

MORE
to explore

st. mary's county

PASSPORT PROGRAM

Welcome to the **More To Explore Passport Program** brought to you by The Healthy Eating & Active Living (HEAL) Action Team of Healthy St. Mary's Partnership.

Discover what is just outside the door or around the corner while walking your way to wellness! The **More To Explore Passport Program** encourages all in St. Mary's County to get outside and enjoy an amazing combination of parks, historic sites, farmer's market and more. What are you waiting for, get outside and explore!

Visit 12 of 26 sites and receive a More To Explore Compass & be entered into a grand prize drawing. Prizes for completion of the More To Explore Passport can be picked up at your closest St. Mary's County Public Library. Grand prize winners will be contacted.

Don't forget to share your adventure on the More to Explore Facebook page!

***There is so much more
just outside your door!***



Site Amenities Symbols



biking



pets ok



fishing



fresh produce



kayaking



camping



picnicking



hiking



swimming



access



books



horseback riding



winery



shopping

More to Explore Sites

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Cardinal Gibbons Park

16924 St. Peter Claver Road
St. Inigoes, MD. 20684

The park has a playground, tennis court, basketball courts, softball fields and restroom facilities. Park hours are 7 a.m. to sunset.



Nutrition Tip #1

Thirsty? Drink water (0 calories)



Cardinal Gibbons
Park



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Chancellor's Run Regional Park

21903 Chancellor's Run Road
Great Mills, MD 20634

The park has a playground, tennis court, basketball court, softball fields, baseball fields, soccer fields, Hall of Fame Building, Activity Center, restroom facilities, picnic pavilion, hiking trails and bocce court. Park hours are 7 a.m. to sunset. Some nighttime activities are scheduled at this park.



Chancellor's Run Regional Park

Nutrition Tip #3

Hungry? Refuel with whole grains.



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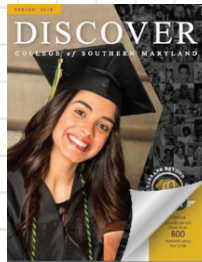


College of Southern MD - Leonardtown Campus

22950 Hollywood Rd
Leonardtown, MD. 20650

The College of Southern Maryland (CSM) is an open-admissions, comprehensive regional community college that fosters academic excellence and enhances lives in Southern Maryland. CSM meets the diverse needs of students and the community by providing accessible, accredited, affordable, and quality learning opportunities for intellectual development, career enhancement, and personal growth. The college embraces lifelong learning and service, providing a variety of personal enrichment and cultural programs in a safe and welcoming environment.

Markers available during working hours
5:30 am-9:30 pm Mon-Fri
8:00-5:00 Saturday
1:00-5:00 Sunday



College of Southern MD -
Leonardtowntown Campus

Nutrition Tip #2

Get family involved and
workout together.



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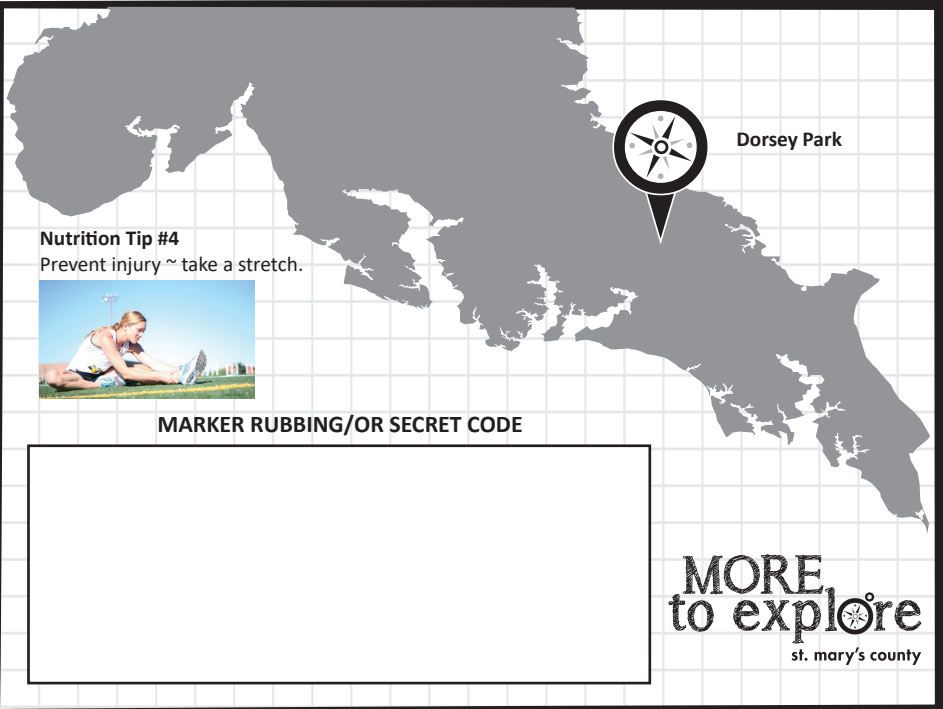
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Dorsey Park

24275 Hollywood Road
Hollywood, MD 20636

The park has a playground, lighted tennis court, basketball court, picnic pavilions, football fields, softball fields, baseball field, hiking trails, soccer field, horseshoe pit and restroom facilities. Park hours are 7 a.m. – sunset. Some night games are scheduled here.





Dorsey Park

Nutrition Tip #4
Prevent injury ~ take a stretch.



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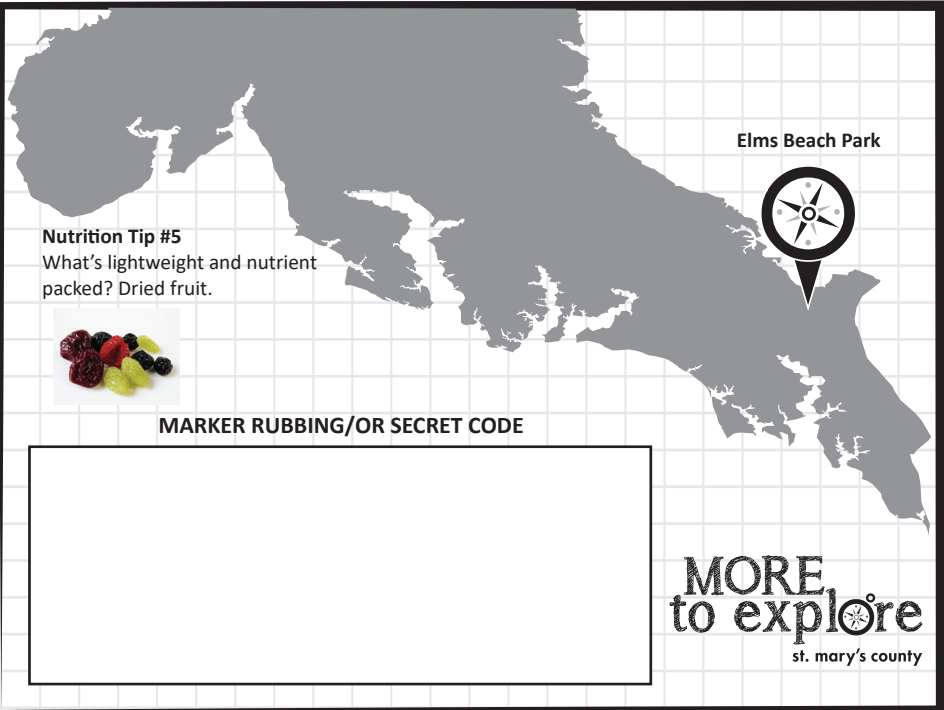
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Elms Beach Park

19350 Back Door Road
Lexington Park, MD 20653

The park has a playground, beach, picnic pavilion, seasonal portable restrooms, fishing/crabbing. Park hours are 7 a.m. to sunset. Park entrance fees are charged May – Labor Day on weekends only.





Nutrition Tip #5

What's lightweight and nutrient packed? Dried fruit.



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Fifth District Community Park

**37880 New Market Turner Road
Mechanicsville, MD 20659**

The park has a tennis court, basketball court, softball fields, baseball field, football fields, soccer fields, picnic pavilion, restroom facilities, horseshoe pit and hiking trail. Park hours are 7 a.m. to sunset. Some night games are scheduled here.





Fifth District
Community Park

Nutrition Tip #6

Walk + Drink lowfat milk =
Make healthy bones.



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Great Mills Canoe/Kayak Launch

20228 Point Lookout Road
Great Mills, MD 20634

Canoe/kayak launch and picnic tables.

Park hours are 7 a.m. – sunset.



Great Mills Canoe/
Kayak Launch

Nutrition Tip #7
Fruit. Real fast food.



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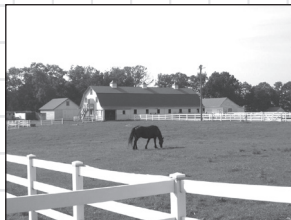


Greenwell State Park

25420 Rosedale Manor Lane
Hollywood, MD 20636

Greenwell is a 596-acre State Park located on the Patuxent River. The park is managed in partnership with The Greenwell Foundation, a non-profit organization dedicated to providing outdoor accessible recreation. The park offers horseback riding, waterfront and wooded trails, beautiful wetlands and forests. The More To Explore trail marker will be located at the bulletin board just outside the Foundation's Office. Enjoy the park's peaceful bounty!

Note: The entrance fee will be waived for families with a More to Explore Passport.





Greenwell
State Park

Nutrition Tip #8

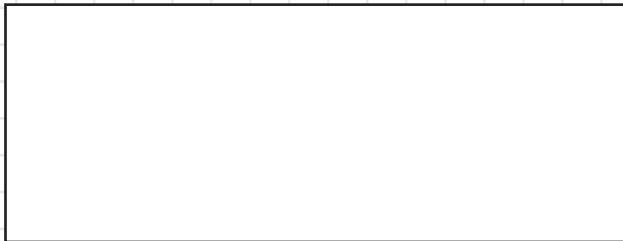
12 oz. soda
(100 calories)

12 oz. sport drink
(50 calories)

12 oz. water
(0 calories)



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Home Grown Farm Market

**21078 Three Notch Road (Rt 235)
Lexington Park, MD 20653**

The **Home Grown Farm Market** is a producer-only, indoor/outdoor market selling fresh produce, flowers, plants, meats, cheeses and baked goods to the community while promoting sustainable agriculture. Sustainable agriculture requires economic viability, eco-friendly production techniques that preserve water and soil resources, limited transportation of food and dependence on fossil fuels, and a strong connection between the producers and the consumers. Credit/Debit and SNAP and WIC cards are accepted here. This is a great family destination! Check below for hours.

**<https://www.facebook.com/homegrownfarmmarket>
www.homegrownfarmmarket.webs.com**

The trail marker will be located **INSIDE** the market building, which is open on market days. Trail marker is sponsored by the Southern Maryland Agricultural Development Commission (SMADC).



SMADC



Home Grown
Farm Market

Nutrition Tip #9
Are you in the zone?
Check your heart rate.



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Historic St. Mary's City

Visitor Center
18751 Hogaboom Lane
St. Mary's City, MD 20686

At **Historic St. Mary's City (HSMC)**, a museum on the site of Maryland's first capital, families can explore help a planter tend his fields, and step on board a tall ship. Discover the world of the Yaocomaco people, and the place where Roman Catholics first worshipped in the British colonies. At the St. John's Site Museum, gain insight into ways historians and archaeologists reconstruct the past.

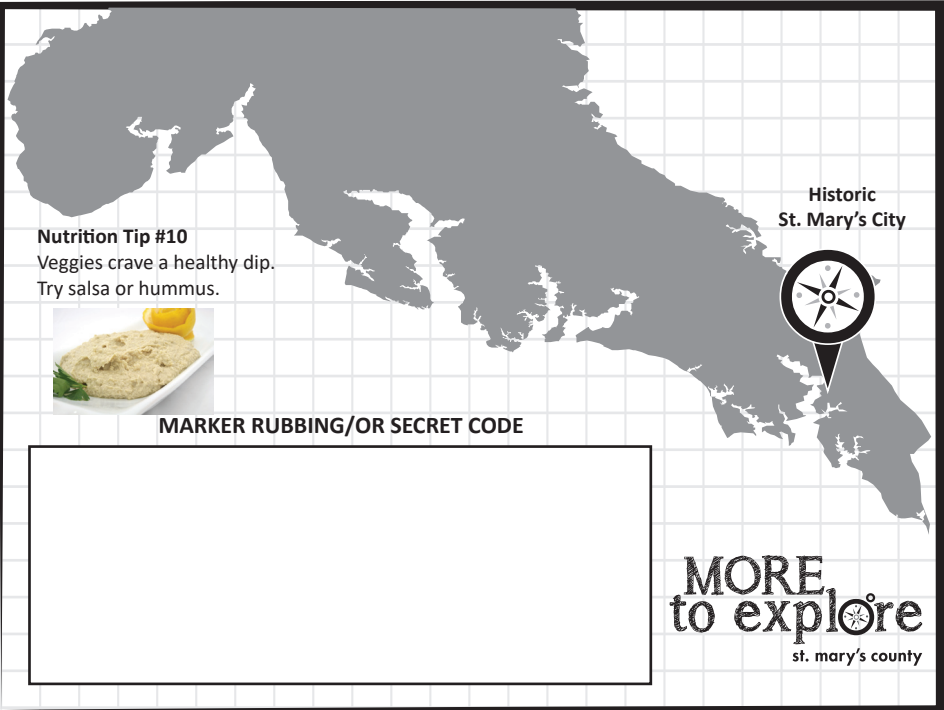
At HSMC, history is hands-on!



HISTORIC
ST. MARY'S CITY

A MUSEUM OF HISTORY & ARCHAEOLOGY AT
MARYLAND'S FIRST CAPITAL





Historic
St. Mary's City

Nutrition Tip #10

Veggies crave a healthy dip.
Try salsa or hummus.



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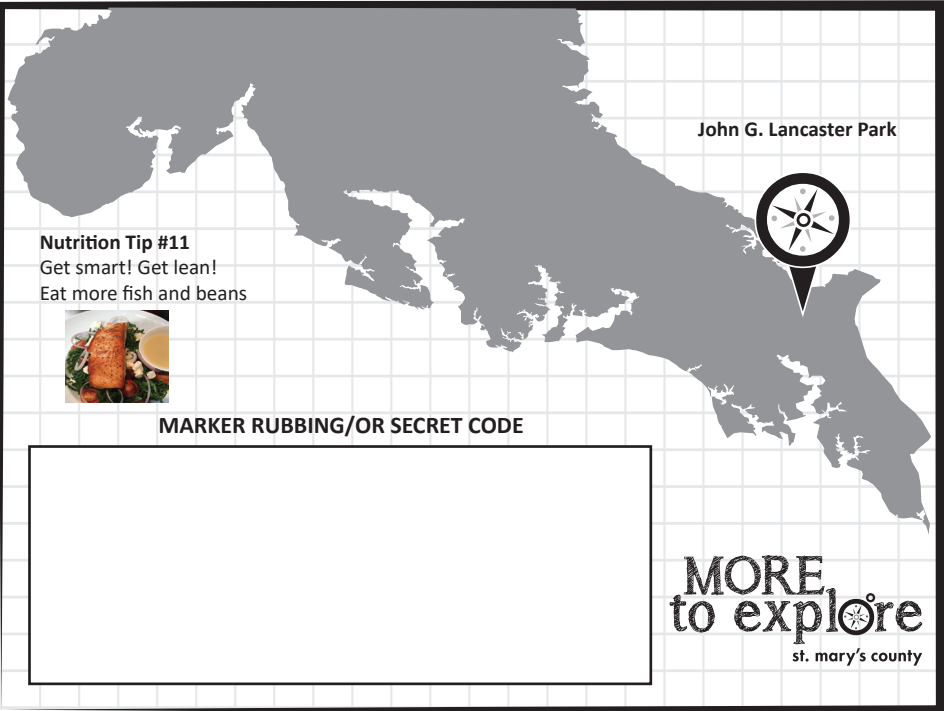
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John G. Lancaster Park

**21550 Willows Road
Lexington Park, MD 20653**

The park has a playground, basketball court, softball fields, football, soccer fields, disc golf course, dog park, two restroom buildings, picnic pavilion and hiking trails. Park hours are 7 a.m. – sunset. Some night games are scheduled here.





John G. Lancaster Park

Nutrition Tip #11

Get smart! Get lean!
Eat more fish and beans



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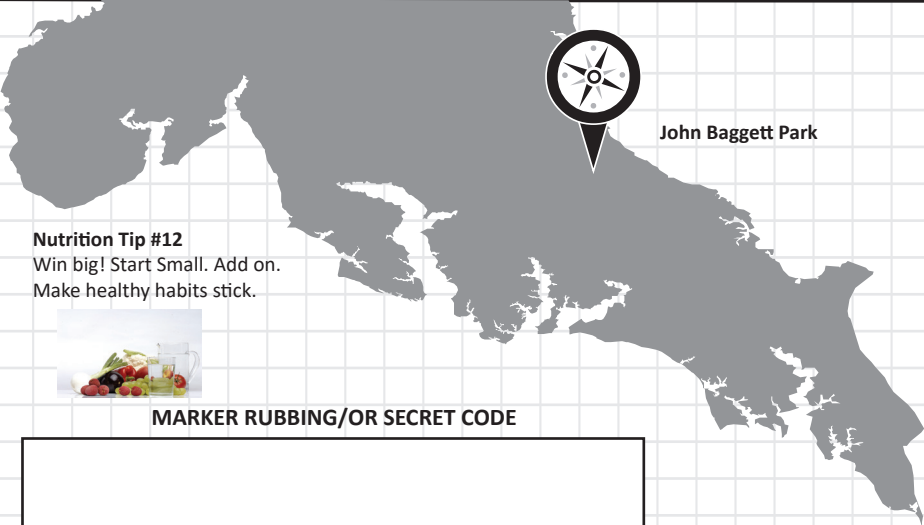
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John V. Baggett Park at Laurel Grove

26929 Three Notch Road
Mechanicsville, MD 20659

The park has a playground, tennis court, basketball court, softball and baseball fields, hiking trails, horseshoe pit and restroom facility. Park hours are 7 a.m. to sunset.





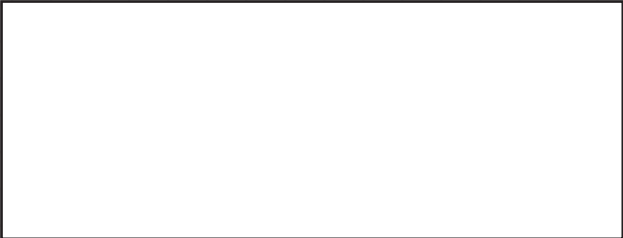
John Baggett Park

Nutrition Tip #12

Win big! Start Small. Add on.
Make healthy habits stick.



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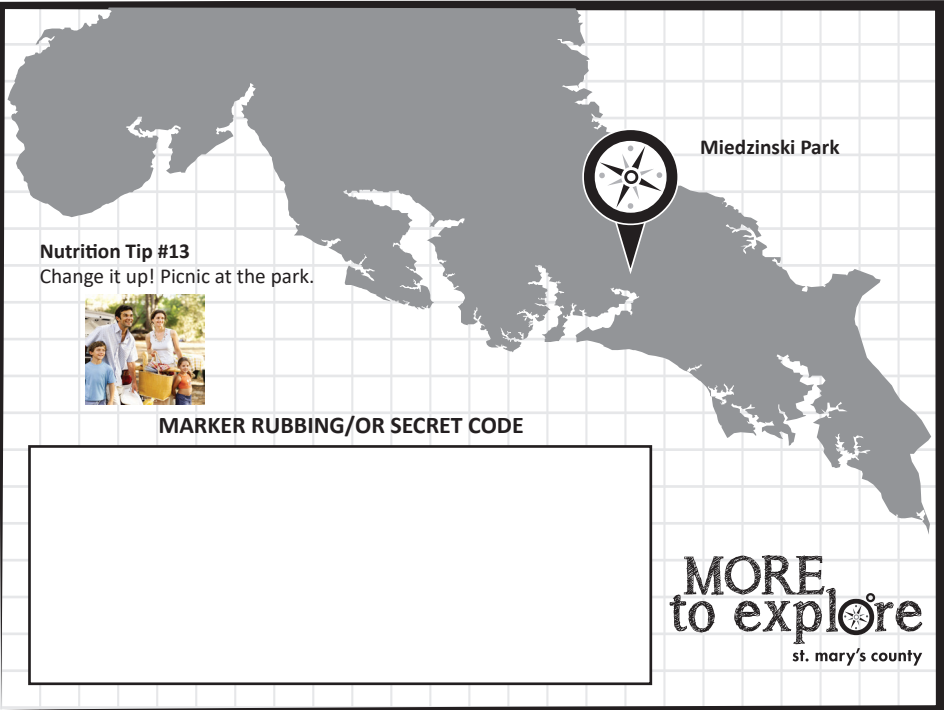
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Miedzinski Park

23145 Leonard Hall Drive
Leonardtown, MD 20650

The park has a playground, softball field,
soccer fields, picnic tables and restroom facilities.
Park hours are 7 a.m. – sunset.





Miedzinski Park

Nutrition Tip #13

Change it up! Picnic at the park.



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Myrtle Point Park

24050 Patuxent Boulevard
California, MD 20619

The park has picnic tables, hiking trails, beach, fishing, crabbing and portable restroom facilities. Park hours are 7 a.m. to sunset. There is a park entry fee from the first weekend in May through Labor Day, weekends only.





Myrtle Point Park

Nutrition Tip #14

Save \$ and calories - pack a healthy lunch.



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Nicolet Park

21777 Bunker Hill Drive
Lexington Park, MD 20653

The park has a playground, basketball court, softball field, two restroom facilities, two pavilions, skate park and sprayground. Park hours are 7 a.m. to sunset. Skate Park has various hours. Sprayground is open Memorial Day – Labor Day. Skatepark and sprayground have fees for admittance only.





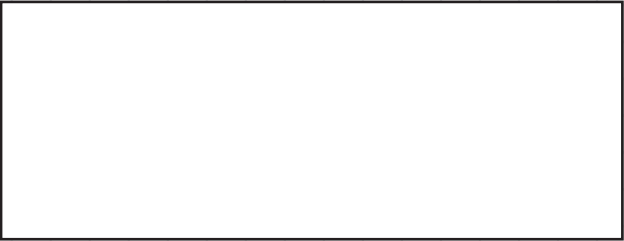
Nicolet Park

Nutrition Tip #15

Trying to lose weight?
Eat breakfast.



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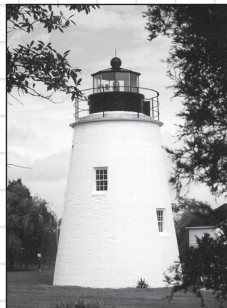
Piney Point Lighthouse, Museum & Historic Park

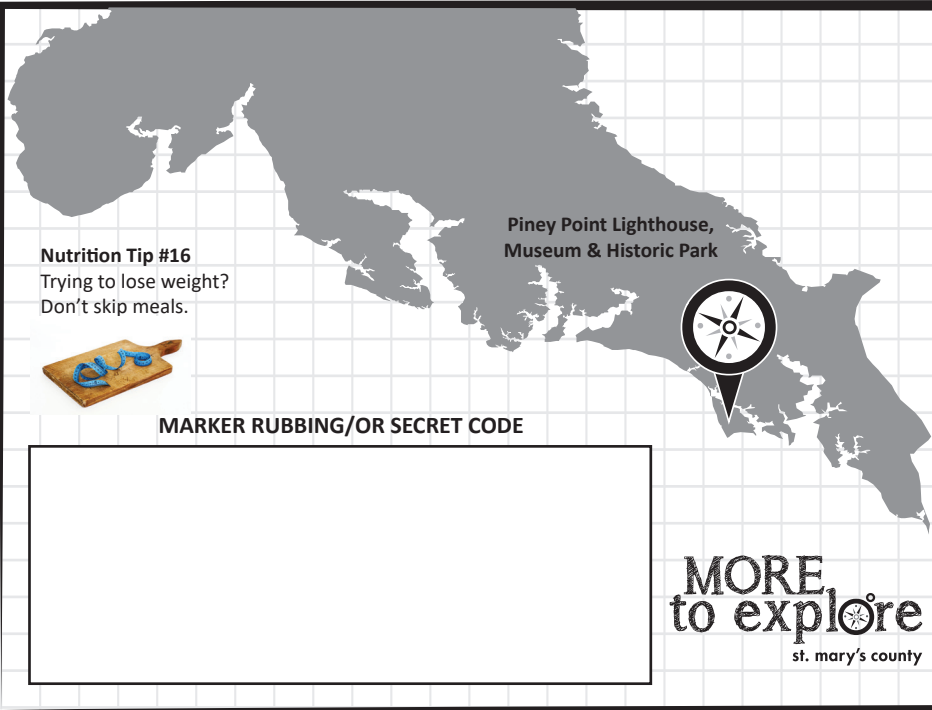
44740 Lighthouse Road
Piney Point, MD 20674

www.stmarysmd.com/recreate/museums

The 1836 lighthouse and keeper's quarters sits on a six acre park property. Other amenities include two exhibit buildings, a kayak launch, pier, picnic area and beach front. Beautiful walkways and self-guided grounds tour. (Note: no swimming or fishing.) The trail marker will be located near the Dory Boat Exhibit on the park grounds.

The museum entry fee is \$7.00 adults, \$3.50 for seniors, military and students, children under 5 – free, park grounds are free.





Nutrition Tip #16

Trying to lose weight?
Don't skip meals.



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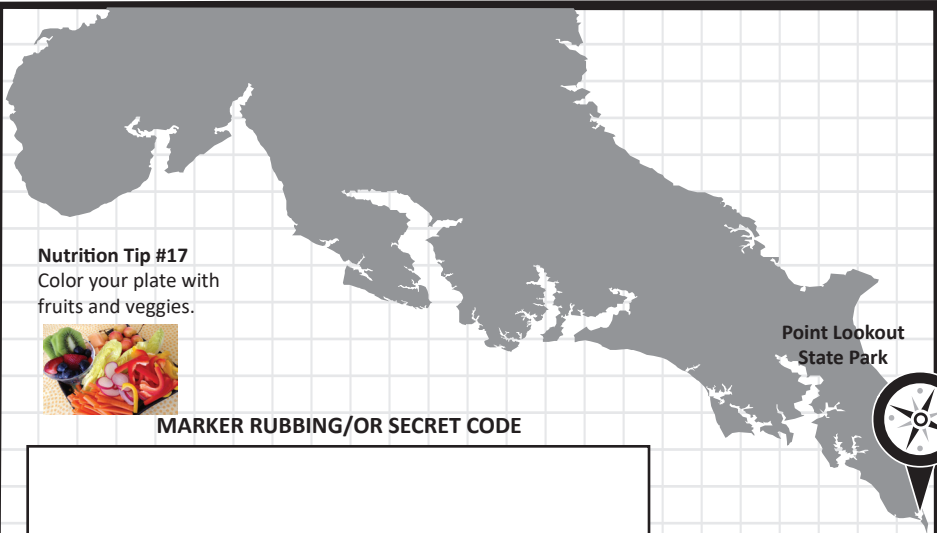
Point Lookout State Park

11175 Point Lookout Road
Scotland, MD 20687

Recreational opportunities abound on this picturesque peninsula formed by the Chesapeake Bay and the Potomac River. Swimming, fishing, boating and camping are just a few of the activities to be enjoyed in this beautiful bay setting. This park's peaceful surroundings belie its history as the location of a prison camp which imprisoned as many as 52,264 Confederate soldiers during the Civil War. A museum on site recounts this history and displays the trail marker.

Hint: Nature Center

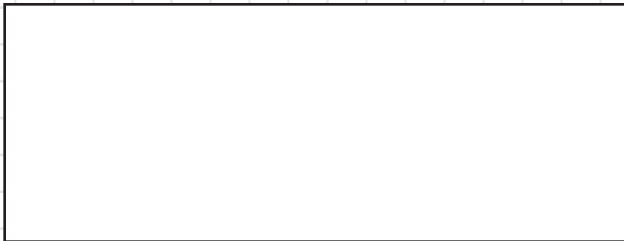




Nutrition Tip #17
Color your plate with
fruits and veggies.



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Seventh District Park

23035 Colton Point Road
Bushwood, MD 20618

The park has softball fields, baseball field, basketball court, tennis court, picnic tables, playground and seasonal restroom facilities. Park hours are 7 a.m. – sunset.



Seventh District
Park



Nutrition Tip #18

Cut down on salt.

Flavor up with herbs and spices.



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Sotterley Plantation

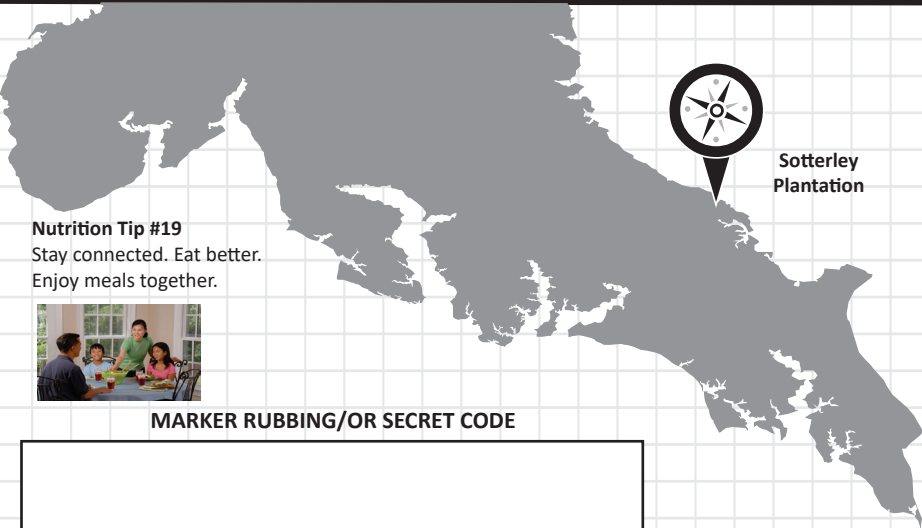
44300 Sotterley Lane
Hollywood, MD 20636

Sotterley Plantation, a National Historic Landmark, is one of the oldest museums of its kind in the United States, with a history dating back to the turn of the 18th century. Sotterley consists of almost 100 acres of breathtaking beauty on the Patuxent River that includes over six miles of nature trails, Colonial Revival Gardens, and over 20 historic buildings – including a 1703 Plantation House and original 1830's Slave Cabin. Guided and Audio Tours available, as well as site rentals. Sotterley holds many annual signature events.



*S*OTTERLEY *P*LANTATION





Sotterley
Plantation

Nutrition Tip #19

Stay connected. Eat better.
Enjoy meals together.



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St. Clements Island Museum

38360 Bayview Road
Colton's Point, MD 20626

www.stmarysmd.com/recreate/museums

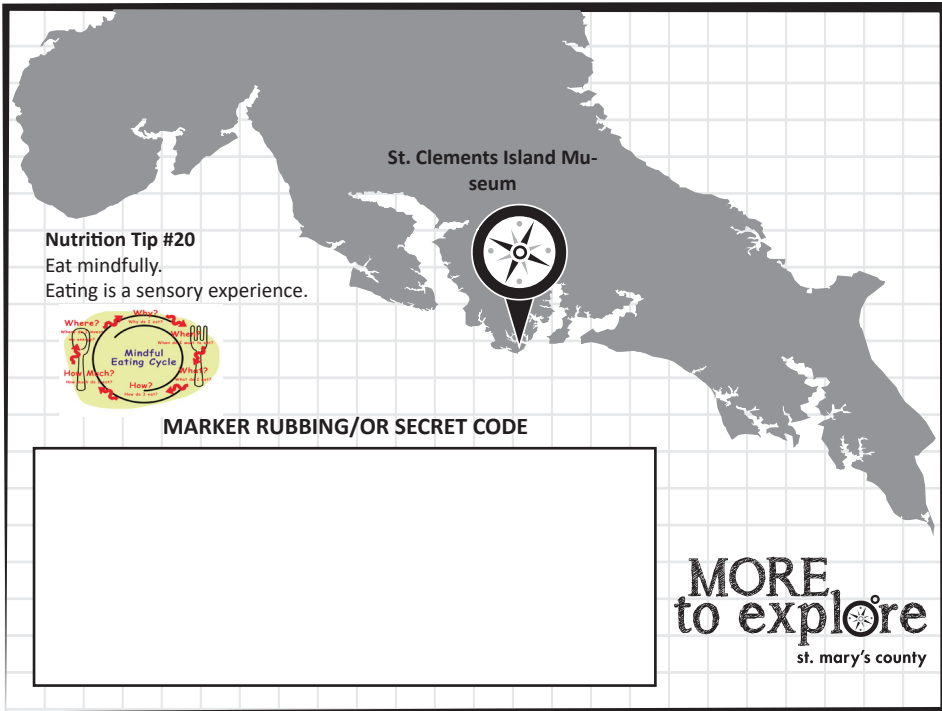
The St. Clements Island Museum tells the story of Maryland's founding, which took place on nearby St. Clements Island on the Potomac River. The site supports museum buildings, the 1820 Charlotte Hall Schoolhouse, an outdoor Dory boat exhibit and interpretive signage. The museum is open 10 a.m. – 5 p.m. and the grounds sunrise to sunset daily.



The trail marker can be found near the Dory Boat Exhibit on the park grounds, or see Visitor Services for help.

The museum entry fee is \$3.00 for adults, and \$1.50 for students, park grounds are free.





St. Clements Island Museum

Nutrition Tip #20
Eat mindfully.
Eating is a sensory experience.



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St. Mary's County Libraries

Charlotte Hall Library, 37600 New Market Road, Charlotte Hall

Leonardtown Library, 23250 Hollywood Road, Leonardtown

Lexington Park Library, 21677 FDR Blvd, Lexington Park

Fun and adventure await you at your St. Mary's County Library. Each library has a fantastic children's area filled with exciting books, CDs, and DVDs you can check out and librarians eager to help you. Participate in our **Summer Reading Program** and earn prizes, attend fun programs and get your very own library card if you don't have one.

Monday - Thursday:

9 AM - 8 PM

Friday - Saturday:

9 AM - 5 PM

Sunday (Lexington Park)

1 PM - 5 PM



Charlotte Hall Library

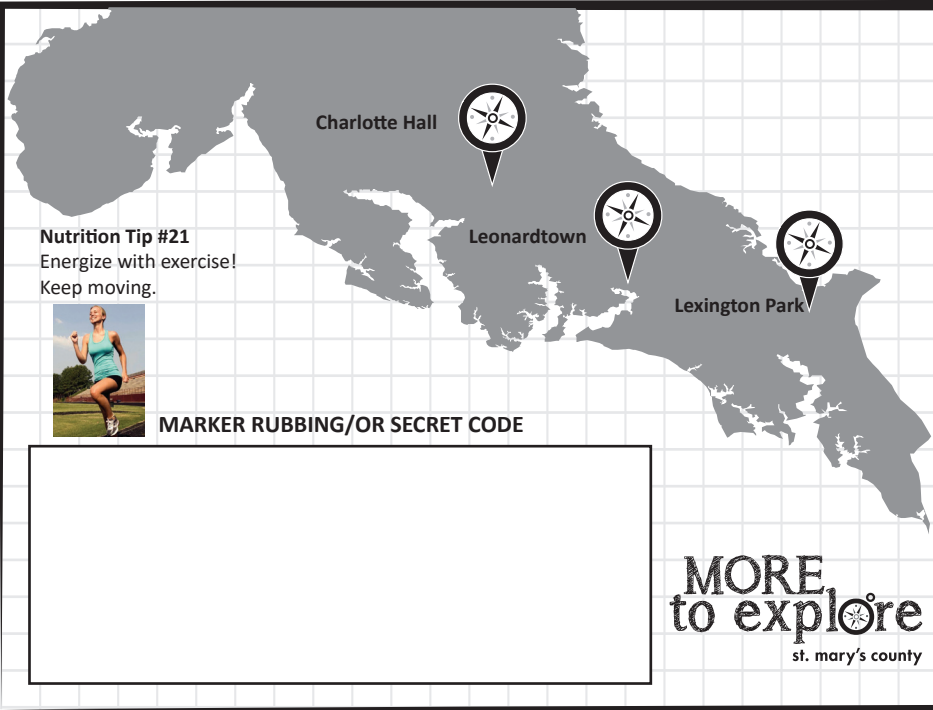


Leonardtown Library



Lexington Park Library





Nutrition Tip #21
Energize with exercise!
Keep moving.



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St. Mary's River State Park

21250 Camp Cosoma Road
Callaway, MD 20620

Situated at the northern end of the St. Mary's River watershed, the park shows a wide range of habitats, from wooded acres and fields to swamps and small streams. The 250 acre Lake has a 7.5 mile trail that circles the lake, allowing freshwater fishing from shore or by boat (electric motor only). The trail is regularly used for hiking, biking and horseback riding. The marker can be found at the launch.





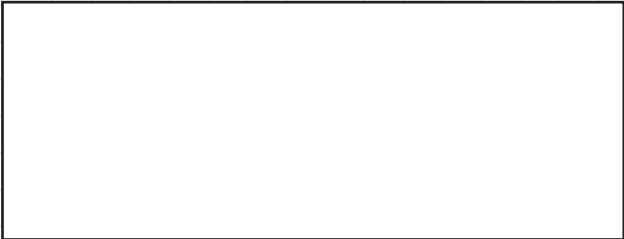
St. Mary's River
State Park

Nutrition Tip #22

Celebrate and appreciate the uniqueness of you!



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Town of Leonardtown Tour

Tudor Hall

41650 Tudor Place, Leonardtown

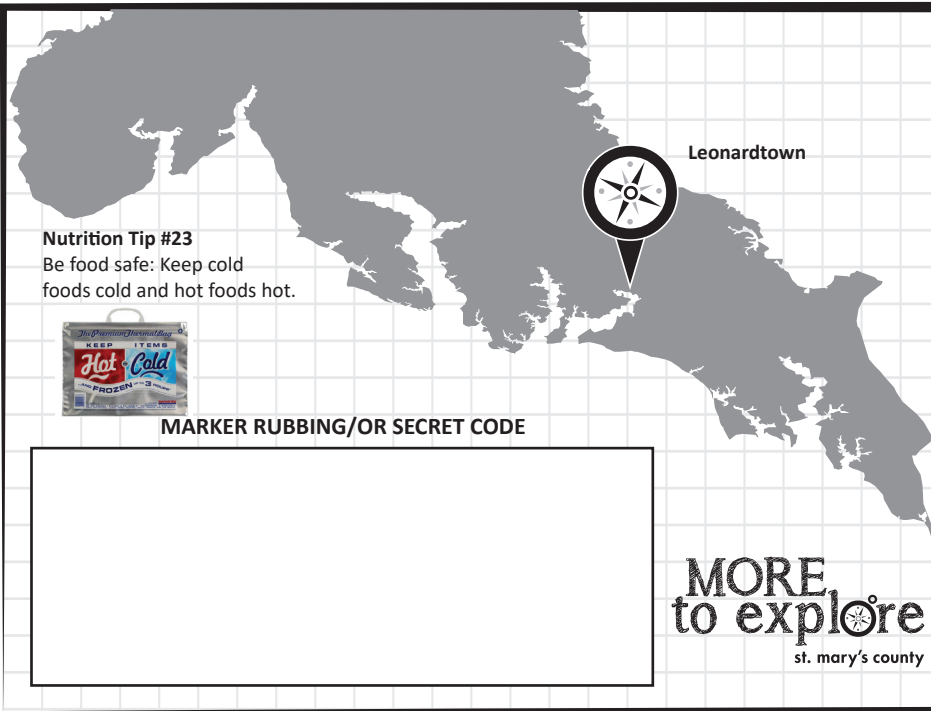
Public parking facilities available throughout the town

For three decades Leonardtown has been the County Seat of St. Mary's County as well as the center of commerce and social activity. Today it is a bustling town of fine restaurants, unique shops and old-fashioned charm. Traces of its history can be found throughout its landscape, commercial and residential buildings and churches. Your journey through our past will start at Tudor Hall Mansion and wind through the streets of this charming historic town.



www.leonardtown.somd.com





Leonardtwn

Nutrition Tip #23

Be food safe: Keep cold foods cold and hot foods hot.



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Winery: Port of Leonardtown

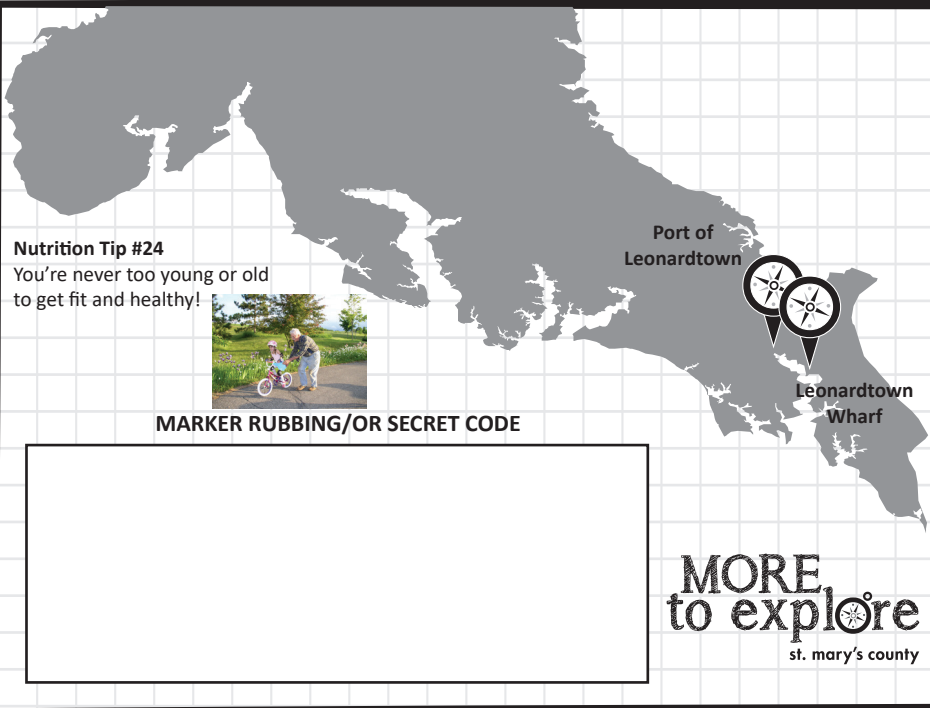
23190 Newtowne Neck Road
Leonardtown, MD 20650

Port of Leonardtown Park is the launch point of a three mile water trail. As you paddle along McIntosh Run, you will pass through a 58 acre FIDS (Forest Interior Dwelling Species) Habitat. This area is home to bald eagle families and many other wildlife species. Experience the amazing tranquility along this winding trail. The trail terminates at **Leonardtown Wharf Public Park**.

Equipment rentals are available at both locations.

www.leonardtown.somd.com





Nutrition Tip #24

You're never too young or old to get fit and healthy!



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Complete Your Passport!

Look for a trail marker like the one shown here. Use a pencil or crayon to rub the name of the site on the corresponding page in your passport or write down the secret code.

Or complete online. Go to St. Mary's County Public Libraries website www.stmalib.org click on the More to Explore logo & start your adventure

Present completed Passport Prize Page to your closest St. Mary's County Public Library or show them your completed badge from the online site and claim your prize & be entered into grand prize drawings.

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To record your visit to this site, find the correct page in your More to Explore Passport and make a rubbing of the box below, using a pencil or crayon.

SITE NAME





Prize Page

Complete, cut out and present to any St. Mary's County Public Libraries to claim your prize & be entered for additional prizes.

NAME: _____

AGE: _____

PHONE #: _____

OF PEOPLE IN YOUR FAMILY, INCLUDING PARENTS: _____

HOME ZIP CODE: _____ DATE: _____

EMAIL: _____

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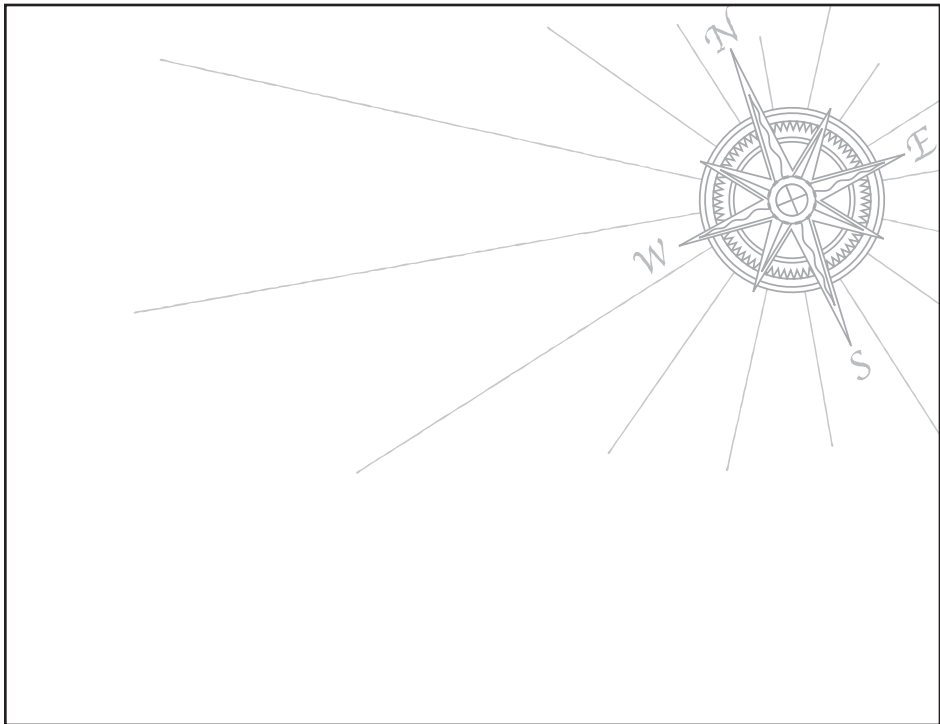
Activity Questions:

1. Last year, how often did you and/or your family visit these parks?
 Frequently Occasionally Never
2. By participating in this program, has your physical activity level...
 Increased Stayed the same Decreased



NOTES AND SUGGESTIONS FOR NEXT YEAR

-
-
-
-
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-
-





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generous sponsors!*

