

## Trail Guide

### Bellamy River Wildlife Sanctuary

Dover, New Hampshire



New Hampshire Audubon is an independent statewide membership organization whose mission is to protect New Hampshire's natural environment for wildlife and for people. It operates nature centers throughout the state that provide educational programs for children and adults. It is also involved in research projects, from developing a plan to preserve the biodiversity of a rapidly growing state to monitoring many of New Hampshire's endangered species. It also protects thousands of acres of wildlife habitat through its sanctuaries program and advocates for sound public policy on environmental issues. For information on New Hampshire Audubon, including membership, volunteering, programs, and publications, contact:

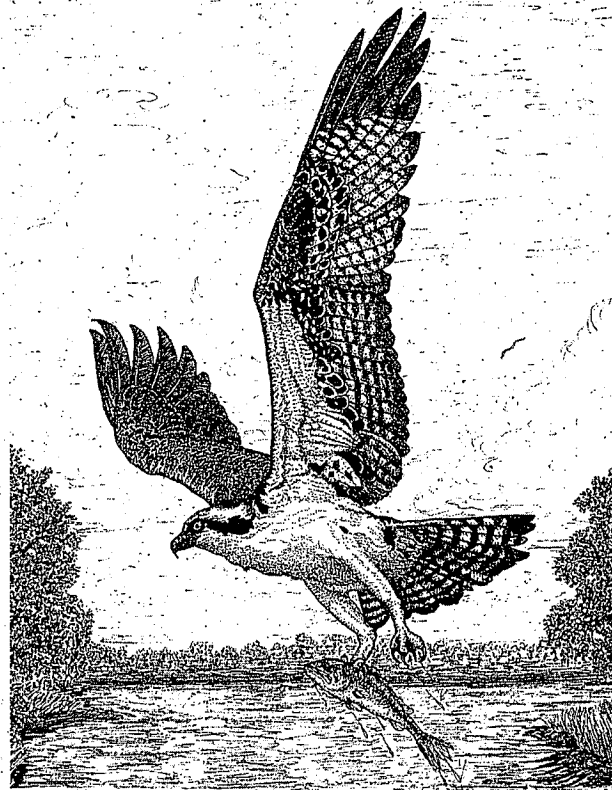
#### New Hampshire Audubon

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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 art by Mike Milligan.



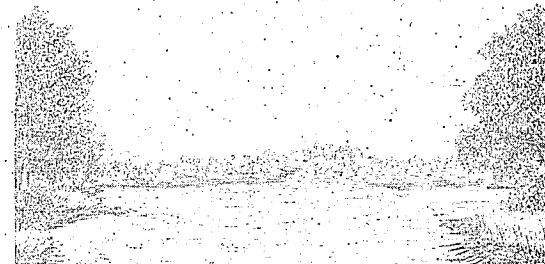
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## About the Sanctuary

The Bellamy River Wildlife Sanctuary is located on the western bank of the Bellamy River, approximately eight miles upriver from the sea-coast. The Bellamy River is part of the Piscataqua River watershed, which also includes Great Bay and the Oyster River. The River is estuarine, which means its freshwater flow combines with the salt water of incoming tides. With a tidal range of approximately five to six feet, the shoreline contains expanses of mudflat during low tides. Quality estuarine systems such as this are vital to the health and abundance of coastal and marine life, as well as for migrating, wintering, and breeding birds.

The Sanctuary consists of 26 acres of forest, several small tidal creeks, and small coves of brackish salt marsh. Less than 20 feet above sea level in elevation, the Sanctuary has a relatively flat terrain, with silty, moist soils that support mixed and deciduous forest dominated by oak (red, black, and white), red maple, white pine, shagbark hickory, and black birch.

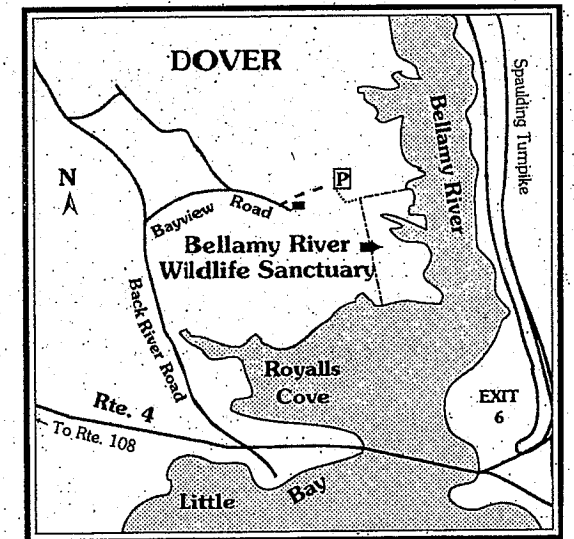
Mr. and Mrs. G. Allen Huggins, of Dover, donated the original 19 acres of the Sanctuary to New Hampshire Audubon in 1970. In 2003, as part of the Great Bay Resource Protection Partnership, The Nature Conservancy purchased a seven-acre private inholding within the original 19 acres and donated it to Audubon.



## Visitor Information

Bellamy River Wildlife Sanctuary is open throughout the year during daylight hours. Although there are trails for your enjoyment, this sanctuary's primary purpose is to provide habitat for wildlife. In order to minimize disturbance to the plants and animals here, we ask that you observe the following rules:

1. Only foot travel is permitted.
2. Smoking, 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.
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 the Sanctuary

From Route 4 in Dover, drive 2.5 miles east of the junction with Rt. 108 and turn onto Back River Road. After 0.8 mile, take Bayview Road to the right. At the end of Bayview, just past a stand of mature pines, bear left onto the gravel road and continue through the field to the parking area.

# Trail Information

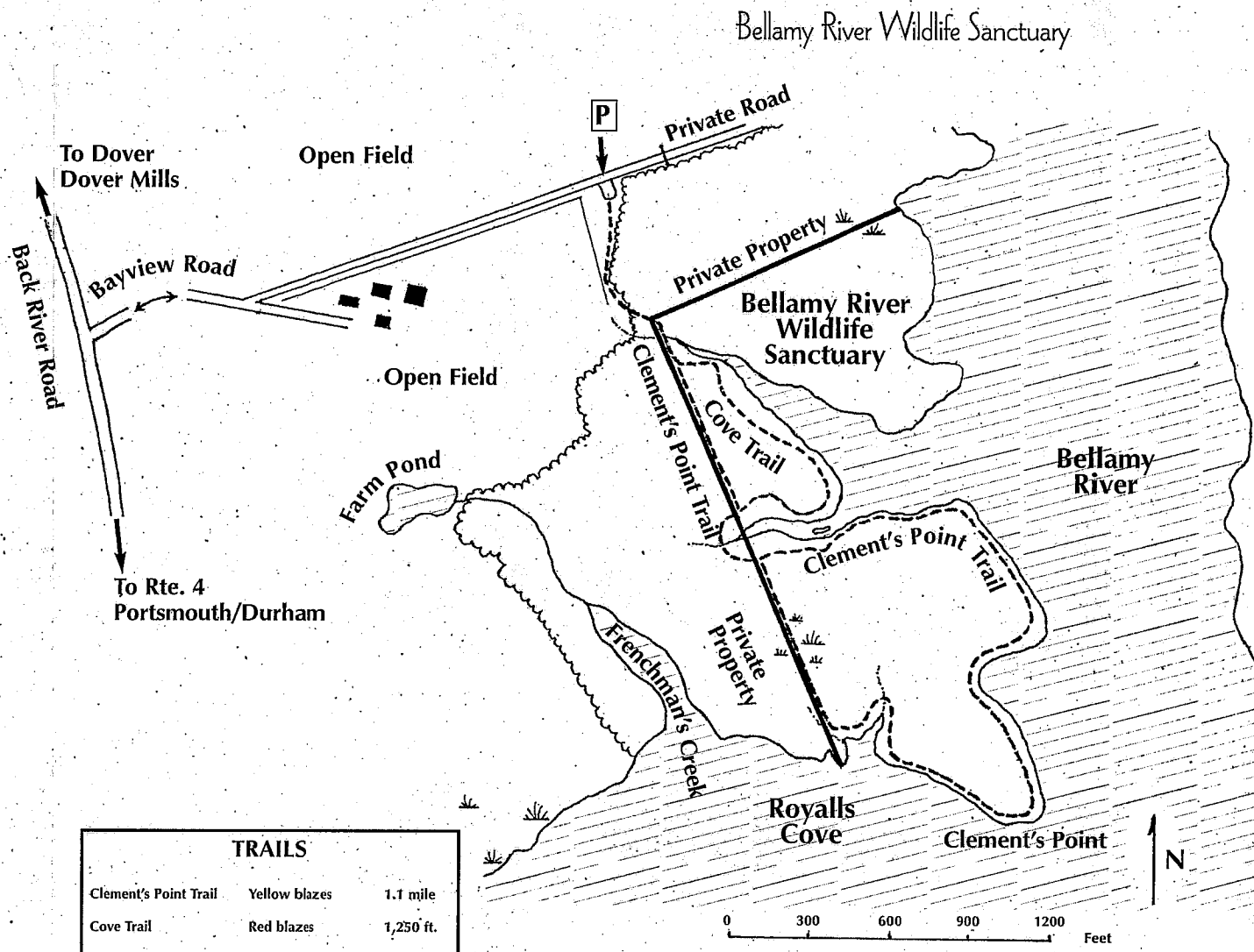
The Sanctuary trails total 1.4 miles in length.

The yellow-blazed **Clements Point Trail** (1.1 mile) begins from the parking area and heads south; the trail guide mailbox is about 360 feet from the parking area. The parking area and the first section of the trail cross private property, so please stay on the trail. The open fields here provide a good view of a number of grassland birds.

Once past the trail guide mailbox, the trail enters a relatively shady, closed-canopy forest, which at this point is dominated by white pine, and continues to a footbridge over a small tidal creek. Tracks of mammals such as raccoon and white-tailed deer are often evident in the mud of the creek bed. Here the white pine canopy mixes with the dominant deciduous trees of the Sanctuary: red maple, shagbark hickory, black birch, and northern red, black, and white oak.

Approximately 120 feet past the bridge, the red-blazed **Cove Trail** turns off to the left. The Cove Trail is a small loop (1,250 feet) that follows the shore of a two-pronged tidal creek and provides a view of salt marsh habitat, dominated by cattail and grasses such as smooth cordgrass and salt-meadow cordgrass. The high tide line, or wrack line, may contain seaweeds such as sea lettuce and knotted wrack.

The Cove Trail rejoins the Clements Point Trail about 560 feet south of where it turned off.



TRAILS		
Clements Point Trail	Yellow blazes	1.1 mile
Cove Trail	Red blazes	1,250 ft.

Continuing south on the Clements Point Trail, approximately 130 feet past the southern junction of the Cove Trail, another footbridge is encountered. This footbridge and a short section of the trail cross private property, so please stay on the trail.

About 240 feet past this footbridge the trail divides to form a loop (.8 mile). Taking a right

at this junction follows the Sanctuary's western boundary and leads to the shore of Clements Point. The trail follows the shore and provides many viewing areas of the intertidal habitat, Royalls Cove, and the Bellamy River.

To return to the parking area from the junction of the Clements Point Trail loop, follow the yellow blazes that head generally north.

## Map Key

- P** Parking
- ASNH Boundary
- Forest Edge
- River/Pond
- Swamp
- ASNH Trail

*Tree species on the Sanctuary:* beech, white birch, hemlock, red and pitch pine, slippery elm, and black gum or tupelo.

*Understory and shrub layer:* hophornbeam, blue beech, gray birch, maple-leaved viburnum, sheep laurel, mountain holly, high-bush blueberry, lowbush blueberry, maleberry, chokeberry, trailing arbutus, common juniper, witch hazel, serviceberry, round-leaved greenbrier, and Eastern red cedar.

*Ground layer plants:* starflower, Canada mayflower, partridgeberry, twinflower, wintergreen, shinleaf, sessile-leaved bellwort, Indian cucumber-root, swamp candles, whorled loosestrife, pink lady's-slipper, tree clubmoss, wild sarsaparilla, bedstraw, tall meadow rue, enchanter's nightshade, long-awned wood grass, woodrush, fringed sedge, zig-zag goldenrod, poison ivy, and bracken, sensitive, lady, hay-scented, New York, and cinnamon ferns.

*Intertidal plants:* stout bulrush, saltmarsh bulrush, salt marsh rush (black grass), common glasswort, sea lavender, seaside arrowgrass, and seaside goldenrod.