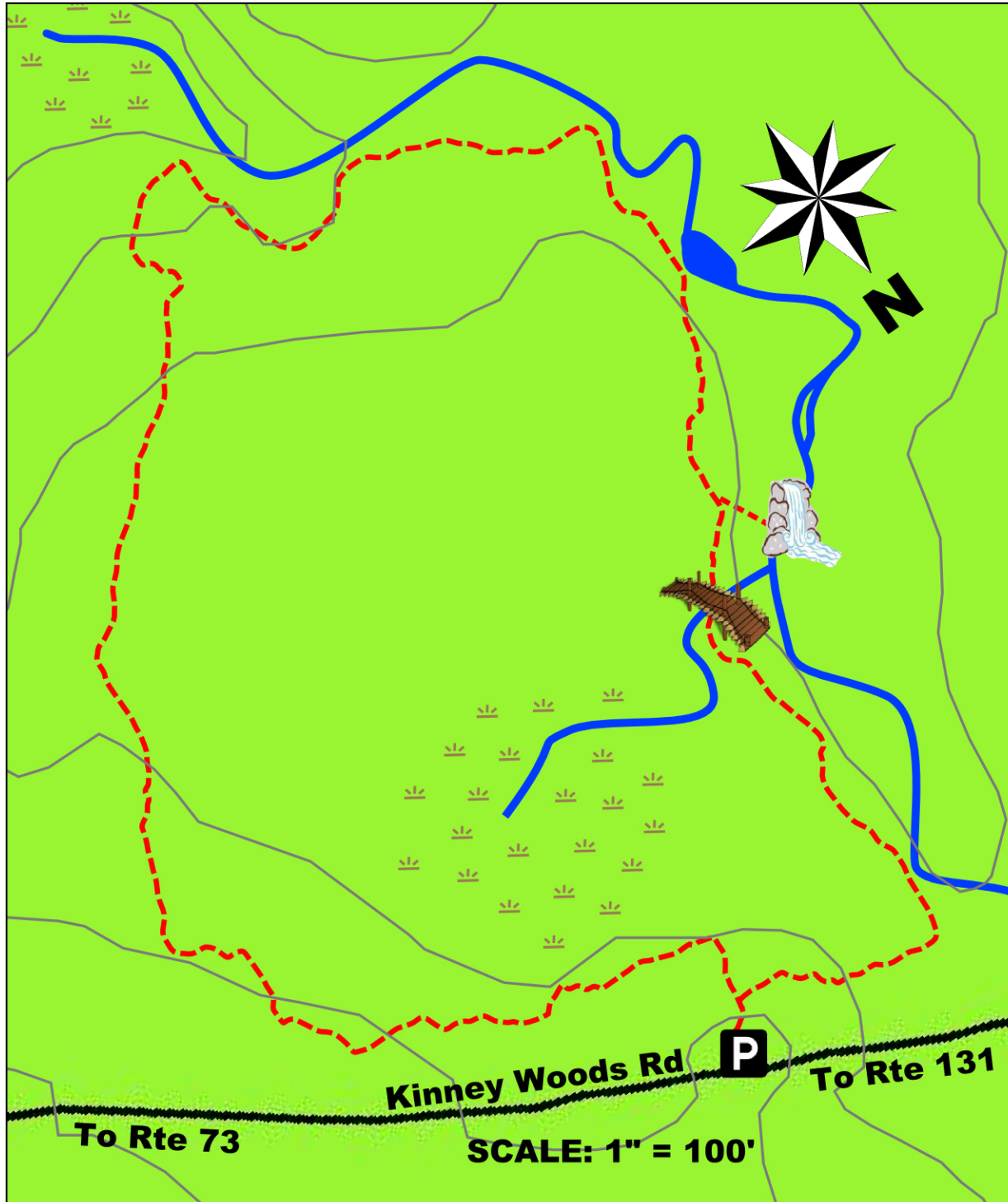


## Town Forest Loop Trail Map



Town Forest Loop Trail

## Trail Description

The trailhead and parking area for the Town Forest Loop Trail is located approximately 0.8 miles off Rte. 131 on the south side of Kinney Woods Rd. The entire loop is about 3/4 of a mile long.

Almost immediately, the trail forks. Proceeding to the left, the trail is marked by faint blue paint blazes and leftover pink surveyor's tape in places. A false dead-end trail leads off straight into the woods, but the actual trail parallels the road for about a tenth of a mile, winding through a mixed evergreen forest dominated by white pine. American hazelnut, red maple, and hickory make up some of the hardwood trees in the understory, while wild sarsaparilla and wood ferns are found amongst the ground cover.



Winterberry

Traveling along a half-buried corduroy log walkway, the trail winds around the northern perimeter of a mossy northern white cedar/balsam fir swamp edged by alders, winterberries and red maples. Skunk cabbage may be seen amongst these wet areas in the late winter

and spring, and many different species of mosses may be found within. This swamp is fed by a seasonal stream which feeds into Jones Brook and bisects the property diagonally.

The cedar tree which grows in the town forest is also known as Arbor Vitae, or "Tree of Life," and was so-named for its ability to treat scurvy in 16th century French explorers. It is long-lived, slow-growing and rot-resistant. Cedar trees may regu-

larly live for several hundred years. They are an important source of winter food for deer.

Turning towards the road to follow an old stone wall for several yards before turning once more to cross the remnants of an old logging road, the trail corners to the south to follow the edge of a vast alder thicket bordering an open-water section of the Jones Brook marsh.



Skunk cabbage

Edging away from the marsh through a section of thick spruce blow-downs, the trail eventually comes to an intersection with the main stem of Jones Brook and follows it upstream.



Northern White Cedar

The waters of the brook are dark with the tannins of the evergreen needles, and the trail follows the steep side of the riverbank overlooking the often-broad floodplain below through which the channel meanders. A long pool is present just upstream of a braided pattern in the channel, and further upstream the sound of gurgling and rushing water becomes louder and louder. Here, a spur off the main trail leads the curious to a small waterfall feeding into a broad pool (see front photo).

Though not quite deep enough for pleasant swimming, it offers an ideal spot for a picnic or contemplative rest, and can be quite an impressive sight during the spring-time run-off or following a heavy rain shower.

In the wintertime, these woods, dominated by an evergreen canopy, are beautifully draped with snow and ice, perfect for snowshoeing or cross-country skiing.



Cedar log bridge

Crossing a sturdy bridge (constructed from a single white cedar tree) over a seasonal tributary stream, the trail heads north and then jogs east back towards the parking area.



**PLEASE ENJOY  
YOUR STAY  
RESPECTFULLY  
AND LEAVE NO  
TRACE**

The St. George Conservation Commission is a municipal entity of the Town of St. George, responsible for conducting research and advising the Town on natural resource issues, educating the public on proper management of natural resources, and implementing environmental programs on behalf of the Town.

To get involved with Conservation Commission projects, or for comments/suggestions about Town trails, please contact 372-6363 or visit the Town Office.