

HEALTHY HIKING

Walking this trail can invigorate not only your mind, as you learn more about our local environment, it will energize your body as well.

The entire trail loop covers approximately 2 miles, providing a variety of walking conditions. You can expect to walk on level ground, go up and down hills, steps, cross bog bridges and more.

Whether out for a leisurely stroll or a power-walk, this trail has something for just about everyone.



This trail made possible by

Natural Resources Conservation Service - EQIP
HBMI - Cardiovascular Health Program
HBMI - Natural Resources Department

Houlton Band of Maliseet Indians
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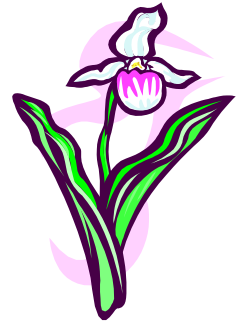
TRIBAL NATURE TRAIL



FRIENDS ALONG THE TRAIL

While on the trail you'll come across many different plant, animal and insect species, each playing an important role in the various ecosystems highlighted along the trail. You may be treated to the sight of the animal or simply see it's tracks in the dirt, but we're sure each time you walk the trail you'll see something different.

Some of these plants and animals, from the cedar tree to the bald eagle also have their place in Maliseet culture. To help you along your journey, we've listed a few of the plants and animals you might see. How many can you find?



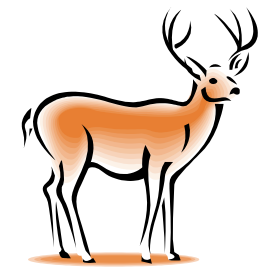
Plants

- tuhiyil* - alders
- wikp* - brown ash
- kakskusiyik* - cedars
- staqhon* - fir
- ksiwsk* - hemlock
- miyip* - leaves
- supeqatoq* - white spruce
- kuwesok* - pines
- mitiyik* - poplars
- minsossimusiyik* - raspberry bushes
- nepskihkamq* - red willow
- solanimus* - sumac
- wolokasq* - tree bark
- akomahq* - white ash
- konusehs* - willow
- wihpulakson* - lady's slipper orchid



Animals

- qapit* - beaver
- amakehs* - butterfly
- otuhk* - deer
- cogols* - frog
- matuwes* - porcupine
- cihpolakon* - eagle
- kocokikilahs* - chickadee
- asakuwahq* - chipmunk
- kahkakuhs* - crow
- qaqsoss* - fox
- mahtoqehs* - rabbit
- espons* - raccoon
- mus* - moose
- mihku* - squirrel
- uwaha* - hawk



TRAIL HIGHLIGHTS

Here's an overview of some of the ecosystems and management practices you will see along the trail.

Beaver Created Wetland This was initially a stream flowing through a cedar swamp. The beaver came in and dammed up the stream creating standing water throughout the cedar stand. Cedar and balsam fir trees cannot tolerate these extremely wet conditions and die back, opening the canopy to allow more light. Sedges and grasses are often the first to colonize these areas. We are at this stage in the wetland.

Succession This is the natural process that occurs following a disturbance like fire, insect outbreak or timber harvest in which bare soil is often exposed. Pin cherry and fireweed are often the first or pioneer species to become established in these areas.

Snags A snag is a dead or dying tree that provide den or nesting sites for a variety of bird and animal species. Snags are also used as food for many forms of insect larvae, thereby creating foraging sites for insect eating birds and animals.

Cedar Swamp Northern white Cedar swamps occur in areas where the water table is at or just below the surface. They are often associated with a stream or other form of drainage, where water is actively moving through the soil. Cedar usually dominate these sites due to their ability to thrive in wet conditions. Other trees such as balsam fir, spruce, birches, black ash, maple and larch are also common depending on the moisture levels in the soil. Other plants may include wood ferns, lily of the valley, bunchberry and pitcher plants.

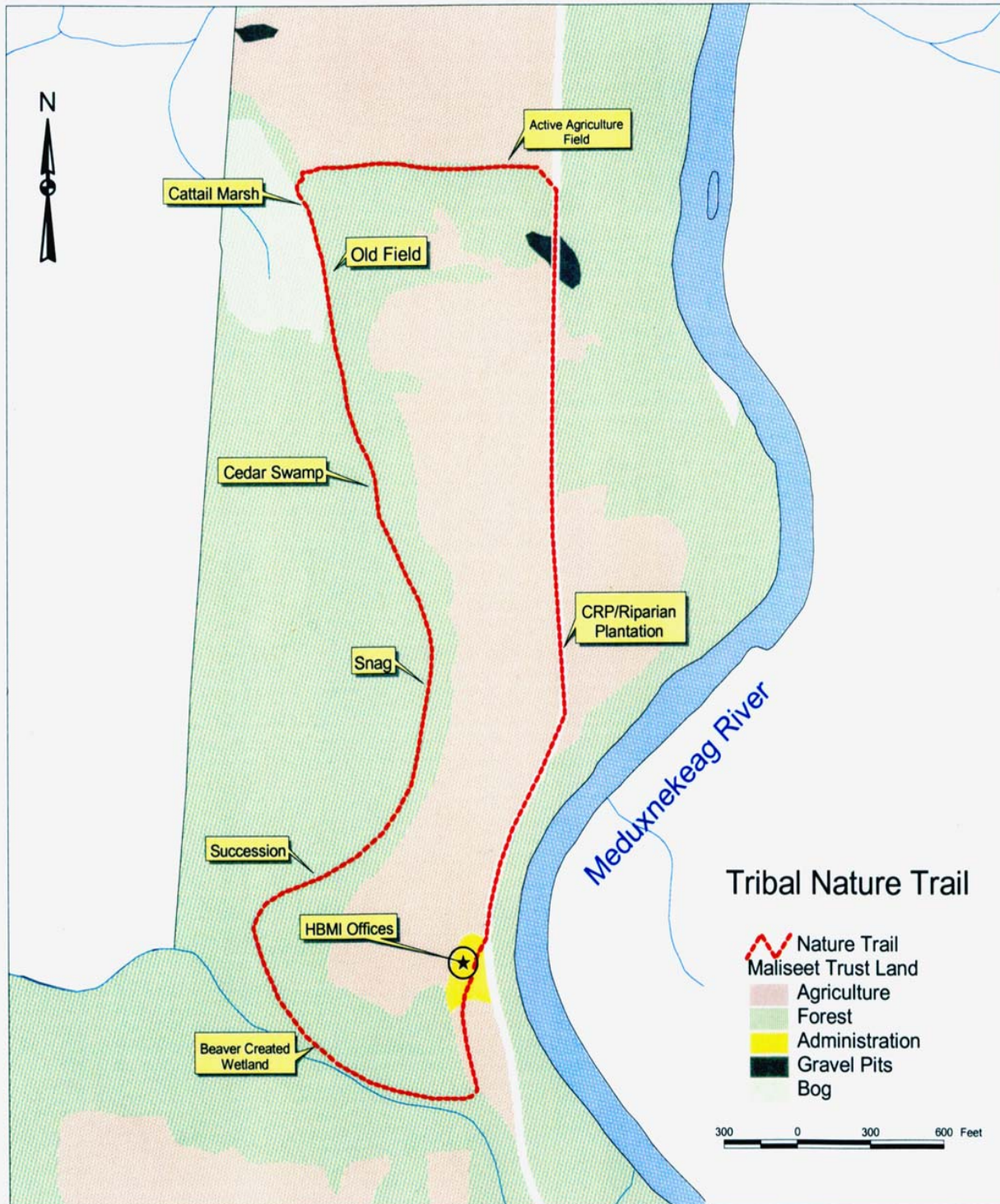
Old Field Once an old field is no longer mowed or plowed, plants like wildflowers and

grasses quickly establish themselves, often dominating the site to the exclusion of many other plant species. Shrubs then begin to take hold and are followed by trees until you eventually have a woodland.

Cattail Marsh Cattail marshes form where there is flooding or standing water (usually less than 2-1/2 feet deep) during the growing season. These areas are established from wind-blown, or animal transported seeds and underground rhizomes. Cattails serve a very important role in filtering and slowing down runoff into a stream or lake, as well as providing food and habitat for animals and birds. Geese and muskrat use the cattail as food, and it is the prime habitat for birds such as the redwing blackbird.

The cattail has also been a staple in Native American cultures. As food, the rhizomes were dried and ground into flour or the immature spikes were roasted and eaten. The leaves were woven as mats, and the down from the mature cattails was used as padding and in diapers.

Active Agricultural Field These agricultural fields on Tribal Trust Land are leased to area farmers. Crops may include, potatoes, oats, peas and are rotated on a regular basis to maintain the productivity of the soil.



Tribal Nature Trail

 Nature Trail
 Maliseet Trust Land
 Agriculture
 Forest
 Administration
 Gravel Pits
 Bog

300 0 300 600 Feet

Total trail length - approx. 2 miles