



NATIONAL PARK & RECREATION MONTH JULY



What is National Park and Recreation Month?

Every July, we honor the dedicated professionals in parks and recreation who enhance the lives of millions, leaving a significant impact on communities nationwide. Community parks and recreation programs foster enduring friendships, create cherished memories, and strengthen family connections that individuals value for many years to come.

National Parks May Improve Your Health and Wellness by:

- Boosting your [physical activity](#)
- Creating chances for social interaction
- Increasing your connection to nature
- Inspiring curiosity and learning
- Encouraging [mindfulness](#)
- Promoting empathy

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National Park Planning Tips

- **Pick Your Park** – There are more than 400 national parks in the United States. Start by [searching for a national park](#) you would like to visit based on a location, activity, or topic that interests you.
- **Plan Ahead** – Start by creating an itinerary and researching your park's website or [NPS app](#) for live updates, fees, and other important information. [Pack essentials](#) based on weather, terrain, emergencies, and more.
- **Visit Your Park** – It's time to put your plan into action. Whether this is a solo adventure or a trip with family and friends, get outside and enjoy all that a national park has to offer.

Recreational Activities from the Maine Department of Agriculture, Conservation & Forestry

- [Maine State Park Passes, Fees, and Rules](#)
- [Hunting, Fishing, and Gathering](#)
- [Maine's State Historic Sites](#)
- [Water Activities and Conditions](#)
- [Camping at Maine State Parks and Public Lands](#)
- [Trail Activities and Conditions](#)

Did you know?

The Maine Trail Finder connects you to trails, events, and more, from Kittery to Fort Kent. [Find a trail](#) to begin your next adventure.



Looking for more wellness resources?



Get connected to a number of additional wellness resources by visiting the Office of Employee, Health, Wellness, & Workers' Compensation [Wellness Resources website](#).

Sources:

[National Recreation and Park Association](#)
[NPS - Improve Your Health and Wellness](#)
[National Park Service - Plan Your Visit](#)