

Learning Adventures
Living Classrooms

Rippleffect is a community-based youth development organization specializing in adventure and wilderness experiences that build character, confidence, and self-esteem. We prepare Maine youth for adulthood by providing them with leadership and life skills.

Rippleffect now manages two facilities on Casco Bay; Mackworth and Cow Island. Our unique programming provides teens an opportunity to enjoy and learn from the Maine Coast.

All Fort Lyons proceeds are used to support the Rippleffect youth development mission.

Fort Lyons
at Cow Island
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FORT LYONS
at
COW ISLAND

FORT LYONS

An
eco-retreat
for
friends
families
foundations
corporations

Imagine. . .

You arrive at our dock in Portland, whereupon a motor boat launch whisks you away. Fifteen minutes later, on Cow Island, guides escort you down island. You begin a day of energizing, self-selected activities.

As the afternoon winds down, you may decide to nap in a hammock, begin a game of bocci, or enjoy a massage.

As you relax after a gourmet meal and prepare to retire, the distant chimes of bell buoys lull you to a nights sleep of the finest kind.

Smells of sea salt, pine boughs, and campfire welcome you to a place without a worry in the world. . .

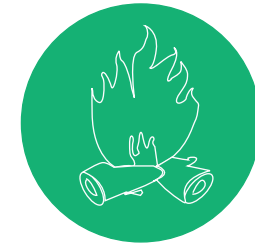
*Fort Lyons
at Cow Island.*



relax



recreate



ruminare



refresh



Swing in our hammocks to bird songs and the sounds of Casco Bay. . .



Choose an activity for any pace, for thrill-seekers to arm-chair paddlers. . .



Let your thoughts wander. Take time to reflect as you gaze into a campfire or out to sea. . .



Refresh your body and soul with fresh, local, organic, sumptuous, goodness. . .

Packages

A. Harbor Seal (Day Tripper) 49.95

8am-6pm, 10 hrs. includes:

- Gourmet Picnic lunch
- Volleyball, Croquet, Bocce
- 1 Yoga Session
- Afternoon Organic Tea and Treats
- Marine Transportation
- Facility Use (trails, beaches, hammocks, bathroom, water, buildings)

B. Osprey (Overnighter) 149.95

8am Saturday to 11am Sunday includes:

- Gourmet Picnic breakfast, lunch, and dinner
- Volleyball, Croquet, Bocce
- 1 Yoga Session
- Afternoon Organic Tea and Treats
- Marine Transportation
- Facility Use (rustic overnight accommodations, trails, beaches, hammocks, bathroom, water, buildings)

C. Finback Whale (Weekender) 169.95

8am Saturday - 3pm Sunday. Includes:

- Gourmet Picnic breakfast, lunch, and dinner
- Volleyball, Croquet, Bocce
- 1 Yoga Session
- Afternoon Organic Tea and Treats
- Marine Transportation
- Facility Use (rustic overnight accommodations, trails, beaches, hammocks, bathroom, water, buildings)

Activity Options: 69.95 additional per person (Pick 3)

- Bicycle tour on nearby Chebeague Island
- 3 hr. AM or PM Sea Kayak tour
- 400ft. Zip Line
- 5 Lighthouse Powerboat Sunset Tour (Max 10pp)
- Flying Squirrel Team Adventure
- Environmental Scavenger Hunt (Min. 8 pp)
- 1hr. Yoga Session (sunrise or sunset)
- Climbing Wall

Menu Options

Breakfast

Bigelow Bite

Fresh fruit, pasteries, yogurt, eggs, coffee, tea, juice

Lunches

Salty Seafarer's

Choice of Maine crabmeat or smoked salmon sandwiches, roaster corn salad, potato salad, fresh fruit, lemon bar.

Ploughman's

Sliced smoked ham or turkey with aged cheddar sandwiches. Marinated olives, rustic bread salad and seasonal fruit.

Dinners

Down East Feast

Fresh Maine lobster, mussels, clam chowder, dill potato salad, pasta salad, corn on the cob, coleslaw, jalapeno corn bread, and fresh fruit pies.

Beach BBQ

Chicken breasts, marinated pork or beef kabobs, garlic mashed potatoes, smoky-maple baked beans, homemade biscuits, vegetable salad, orzo, spinach, and feta salad, death by chocolate.

Vegetarian Options Available
Pricing for private group events.
Meals are included in all package prices.
18% gratuity affixed to all.



Interested in a **Team-building** experience? Our dynamic staff will tailor a team-building experience that is sure to leave your group empowered, motivated, and energized.