

BARRINGTON  
  
TOWN FOREST

# BARRINGTON TOWN FOREST

## Trail Guide

The Barrington Town Forest is a 48-acre wooded area dedicated to

- conservation education
- recreational trails
- wildlife habitat protection and improvement
- growing forest products
- watershed and wetland conservation
- protection of unique plant communities

Volunteers provided thousands of dollars worth of labor, materials, equipment and professional expertise to create the system of trails, bridges and signs. Boy Scout Troop 358 engaged the Barrington community, who contributed hundreds of hours constructing trails and structures.

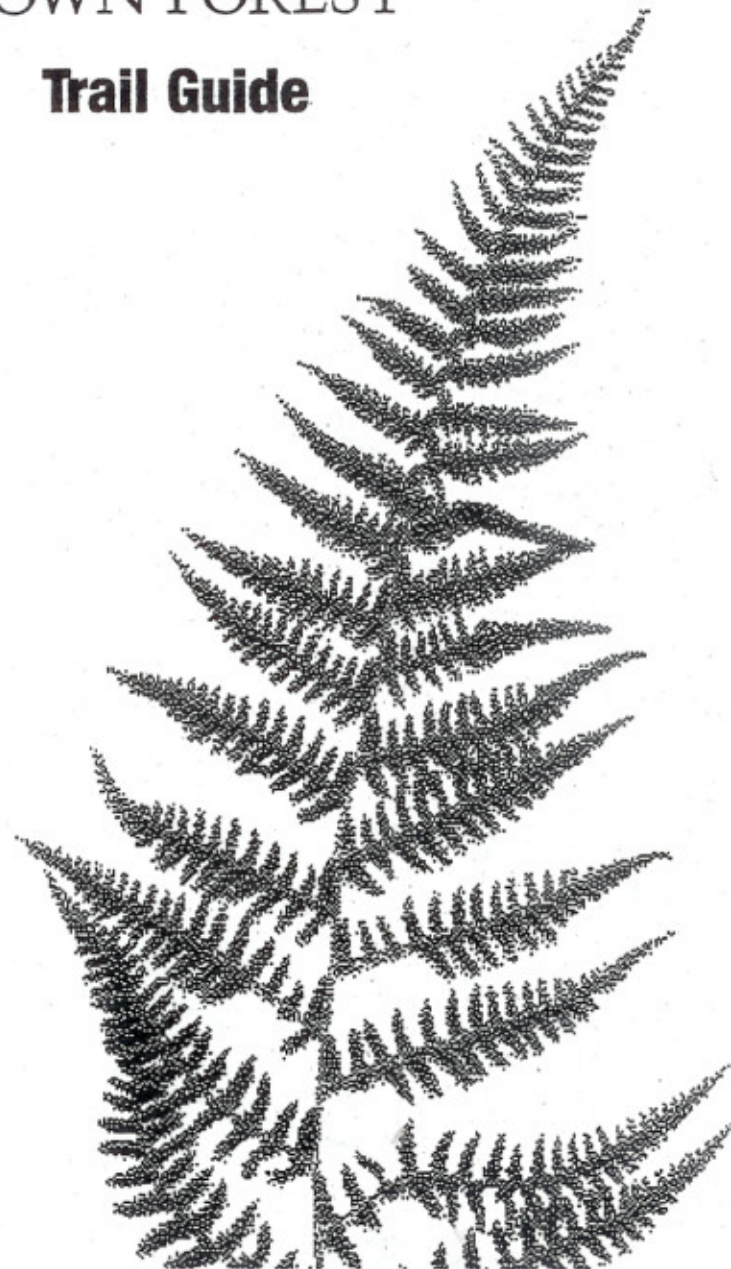
The Town Forest is open to foot traffic and bicycles only. Motorized vehicles and horses are not permitted in the forest. Cross country skiing, snowshoeing, bird watching and recreational hiking are encouraged. Schools use the Town Forest as an outdoor classroom. Workshops are offered at the forest on occasion. If you have a group which would like a guided educational tour of the forest, please make arrangements well in advance. If you would like to volunteer to help with the forest, please contact the Town Forest Task Force by calling the Town Offices at 664-9007.

The Barrington Town Forest is administered by the Barrington Town Forest Task Force, the Barrington Conservation Commission, under the auspices of the Barrington Board of Selectmen.

If you have a disability which requires a special accommodation to use the forest, please contact the Town Forest Task Force via the Town Offices.

*Recycle this Guide by returning it to the mailbox  
or keep it if you wish.*

*Design of the original trail guide by Diane St. Jean*



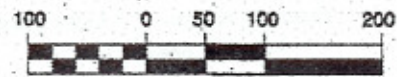
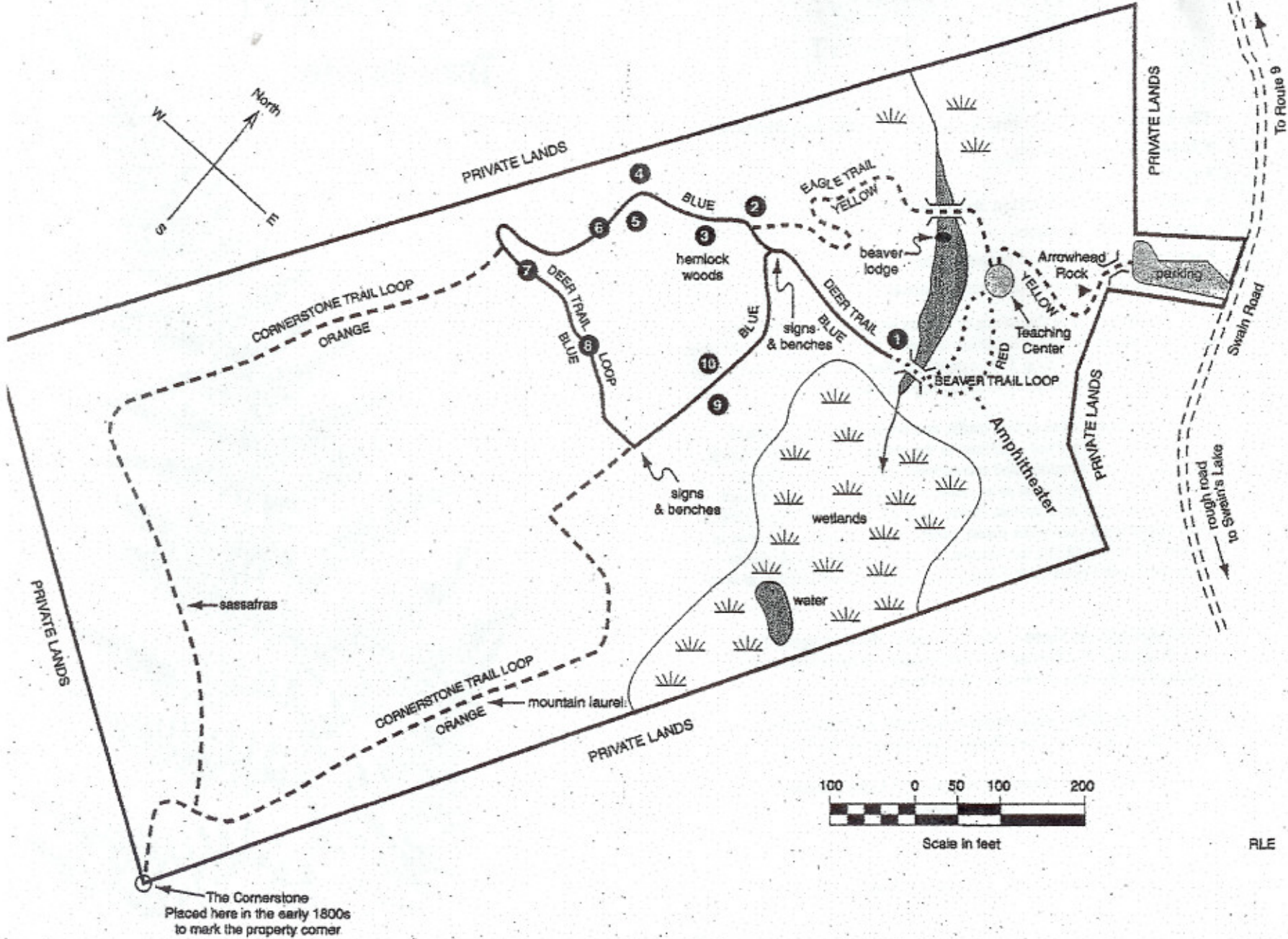
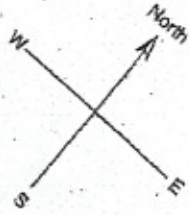
The printing for this Barrington Trail Guide was donated by

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### Map of Barrington Town Forest



Scale in feet

RLE

## Self-Guided Nature Trail

*Take the Beaver Trail Loop to the bridge by the beaver dam. Station 1 is on the far side of the bridge, where the Deer Trail Begins. Follow the Deer Trail to visit 10 Nature Trail stops.*

### 1. Beavers

Beavers built this dam and the lodge upstream. They cut trees for food and shelter. The lodge is a year-round residence. These “engineers” change the environment to suit their needs more than other animals do, except people. Beavers prefer birch and aspen trees, which are not plentiful in the Barrington Town Forest.

*At the intersection of the Deer Trail and the Deer Trail Loop, where the bench is, bear right to go to Stations 2 through 10.*

### 2. Different Kinds of Forests

The forest behind the sign is mostly oak trees. Oaks provide acorns, used as food by wildlife such as deer, squirrels, wild turkeys, and wood ducks. What will this forest look like 30 years from now? (Clue: notice the large number of small white pine trees.)

To the left is a dense hemlock forest. Will this forest look very different in 30 years? (Clue: notice the absence of young trees of other species in the hemlock forest.)

### 3. Deer Umbrellas

Evergreen forests often serve as a place for deer to gather in the winter. These dense hemlock woods act as umbrellas to protect deer from wind and snow. It is easier for deer to walk around in these woods as the snow is not as deep as in the more open forests and fields.

### 4. Cutting Trees is for the Birds!

The trees in this area were cut. The cutting has allowed sunlight to reach the forest floor. Succulent new growth of shrubs and young trees now provide food for wildlife including deer. The warmth of the sun attracts an abundance of insects – a food source for birds and their young. Listen. Woodland birds such as chickadees, nuthatches, and tufted titmouse can often be heard singing here. This opening has improved the forest for wildlife. Cutting trees is only one tool that a wildlife biologist may use to improve wildlife habitat.

### 5. Deer Rubbings

For years bucks have come to this hemlock tree and to the ones behind you to rub the velvet off their antlers. Each year deer lose their antlers and grow a new set in the spring. In the summer they rub the soft, fur-like coating from their new antlers.

### 6. Bed and Breakfast for Animals

The tree that stood here fell by natural causes and is lying to the side of the trail. As a tree dies, insects invade the weakened tree. Hungry birds peck at the tree to get the insects, leaving the holes that you see. Many birds and mammals used these cavities for nesting, denning and resting. At the ground level there was a hole for a comfortable shelter for a small animal. Foresters often leave trees like this standing to benefit wildlife.

### 7. Boulders

The glacier left these boulders scattered here over a million years ago. The glacier also made the small hill behind the “7” sign. Hills like this run north and south, in the direction that the glacier traveled. The land changes as you go east. By the Barrington Elementary School, the ground is sandy. That area was the beach front on the ocean which was once there.

### 8. Rock Wart

On the large rock behind the “8” sign is a rock covered by lichen (pronounced “lie-ken”). The lichen has many names including including “rock wart.” It is a combination of algae and fungi. They depend upon each other for life.

*At the intersection, stay on the Deer Trail Loop (not the Cornerstone Trail.)*

### 9. An Important Watershed

Behind the “9” sign, the land slopes down to a wetland. This wetland serves as a reservoir and a filter for water traveling to Swains Lake, which is used for drinking water, fishing, and swimming. We need to care for the forests and wetlands in this watershed so we can protect water quality for people and other living things.

### 10. A Building Here?

Yes. There was a building right here. Evidence such as boards and nails, along with rocks used as a foundation, has been found here. Nature has a way of taking back some of what people have done. Even the road you traveled on to come to this forest would return to trees if left alone for a long time. Some things that people do, don’t “heal” as quickly and as well as what you see here.