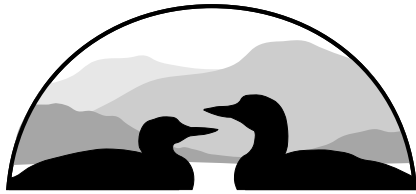


Paradise Point Nature Center & Wildlife Sanctuary

North Shore Road, PO Box 142,
East Hebron, N.H. 03241
(603) 744-3516 (July 1-September 1) or
(603) 224-9909 (September 1-July 1)

Hebron Marsh Wildlife Sanctuary & Audubon Nature Store

Nature Store open July 1-September 1
North Shore Road, Hebron, N.H.
(603) 744-1090



The Audubon Society of New Hampshire is an independent statewide membership organization. It operates nature centers throughout the state that provide educational programs for children and adults. It also protects thousands of acres of wildlife habitat through its sanctuaries program and monitors many of the state's endangered species. For information on the Audubon Society of New Hampshire, membership, programs, and publications, contact:

The Audubon Society of New Hampshire

3 Silk Farm Road, Concord, NH 03301
PH (603) 224-9909, FAX (603) 226-0902

EMAIL asn@nhaudubon.org www.nhaudubon.org

If you do not want to keep this guide, please return it to the mailbox at the trailhead.

Printed on  recycled paper.

Cover art of Great Blue Heron by Iain MacLeod.

Trail Guide

Hebron Marsh Wildlife Sanctuary Hebron, New Hampshire



Audubon Society of New Hampshire

About the Sanctuary

In 1860, the Hebron Marsh was farmland and pasture. The Ash Cottage was part of a large farm tract owned by the Crosby family. In 1935, this property was purchased by the Norton family. In 1979, Hope Norton Iaccaci donated the property in memory of her husband, Paul Thayer Iaccaci.

The Sanctuary includes 34 acres on both sides of North Shore Road and contains the only marsh on the lake. This wetland area was formed at the mouth of the Cockermonth River when the lake was dammed.

About the Newfound Audubon Center

The Newfound Audubon Center includes Paradise Point Nature Center and Wildlife Sanctuary, the Hebron Marsh Wildlife Sanctuary, and the Bear Mountain Wildlife Sanctuary. The nature center at Paradise Point and the Audubon Nature Store at the Hebron Marsh Sanctuary are open daily, 10 a.m.-4 p.m., in the summer. The store is open 1-4 p.m. on Sundays. Educational programming is provided for adults and children at Paradise Point and Hebron Marsh in the summer; call the Center at 744-3516 for information. Programs for groups are available. Sanctuary trails are open dawn to dusk year-round.

This trail guide was
underwritten by:



Visitor Information

1. Only foot travel is permitted in the sanctuary.
2. Swimming, camping, fires, hunting, and trapping are prohibited.
3. Please keep to the marked trails and do not collect or in any way disturb any plants or animals in the sanctuary.
4. Pets must be kept on leash.
5. Please carry out all trash and litter.
6. Be prepared for country walking.

How to get to Hebron Marsh Sanctuary:



From Bristol:

Go north on Route 3A for 9 miles through East Hebron. Turn left onto North Shore Road. Drive 2.5 miles to the Hebron Marsh Sanctuary.

From Plymouth:

Take Route 25 west to Route 3A south. Travel 5 miles south, turn right onto North Shore Road and drive 2.5 miles to the Sanctuary.

Trail Information

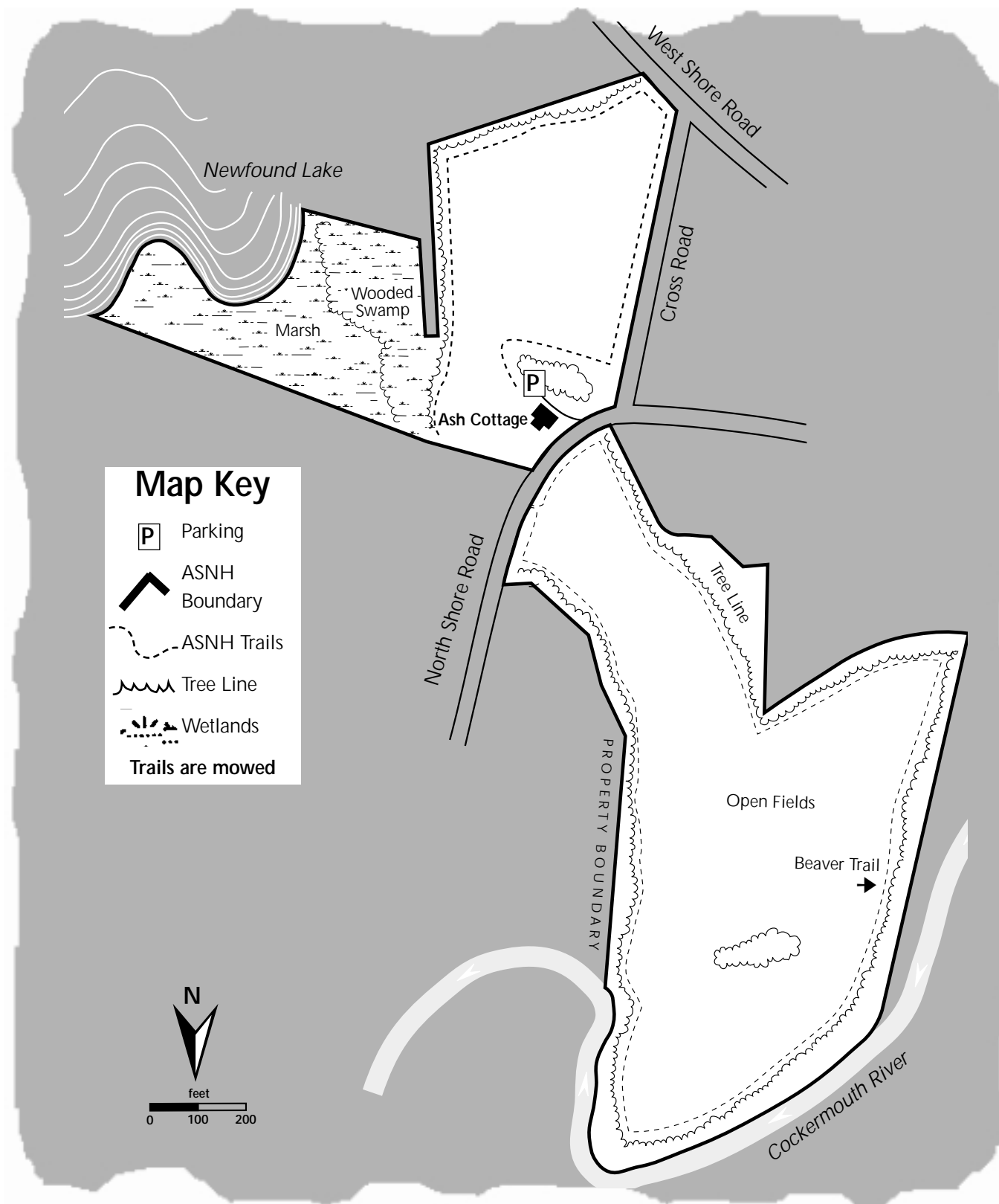
Field Across North Shore Road

mowed trail, 1.1 miles, approximately 1/2 hour

Follow the Beaver Trail into the field. The bluebird houses are popular, although the residents tend to be Tree Swallows rather than bluebirds. To keep the nesting birds at ease, please keep a safe distance from the boxes.

Note the varying vegetation. This field contains several swales, which are low-lying areas that tend to be wetter than the surrounding field. Look for different vegetation, such as boneset and other wetland plants, that prefer these wetter areas. The prevalence of mosses and ground pines indicate the acid soil. In spring, look for trout lilies as well as bobolinks and other birds that nest in the field. In summer, an abundance of wildflowers bloom.

You can get down to the Cockermouth River, a shallow river with a gravel bottom, in which you can wade. Deer, turkey, and raccoon tracks can often be found by the river, and there is evidence of ambitious beaver activity along the riverbend.



Field Adjoining Ash Cottage Lawn

mowed trail, .4 miles, approximately 15 minutes

Unlike soil managed for farming, this field is not fertilized and is therefore sandy and arid. Common vegetation here includes lichen, British soldier, lowbush blueberries, reindeer moss, ground pine, and grape fern. Bluebird houses are provided along the edges.

Trail to Hebron Marsh

Follow the mown path to the beginning of the trail to the marsh. This short trail descends through an oak forest to the edge of the marsh. Many species of ferns can be found here. Warblers are often found in these woods in the spring, summer, and fall.

As you look out over the marsh, listen for the birds that nest here: Pied-billed Grebes, snipe, mallards, and Black Ducks have all been found, as well as muskrat and the occasional moose.