

Twin Brook

The Twin Brook Recreation Facility is a four season park that has grown in use and amenities over the years and now covers over 250 acres. There are over 22 acres of mixed athletic fields, baseball and softball fields, soccer fields, restroom facilities and more than 4 miles of wooded walking trails. In the winter months, many trails are groomed for cross country skiing. Twin Brook is in use from sun up to sun down by people doing anything from walking their dogs, riding bikes and running the trails to flying kites, playing soccer or having a picnic lunch. Additionally there is a 9-hole disk golf course at the park which is free to the public.



Twin Brook hosts multiple local and regional events and activities. During the fall numerous cross country running events are held at the facility. Twin Brook is home to the *New England High School Cross Country Championships* for Boys and Girls (when it is Maine’s turn to host), and is scheduled to be the site of the *High School State Cross Country Championships* in the Fall of 2024.

On September 18, 2021 Twin Brook welcomed over 4000 residents for the day long *Cumberland Bicentennial Celebration!*



Of course, it would not be fall without the annual **Labor Day Soccer tournament** bringing over 3000 people to watch and play soccer over the course of the weekend.



Horse Trails are located around the perimeter of the fields on the Tuttle Road side of the park seasonally and all year on the gravel road from Tuttle Road through to Greely Road.

**For Booking Information, please contact
Peter Bingham
At the Cumberland Recreation Department
Phone: 829-2208**

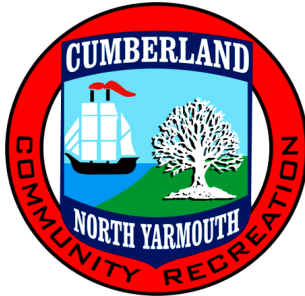


Abbreviated Park Rules

- The use, consumption or sale of alcoholic beverages, tobacco products or illegal drugs at Twin Brook facilities is prohibited.
- The only motorized vehicles permitted in or on Twin Brook facilities are Town owned maintenance vehicles.
- Horses may be ridden along the perimeter of field area but not on the playing fields or the trails. Owners are responsible for cleaning up after their horses.
- Mountain biking is permitted only when trails are firm and there are no running or skiing events scheduled.
- Activities such as kiting, model rocket and model airplane flying should take place in open pasture locations well away from any organized activities. The use of incendiary devises, defined as any object/substance likely to cause fires, including explosives, firecrackers, fireworks, and sparklers are prohibited.
- Twin Brook Recreation Area is open to the public and requests the publics’ assistance in keeping our park clean. Please throw all refuse, including pet waste, into the trash receptacles which are located throughout the park.
- Park Hours:
6:00 AM until 9:00 PM - April 1 – October 31
6:00 AM until 6:00 PM - November 1 – March 31
- No nighttime use shall be permitted without the express written permission of the Cumberland Recreation Dept.
- Cars left after the Park closes will be towed at owners expense.
- **Dogs may be off leash on both sides of this Park, but under voice control at all times.**

Seasonal dog rules apply:
<https://ecode360.com/14888165>

**Full Rules & Policies can be found at
www.cumberlandmaine.com**



Twin Brook Recreation Area

**185 Tuttle Road
Cumberland, Maine 04021**

Trail Map



**Christopher Bolduc,
Public Services Director**

**Frank Smith
Park Superintendent**

**Laura Neleski
Administrative Assistant Public Services
207-829-2220**

**Peter C. Bingham
Director of Recreation & Facility Scheduler**

**Patty Murphy
Assistant Recreation Director
207-829-2208**

PARK HOURS:

**6:00 AM until 9:00 PM April 1 - October 31
6:00 AM until 6:00 PM November 1 - March 31**

Twin Brook Recreation Area

TRAIL LEGEND:

HILL TRAIL - 0.6 Miles

MORTON TRAIL - 0.5 Miles

INNER LOOP - 0.4 Miles

RAVINE TRAIL - 0.5 Miles

BROOK TRAIL - 0.2 Miles

PAVED TRAIL - 0.2 Miles

WILDERNESS TRAIL - 1.2 Miles

DOG LOOP - 0.2 Miles

