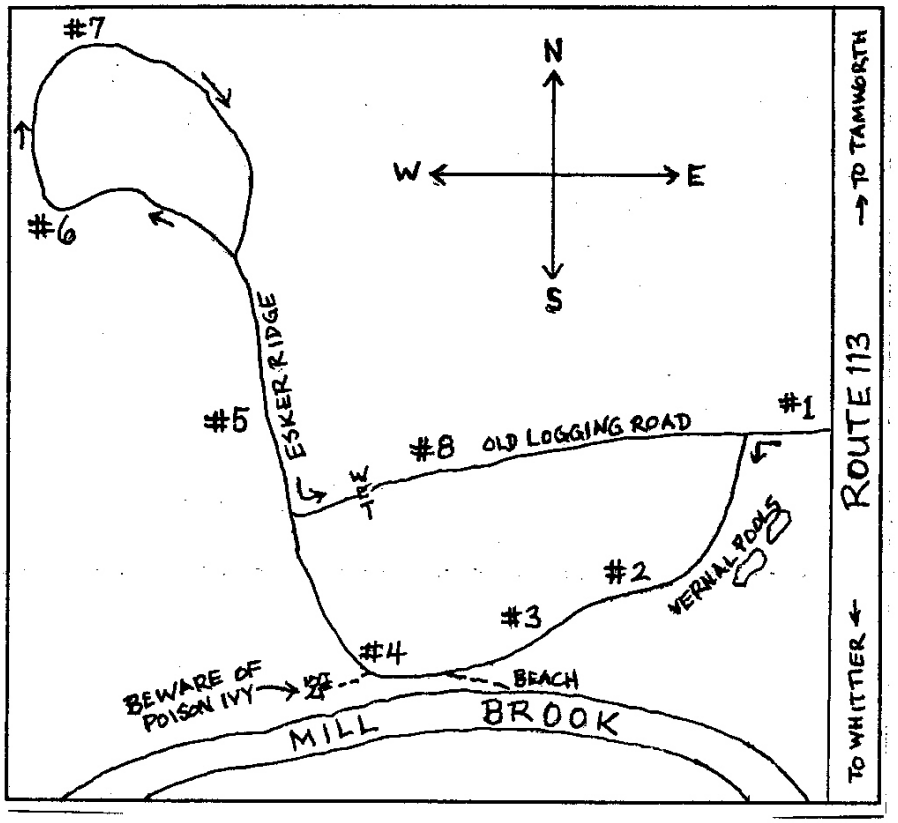
Welcome to the Earle H. Remick Nature Trail

The Earle Remick Nature Trail was originally designed and cleared in August of 1978 by the participants of the *Resources and Recyclables Project* at the Tamworth Preschool. Help was provided by the Society for the Protection of New Hampshire Forests and Betty Steele. Recent maintenance has been done by students of the Bearcamp Valley School and Brett School.

The trail is marked by red directional signs and station numbers. This trail guide contains a map of the trail, brief descriptions of points of interest at each station, and drawings of plants you may see.

PLEASE LEAVE THIS AREA CLEANER THAN YOU FOUND IT. THANKS.



#1 Log Loading Platform At station #1 is an old log loading platform. The logs were rolled onto a truck, then removed from the forest. We can estimate the age of the platform by the red oak which started growing after the platform was built. It is on the left (where the #1 is) and is about 50 years old.

#2 Pine Grove Standing here, we can see three different kinds of pine: white pine, pitch pine, and red pine. The easiest way to tell these three species apart is by examining their bundles of long needles: white pine has 5 needles per bundle, red pine has 2, and pitch pine has 3. None of these pines should be confused with the hemlock nearby--it has numerous short needles. Almost all of the evergreen, coniferous (cone-bearing) trees along this trail are one of these four species. Their cones are favored foods of the red squirrel. As you continue along the trail, you can see piles of pieces of cones--called "middens"--left by squirrels.

#3 Woodpecker Trees A few feet back down the trail from station #3 you will see on the left a very large white pine. Looking closer you'll see it has two trunks that form a "Y." This defect was caused by insect damage to the leader when the tree was only as high as the "Y." Loggers wouldn't take a tree in this condition, which is why this tree still stands.

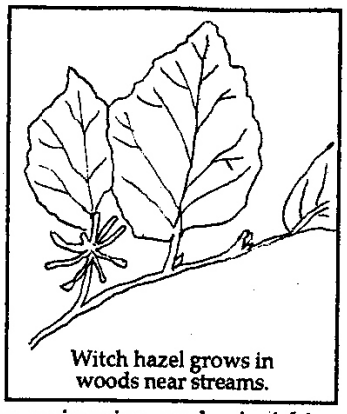
Also at station #3, back in the woods, is a white pine with some woodpecker holes in it. Woodpeckers eat insect adults and larvae that live in dying trees. There are two types of woodpecker holes that can be seen along this trail: round ones made by the hairy or downy woodpecker and deeper, oval ones made by the pileated woodpecker.

#4 Mill Brook Station #4 is a lovely place for just standing and looking. Up the brook we see many trees which have fallen across the brook. The

Beware: there is poison ivy upstream from here. "Leaves of 3, let it be."

This and several other trails in town are managed by the Tamworth Conservation Commission • for information: TCC, Town of Tamworth, 03886 • 1998

water has worn away their root systems and, with no support, they have fallen. Down the brook we see some glacial rocks worn smooth by the water. An unmarked side path leads 20 yards southeast to a sandy beach--excellent for swimming and picnicking. As with any natural water source, drinking without testing is not recommended.

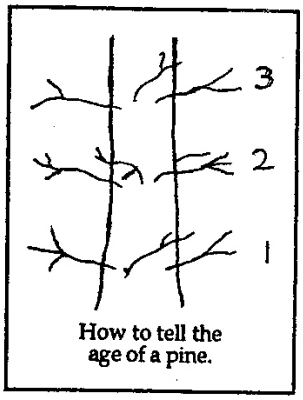

Witch hazel grows in woods near streams.

#5 Forest Competition The large red oak tree here is competing with the hemlock and the white pine near it. Trees are not evenly spaced by nature. Seeds fall and sprout randomly and then, as they grow, the trees compete for sunlight, moisture, and nutrients. If one of these trees were to be removed by people or natural causes, the smaller trees would be "released" and grow rapidly to fill space in the canopy.

#6 Forest Succession At station #6 we see how the forest grows again after being cut or damaged. Here, a clearing was cut during a timber harvest operation decades ago. After such a harvest, certain trees and shrubs tend to take hold first. These pioneer species tend to be fast growing and tolerant of full sunlight. However, some of them are short-lived, such as the gray birch visible here (look for its white bark and long triangular leaves). Other pioneers, such as the red maple and white pine, live longer and remain in the maturing forest. Species that grow well in shaded conditions, such as hemlock and American beech, are also growing now in this recovering forest. Look for the beech's smooth gray bark and oblong, toothed leaves.

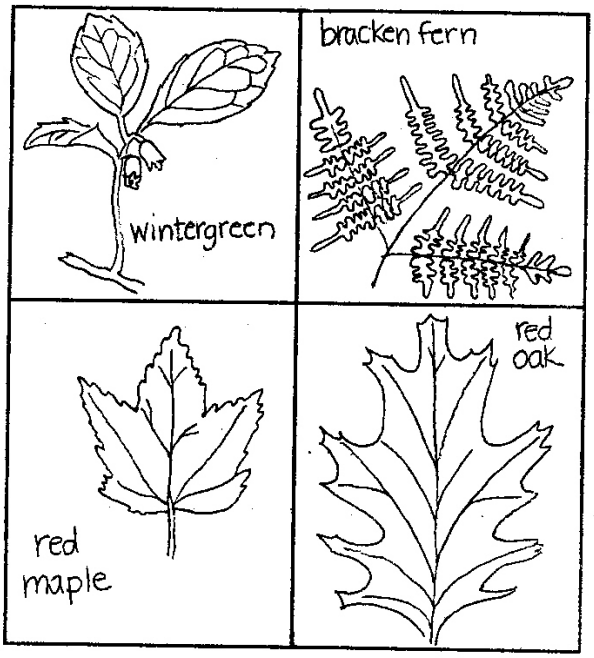
#7 Glacial Kettle Hole Chances are good that this hole is a glacial kettle hole. If so, it was formed about 12,000 years ago by a piece of glacial ice that was covered with sand and gravel. This insulated the ice from melting until after the sand and gravel around it were deposited by streams. This hole was left when the piece of ice finally melted.

#8 Blueberry Patch Here at #8 we see low-bush blueberries struggling for survival in the dim light. We can also see another white pine. We can tell how fast it grows by the distance between each whorl of branches. We can also tell its age (see diagram).



How to tell the age of a pine.

From station #8 to Route 113, there are a number of plant species typical of this type of habitat, including the low-growing teaberry (wintergreen) and partridgeberry; bracken fern; the northern wild raisin (a shrub)-- as well as the trees gray birch, red maple, American beech, and red oak .



***Earle Remick** (1895- 1974)*
The land on which this trail is built was given for the preservation of nature by Earle Remick, fourth-generation proprieter of Remick's Store in the center of Tamworth. Earle Remick was involved in local and state politics, serving as a town Selectman and as a longtime member of the legislature. He was respected as a supporter of many early conservation and ecology-oriented projects.