



Range Pond State Park – Paddling Program Information

Range Ponds State Park is a public recreation area wrapping around the eastern end of Lower Range Pond in the town of Poland, Maine. The state park offers a sandy beach with lifeguard-supervised swimming, kayaking, limited motorized boating, hiking trails, and fishing.

Address: Range Pond State Park, 26 State Park Road, Poland Spring, ME, off the Empire Rd. in Poland.

Important information for all volunteers and participants: Range Pond is a State Park, meaning that there is usually an entrance fee. However, being a part of Maine Adaptive all volunteers and confirmed participants for the given program day can get in using our State Park pass. When you arrive at the gate entrance, please make sure to inform the park ranger that you are with Maine Adaptive for the paddling program; this will get you into the park at no cost.

Where to meet: After checking in at the gate entrance, you will continue down the paved road till the road splits, to the left is a sign pointing to the boat launch, this is where we paddle from. There is plenty of room to park in the main lot, before turning onto the marked boat launch. You can then make your way to the boat launch area, where you will find our fleet of kayaks to the left of the boat launch. If someone needs to be dropped off closer, you can drive down onto the boat launch, but please be mindful of how long you are parked there as other people may need to get in and out of the launch area. Many of the group will station themselves at the picnic table area to the left of the boat launch, looking towards the water. For anyone who has a tough time navigating the beach sand, we have access to a beach wheelchair.

Schedule: Please check to make sure which session you are confirmed for before arriving; the morning session is from 10:00 am to noon. The afternoon session is from 1:00 pm to 3:00 pm. Please arrive with enough time to get yourself ready to start at the appropriate session start time and check in with staff when you arrive.

Bathroom Facilities: Directly next to the picnic area mentioned above are multiple outhouses that are accessible via mobility devices. There are additional restrooms in the center of the Park to the right of the boat launch area just above the tree line on the beach.

What to wear: Even if you don't plan on swimming, we highly recommend clothing that can get wet. A sun shirt and hat are also highly recommended.

Things we suggest you bring with you: Water, light snacks, sunscreen, bug spray, sunglasses, closed toe shoes, layers: windbreaker, rain jacket, or light layers in case it is cooler temps.