**Cow Island Info (Mostly Excerpted From MITA Guidebook)**

SMSKN has adopted Cow Island through the Maine Island Trail Association. If you are interested in joining the team helping steward Cow Island, please message Dee Dee St Louis through Meetup.

* **Town:** Long Island **Owner:** Rippleffect **Acreage:** 26.00
* **Location:** Located in Casco Bay, just off the northeast end of Great Diamond Island.
* **Camping Guidelines:** Two campsites available. Camping capacity: S site, 12 people; N site, 6 people. **Reservations required to camp, call Rippleffect at 207-791-7870.**
* **Pet Guidelines:** Pets allowed under strict owner control; leash pets or leave them at home to protect visitors and wildlife. Pack out all solid pet waste.
* **NOAA Charts:** 13288;13290;13292

Seasonal headquarters for Casco Bay-based Rippleffect, the west side of Cow Island is open to the public for low-impact recreation. Rippleffect owns this 26-acre island, and Maine Coast Heritage Trust holds a conservation easement that protects the island and access for the public. During the summer months, Rippleffect leads experiential and wilderness adventure programs for Maine teens and families. Please respect programming in progress on the island.

Visitors should be mindful of ticks on Cow as well as poison ivy, which is common near campsites and trails. Camping is permitted at two designated sites on the west side of the island. Fires are allowed with a permit in the established fire ring near the information kiosk (call 207-766-5820 for permit information). There is a privy off the conservation easement that is available for use by island visitors.

**The beach on the north end of Cow is best for kayaks, and small boats can moor in that cove. Larger boats can anchor among the private moorings on the west side. Except in emergencies, use of the dock is prohibited**.

Rippleffect requests that you follow all posted guidelines and leave Cow Island better than you found it.

