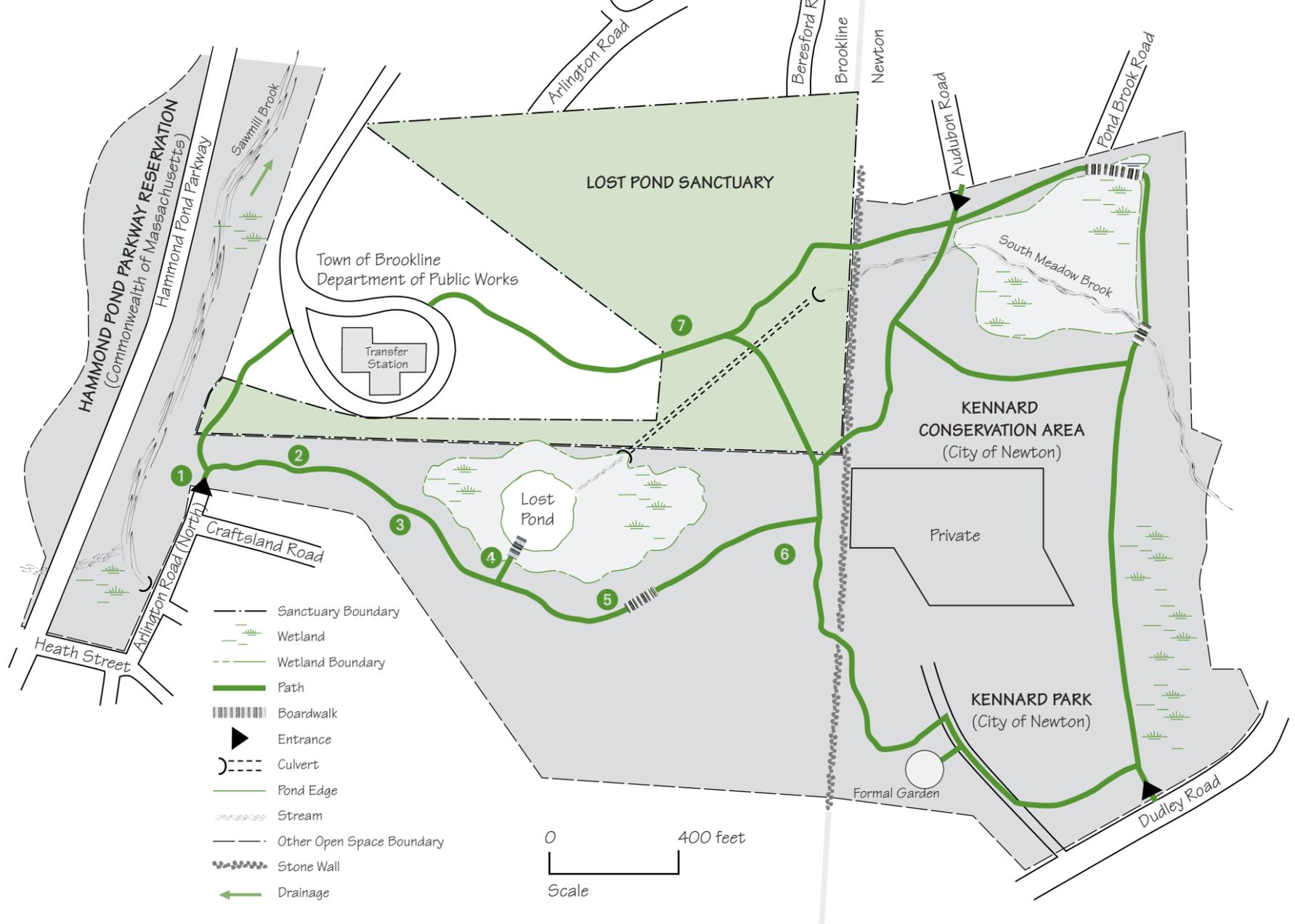




This map is not accurate beyond point #7  
There is no access to the Solid Waste Facility



## Trail Guide

### 1 Entrance at Arlington Road North

Entering the Sanctuary from the end of Arlington Road North, a short walk leads to a kiosk with maps and information about the area. Take the right hand trail to the top of the small hill. The trees on the higher ground are predominantly Oak, with occasional White Pines. This was once a forest of American Chestnuts, until the trees were destroyed by blight. The old stumps still sprout saplings that reach a height of fifteen feet and die. Listen for Black-capped Chickadees and Tufted Titmice. Low Bush Blueberries grow here, but the undergrowth is relatively thin.

### 2 Approach to the Wetland

As the trail continues to the bottom of the hill, notice how the vegetation changes. There are still a few oaks but the dominant species are maples and Yellow Birch. Many trees have multiple trunks, and roots that grow above the ground. These are adaptations to growing in saturated wetland soil. The understory of this part of the forest is a dense mix of Sweet Pepperbush and High Bush Blueberry.

### 3 Traversing the Wetland

The ground may seem dry, not very different from the upland. However, this flat area remains muddy for long periods of time during wet seasons, because an impenetrable layer of soil lies close to the surface here. When it rains, water collects in the wetland and is released gradually, thus preventing flooding.

The trail winds through the woods. The tree roots in this section are exposed because the soil has been compressed by walkers. Please stay on the trail to limit the damage. After the trail straightens out, start looking for the path to Lost Pond. It is on the left side of the trail—overlooked by a very large Yellow Birch. Yellow Birch has silvery gray bark; older trees peel in curls that resemble onion skin.

### 4 Path to Lost Pond

Turn left along a short path to the pond. Emerald green mosses grow here on dead tree roots. The ground gets softer and wetter as you near the pond. The boardwalk allows visitors to approach the pond without disturbing the quaking bog that has developed along this edge. This area contains a fragile ecosystem that is easily damaged, so please do not leave the boardwalk. At its end you will find a wonderful place for watching birds, dragonflies, tadpoles and Water Striders. In the winter, look for Snow Fleas on the water and the snow. Snow Fleas are not fleas at all; they are called springtails because they jump by snapping an appendage under their abdomens. Starting in March, Red-winged Blackbirds and migrating warblers can be seen near the pond.

### 5 Continuing on the Main Path

Return to the main path and turn left. The trail continues through the wetland forest. Ferns, Spice Bush and High Bush Blueberries mix with the Sweet Pepperbush. In August, Pepperbush flowers perfume the woods. A boardwalk carries the trail over a boggy spot. In this section are several snags—standing dead trees, where Carpenter Ants have taken up residence and Pileated Woodpeckers have carved their signature, large oval holes. Many of the trees in this section contain large untidy clumps of leaves and twigs. These are dreys—squirrels' summer nests. Winter nests, where babies are born, are in tree cavities, such as those made by the woodpeckers. Look for shelf-fungi on fallen logs in fall and winter.

Near the end of the lowland, the underbrush on the left side of the trail changes to an impenetrable tangle of Catbrier (look for green tendrils with thorns). The shallow ditch crossing the trail is the original outflow from Lost Pond, which was diverted to flood a swamp further downstream. In the spring look for Skunk Cabbage and Jack-in-the-Pulpit to the right of the trail.

### 6 Climbing Out of the Wetland

The trail rises through a stand of hemlock trees, to pine woods floored with Low Bush Blueberry. Listen for the “peo-wee” song of peewees. A little further along is an intersection with an old bridle path. A right turn leads to Kennard Park and Conservation Area in Newton. Turn left to continue through the upland woods, where White Pine, Shag Bark Hickory and Low Bush Blueberry grow. In mid-May, Pink Lady Slipper (Moccasin Flower) blooms on the right side of the trail. Descend the hill and notice that old tires, bicycles and other debris appear among the trees. You have reached the edge of the former Town landfill. At this point the trail bears left.

### 7 The Old Landfill

The landfill has been closed for thirty years but the land still shows many signs of disturbance. Sumac and Black Locust grow here, as well as Poison Ivy and Stinging Nettle, plants which move into areas of disturbed soil. On the right, the trail from the Kennard Area rejoins the main path.

The trail leaves the woods and enters an open area, where ash from the incinerator was dumped until the facility was closed in 1972. Since then, the meadow has regrown. Meadows provide a unique habitat for birds and mammals that are not adapted to live in forested areas. Go directly across the meadow toward the DPW buildings. As you cross the meadow in the winter, you can see the pond below.

At this point, you can either retrace your steps or make your way through the DPW yard. Keeping the main buildings on your left, continue straight on the paved road, past the buildings and turn left. After about twenty yards watch for a trail into the woods on the right. Follow this trail back to the starting point on Arlington Road.