

Lake Region School Trails, Naples

These trails are listed in local walking information, but frankly, there isn't much to them! There are some connector trails between the high school and middle school, and they're probably used by the cross-country team and maybe local dog walkers. However, any trail is a good trail if it passes through nature!

Directions: A good place to pick up these trails is from Lake Region Middle School's athletic fields. If you park at the school's parking lot (probably it's good to avoid school hours) off Kansas Road, you'll see the wide trail across the field almost directly opposite the school.



Sebago Lake State Park, Casco and Naples

This is a BEAUTIFUL [state park](#). I highly recommend visiting in the off-season, after the summer crowds have gone and the park has closed the campground access road. Also, take note – the west side of the park is closed during the summer months.

There are two sides to this park, on either side of the Crooked River. The east side, the Casco side, has 5.5 miles of groomed trails for x-c skiing! And the ones that are groomed tend to be wide, flat, and easy enough for wheelchairs and strollers when there is no snow.

On the west side of the park, in Naples, with the big campground, the six miles or so of trails are a little wilder, and they're not groomed in the winter. During the off-season, the campground access road is closed and would make for really nice wheelchair/stroller going. The walking paths around Horseshoe Bog (Google map calls it Bay of Naples) and to the Songo River (Google calls it Crooked River) are pretty. Check out the beaver activity along the way. The trails are pretty easy and flat, with the exception of the Lookout Trail which requires a little climb.

Wandering through the empty campsites to the sandy beaches, empty of people, is a lovely experience. There are several beaches contained within the park. I think the prettiest one is Cub Cove beach, on the far east side of the park.

There is no ranger manning the kiosks during the off-season, but they expect you to pay the park fee at the gates. Leashed dogs are allowed off-season and there's no hunting allowed in

the park.

The trails are very well marked and there are maps posted at junctions everywhere.

Directions: Turn onto State Park Road from Route 302. The Park Access Rd, on the east side of the park, will be on your right. There's lots of parking at the end of the road, or at the boat launch. To continue to the campground, cross the one-lane bridge, stay right at the triangle, and take a left shortly after onto State Camping Road.

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