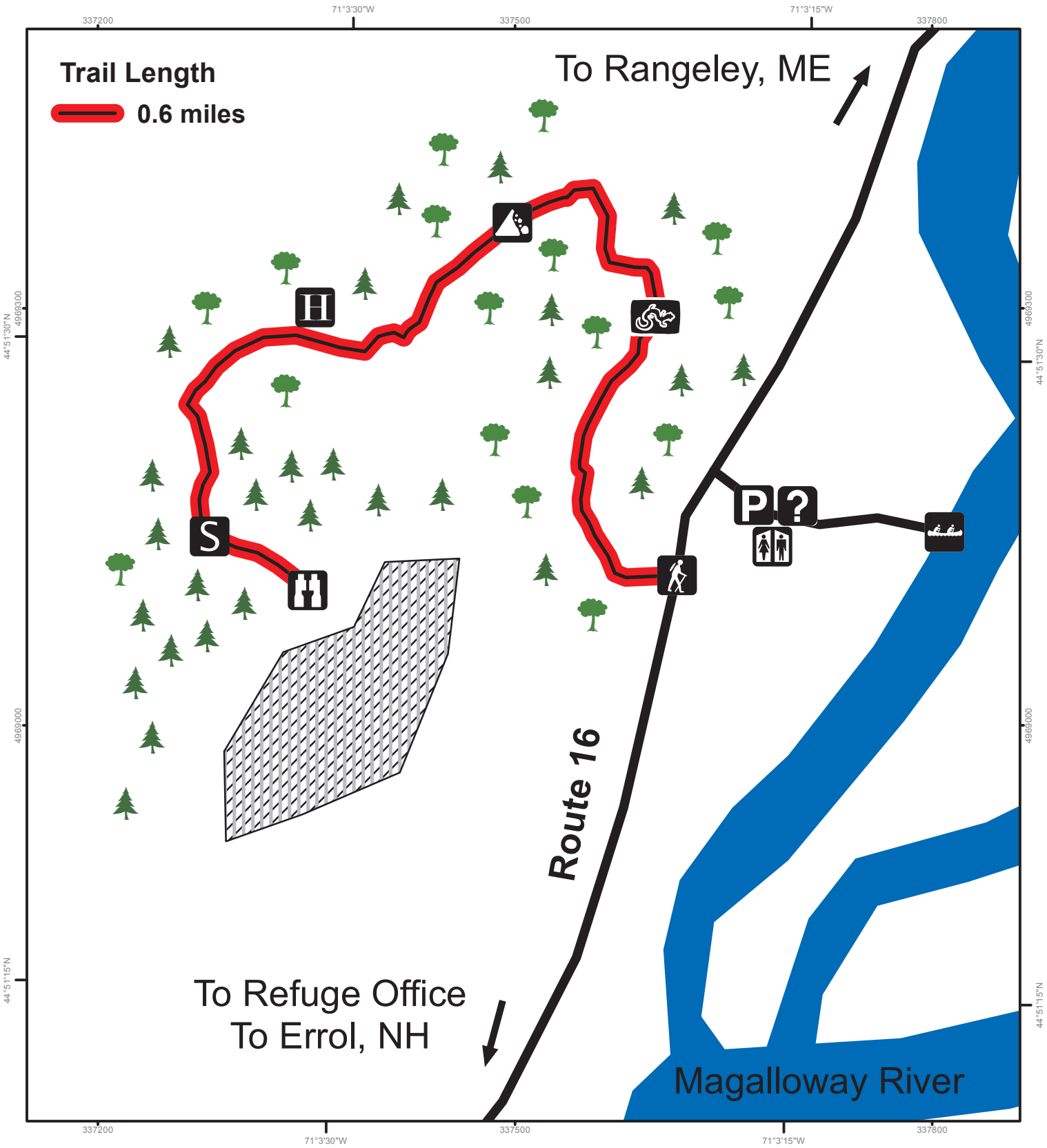
U.S. Fish & Wildlife Service

Umbagog National Wildlife Refuge: The Roost Trail



Map Projection: NAD_1983_UTM_Zone_19N
Graticule Units: degrees, minutes, seconds
Map Grid Unit: Meter
P:\Public Use\Roost Trail\Roost_Trail.mxd
Last updated: 09/19/2016

1=3,750

0 87.5 175 350 Meters

0 0.05 0.1 0.2 Miles

 ***Trailhead/Parking area.*** Parking is available for the trail at the canoe launch on Rt. 16 across from the Mt. Dustan Country Store. The parking area contains an information kiosk with brochures, displays, maps, and a restroom facility. To access the "Roost" hiking trail, park here. Cross Rt. 16, then walk west to the trail head sign (left towards the refuge office). The first section of trail crosses private land so please be respectful and stay on the trail. Cross over the foot bridge and look for the hiking symbol on the edge of the woods. Once in the woods, follow the red diamond trail markers. The trail starts northward behind the Mt. Dustan Country Store then takes a left and climbs steadily uphill. This moderately steep forested trail ends at the top of a cliff with a superb view 0.6 miles from the trailhead sign. The trail was constructed by the 2015 Umbagog NWR Youth Conservation Corps.

 ***Vernal pool.*** Vernal pools are semi-permanent water bodies occurring in shallow upland and floodplain depressions that fill in the spring and may dry up during the summer. The pools do not have any stable surface water inflow or outflow and are void of fish, which makes them a great breeding location for frogs, salamanders, and invertebrates. Vernal pools are also used as foraging sights by many reptiles, birds, and mammals. In the spring, refuge biologists map where vernal pools occur and count the number of wood frog and spotted salamander egg masses. Mid-summer the biologist will return to the vernal pools and count the number of wood frog tadpoles and salamander larvae to track population changes.

 **Glacial Erratics.** These large boulders were transported by a glacier about 15,000 years ago and were left behind when the glacier melted. Some of the larger boulders have vegetation, and even trees, growing on top of them. Over hundreds of years, the rock was broken by ice, wind, and water into very small pieces and colonized by organisms that can grow on bare rock such as lichens and mosses. As these organisms live and die they add layers of organic material until the layers are thick enough to allow ferns and trees to grow. You will see several glacial erratics along the trail with trees growing on top of them

 **Hemlock Trees.** There are several large hemlock trees along the trail. Hemlocks are long lived and can reach over 400 years old. With their abundant and large branches, they create an environment that is densely shaded and cooler than surrounding areas in the summer. In the winter, these same branches hold snow so the snow on the ground under the trees is not nearly as deep as other areas, giving animals, such as deer, a break during the winter. These also provide food for a variety of animals. Red squirrels and mice eat the seeds, snowshoe hare eat the needles, and porcupines feed on the tree bark and branch tips. When hemlock trees die and form snags, their cavities are used by nesting birds and are sometimes used by fisher as den sites.

 **Spruce Stand.** The soils at the top of the cliff are shallow and nutrient poor, which allows the softwoods to out compete hardwood trees. This resembles the growth of a spruce forest that occurs in high elevations, such as those in the White Mountains and Maine High Peaks.

 **Overlook.** From the view at the top of the cliffs, you can see many prominent landscape features. Below you, the winding Magalloway River and several of its backwaters and flood plain forests can be seen. In the distance, Lake Umbagog sits at the center of the Umbagog National Wildlife Refuge. The lake is home to several pairs of eagles, loons, and waterfowl such as black ducks and ring-necked ducks, which make use of the lakes large wetland areas. Past the lake, you can see Baldpate and Old Speck mountains, with Grafton Notch in between them. To the left, you can see the Sturtevant Pond and the open areas that are being managed for woodcock.