



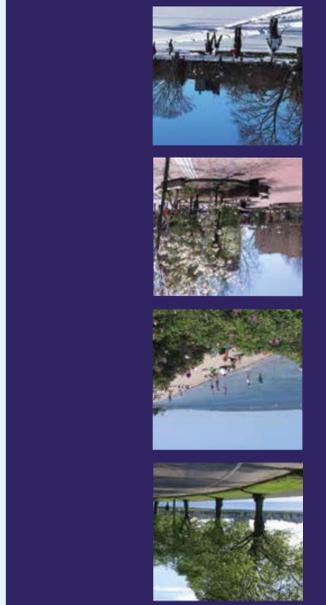
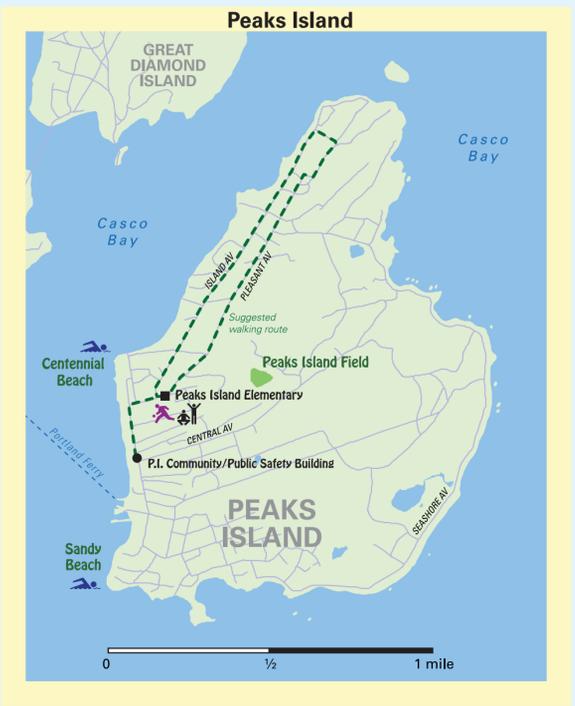
# Places To Play

City of Portland Recreational Facilities

Breathe Easy!  
It's against the law to smoke  
in city parks and open spaces.

### Explanation of Symbols

- |  |                          |  |                           |
|--|--------------------------|--|---------------------------|
|  | Public Playground        |  | Walking Path              |
|  | Community Athletic Field |  | StoryWalk                 |
|  | Public Park              |  | Bicycle Trail             |
|  | Special Park Facilities  |  | Dog Park                  |
|  | Historic Cemetery        |  | Birdwatching              |
|  | Interstate               |  | Swimming                  |
|  | Major Road               |  | Boat Launch               |
|  | Minor Road               |  | Baseball / Softball Field |
|  | Walking/Bike Path        |  | Basketball Court          |
|  | Public School            |  | Soccer Field              |
|  | Community Center         |  | Football Field            |
|  | Hospital                 |  | Tennis Court              |
|  | Restroom                 |  | Playground                |
|  | Picnic Area              |  | Fitness Station           |
|  | Farmers Market           |  | Water Feature             |
|  |                          |  | Cross Country Ski Trail   |
|  |                          |  | Snowshoeing Trail         |
|  |                          |  | Snowboarding              |
|  |                          |  | Sledding                  |
|  |                          |  | Ice Skating               |



Places To Play

City of Portland  
Maine

Places To Play



# Places To Play

## City of Portland Recreational Facilities

**Back Cove: E-5** 

Baxter Boulevard is a great path around the Back Cove tidal basin, extending over three miles along Baxter Boulevard from Preble Street to Tukey’s Bridge. Access is available from the Back Cove parking lot on Preble Street Extension or at Payson Park. The recreation path attracts thousands of walkers, runners, bicyclists and others each week. This is a popular location for walk-a-thons, marathons, soccer games, and other events. The boulevard is lit at night. The recreation path is 3.6 miles long. The area attracts many species of waterfowl and is a popular bird-watching site. Port-o-potties are available.

**Baxter Woods: D-4** 

Baxter Woods is a beautiful 30-acre nature preserve. You can come here to explore the woods, hike, or bike. The fantastic trails are maintained by Portland Trails. Don’t let winter stop you—throw on some boots or snowshoes and explore some more! Parking is available along Stevens and Forest Avenues.

**Capisic Pond Park: B-5** 

This 18-acre park offers fun in all seasons. Portland Trails has paths running through the park next to the pond that are great for a summer hike. Access is from Macy Street (off Capisic Street) or Lucas Street (off Brighton Avenue).

**Deering Oaks Park: E-5** 

The 54-acre Deering Oaks Park is a focal point of Portland’s park system. This park provides plenty of summer shade with paved walkways and benches. The park includes a small scenic pond with fountain, the Karl Switzer Rose Garden, several tennis and basketball courts as well as a sand volleyball court. Cool off at Deering Oaks Ravine, a play area for kids with standing water pools and spraying water coming up from the ground. The Deering Oaks Castle is used as an information center by the Greater Portland Convention & Visitors Bureau and is open year round seven days a week. Also located in the park are a baseball field, children’s playground, and horseshoe pits.

Winter is a special time for Deering Oaks. When the ice on the pond is thick enough, Public Services clears the snow and periodically floods the surface for improved ice skating conditions. A lighting display, designed by Pandora LaCasse and sponsored by Friends of Deering Oaks, adorns the trees with colorful ornamentation throughout the winter. Restrooms available.

**Dougherty Field and Kiwanis Pool: D-5** 

Dougherty Field is overflowing with fun activities. There is a baseball and softball field as well as several multi-purpose fields where you can play soccer, lacrosse, frisbee and more. Be sure to call the City’s Recreation Department for a permit to use the fields. In the summer, one of the best parts of this park is at the Kiwanis swimming pool. Another highlight is Portland’s very own skate park. Grab your skateboard and come on down!

**Eastern Promenade: F-4** 

The Eastern Promenade forms the easternmost edge of the Portland Peninsula, extending from Tukey’s Bridge to Fort Allen Park. It is a great location for family and friends to enjoy every season.

In the summer, it is a perfect picnic spot. The park has a great lawn that leads down towards the water at East End Beach. You can also take a rest on one of the benches at the top of the hill and enjoy amazing views of the water and islands.

Eastern Promenade park area has a children’s playground, a small picnic shelter, three tennis courts, and a half-court basketball area.

Kiley Softball Field is also located at the Eastern Promenade. Contact the City’s Recreation Department for information on availability and scheduling at 207-756-8275.

At the bottom of the hill is East End Beach, which is the City of Portland’s only public beach and boat launch. Head on down for a swim on a hot day. For more information on boat launch policies, launch passes, and dinghy/kayak rack rental please contact Public Services at 207-874-8801. There is a community rowing program at the beach. Contact the City’s Recreation Department for more information.

Dog access is limited on the East End Beach; but there is a designated dog beach near the boat launch that you can go to anytime. Restrooms are available in the summer; port-o-potties are available in other months.

**Evergreen Cemetery Woods: C-3** 

This hidden gem is a great place for birders, bikers and curious kids. There are numerous trails winding through the woods at the back of the cemetery. In the spring time, when you hear those birds chirping again, visit Evergreen Cemetery to see the incredible variety of migrating birds. If you want some guidance, the Friends of Evergreen Cemetery lead group bird walks to help you learn to identify what you’re seeing. Contact Portland Public Services for more information. Bring your kids to explore the ponds that are full of bull frogs, tadpoles, and ducks galore! Access to Evergreen Cemetery is on Stevens Avenue.

**Fore River Sanctuary: B-5** 

The Fore River Sanctuary is a nature preserve and home to a natural waterfall called Jewell Falls. Portland Trails maintains a network of trails throughout the preserve. Parking at Frost and Congress Streets allows a longer hike to the falls, while parking at Rowe or Hillcrest Avenue (off Brighton Avenue) will put you closer. This a great place to go birding or just explore the falls.

**Fort Allen Park: F-5** 

Fort Allen Park is at the end of the Eastern Prom and provides a gateway to Eastern Promenade Park with its 8-sided gazebo. A summer concert series takes place here on Thursday evenings in July and August. You can also use the coin-operated viewing scopes on the lower walkway to see incredible views of Casco Bay and Fort Gorges.

**Fort Summer Park: F-5**

This park offers outstanding views of downtown Portland, Back Cove, and the western horizon. The views are amazing, and on a clear day you can even see the White Mountains.

**Harbor View Memorial Park: F-6**

This small park is scenically located on the edge of a hill overlooking the Fore River, the Casco Bay Bridge to South Portland, and Portland’s waterfront. It slopes gracefully down from York Street towards the water, affording outstanding views. The park leads to a pedestrian sidewalk on the Casco Bay Bridge to South Portland. Plaques honoring neighborhood residents are displayed in the park. There is excellent pedestrian linkage from the neighborhood; automobile access is by York or Brackett Street.

**Lincoln Park: F-5**

Lincoln Park was the first public park in Portland. It is located in the heart of downtown across the street from the Cumberland County Courthouse between Congress, Federal, Franklin, and Pearl Streets. Lincoln Park is a 2.5 acre rectangle of open space planted with a variety of young hardwood trees. It has a lovely, historic fountain at its center. Several small ornamental gardens are maintained in the park.

**Nason’s Corner / Breakwater School: B-4** 

The City maintains the winter skating surface and fields. The playground is owned & maintained by Breakwater School, a private facility.

**Oatnuts Park / Presumpscot River Preserve: D-1**

This preserve is a great place to come for a hike in the woods with family and friends of all ages—and in all seasons. Trails maintained by Portland Trails wind through the woods, next to magical streams, and weave along the Presumpscot River. You can stop and look at the falls, and maybe you’ll even see a

canoe coming down the river. Don’t forget to bring your binoculars to see some birds too.

The entrance to Oatnuts Park is on Summit Street, and you can get to the Presumpscot River Preserve through Oatnuts Park or from Overset Road.

**Payson Park: E-3**

Payson Park, 48 acres in size, features a sweeping lawn that slopes down from its highest point along Ocean Avenue towards Back Cove. Playing fields are situated on both sides of the roadway that bisects the park. In the summer, the kids can cool off at the park’s splash pad.

There are good walking routes to the park from Ocean Avenue and East Deering neighborhoods. The Baxter Boulevard recreation path provides excellent access for bicycles.

The Longfellow Arboretum is a 2.5 acre area of trees at the southwestern corner of the park beside a small tidal marsh connecting with Back Cove.

**Quarry Run: E-2** 

Quarry Run is one of Portland’s off-leash dog parks. It is also one of the most fantastic places to go birding. Visit in early May to see birds as they travel along their northern migration paths.

**Riverside Golf Course: B-1** 

A highlight of Portland—even in the winter! The golf course has miles of cross country skiing, sledding and snowboarding hills, and a fully lit skating rink. The snack shop is open year round, so you can warm up with a hot drink after your sledding runs in the winter. Once the snow disappears and the weather warms up, grab your clubs and head to the golf course. Riverside Golf Course is one of Portland’s treasures. There is an 18-hole and a 9-hole course open to the general public for a fee. There is also a 3-hole youth course staffed by the "First Tee", a national instruction program, for a fee. Restrooms are available.

**Riverton Trolley Park: B-2** 

This is a large wooded area, full of hilly trails and natural treasures. Come with your family for a walk or a picnic. In winter there is excellent snowshoeing, but be prepared for some hills. Access on the corner of Riverside Street and Forest Avenue.

**Stroudwater Park I & II: B-6** 

The Stroudwater neighborhood is one of the earliest 18th-century settlements of the Portland area, known as Stroudwater Crossing. The roadside park in this historic neighborhood, overlooking the Fore River tidal basin and estuary, features a small lawn space leading from the street to the edge of the tidal basin. The park offers quality views of the estuary and is frequented by geese. Pedestrians should use caution, as sidewalk access is limited. Automobile access is by Congress and Frost Streets. Parking is limited.

Stroudwater Park II is within walking distance of Stroudwater Park. This small parcel is located on the corner of Westbrook and Congress Streets. It has benches and views of Stroudwater Marsh. Enjoy the great trail network maintained by Portland Trails.

**Tommy’s Park: F-5**

Tommy’s Park is a small park in the heart of the Old Port business and commercial districts. Benches provide downtown workers and shoppers a place to eat lunch while enjoying the mix of outdoor green space and active city energy in this popular shopping district.

**Western Promenade: D-6** 

The Western Promenade sits at the edge of the Portland peninsula, encompassing 18.5 acres. It provides a lovely extended green space from the Maine Medical Center to the Western Cemetery on the southern end of the park. Walkways connect both ends of the promenade, offering views to the west of Mt. Washington and the White Mountains. Sunsets are often spectacular. A summer concert series takes place on Wednesday evenings in July and August.

 Restrooms	 Baseball/Sofball	 Water Feature
 Picnic Area	 Basketball	 Boat Launch

 Walking Path	 Soccer / Football	 XC Skiing
 StoryWalk	 Tennis	 Snowshoe

 Bicycle Trail	 Swimming	 Sledding/Snowboarding
 Birdwatching	 Playground	 Ice Skating

 Dog Park	 Fitness Station	 Farmers Market
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## City of Portland Playground Locations

Playground Hours 6:30am to 9:30pm, with the exception of schools when in session.

### In-town (Pennisula) Playgrounds

Adams School*	F-5
Clark Street Park	E-6
Deering Oaks Park	E-5
Eastern Promenade	F-4
Hall School*	F-5
Longfellow School*	E-6
McIntyre Park	F-5
Munjoy South Park	F-5
Pleasant Street Park	F-6
Reiche School*	E-6
Riverton School*	F-5
Tate-Tyng Playground	E-6
Wills Playground (Eastern Promenade)	F-4

### Greater Portland Playgrounds

Hall School*	B-4
Heseltine Park	D-4
Nathan Clifford School*	D-5
Longfellow School*	C-4
Lyseth-Lyman Moore School*	D-2
Presumpscot School*	F-3
Riverton School*	B-2
West School*	D-5

### Island Playgrounds

Peaks Island School*	Peaks Island
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### Off-Leash Dog Parks

Quarry Run Dog Park	E-2
Valley Street Dog Park	D-6

### Multipurpose Stadiums (Artificial surfaces for football, soccer and other field sports)

Fitzpatrick Stadium	D-5
Memorial Stadium/Deering High School* (Both stadiums have lights)	C-4

### Softball Fields

East End Community School*	F-4
Deering High School*	C-4
Dougherty Field	D-5
Hall School*	B-4
Kiley Field (Eastern Promenade)	F-4
Payson Park ( <i>lights</i> )	E-3
Presumpscot School*	F-3
Quinn Field (Deering Oaks)	E-5
Riverton School ( <i>lights</i> )*	B-2

### Baseball Fields

Deering Oaks Park	E-5
Dougherty Field	D-5
Deering High School* (Harlow Field)	C-4
Lyseth-Lyman Moore School*	D-2
Pedro Field	D-5

### Multipurpose Fields (including soccer, field hockey, lacrosse and football)

Dougherty Field	D-5
Fox Field	F-5
Lyseth-Lyman Moore School*	D-2
Payson Park	E-3
Preble Street Field (Back Cove)	E-5
Presumpscot School*	F-3
Deering High School*	C-4
Reiche School*	E-6
Riverton School*	B-2

### Tennis Courts

Eastern Promenade	F-4
Deering High School*	C-4
Deering Oaks Park	E-5
Lyseth-Lyman Moore School*	D-2
Payson Park	E-3
Riverton School*	B-2

### Track

Fitzpatrick Stadium	D-5
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## Basketball Courts

Adams School*	F-5
Deering High School*	C-4
Deering Oaks Park	E-5
Eastern Promenade	F-4
Hall School*	B-4
Longfellow School*	C-4
McIntyre Park	E-6
Munjoy South Park	F-5
Nathan Clifford School*	D-5
Payson Park	E-3
Pleasant Street Park	F-6
Reiche School*	E-6
Riverton School*	B-2
Tate-Tyng Playground	E-6

## Bird Watching

Baxter Woods	D-4
Evergreen Cemetery Woods	C-3
Fore River Sanctuary	B-5
Oatnuts Park	D-1
Payson Park Arboretum	E-3
Presumpscot River Preserve	D-1
Quarry Run/Ocean Avenue	E-2

## Ice Skating

Call Public Services for conditions 207-874-8801

Capisic Pond Park	B-5
Deering Oaks Park	E-5
Ludlow Street Pond	C-4
Nason’s Corner Park	B-4
Payson Park	E-3
Portland Ice Arena (fee)	D-6
Riverside Golf Course	B-1

## Picnic Areas

Baxter Woods	D-4
Baxter Pines	C-4
Deering Oaks Park	E-5
Eastern Promenade	F-4
Fort Allen Park	F-5
Payson Park	E-3

## Sledding

Eastern Promenade	F-4
Payson Park	E-3
Riverside Golf Course	B-1

## Cross Country Skiing or Snowshoeing

Back Cove Park	E-5
Baxter Woods	D-4
Capisic Pond Park	B-5
Deering Oaks Park	E-5
Eastern Promenade	F-4
Evergreen Cemetery Woods	C-3
Oatnuts Park	D-1
Presumpscot River Preserve	D-1
Riverside Golf Course	B-1
Riverton Trolley Park	B-2

## StoryWalk

Payson Park	E-3
Riverton Drive	B-2

## Swimming Pools and Beaches

East End Beach	F-4
Kiwanis Pool (fee)	D-5
Reiche Community Center Pool (fee)	E-6
Riverton Community Center Pool (fee)	B-2
Centennial Beach	Peaks Island
Torrington Point Beach	Peaks Island

## Water Features

Deering Oaks Ravine	E-5
Kiwanis Pool Splash Pad	D-5
Payson Park Splash Pad	E-3
Peppermint Park Splash Pad	F-5
Stone Street Splash Pad	F-5

## Farmers’ Markets

Deering Oaks Park	E-5
Monument Square	F-6

## Walking Trails and Paths

Back Cove Park	E-5
Baxter Woods	D-4
Capisic Pond Park	B-5
Deering Oaks Park	E-5
Eastern Promenade	F-4
Evergreen Cemetery Woods	C-3
Fitzpatrick Stadium	D-6
Fore River Park	C-6
Fore River Sanctuary	B-5
Fort Allen Park	F-5
Oatnuts Park	D-1
Payson Park	E-3
Peaks Island	Peaks Island
Pine Grove Park	D-2
Presumpscot River Preserve	D-1
Riverton Trolley Park	B-2
Stroudwater Park I & II	B-6
University Park	D-3
Western Cemetery	D-6
Western Promenade	D-6

*\* Please: We request school playgrounds be retained for school use during the hours when school is in session.*

*For information on availability and scheduling of fields, please contact the City of Portland Recreation Department at 207-756-8275.*

*Smoking is prohibited at designated City parks, trails and open spaces, and at or within 20 feet of City of Portland-owned or maintained public playgrounds, beaches, and athletic facilities. Per state law, it is illegal to use tobacco products on any school grounds at any time.*

*Please help keep our fields, parks, and other play areas clean for everyone to enjoy. Please respect our trash-in, trash-out policy, including dog waste.*

*Dogs are prohibited on playgrounds, schoolyards, and athletic fields in the City of Portland. Dogs are prohibited on East End Beach from 7 a.m. and 5 p.m. between Memorial Day and Labor Day.*



Don’t forget, nearly all of these locations can be accessed by bike or bus. Contact METRO for more information.

Helpful contacts:  
  
Healthy Portland: 207-756-8021  
Portland Recreation Department: 207-756-8275  
Public Services: 207-874-8801  
Riverside Golf Course: 207-797-3524  
METRO: 207-774-0351

For more information on Portland Trails, a non-profit organization, see www.trails.org

Funding provided by:



Healthy Portland is a Healthy Maine Partnership located at the City of Portland Health and Human Services Department, Public Health Division. For more information on this map or opportunities for physical activity fun in Portland, contact Healthy Portland (healthyportland@portlandmaine.gov) or the Portland Recreation Department.

# Fun in every season!

## Summer