





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:

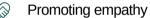
Boosting your <u>physical activity</u>

Creating chances for social interaction

▲ Increasing your connection to nature

Inspiring curiosity and learning





Scan the QR code below to access this document in an online format.



SCAN ME

National Park Planning Tips

Pick Your Park – There are more than 400 national parks in the United States. Start by <u>searching</u> for a <u>national park</u> 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
- Maine's State Historic Sites
- Camping at Maine State Parks and Public Lands
- Hunting, Fishing, and Gathering
- Water Activities and Conditions
- 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