

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, farmers' markets and more. What are you waiting for, get outside and explore!

**Visit 12 or more of the 24 sites during the summer challenge period and then visit your closest St. Mary's County Library to receive a prize.** You will also be entered into a grand prize drawing. Grand prize winners will be contacted at the end of the summer. Visit [www.healthystmarys.com/more-to-explore](http://www.healthystmarys.com/more-to-explore) for additional details.

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

Prize Page	page 3
Cardinal Gibbons Park	6
Chancellor's Run Regional Park	8
College of Southern MD- Leonardtown Campus	10
Dorsey Park	12
Elms Beach Park	14
Fifth District Community Park	16
Great Mills Canoe/Kayak Launch	18
Greenwell State Park	20
Home Grown Farm Market	22
Historic St. Mary's City	24
John G. Lancaster Park	26
John V. Baggett Park at Laurel Grove	28
Miedzinski Park	30
Myrtle Point Park	32
Nicolet Park	34
Piney Point Lighthouse, Museum & Historic Park	36
Point Lookout State Park	38
Seventh District Park	40
Sotterley Plantation	42
St. Clements Island Museum	44
St. Mary's County Libraries- 3 Sites	46
St. Mary's River State Park	48
Town of Leonardtown Tour- 2 Sites	50
Winery Port of Leonardtown	52

## Complete Your Passport!

When you visit a site listed in this passport, look for a green More to Explore trail marker, like the one shown below. Near each marker you will find a “secret code” (hint it’s usually a fitness word). Log the code on the corresponding page in your passport.

Or log your codes online on the St. Mary’s County Library website: [www.stmalib.org](http://www.stmalib.org). Click on the More to Explore logo to start your adventure.

Present your completed Passport Prize Page at your closest St. Mary’s County Library or show them your completed badge from the online site to claim your prize & be entered into the 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: \_\_\_\_\_

# OF SITES VISITED: \_\_\_\_\_

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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



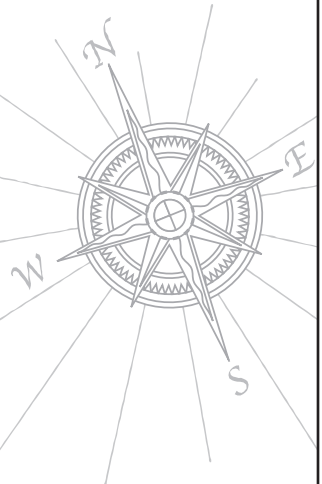
**NOTES AND SUGGESTIONS FOR NEXT YEAR**

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Printed passport booklets were sponsored by  
Healthiest Maryland Businesses.  
Any business or organization can become a  
Healthiest Maryland Business and get free  
resources to support worksite wellness!



Learn more at:  
[www.healthiestmdbusinesses.org](http://www.healthiestmdbusinesses.org)

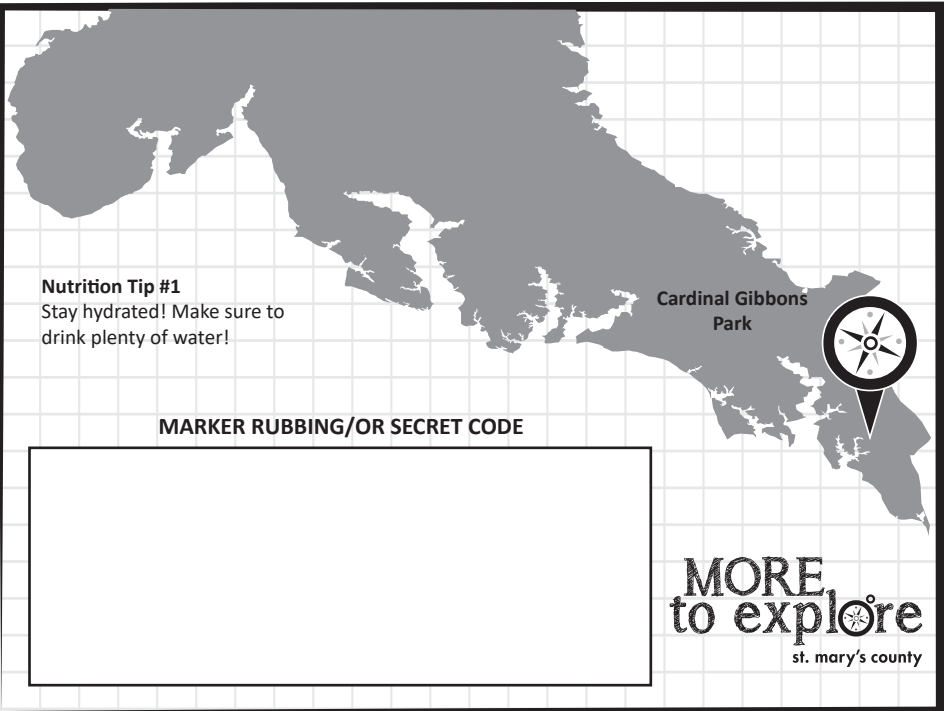


# Cardinal Gibbons Park

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**

Stay hydrated! Make sure to drink plenty of water!

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 #2**

Choose healthy carbs, like whole grains, for long lasting energy!

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# College of Southern MD Leonardtwn Campus

22950 Hollywood Rd  
Leonardtwn, 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 offers a 1/3 mile Fitness & Nature Trail which is located behind the Wellness & Aquatics Center and open to the public. The Wellness & Aquatics Centre features a fitness studio, exercise programs and two swimming pools.

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 -  
Leonardtown Campus

**Nutrition Tip #3**

Take a walk after dinner or play a game of catch to get in your daily physical activity!

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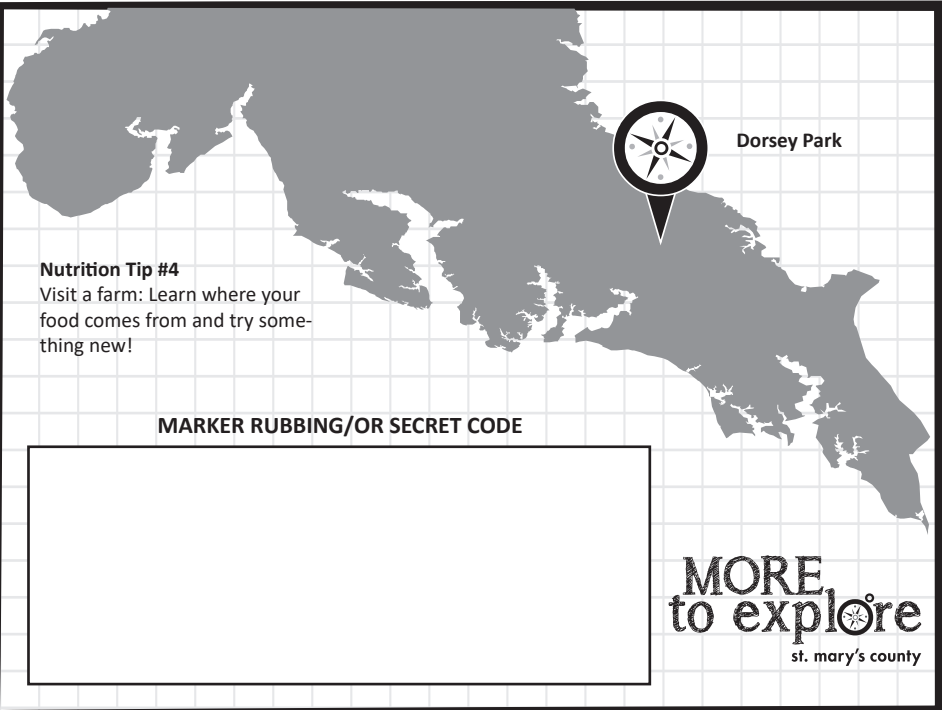
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# Dorsey Park

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**

Visit a farm: Learn where your food comes from and try something new!

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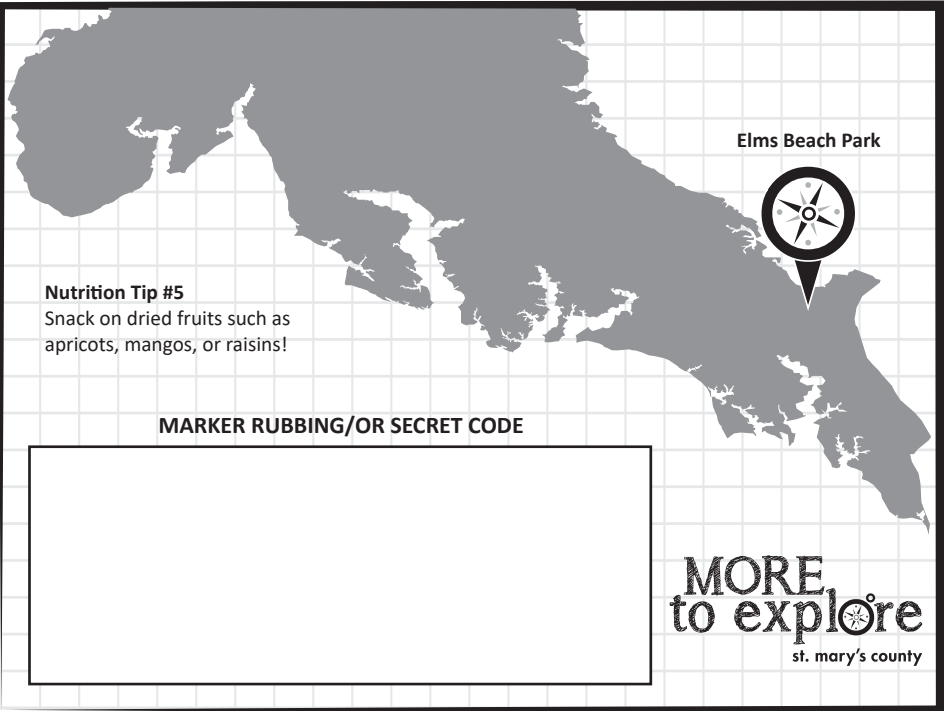
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# Elms Beach Park

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.





Elms Beach Park

**Nutrition Tip #5**

Snack on dried fruits such as apricots, mangos, or raisins!

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# Fifth District Community Park

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

The park has a playground, 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**

Choose fat-free or low-fat dairy products for a boost of calcium, potassium, protein, and other essential nutrients!

**MARKER RUBBING/OR SECRET CODE**



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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**

Preparing foods at home can be healthy, rewarding, and cost-effective.

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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**

Avoid sugary drinks. Instead, try  
infused water!

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# Home Grown Farm Market

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

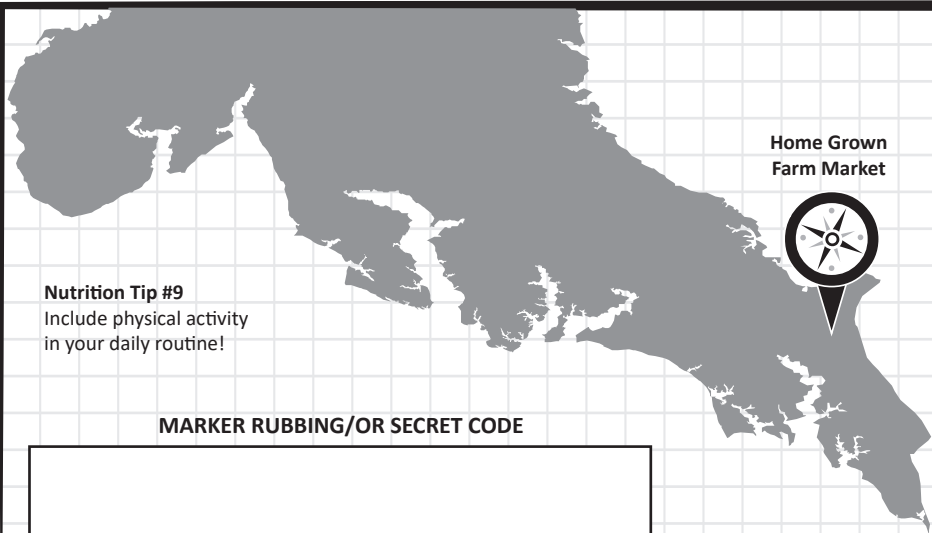
The **Home Grown Farm Market** is a producer-only, indoor/outdoor market selling fresh produce, flowers, plants, meats, cheeses and baked goods to the community while promoting sustainable agriculture. Sustainable agriculture requires economic viability, eco-friendly production techniques that preserve 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](http://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**

Include physical activity  
in your daily routine!

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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





**Nutrition Tip #10**

Try hummus or bean spread  
as a dip for veggies!

Historic  
St. Mary's City



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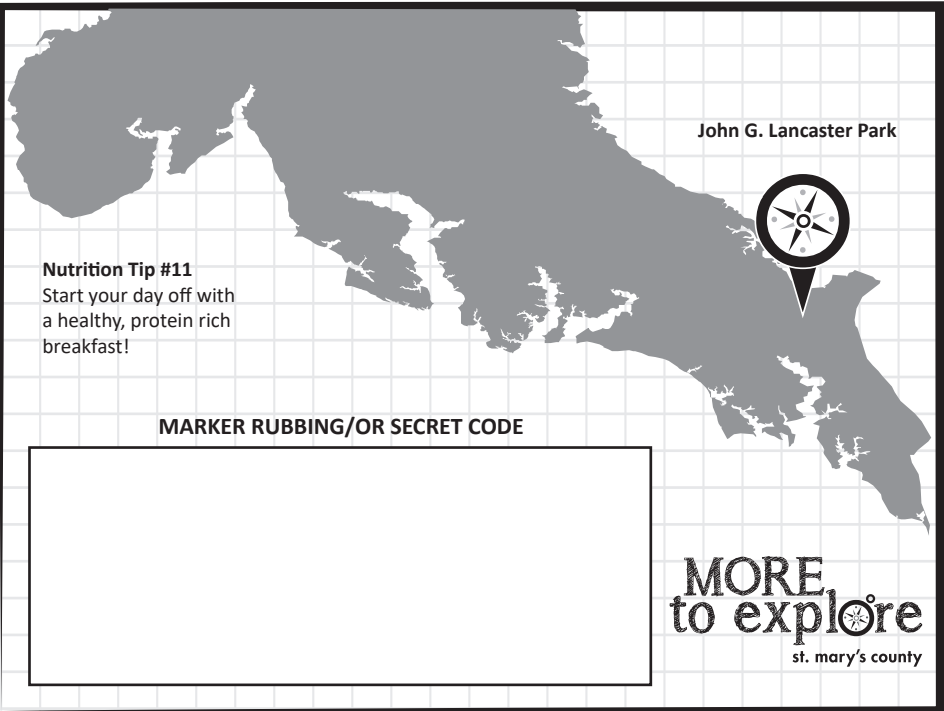
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# John G. Lancaster Park

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**

Start your day off with a healthy, protein rich breakfast!

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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.



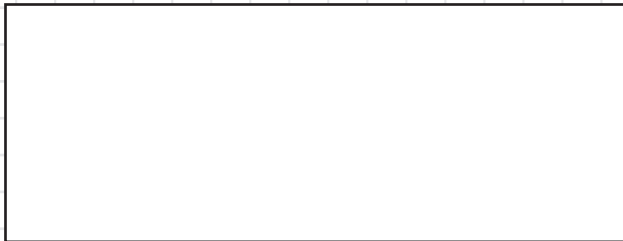
A grayscale map of St. Mary's County, Maryland, overlaid on a light gray grid. A black location pin with a white compass rose inside its circular head is placed in the northern part of the county. The text "John Baggett Park" is positioned to the right of the pin.

John Baggett Park

**Nutrition Tip #12**

Get kids involved in shopping for groceries and preparing meals!

**MARKER RUBBING/OR SECRET CODE**

A large, empty rectangular box with a black border, intended for a marker rubbing or a secret code.

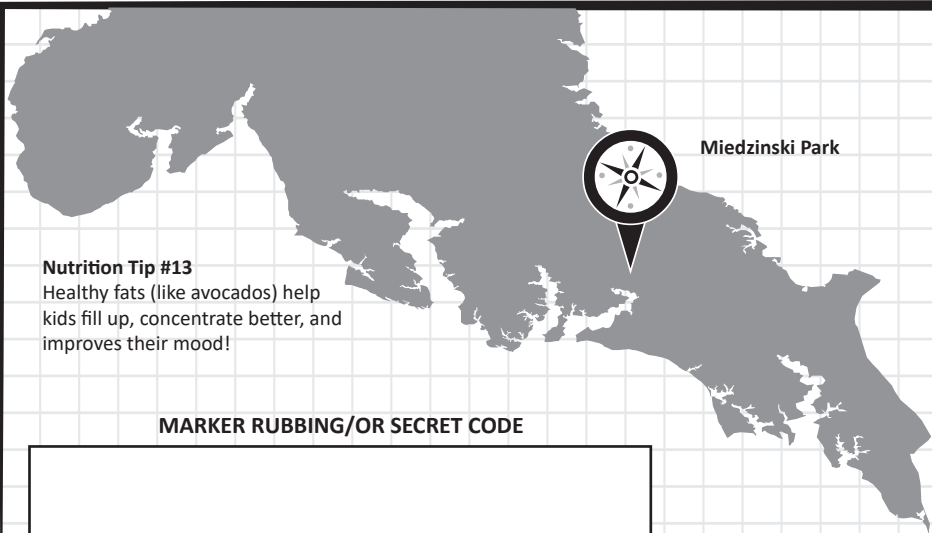
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# Miedzinski Park

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**

Healthy fats (like avocados) help kids fill up, concentrate better, and improves their mood!

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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**

Expand variety in your menus with budget-friendly meatless meals!

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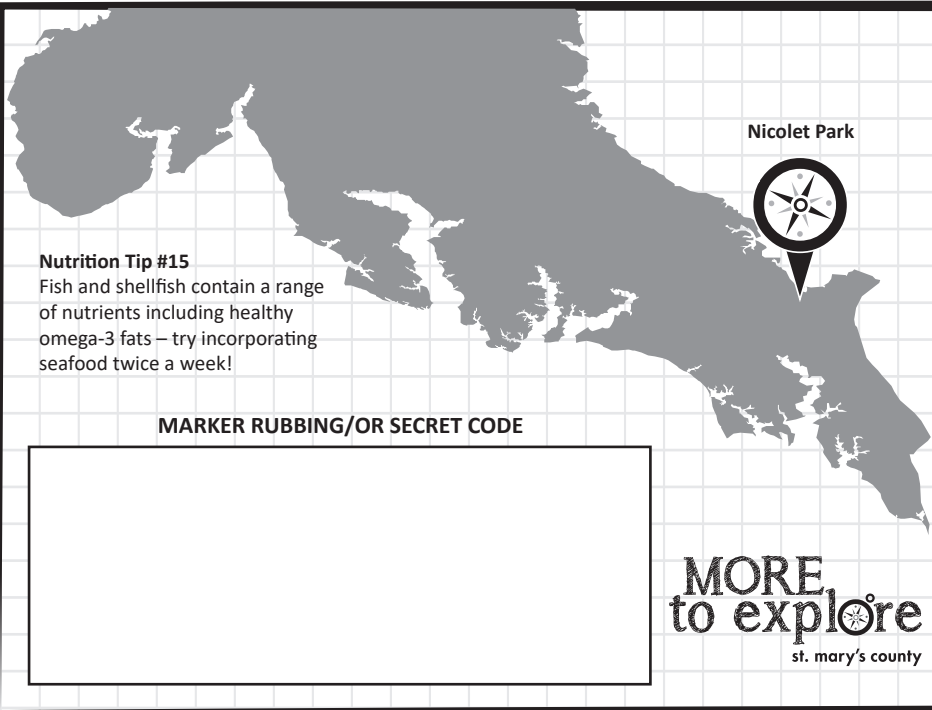
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# Nicolet Park

**21770 FDR Boulevard  
Lexington Park, MD 20653**

The park has a playground, basketball court, softball field, two restroom facilities, two pavilions, skate park and spray ground. Park hours are 7 a.m. to sunset. Skate Park has various supervised and unsupervised hours. The spray ground is open Memorial Day – Labor Day. The spray ground has a fee for admittance only.





**Nutrition Tip #15**

Fish and shellfish contain a range of nutrients including healthy omega-3 fats – try incorporating seafood twice a week!

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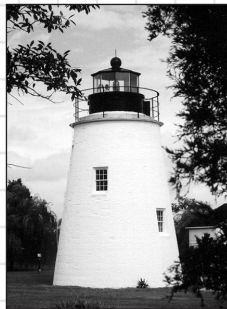
# Piney Point Lighthouse, Museum & Historic Park

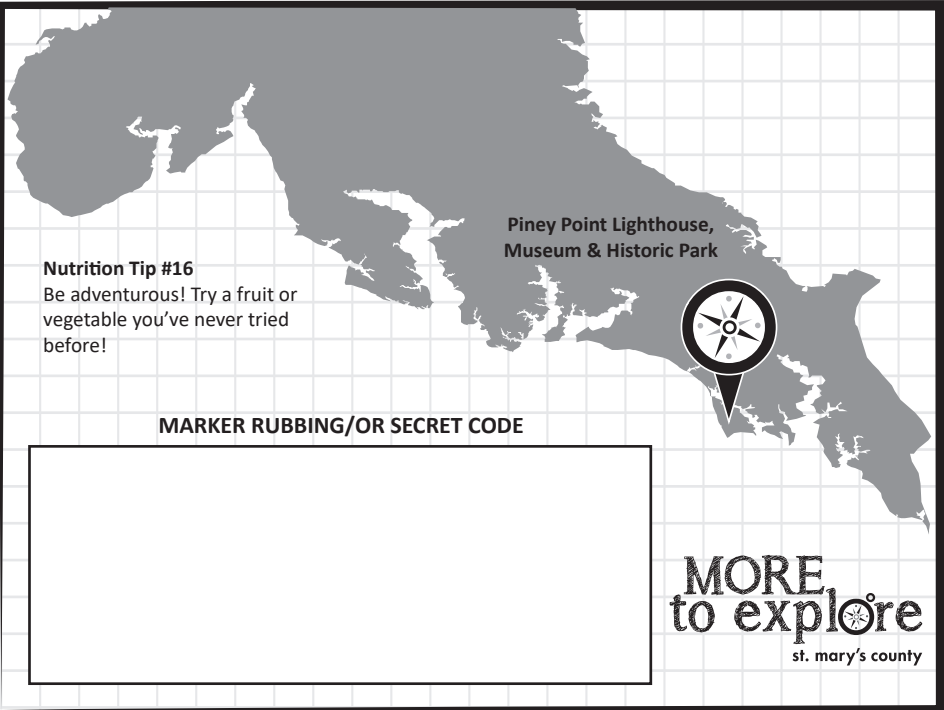
44740 Lighthouse Road  
Piney Point, MD 20674

[www.stmarysmd.com/recreate/museums](http://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**

Be adventurous! Try a fruit or vegetable you've never tried before!

Piney Point Lighthouse,  
Museum & Historic Park



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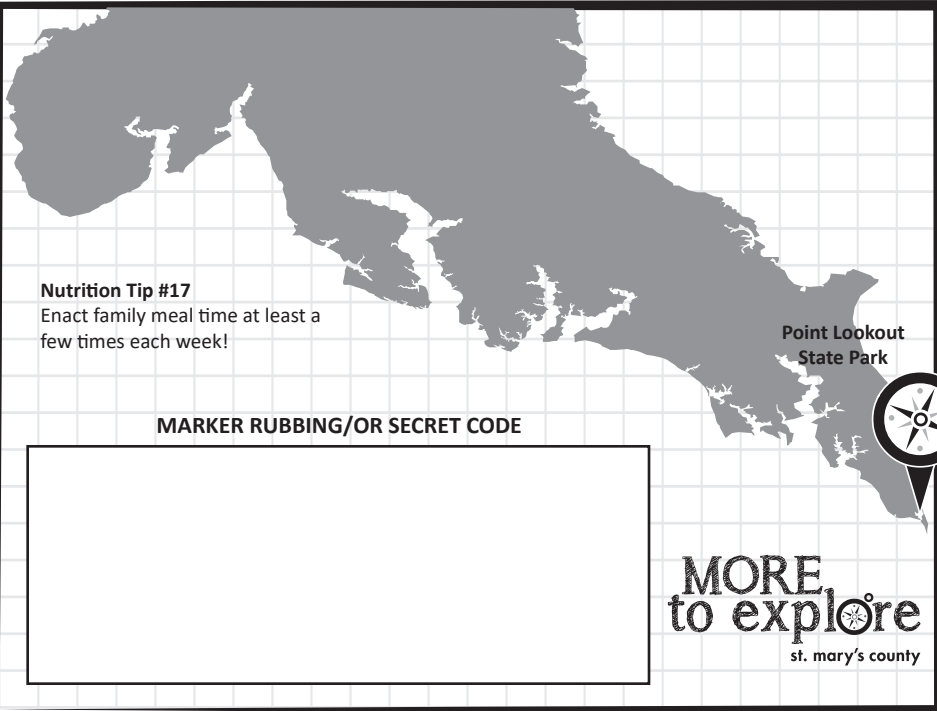
# Point Lookout State Park

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**

Enact family meal time at least a few times each week!

Point Lookout  
State Park

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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**

Reduce your chances of getting sick with proper food safety!

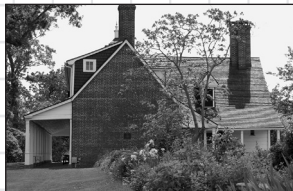
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# Sotterley Plantation

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.



SOTTERLEY PLANTATION





Sotterley  
Plantation

**Nutrition Tip #19**

Be mindful of portion sizes!

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# St. Clements Island Museum

38360 Bayview Road  
Colton's Point, MD 20626

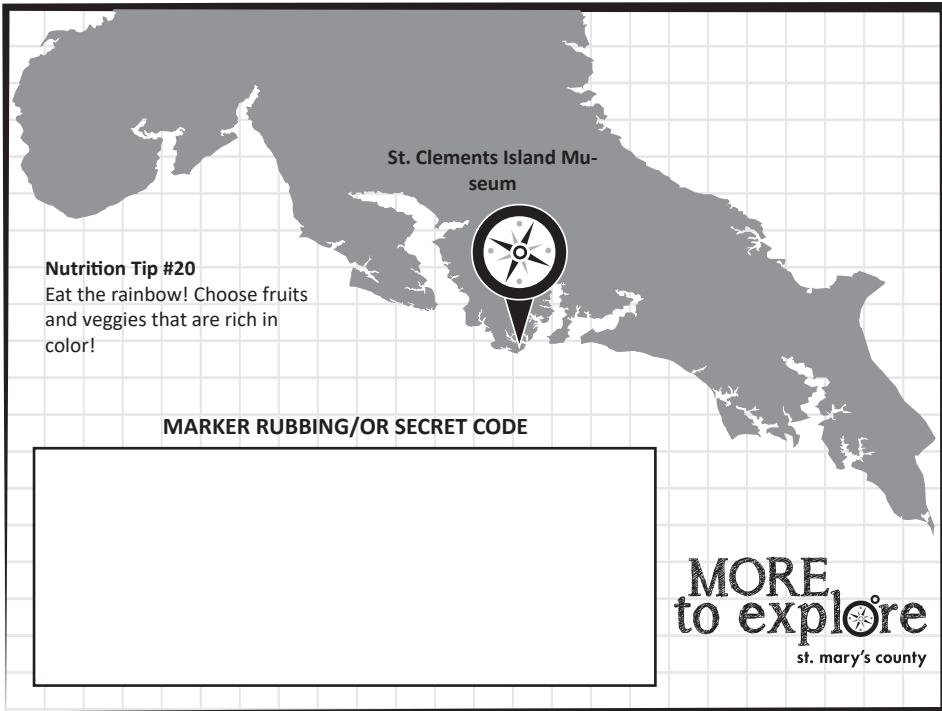
[www.stmarysmd.com/recreate/museums](http://www.stmarysmd.com/recreate/museums)

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 the rainbow! Choose fruits and veggies that are rich in color!

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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*

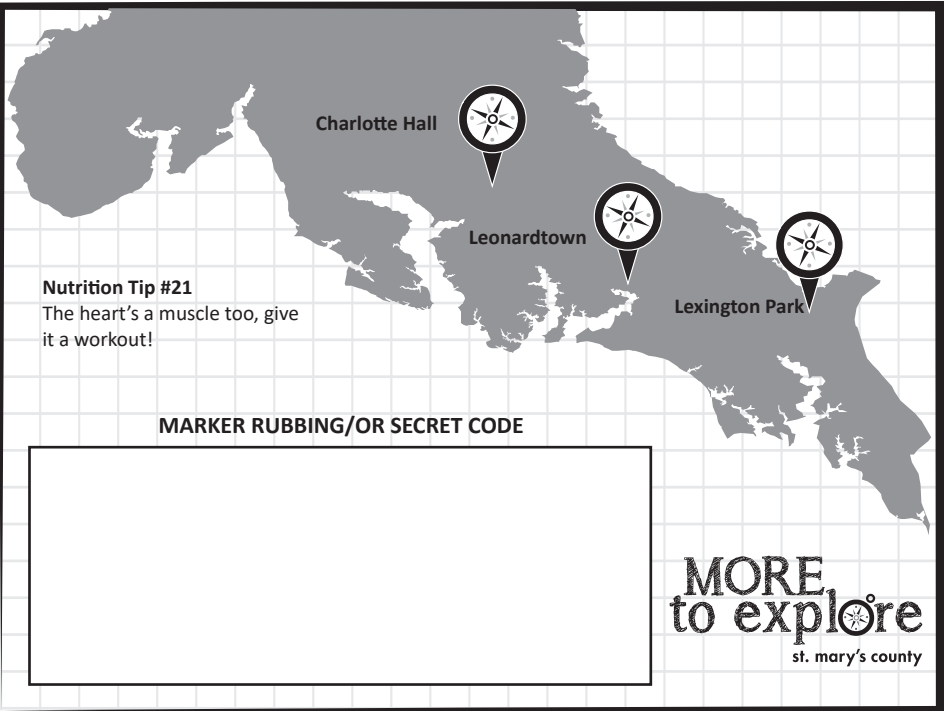


*Leonardtown Library*



*Lexington Park Library*





**Nutrition Tip #21**

The heart's a muscle too, give it a workout!

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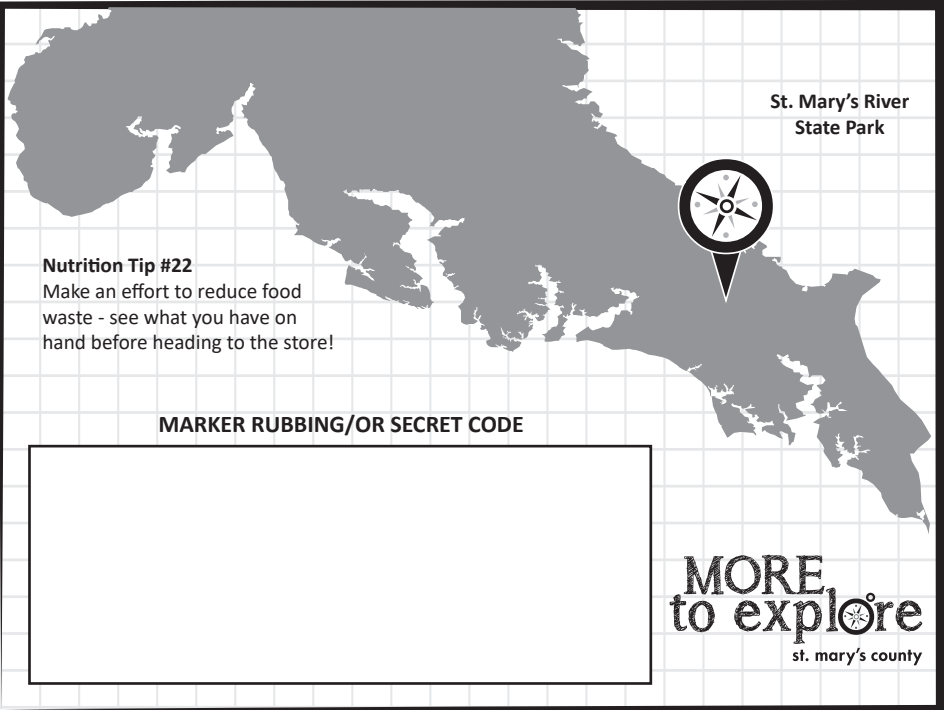
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# St. Mary's River State Park

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**

Make an effort to reduce food waste - see what you have on hand before heading to the store!

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# Town of Leonardtown Tour

## Tudor Hall

41650 Tudor Place, Leonardtown

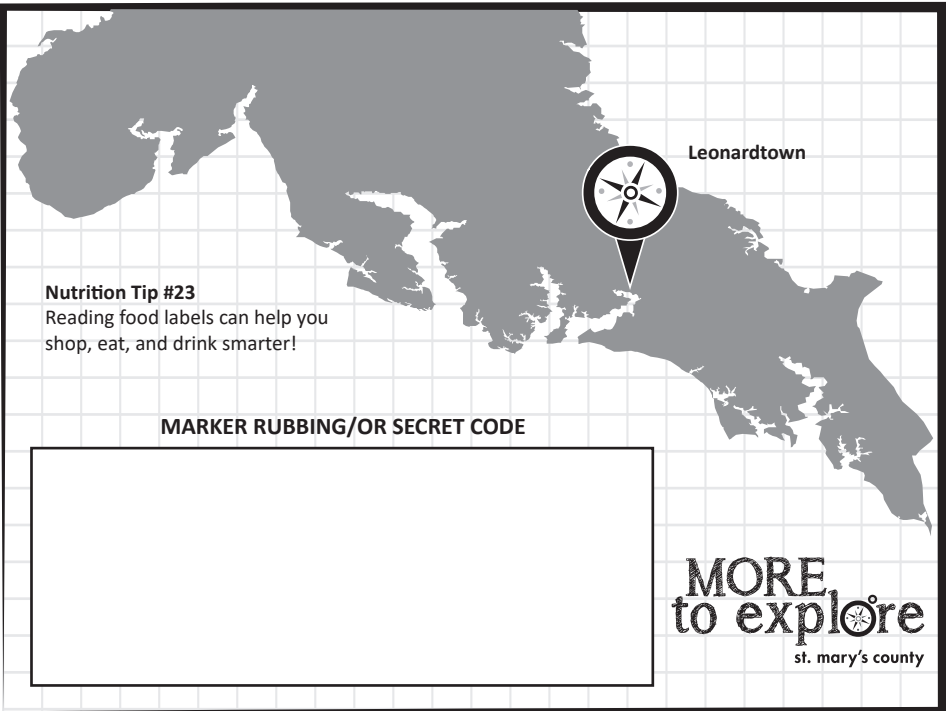
Public parking facilities available throughout the town

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](http://www.leonardtown.somd.com)





Leonardtown

**Nutrition Tip #23**

Reading food labels can help you shop, eat, and drink smarter!

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# Winery: Port of Leonardtown

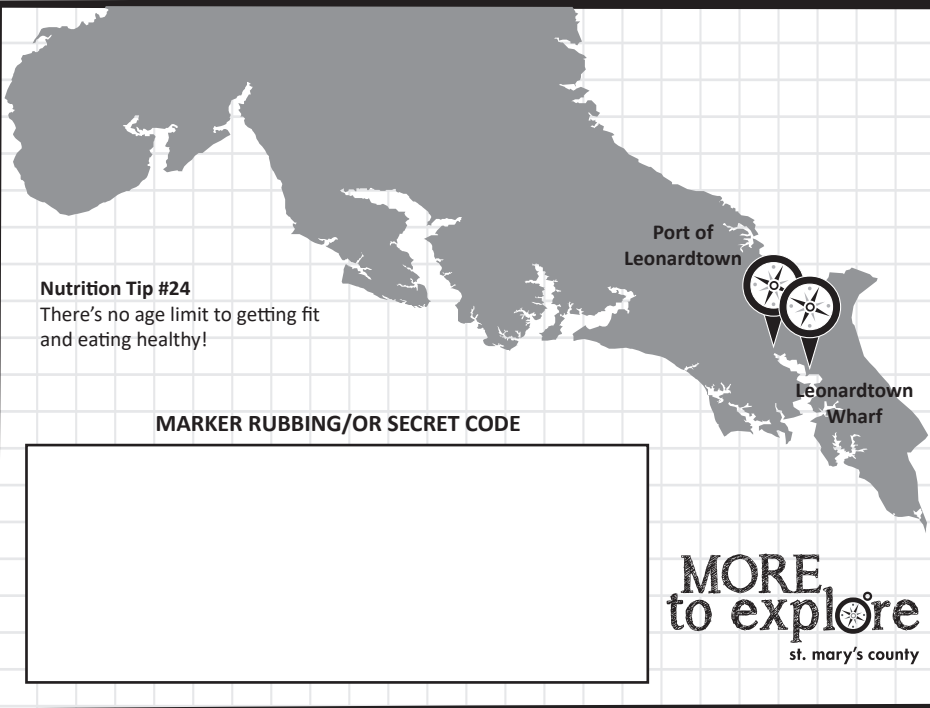
23190 Newtowne Neck Road  
Leonardtown, MD 20650

**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](http://www.leonardtown.somd.com)





**Nutrition Tip #24**

There's no age limit to getting fit and eating healthy!

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Port of Leonardtown

Leonardtown Wharf

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*Thank you to our  
generous sponsors!*

