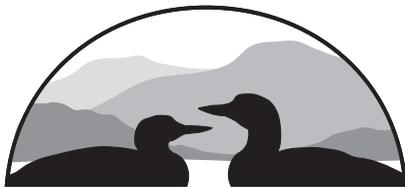


## About the Newfound Audubon Center

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 in the summer, 10 a.m.-4 p.m. Monday-Saturday, 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.

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 &  
the Audubon Nature Store  
North Shore Road, Hebron, N.H.  
(603) 744-1090 (July 1-September 1) or  
(603) 224-9909 (September 1-July 1)



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](mailto:asn@nhaudubon.org) [www.nhaudubon.org](http://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.

Text, map, and cover art (of a Black-throated Green Warbler)  
by Mike Milligan

## Trail Guide

### Bear Mountain Wildlife Sanctuary Hebron, New Hampshire



Audubon Society of New Hampshire

## About the Sanctuary

The 73-acre Bear Mountain Wildlife Sanctuary, located on the north side of Bear Mountain, is a relatively rugged forested property with some fairly steep slopes. The trail gains 600 feet in elevation from its start on West Shore Road (elevation 640 feet) to the highest point on the Sanctuary (elevation 1,240 feet), where there are views of Newfound Lake through the tree-tops. Although the Sanctuary is generally closed-canopy mixed forest, the effects from the changes in altitude can be seen in tree species composition as one walks up the trail: for example, there is a noticeable increase in red spruce and balsam fir at higher elevations.

The Sanctuary was donated to Audubon in 1999 by Jon McKee and Joan Belden, both summer residents of Hebron. The property had been purchased 30 years earlier by McKee and his business partner, Rod Belden, for the purpose of creating a modest five-home development. Sensitive to the increase in development in the Newfound Lake area, McKee and Belden decided to forego their plans in favor of protecting the property as open space. Because Audubon protects other lands in the area, they donated their property to Audubon.

## 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 Bear Mountain Wildlife Sanctuary

#### From Bristol:

Drive north on Route 3A for 9 miles toward East Hebron. Turn left onto North Shore Road and drive about 2.6 miles (past Audubon's Paradise Point and Hebron Marsh Wildlife Sanctuaries) to Hebron. In Hebron, turn left onto West Shore Road and drive 0.4 mile; the trailhead is on the right. Park on Cross Street, one-tenth of a mile north of the trailhead.

## Trail Information

### Bear Mountain Trail

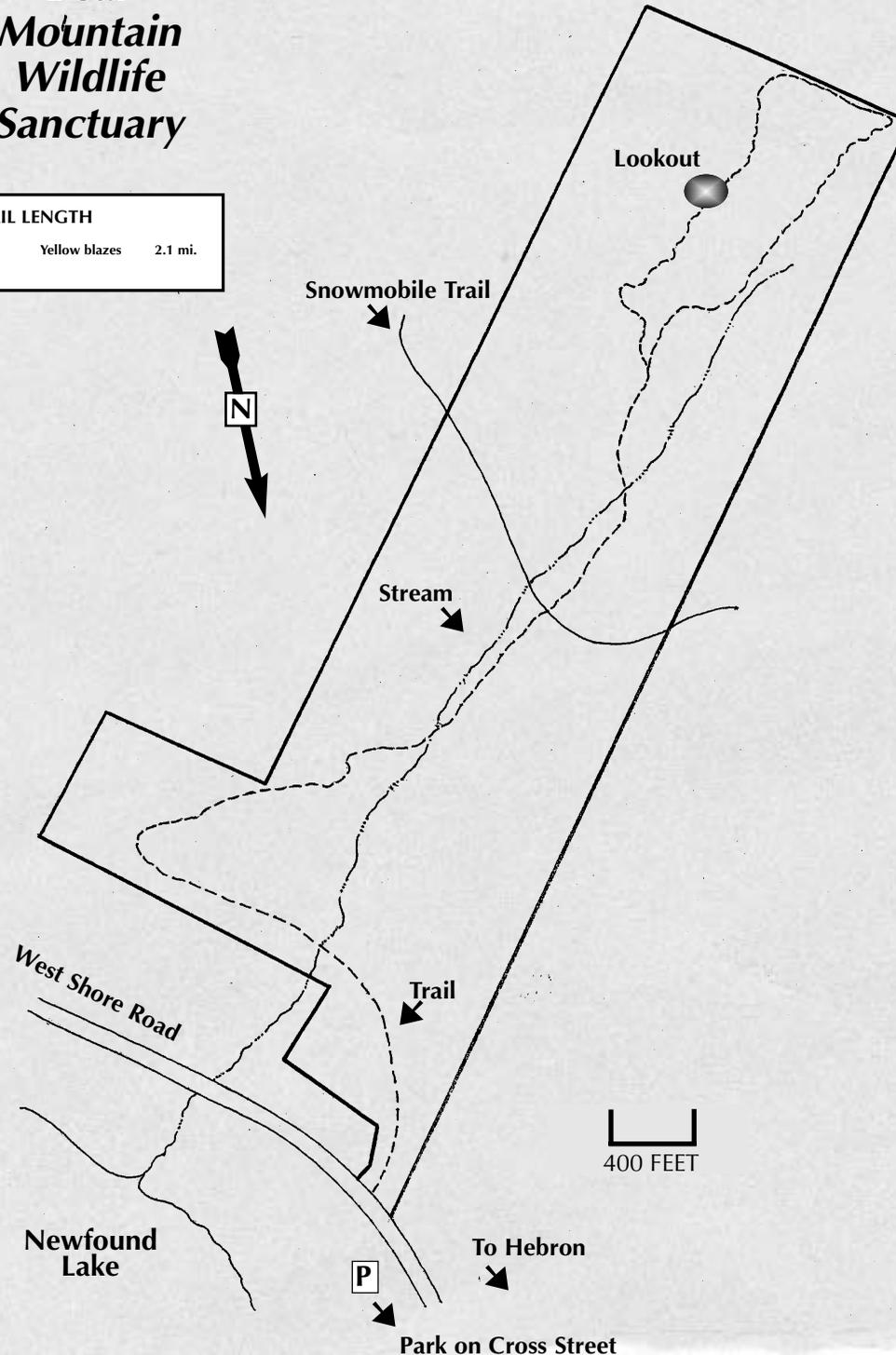
Yellow markers, 2.1 miles round-trip

The Bear Mountain Trail, which begins at West Shore Road, takes about 1.5 hours to walk. Because of the rather narrow shape of the property and its relatively steep slopes, this is the only trail, although at 0.83 mile, there is a half-mile loop around the higher elevations of the Sanctuary. The trail also crosses a snowmobile trail.

The trail begins in fairly mature, shady, mixed woods of large hemlock, white pine, red oak, white and yellow birch, and red maple, with smaller individuals of beech and red spruce. Going uphill on a slope of approximately 30 degrees, the trail here is on an old logging road. Five hundred feet up the trail, the forest is of younger, smaller trees and includes gray birch, bigtooth aspen, white ash, and a few pitch pine on a gentler slope. In another 200 feet, the mixed forest trees are again of larger, more mature individuals. Soon the trail crosses a small woodland creek that passes through almost the entire length of the Sanctuary and flows into Newfound Lake. The forest becomes more dominated by hemlock, with the gradual appearance of balsam fir, more red spruce, and fairly large striped maple.

## Bear Mountain Wildlife Sanctuary

TRAIL LENGTH		
Trail	Yellow blazes	2.1 mi.



### Map Key

-  Parking
-  ASNH Boundary
-  ASNH Trail
-  Snowmobile Trail
-  Stream
-  Lookout

The uphill slope noticeably flattens, and the forest becomes dominated by red maple and red oak. Understory plants, such as hobblebush, become more abundant in the decreased shade. The creek is again crossed and the slope generally remains gentle as the trail crosses the snowmobile trail. From here, the slope becomes steeper, crossing the creek a third time. Beech becomes more abundant, and, as elevation is gained, so do red spruce and balsam fir.

The slope again moderates as the trail progresses through shady woods full of large hemlock to the trail loop junction. Veering left (east) at the junction, the last uphill section of trail leads to glimpses of Newfound Lake, with the best view about 580 feet from the junction. Evidence of moose browse is common, as is the tree damage from weather, such as blowdowns. The openings in the canopy from blowdowns allow more understory plants, such as serviceberry, blackberry, and hedge bindweed, to grow.

The trail turns right (west) at the Sanctuary's southern boundary, from where one can see Mt. Cardigan about 5.5 miles to the southwest. The trail is basically all downhill from here. At the Sanctuary's southwest corner, the trail passes by a small, rather open, mossy wetland area of cinnamon fern, sedges, and grasses, which feeds the creek crossed earlier. The trail returns to the loop junction down a gentle slope with sugar maple, striped maple, and some Christmas ferns. At the loop junction bear left to return downhill to West Shore Road.