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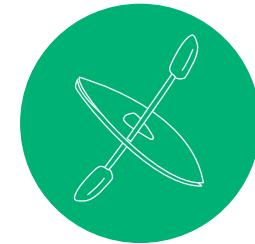
As you relax after a gourmet meal and prepare to retire, the distant chimes of bell buoys lull you to a nights sleep of the finest kind.

Smells of sea salt, pine boughs, and campfire welcome you to a place without a worry in the world. . .
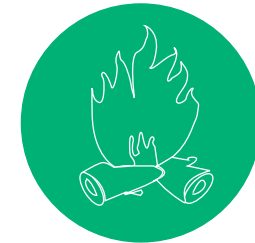
*Fort Lyons
at Cow Island.*

relax

recreate

ruminate

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 accomodations,
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 accomodations,
              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 sallad, potato salad,
fresh fruit, lemon bar.

Ploughman's
Sliced smoked ham or turkey with aged cheddar
sandwiches. Marinated olives, rustic bread salad
and seasonal fuit.

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Dinners

Down East Feast
Fresh Maine lobster, mussels, clam chowder, dill
potato sald, 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.