

MORE
to explore



st. mary's county

PASSPORT PROGRAM

Welcome to the **More To Explore Passport Program** brought to you by The Chronic Disease Action Team of the 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 28 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 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



disc golf



shopping

More to Explore Sites

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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. On 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. 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.





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

-
-
-
-
-
-
-

Walking and Bicycling Safety Tips



**SAFE
ROUTES
to school**

Walking and bicycling are fun, healthy, and great modes of active transportation! Just remember to follow these basic safety tips:

- Always wear a helmet!
- Use sidewalks or paths. If there are no sidewalks or paths, walk as far from the motor vehicles as possible on the side of the street facing traffic. When riding in the road, always ride in the same direction as traffic.
- Watch for motor vehicles turning or pulling out of driveways.
- Signal your turns.
- Stay alert at all times.
- Learn and follow the rules of the road.
- Drivers should obey the speed limit and always stop at red lights and stop signs.
- Drivers should watch for, and yield to, pedestrians and bicyclists



Barns at New Market

29133 Thompson Corner Road
Mechanicsville, MD 20659

The **Barns at New Market** features a Seasonal Market building, a year-round Value Added Market building, and a boardwalk linking the market buildings to the nearby Three Notch Trail. Credit/Debit and SNAP and WIC cards are accepted here. This is a great family destination! Check below for hours.

<https://www.facebook.com/TheBarnsatNewMarket>



SMADC



A grayscale map of St. Mary's County, Maryland, overlaid on a light gray grid. A black marker with a white compass rose is positioned in the upper central part of the map. The text "North County Farmers Market" is placed above the marker.

North County
Farmers Market

Nutrition Tip #1

Eating fiber makes
you feel fuller and it's
healthy for your heart.

MARKER RUBBING OR SECRET CODE

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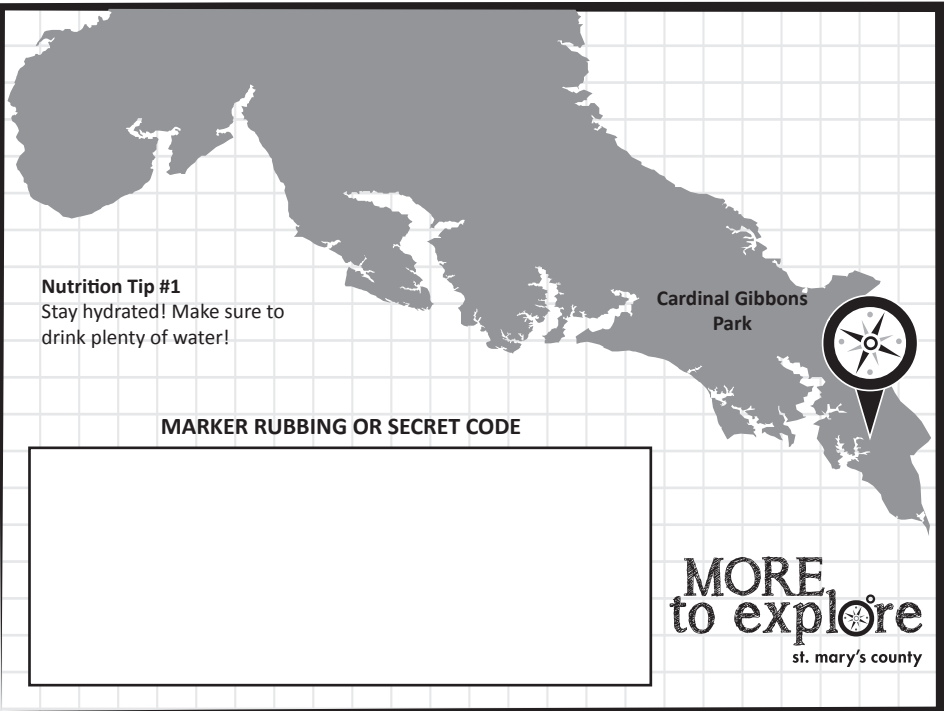
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Cardinal Gibbons Park

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

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 #3

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

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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 offers a 1/3 mile Fitness & Nature Trail which is located behind the Wellness & Aquatics Center and open to the public. The Wellness & Aquatics Center features a fitness studio, exercise programs and two swimming pools. The More To Explore trail marker will be located at the Fitness & Nature Trail.





College of Southern MD -
Leonardtown Campus

Nutrition Tip #4

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

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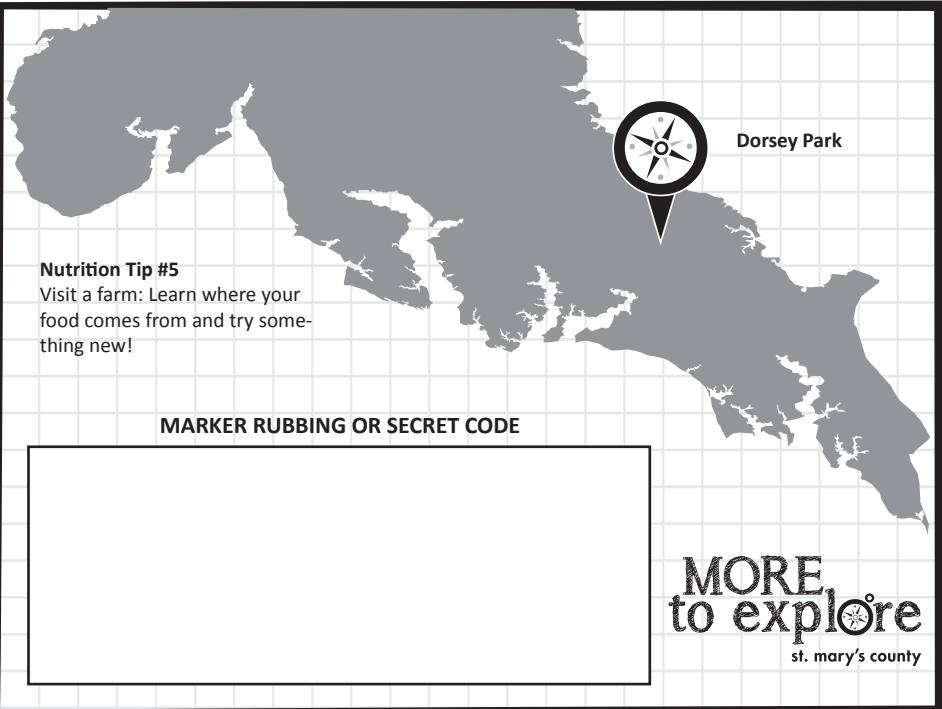
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Dorsey Park

**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.





Nutrition Tip #5

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

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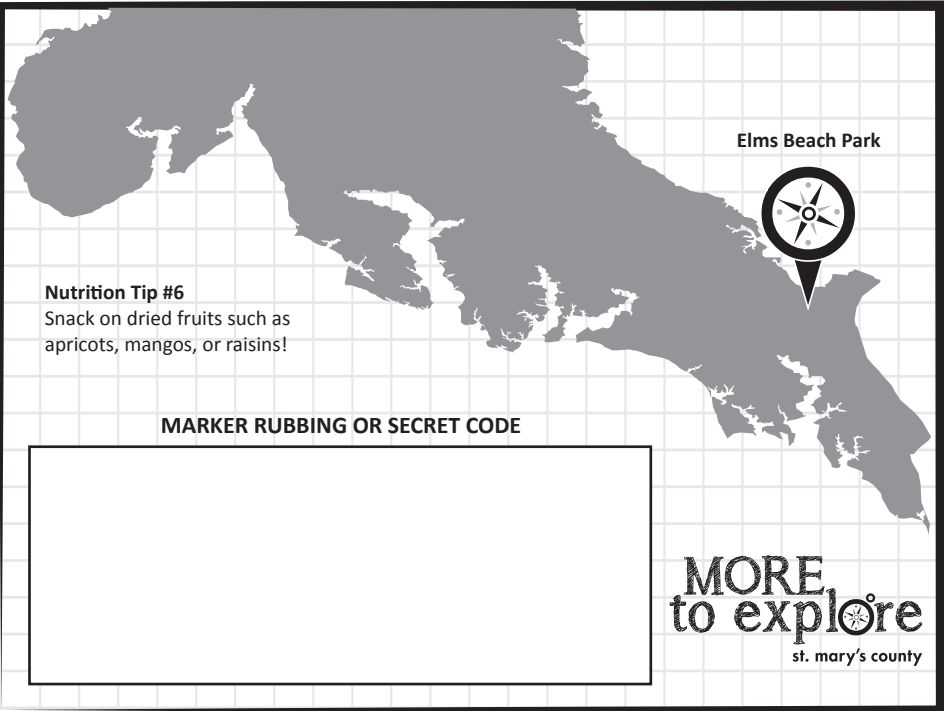
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Elms Beach Park

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 #6

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 #7

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

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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.



A grayscale map of St. Mary's County, Maryland, overlaid with a white grid. A black location marker with a white compass rose is positioned over the eastern part of the county. The text 'Great Mills Canoe/ Kayak Launch' is placed above the marker. To the left of the map, there is a 'Nutrition Tip #8' and a large empty rectangular box for a marker rubbing or secret code.

Great Mills Canoe/
Kayak Launch

Nutrition Tip #8

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!





**Greenwell
State Park**

Nutrition Tip #9

Avoid sugary drinks. Instead, try
infused water!

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Home Grown Farm Market

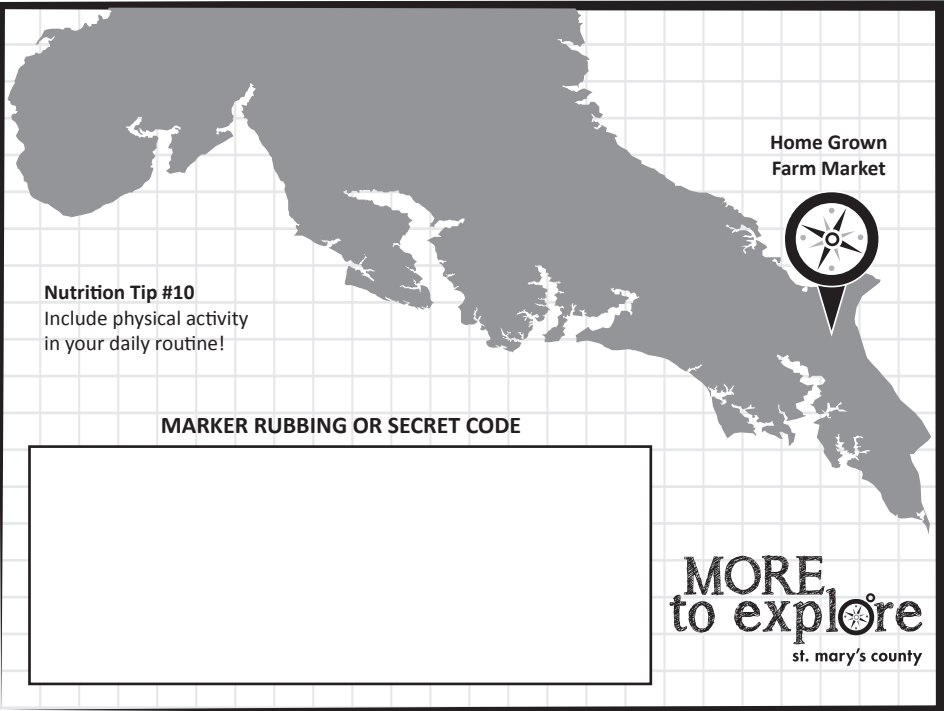
21078 Three Notch Road (Rt 235)
Lexington Park, MD 20653

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



SMADC



**Home Grown
Farm Market**



Nutrition Tip #10

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.

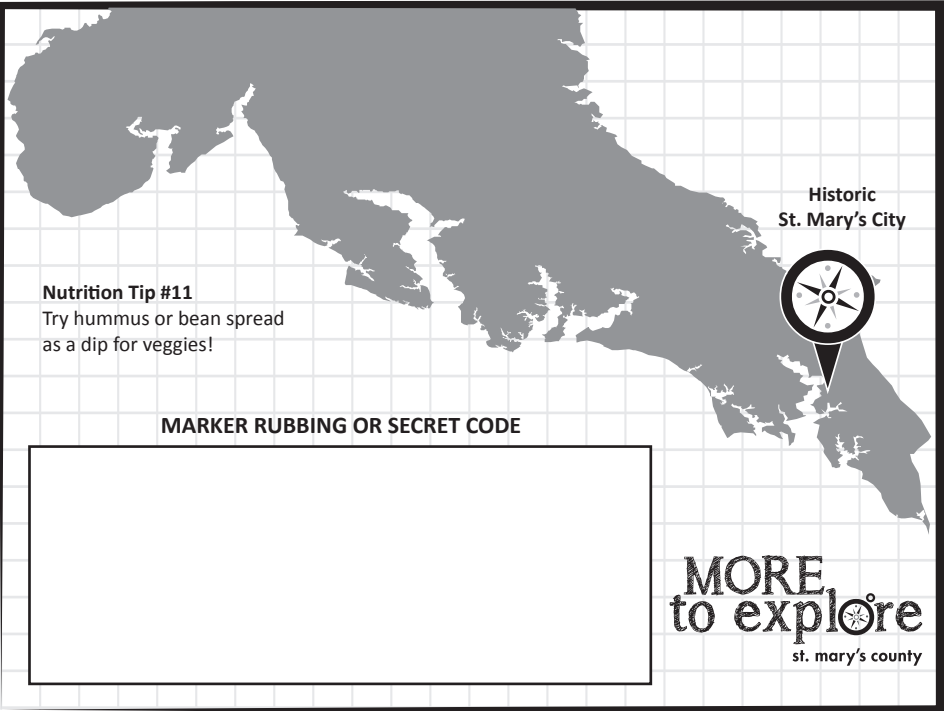
At HSMC, history is hands-on!



HISTORIC
ST. MARY'S CITY

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





Historic
St. Mary's City



Nutrition Tip #11

Try hummus or bean spread
as a dip for veggies!

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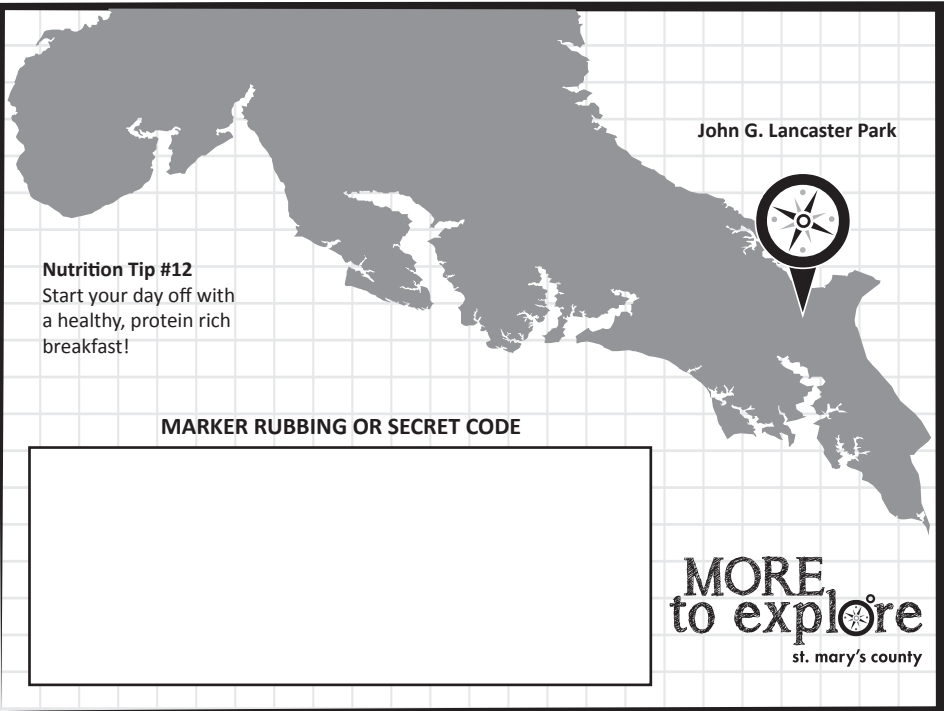
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John G. Lancaster Park

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 #12
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.



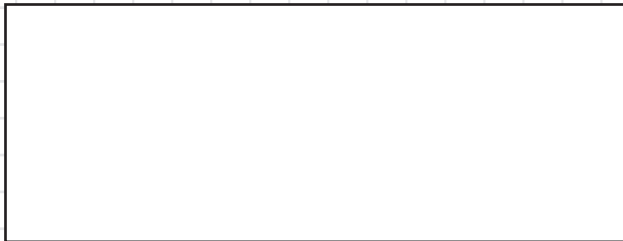


John Baggett Park

Nutrition Tip #13

Get kids involved in shopping for groceries and preparing meals!

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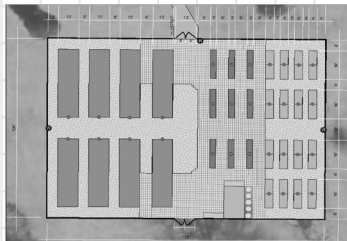


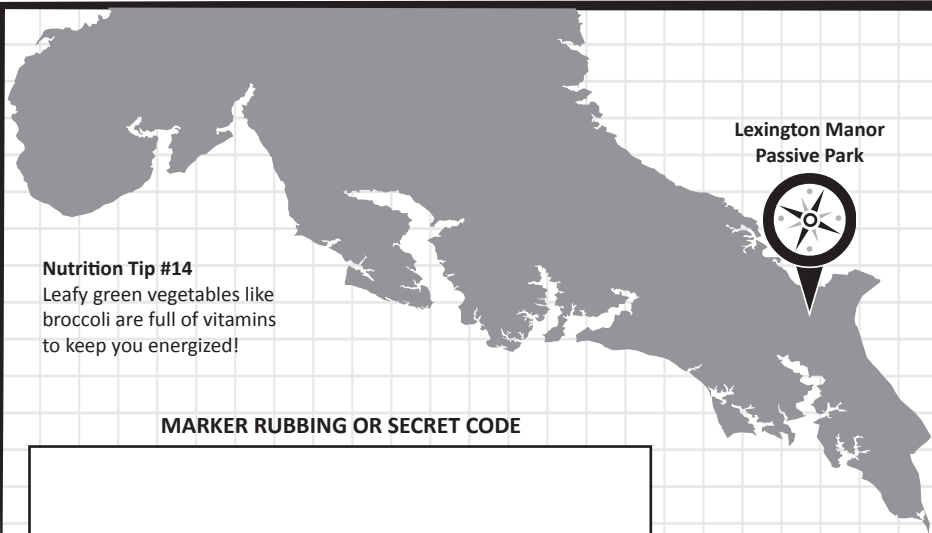
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Lexington Manor Passive Park Community Garden

21675 South Coral Drive
Lexington Park, MD 20653

Lexington Manor Passive Park is the future site of a community garden. The community garden will provide a gathering space and resource where citizens and groups can grow their own fresh produce. Currently, the park includes an Arts Park, disc golf course, Interpretive Center, and trails and roadways for nonmotorized transit. Park hours are 7 a.m. – sunset.



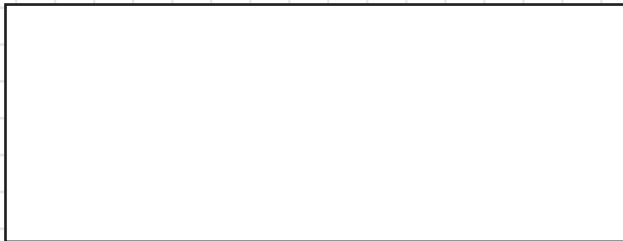


Lexington Manor
Passive Park

Nutrition Tip #14

Leafy green vegetables like
broccoli are full of vitamins
to keep you energized!

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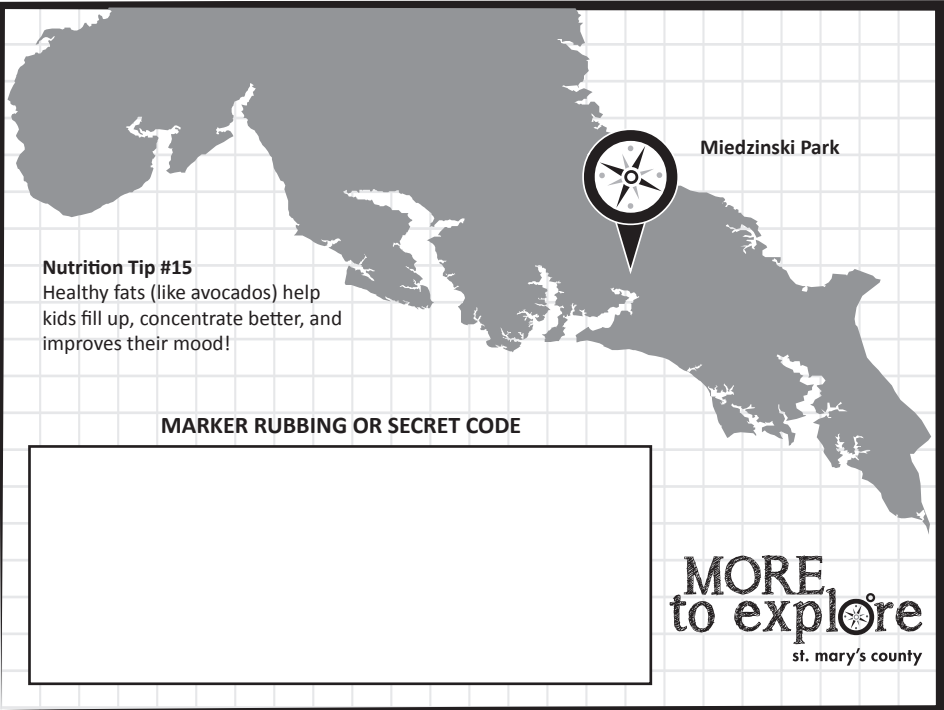
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Miedzinski Park

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 #15

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 #16

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

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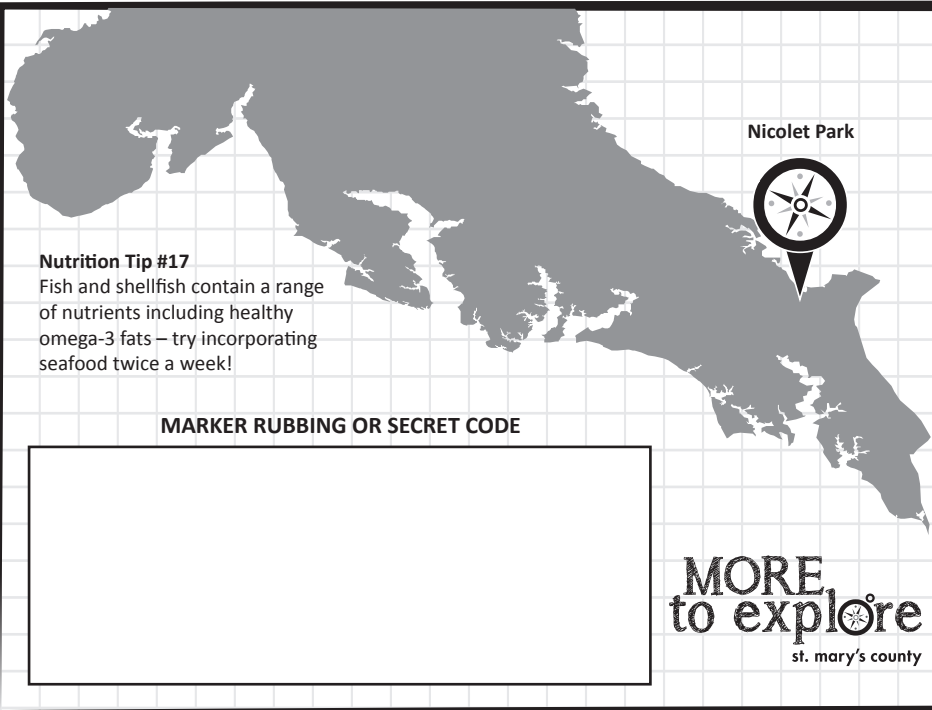
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Nicolet Park

**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 #17

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

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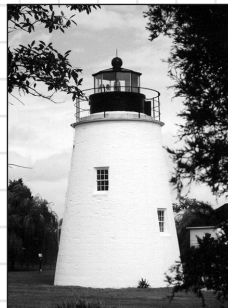
Piney Point Lighthouse, Museum & Historic Park

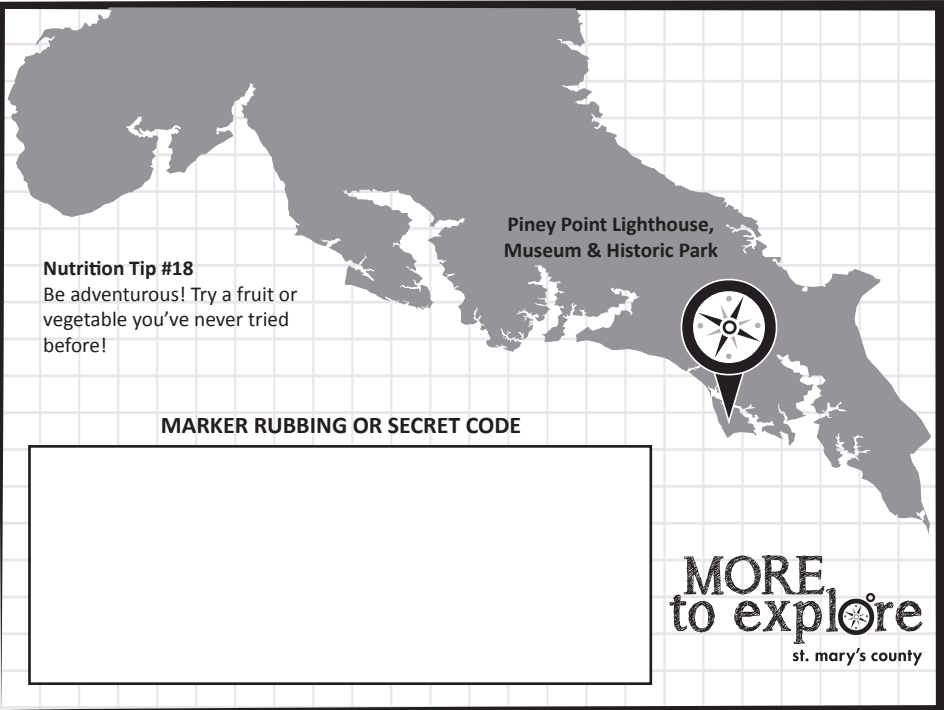
44740 Lighthouse Road
Piney Point, MD 20674

www.stmarysmd.com/recreate/museums

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 has an entry fee – park grounds are free.





Nutrition Tip #18

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

Piney Point Lighthouse,
Museum & Historic Park



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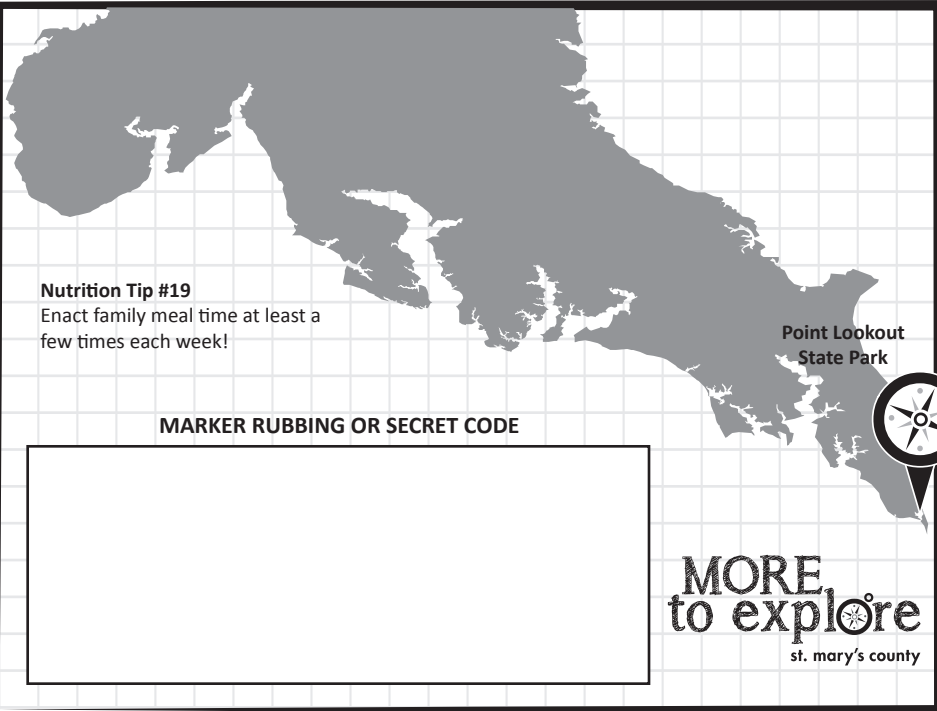
Point Lookout State Park

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 #19

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

Point Lookout
State Park

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Port of Leonardtown Water Trail

Start: Port of Leonardtown Park
23190 Newtowne Neck Road, Leonardtown

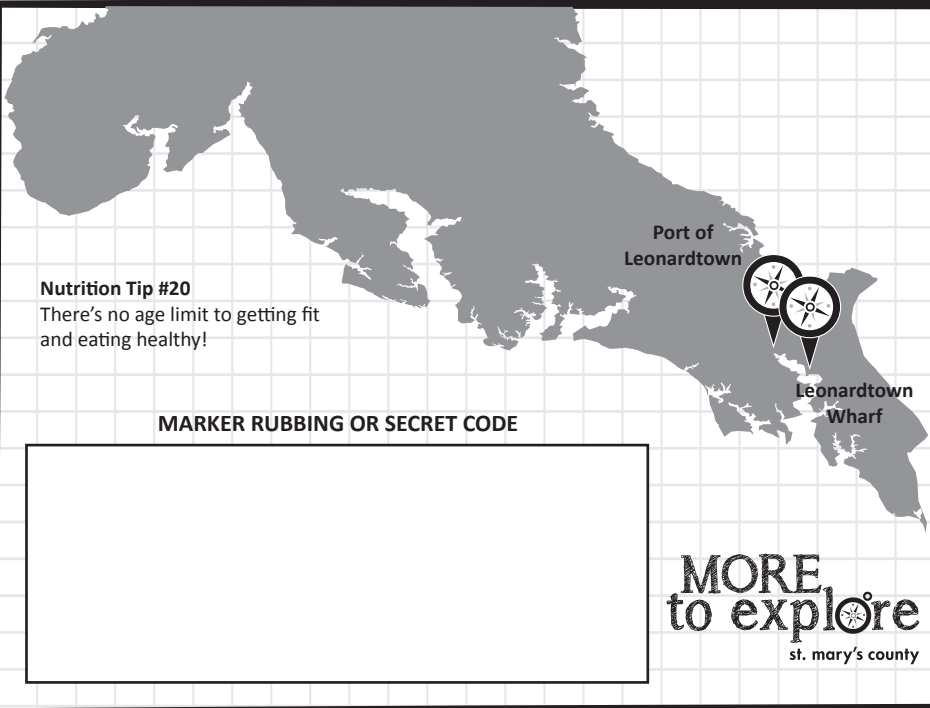
Finish: Leonardtown Wharf Public Park
22510 Washington Street, Leonardtown

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**.

More to Explore markers and equipment rentals are available at both locations.

www.leonardtown.somd.com





Nutrition Tip #20

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

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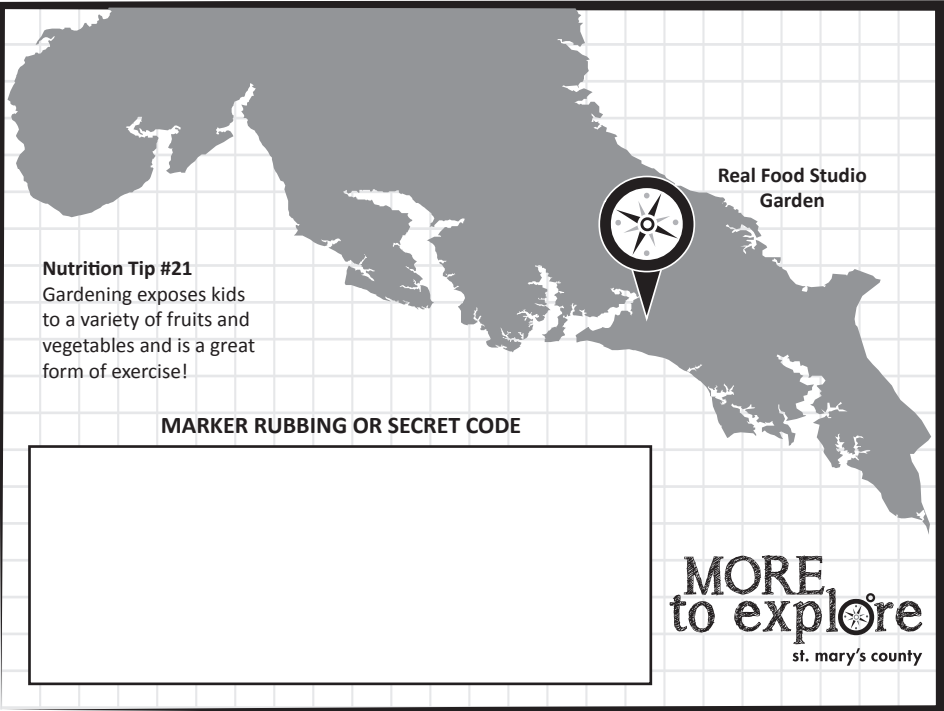
Real Food Studio Garden

41566 Medley's Neck Road
Leonardtown, MD 20650

The Real Food Studio is a local market selling organic, natural produce, cold pressed juices, healthy entrees and more. They established the **Real Food Studio Garden** outside of their market to provide a unique opportunity for students to explore the connections between nature and their own bodies through gardening, exploring the woods, cooking and juicing. Check below for hours:

<https://www.therealfoodstudio.com/>





**Real Food Studio
Garden**

Nutrition Tip #21

Gardening exposes kids to a variety of fruits and vegetables and is a great form of exercise!

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Russell Farms Stand

23200 Budds Creek Rd
Leonardtown, MD 20650

Russell Farms Stand offers farm fresh veggies, fruits, jams, jellies, pickles, honey and a wide range of bedding plants grown in their greenhouses (herbs, flowers, and veggie starter plants). Credit/Debit and SNAP and WIC cards are accepted here. Check below for hours.

<https://www.facebook.com/russellfarmsproduce/>





Russell Farms
Stand

Nutrition Tip #22

Fresh fruit, cut-up vegetables, low-fat yogurt, or cheese are great for snacks.

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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 #23

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.



*S*OTTERLEY *P*LANTATION





Sotterley
Plantation

Nutrition Tip #24

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

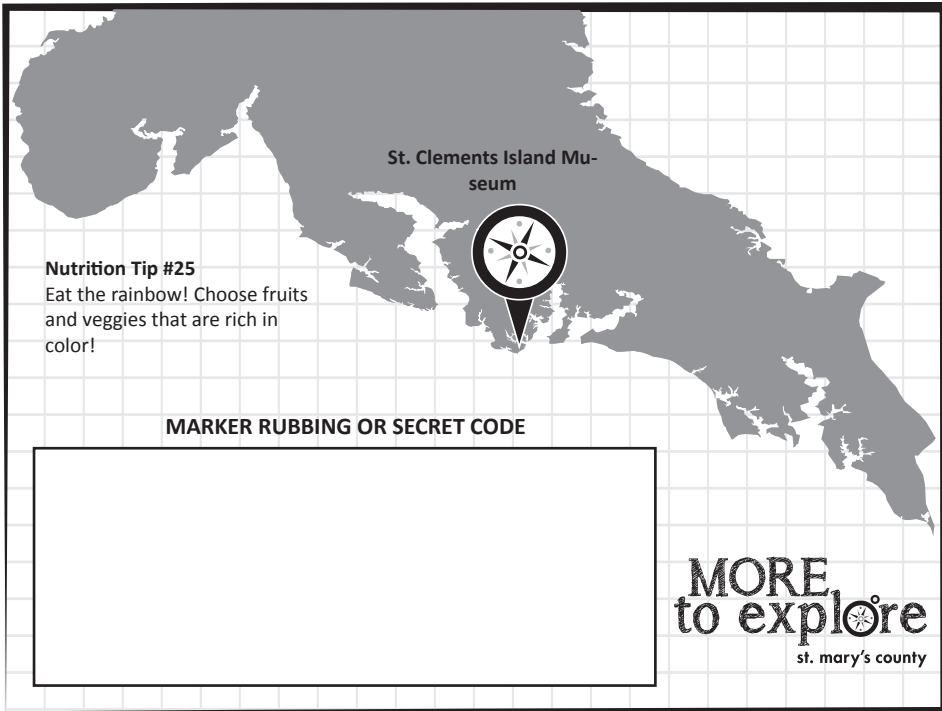
The St. Clements Island Museum tells the story of Maryland's founding, which took place on nearby St. Clements Island on the Potomac River. The site supports museum buildings, the 1820 Charlotte Hall Schoolhouse, an outdoor Dory boat exhibit and interpretive signage.



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

The museum has an entry fee - park grounds are free.





St. Clements Island Museum



Nutrition Tip #25

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

Leonardtwn 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.



Charlotte Hall Library

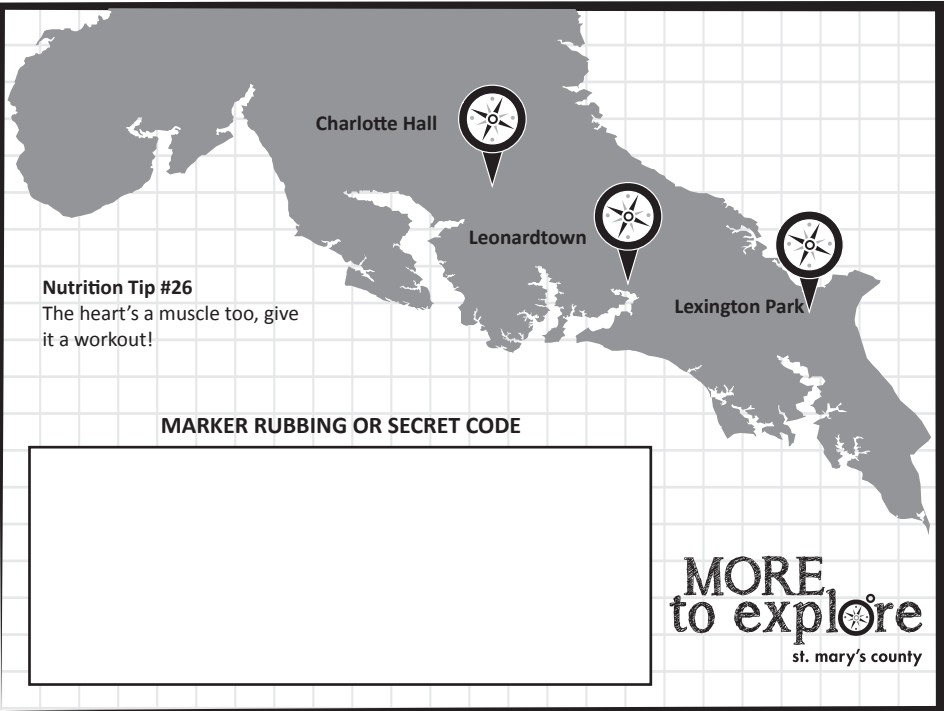


Leonardtwn Library



Lexington Park Library





Charlotte Hall



Leonardtown



Lexington Park



Nutrition Tip #26

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

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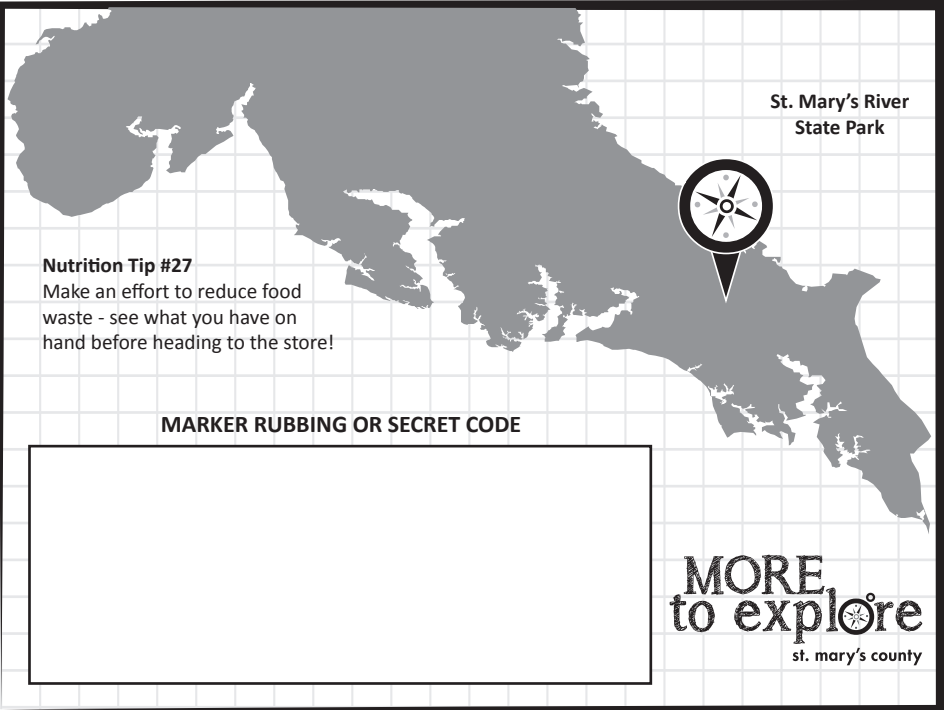
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St. Mary's River State Park

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 #27

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

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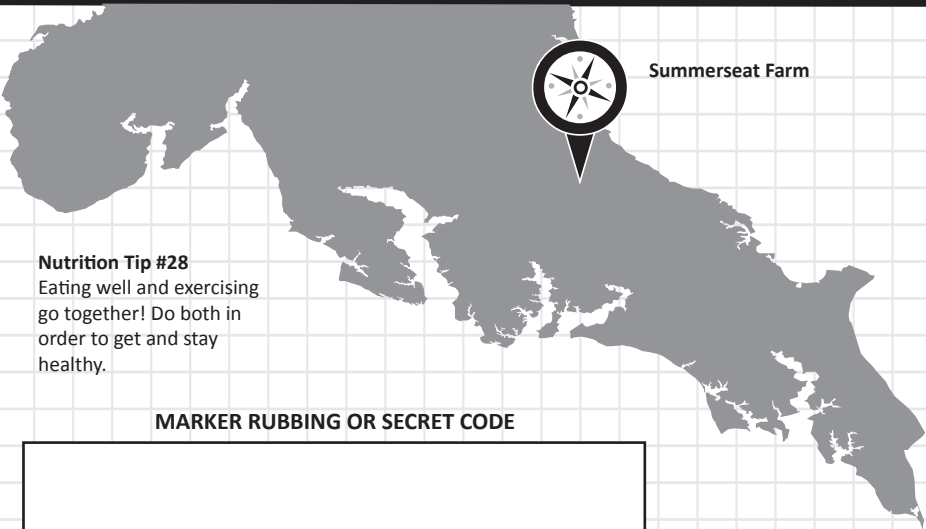
Summerseat Farm

26655 Three Notch Rd
Mechanicsville, MD 20659

Summerseat is a 128 acre, working farm. Besides the main house and its many outbuildings, Summerseat includes a barn area with a variety of animals, and a small family cemetery at the back of the property. There are several of gardens to peruse, and a two-mile walking trail. Summerseat offers site rentals and holds many annual events. Check below for hours.

<https://summerseat.org/>



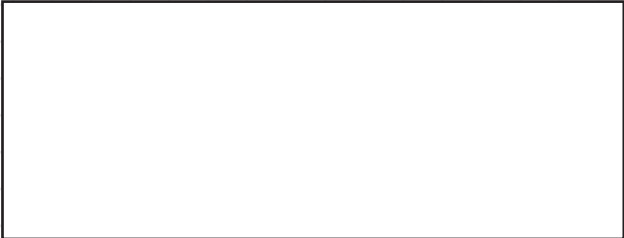


Summerseat Farm

Nutrition Tip #28

Eating well and exercising go together! Do both in order to get and stay healthy.

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Town of Leonardtown

Fuzzy Farmers Market

22696 Washington Street, Leonardtown

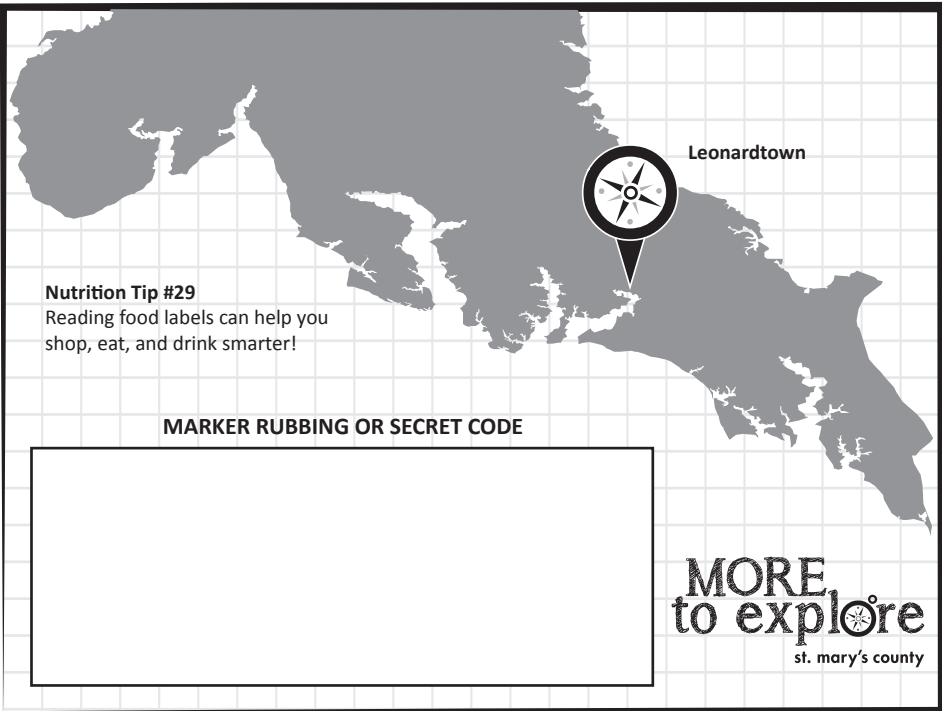
Public parking facilities available throughout the town

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. Self-guided tours available starting at Tudor Hall Mansion and winding through the streets of this charming historic town.



www.leonardtown.somd.com



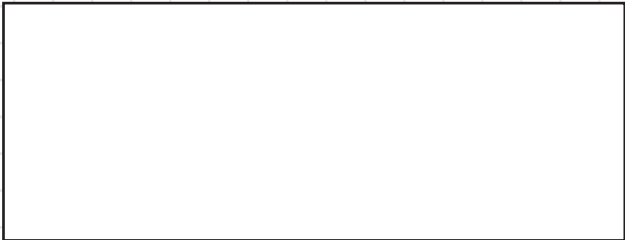


Leonardtown

Nutrition Tip #29

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

MARKER RUBBING OR SECRET CODE



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