smelts for food. Dwindling smelt spawning runs and a declining handline fishery along with poor growth of brown trout prompted the Maine Department of Fisheries and Wildlife to request cessation of alewife stockings to see if the smelt population rebounded and the trout growth improved. There are on-going studies to monitor the smelt and brown trout populations.

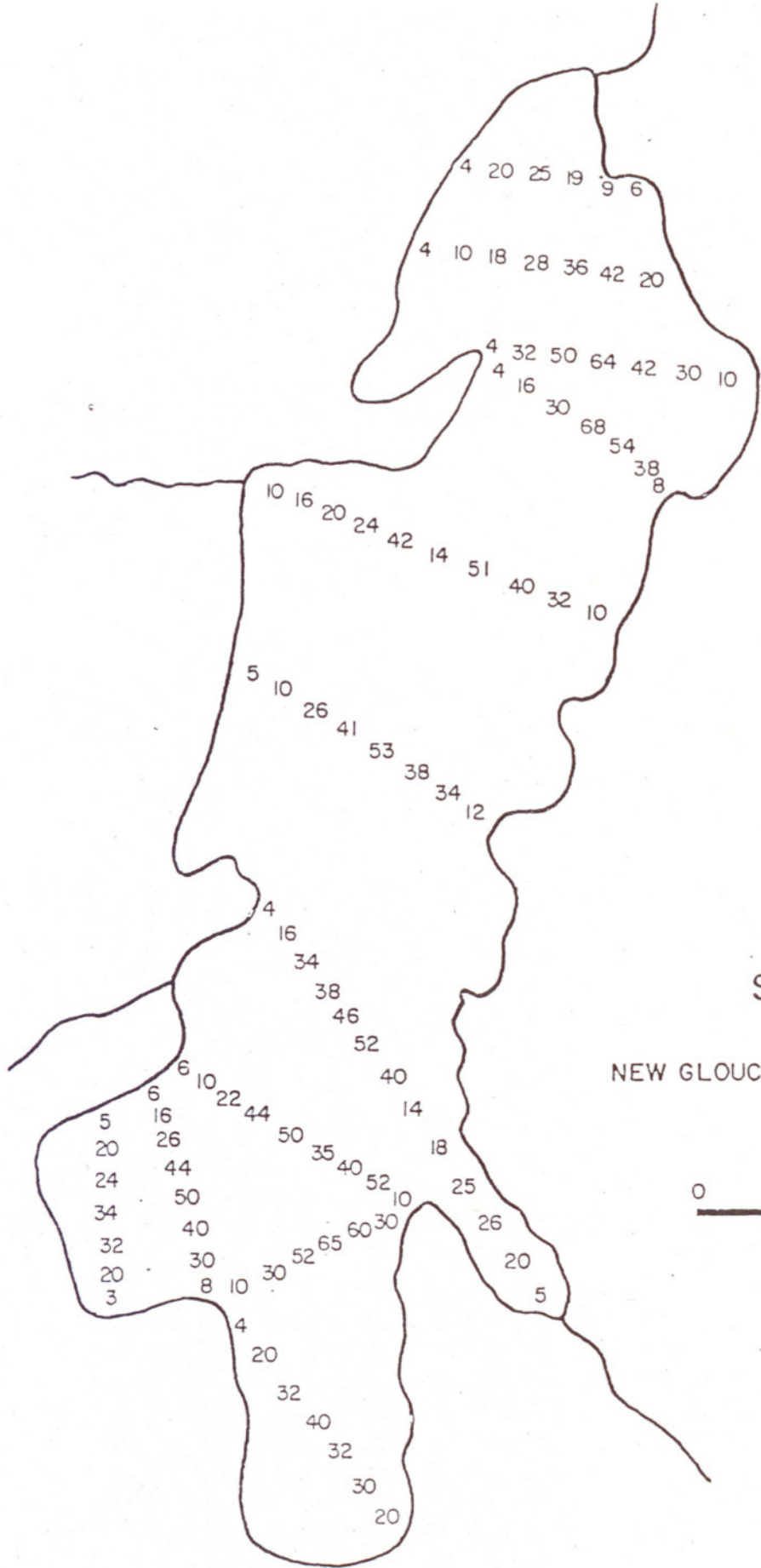
Sabbathday Lake supports a limited bass population. The lack of necessary structure such as weedbeds or rockpiles limits survival of their young and reduces their potential to produce an abundant population.

Special regulations are in effect at Sabbathday Lake on smelts, trout, and bass. Anglers should consult their law books to note special regulations in effect.

A private boat ramp at the outlet provides a fee access to the lake. Fees are only charged during the open water season.

Surveyed - August, 1956  
(Revised - 1962, 1991  
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NEW GLOUCESTER TWP., CUMBERLAND CO., MAINE

AREA 340 ACRES

