



Join Us for our Next Spirit Walk in Cumberland Town Forest!

Where: Cumberland Town Forest <https://www.cumberlandmaine.com/town-forest>

When: September 20th, rain date September 21st.

Meeting Time: 9 am (walk will start no later than 9:15 am)

Meeting Place: Kiosk behind the Cumberland Town Hall at 290 Tuttle Road

Sign up: Sign the sheet on the bulletin board in our Church entry
OR Email cpascarella@maine.rr.com with name and contact number

- Wear sturdy shoes, hat, bug spray, sun block, your own snack and water
- No rest rooms at this location
- **Dogs are welcome on leash**

The walk includes a **Children's Story Walk** and we are hoping families can join us. It's a wooded path, but suitable for most strollers and mobility challenged. There is a child in all of us:)

Please read the description of the walk to assure it is suitable for you. More information can be found at: <https://www.mainetrailfinder.com/trails/trail/cumberland-town-forest>
We are looking forward to our walk ...hope you can join us!

Knowing that we all have varied schedules and lives, if you cannot join us, we are hoping that you may want to explore this preserve too. FYI, The Story Walk is changed monthly. Let us know what you think!