



Welcome to Maine's Accessible Outdoors!

Maine is a place everyone can enjoy. The Bureau of Parks and Lands welcomes all visitors to Maine's natural and cultural wonders. The Bureau is committed to making our state parks, historic sites and other public facilities accessible to people with disabilities and people with special needs.

Each state park or historic site in Maine is unique. Many park features are accessible to visitors with varying needs and abilities. In some parks, however, visitors may need the assistance of a member of their party to access certain features. Other parks have natural elements, such as steep trails or rocky beaches, that may be difficult for some people to use. In addition, weather and other conditions at parks and historic sites change often. The Bureau of Parks and Lands encourages visitors to contact parks and historic sites directly to discuss their individual needs and abilities with experienced staff.



Access Features

Maine's State Parks and Historic Sites offer a number of accommodations for people with disabilities and people with special needs. Among the access features are:

- Reserved parking spaces
- Wheelchair ramps
- Beach wheelchairs
- Hardened surfaces on trails and walkways
- Accessible restrooms
- Roll-in showers
- Benches in showers and changing rooms
- TTY
- Easy-to-reach campsites

The Bureau of Parks and Lands is continuously improving state parks and historic sites to provide better access for everyone. Contact parks and historic sites directly to find out more about the access features at specific locations.

Service animals are welcome at state parks and historic sites in Maine.

A Guide to Accessibility

The Maine Bureau of Parks and Lands provides general guidance for people with disabilities and

people with special needs on the ease of access to state parks, historic sites, and other facilities.

Each park or historic site is rated for overall ease of access. Ratings are:



Good access: Most features of the area are accessible



Limited access: Some features are accessible; other features may require assistance



No access: No features are accessible

In addition, the Bureau offers guidelines on the accessibility of specific features and amenities at parks and historic sites, such as parking, rest rooms, campsites, and beaches. These guidelines are designed primarily for people with mobility impairments.

The definitions for access features are:



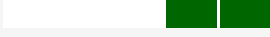
Accessible: Meets all standards of the Americans with Disabilities Act (ADA)



Generally Accessible: Meets most ADA standards and has few barriers. Some visitors with disabilities may need some assistance



Accessible with Assistance: Meets some ADA standards and has some barriers. Many visitors with disabilities will require assistance



Somewhat Accessible: Meets few ADA standards and has significant barriers. Most visitors with disabilities will need assistance



Not accessible: Meets no ADA standards and has major barriers. Most people with disabilities, even with assistance, will be unable to access.

Access at State Parks and Historic Sites

TTY: Maine Relay 711

Phone: (207) 287-3821

State Parks

Aroostook State Park www.maine.gov/aroostook



Good access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - Beach:	Accessible (access to beach is via boat launch parking lot)	
Boat launch:	Somewhat Accessible	

Overnight Use

Check in:	Accessible	
Campsites:	Accessible with Assistance (one site totally accessible with pathway to toilet building)	
Restrooms:	Accessible (including accessible showers)	
Kitchen Shelter:	Accessible	

Bradbury Mountain State Park www.maine.gov/bradburymountain

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - Trails around Mountain:	Not Accessible (trails are steep and uneven)	

Overnight Use

Check in:	Accessible	
Campsites:	Several are Accessible	
Restrooms:	Accessible	

Camden Hills State Park www.maine.gov/camdenhills

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Not Accessible (steep slopes)	
Main feature - Trails around Mountains and along Shore:	Not Accessible (but, without leaving a vehicle, excellent views of the harbor and coast can be enjoyed from the top of Mt. Battie)	

Overnight Use

Check in:	Accessible	
Campsites:	Accessible with Assistance (Lower campground recommended)	
Showers:	Accessible	

Cobscook Bay State Park www.maine.gov/cobscookbay

Limited access

Day Use

Restrooms:	Accessible (<i>in the shower building</i>)	
Playground & Picnic tables	Accessible	
Main feature - Bay Views:	Views are possible from vehicles	
Boat launch:	Not Accessible	

Overnight Use



Check in:	Accessible	
Campsites:	Accessible with Assistance	
Showers:	Accessible	

Crescent Beach State Park www.maine.gov/crescentbeach







Good access

Day Use








Parking:	Accessible	
Restrooms:	Accessible	
Telephones:	Accessible (located at snack bar)	
Picnic tables:	Accessible	

Main feature - Beach:	Crescent Beach accessible and a beach wheelchair is available	
Showers:	Somewhat	





Damariscotta Lake State Park www.maine.gov/damariscottalake  Limited access


Day Use		
Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible (2 picnic sites)	
Picnic shelter:	Not Accessible	
Playground	Accessible	
Main feature – Beach:	Accessible with Assistance (assistance recommended for access to water; beach wheelchair is available.)	





Ferry Beach State Park www.maine.gov/ferrybeach  Good access

Day Use		
Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Group Shelter:	Accessible	
Trails:	Accessible	
Nature Center:	Accessible	
Main feature - Beach:	Generally Accessible (beach is accessible with Assistance; beach wheelchair available)	

Grafton Notch State Park www.maine.gov/graftonnotch  Limited access

Day Use		
Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - Screw Auger Falls:	Accessible with Assistance (many sloped paths)	

Holbrook Island Sanctuary State Park www.maine.gov/holbrookisland  Limited access

Day Use		
Parking:	Accessible	
Restrooms:	Not Accessible	
Picnic tables:	Somewhat Accessible (on mainland)	
Main feature - Trails, Beaches:	Somewhat Accessible (access to beaches on mainland and island requires assistance; boat required to island; dock to island not accessible.)	

Lake St. George State Park www.maine.gov/lakesaintgeorge

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Playground	Accessible	
Main feature - Beach	Somewhat Accessible (stairs to water)	

Overnight Use

Check in:	Accessible	
Campsites:	Somewhat Accessible	
Restrooms:	Somewhat Accessible	

Lamoine State Park www.maine.gov/lamoine

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Not Accessible	
Picnic Tables:	Accessible with Assistance	
Main feature - Beach:	Accessible (access to beach is via boat launch parking lot)	

Boat launch:	Accessible	
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Overnight Use

Check in:	Accessible with Assistance (accessible by driving up to booth)	
Campsites:	Accessible with Assistance (one site is accessible, but the path to the toilet/shower building is uneven)	
Restrooms:	Accessible (with accessible showers)	

Lily Bay State Park www.maine.gov/lilybay

Limited access

Day Use

Check in:	Accessible	
Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible (located at main entry)	
Playground	Accessible	
Main feature - Dunn Point Beach:	Somewhat Accessible	
Boat launch:	Not Accessible	

Overnight Use

Campsites:	Accessible with Assistance (Rowell Cove fully accessible with pathway to vault privy)	
Restrooms:	Accessible with Assistance	

Moose Point State Park www.maine.gov/moosepoint

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible (one table is fully accessible)	
Playground	Accessible	
Main feature - Beach and Picnic Area:	Somewhat Accessible: Beach is not accessible, pathway to overlook and interpretive area accessible; Moose Pt. Trail somewhat accessible.	

Mt. Blue State Park www.maine.gov/mountblue

Good access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Playground	Accessible	
Picnic tables:	Generally Accessible	
	Except for Trails, Accessible with Assistance - Center Hill has limited access, but has an accessible restroom and good views from the parking area; Webb Beach has an accessible restroom and picnic shelter and paths have been smoothed. Beach wheelchair available.	
Main feature - Center Hill, Webb Beach, and Hiking Trails:		
Boat launch:	Accessible	

Overnight Use

Check in:	Generally Accessible	
Campsites:	Accessible (several campsites are accessible)	
Restrooms:	Accessible (including accessible showers)	

Peaks-Kenny State Park www.maine.gov/peaks-kenny

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible with Assistance	
Picnic tables:	Accessible with Assistance	
Main feature - Beach:	Accessible with Assistance (best access at east picnic area; beach wheelchair available)	

Overnight Use

Check in:	Accessible (parking at booth accessible, restroom at booth fully accessible)	
Campsites:	Accessible with Assistance (west camp area offers best access)	
Restrooms:	Generally Accessible	
Showers:	Somewhat Accessible	

Popham Beach State Park www.maine.gov/pophambeach

Good access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - West Beach:	Generally Accessible (a beach wheelchair is available on a first come, first served basis); Center Beach Group Area: Picnic tables are accessible but access to water is limited	

Quoddy Head State Park www.maine.gov/quoddyhead

Limited access

Day Use

Parking:	Accessible (at lighthouse)	
Restrooms:	Not Accessible	
Picnic tables:	Somewhat Accessible	
Main feature - Trails:	Somewhat Accessible (<i>Steep gravel and rocky slopes</i>); Beach is not accessible; Coast Guard Trail – first .5 miles is accessible Lighthouse & Visitors center - accessible	

Range Pond State Park www.maine.gov/rangepond

Good access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Shelter/Meeting Room	Accessible	
Playgrounds (2)	Accessible	
Picnic tables:	Accessible	
Trails	Accessible – on rail bed.	
Main Feature – Beach	Accessible, including transitional dock access to the water, beach wheelchair available.	

Rangeley Lake State Park www.maine.gov/rangeleylake

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - Beach:	Somewhat Accessible (Access to water requires assistance)	
Boat launch:	Accessible	

Overnight Use

Check in:	Generally Accessible	
Campsites:	Accessible	
Restrooms:	Accessible (including showers)	

Reid State Park www.maine.gov/reid

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Lagoon:	Accessible by ramp	
Main feature - Beaches:	Griffith Head and Todd Point are generally accessible except for full access to the water; beach wheelchair available.	

Roque Bluffs State Park www.maine.gov/roquebluffs

Good access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - Beach:	Accessible deck overlooks Englishman's Bay but direct to beach is down some steps; paved path from parking area to deck	

Sebago Lake State Park www.maine.gov/sebagolake

Good access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Pine Grove Kitchen Shelter	Accessible	
Playground:	Accessible	
Veteran's Fishing Pier:	Accessible (at meeting of Songo & Crooked Rivers)	
Boat launch:	Accessible	
Picnic tables:	Accessible	
Main feature - Beach:	Accessible with Assistance; beach wheelchair available.	

Overnight Use

Check in:	Accessible	
Campsites:	Accessible	
Restrooms:	Accessible	

Shackford Head State Park www.maine.gov/shackfordhead

No access

Day Use

Parking:	Somewhat Accessible	
Restrooms:	Somewhat Accessible	
Main feature - Trails:	Not Accessible (Wood trails to overlook; steep paths)	

Swan Lake State Park www.maine.gov/swanlake

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Generally Accessible	
Picnic tables:	Accessible	
Playground	Access to Group Picnic Area requires assistance. Accessible	
Main feature - Beach:	Generally Accessible (Easy access to beach, but water entry requires assistance; beach wheelchair available).	

Two Lights State Park www.maine.gov/twolights

Good access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Group Picnic & Shelter Areas:	Accessible	
Main feature – Rocky Beach	Accessible paths to ocean overlooks.	

Vaughan Woods Memorial State Park www.maine.gov/vaughanwoods

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - Trails:	Not Accessible (Steeps trails through woods to river)	

Warren Island State Park www.maine.gov/warrenisland

No access

Day Use

Restrooms:	Somewhat Accessible	
Picnic tables:	Somewhat Accessible	
Main feature - Island and Beach:	Island and Beach: Off-shore island - Not Accessible (Boat access to island required; beach Not Accessible)	

Overnight Use

Campsites:	Not Accessible	
Restrooms:	Not Accessible	

Wolfe's Neck Woods State Park www.maine.gov/wolfesneckwoods



Good access

Day Use		
Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature - Trails and Shorefront:	Accessible loop to shore	
Shelter:	Accessible	

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State Historic Sites

Colonial Pemaquid State Historic Site www.maine.gov/colonialpemaquid



Limited access

Day Use		
Parking:	Accessible	
Restrooms:	Accessible at museum, fort house & restaurant	
Main feature: Museum, forts, & restaurant	Museum & Fort House accessible; some steep slopes around foundations make this area accessible with assistance; Fort William Henry Tower is somewhat accessible with an interior ramp at first level; restaurant is accessible.	

Eagle Island State Historic Site www.maine.gov/eagleisland



No access
(off-shore island)

Day Use		
Gangway and pier:	Not accessible (gangway to pier has no steps, but is very steep at low tide)	
Restroom:	Accessible	
Main feature - Historic house and Trails:	Not Accessible (historic house has a steep slope.)	

Fort Edgecomb State Historic Site www.maine.gov/fortedgecomb



Limited access

Day Use		
Parking:	Accessible	
Restrooms:	Accessible	
Picnic Tables:	Accessible	
Main feature - Blockhouse and Earthworks:	Not Accessible (rough steps and steep paths)	

Fort Halifax State Historic Site www.maine.gov/forthalifax

No access

Day Use

Parking:	Accessible	
Main feature - Blockhouse:	Somewhat Accessible (steps into blockhouse, access requires assistance)	

Fort Kent State Historic Site www.maine.gov/fortkent

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible with Assistance (located at information center/gift shop)	
Picnic tables:	Accessible	
Main feature - Blockhouse:	Somewhat Accessible (steps into blockhouse, access requires assistance)	

Fort Knox State Historic Site www.maine.gov/fortknox

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Somewhat Accessible	
Main feature - Fort and Visitors Center:	Entrance to main fort structure is up a steep ramp; main fort building and grounds have steep slopes and steps throughout; visitors center is accessible)	

Fort McClary State Historic Site www.maine.gov/fortmcclary

Limited access

Day Use

Parking:	Accessible	
Restrooms:	Accessible	
Picnic tables:	Accessible	
Main feature: Blockhouse and Fort	Not Accessible (blockhouse entrance is up many steps; lower level fort grounds are accessible; upper level has steep paths)	

Fort O'Brien State Historic Site www.maine.gov/fortobrien

Limited access

Day Use

Parking:	Accessible	
Main feature - Fort Grounds:	Somewhat Accessible	

Fort Point State Park www.maine.gov/fortpoint



Limited access

Day Use

Parking:	Accessible	
Restrooms:	Somewhat Accessible	
Picnic tables:	Accessible	
Main feature - Beach, Lighthouse Grounds, Site of Fort Pownall:	Somewhat Accessible	

Fort Popham State Historic Site www.maine.gov/fortpopham



Limited access

Day Use

Parking:	Accessible	
Restrooms:	Not Accessible	
Picnic tables:	Accessible	
Main feature - Fort and Grounds:	Accessible on ground level; second level of fort not accessible	

Katahdin Iron Works State Historic Site www.maine.gov/katahdinironworks



Limited access

Day Use

Parking:	Accessible	
Main feature - Kiln and Furnace:	Somewhat Accessible (paths around site are uneven)	