



Choose your  
own Maine  
adventure!



# Choose your own Maine adventure



## LEAVE NO TRACE PRINCIPLES

Girl Scouts always practice Leave No Trace Principles. Below are some reminders as to what those principles are.

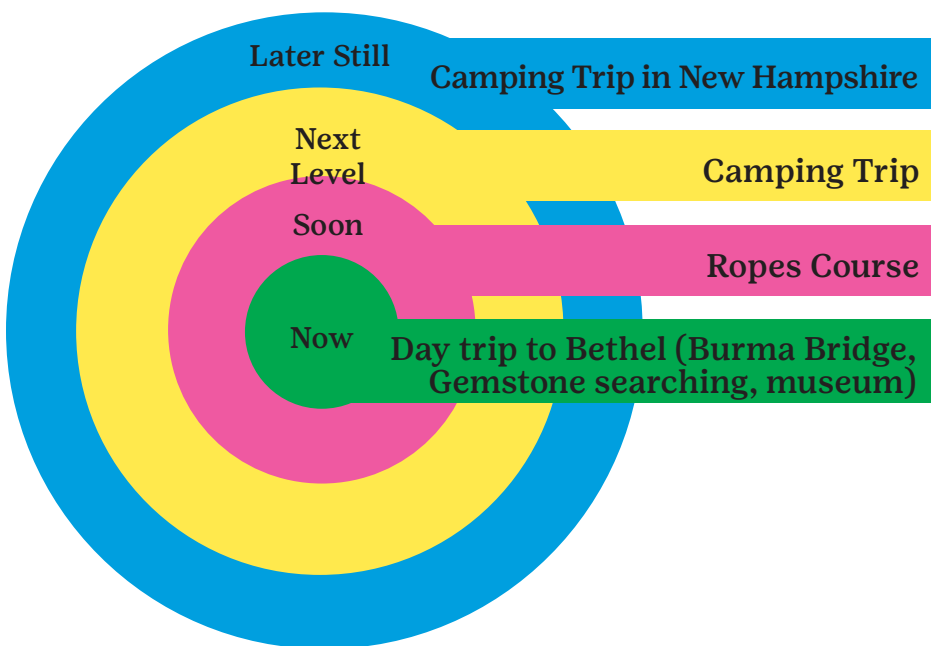
1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire impacts
6. Respect Wildlife
7. Be considerate of other visitors

**Experience the Maine outdoors** like never before with the help of this guide. From its beaches, to potato fields, to the rocky coast and majestic mountains, Maine's geography is as rich as it is diverse. Another Maine "treasure" is our Girl Scouts who, through their courage, confidence, and character, contribute so much to the quality of our lives. With the help of some examples and resources outlined in this guide, you should be able to experience many fun adventures unique to our state and earn the [Girl Scouts of Maine TreasureME patches](#).

**Pick a town to explore** and use this guide to plan your excursion, or even try using this guide to determine what type of adventure you want to do and then find out where it is offered in our state! Don't forget to explore your area and maybe even ask some of your Girl Scout sisters about some other possible places to explore as well.

## Here's an example from a Junior Troop from South Portland:

We brainstormed as a troop what kinds of activities we might like to do and decided which ones we knew we could do right away, which ones needed a little more planning, and which ones we could work up to. We then picked one we wanted to plan - a day trip to Bethel!



## RESOURCES TO FIND AN ADVENTURE:

- All Trails  
[alltrails.com](http://alltrails.com)
- Maine Trail Finder  
[Mainetrailfinder.com](http://Mainetrailfinder.com)
- Maine Parks & Lands  
<https://www.maine.gov/cgi-bin/online/doc/parksearch/index.pl>
- Only In Your State  
[www.onlyinyourstate.com/](http://www.onlyinyourstate.com/)



# Planning for adventure

**Troop#: Example**



Using this template, work with your girl(s) to plan your next adventure. Answer the questions to help create your itinerary and things you may want to bring. If you run out of space, just write on the back or use additional paper. Remember to check the [Safety Activity Checkpoints](#) before you go and to follow Leave No Trace Principles.

## **What types of things do we want to do?**

*(i.e. Story walks, geocaches, letterboxing, waterfalls, historic sites. Tip- resources like Only in Your State, Alltrails, Maine Parks & Lands may have some ideas).*

We knew we wanted to learn more about gems and minerals, so after doing some research on the Sluice at Bethel Outdoor Adventure & Campground (<https://betheloutdooradventure.com/>), we came across Bethel!

## **Where do we want to go?**

Bethel Outdoor Adventure & Campground, 121 Mayville Road, Route 2, Bethel, Maine, 04217

- Visit the Sluice, hunt and learn more about gems and minerals
- Try out the Burma Bridge

## **What we want to learn/ask while there:**

*(What global/cultural connections can you find? What unique features may you find in this area? What can you identify that's unique to this state? What historical information can you find on this area?)*

We learned that on June 10, 1796, Sudbury-Canada Plantation was incorporated as Bethel, the name taken from the Book of Genesis and meaning "House of God."

It was cool to discover that Bethel was one of the best farming towns in the state, especially for hay and potatoes. In winter, farmers found work logging, with the lumber cut at sawmills operated by water power from streams. Other manufacturers produced flour, leather and harnesses, furniture, boots and shoes, carriages, and marble and granite work. We learned that Bethel is located in Oxford county, which actually has a long history of mineral and gemstones too - which is one of the things we were really excited to learn about!

## **Are there other places we can visit while there?**

*(For example, is there a tourist information that recommends other things to do or that a local may have suggested during your visit?)*

We also visited the Maine Mineral and Gem Museum, 99 Main Street, Bethel, ME 04217 to learn more about gems and minerals. It has a cool blasting exhibit too!

## **What will we need?**

*(Hiking shoes, snacks, water, map of the area, camera, etc).*

hiking shoes, backpack, snacks, water, camera, bug spray, face mask/face covering, sunglasses, sunscreen, money to get souvenirs, GPS

## **AFTER OUR TRIP**

### **Pick one thing that is a must see while there:**

We were looking for a little extra exercise and heard of this free trail, the Bethel Pathway. It is right near Davis Park and can lead you right to the Bethel Outdoor Adventure & Campground.

### **Where did we hear about or get information about this adventure?**

<https://www.onlyinyourstate.com/maine/bridge-secret-island-me/>

### **Would we recommend this adventure to others and why? If so, share it at a Service Unit Leaders' Meeting, Volunteer SWAP, or local paper.**

We had such a great time exploring a new place and learning about other parts of Maine. It was cool to bring home souvenirs like the gemstones that we found on our own.

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