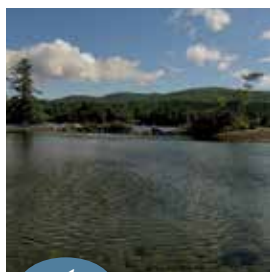
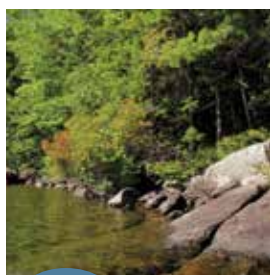


WELCOME TO THE NORTHERN NEWFOUND WATER TRAIL

Discover natural beauty and diverse wildlife as you explore one of New Hampshire's cleanest lakes!



1 Birth of Newfound Lake [Paradise Point] When the mile-thick continental glaciers that once covered New Hampshire melted, great floods shaped the land, leaving bedrock ridges and deep valleys filled with sand, gravel, and water. Newfound Lake was likely a pre-glacial valley deepened by ice.



2 Rocky Shores [East side of Paradise Point] This east-facing shoreline features large stones and boulders, some aquatic vegetation, and macro-invertebrates (bugs) that are typically found in fast-running streams. Look for mayflies, stoneflies, and caddisflies (great fish food) in the water amidst the stones.



3 Bald Eagle Habitat [Southeast side of Paradise Point, near big pines] Eagles are a majestic symbol of power and grace. They make their nests in the large pine trees. Their sharp eyes see us from over two miles away and spot fish in Newfound's clear water from a half-mile up!



4 Paradise Point Look-out [Southern end of Paradise Point] You are seeing the same view as those of the natives that lived here in their camps a thousand years ago. The Western Abenaki depended on Newfound Lake, catching lake trout, smelt, whitefish, fallfish, and white perch.



5 Lichens on Rock [Large Boulder west of Paradise Point] Evolved over 400 million years ago, lichens are two-in-one (fungal + algal) symbiotic organisms that turn stone to soil. The fungal part provides structure, water storage, protection from ultraviolet rays, and acids. The algal part provides energy through photosynthesis.



6 Grey Rocks Ledge [Grey Rocks] Grey Rocks, rising over 40 feet from the Lake, was formed nearly 400 million years ago! Back then, each grain of sediment re-crystallized miles below the Earth's surface, while New England was being formed by volcanoes. Grey Rocks has resisted four (+) periods of glaciation that shaped its face.



7 Hebron Town Beach [East End of Town Property] The sand you see is part of the Cockermonth River delta (see Sites 8-12), built by post-glacial floods, then shaped by Newfound's waters. Every year, hundreds of tons of sediment wash down the Cockermonth River. Larger sand particles settle near the river mouth and the winds push the sand eastward, giving Hebron a nice broad beach!



8 River Delta [Inlet to Lake, east side] The Cockermonth River travels more than 10 miles from the mountainous watershed boundary to Newfound Lake, bringing millions of gallons per day of exceptionally clean, oxygen-rich water that sustains trout and salmon. During floods, more than 76 million gallons of water per hour deliver tons of nutrient-rich sediment to the river delta, making it a rich wildlife habitat.

OPTIONAL REST STOP: Enter Grey Rocks channel, disembark, walk the Floodplain Loop Trail to Marsh Observation Deck (parking, launch point, public bathroom in season)



9 Oxbows The Cockermonth River has a long and winding history – look at all the bends formed in post-glacial times. Oxbows form as flood deposits cut off a former channel from the new flow. Oxbows harbor diverse wildlife like green herons that feed on trapped fish.



10 Point Bars and Levees [At broad Point Bar along the last curve before the Lake] Point bars form where the river slows at a bend and drops its suspended sediments. Over time, point bars may become drier, upland levees where floodplain forests can grow.



11 Meandering Channels [At Observation Platform on Cockermonth River] The Cockermonth River's meandering channels, typical of older, natural streams, create exceptional wildlife habitat for great blue heron, common merganser, and belted kingfisher. Wood turtle, a state-listed species, hibernate in the river's deep water pools.



12 Delta Sandbar [Sandy Beach west of River inlet] Here the river slows and drops its sediment, keeping the water shallow for a long way. Common loon, potted sandpiper, and beaver live here. In the late summer, you will see plants such as umbrella sedge, narrow-leaved goldenrod, and golden hedge-hyssop.



13 Outer Hebron Marsh [Sand Spit, southeast edge of Marsh] The 600-foot-long sand spit, formed by river currents, occasional southeast wind, and predominant northwest wind, is unique to Newfound Lake. It has a rare feature: a mat of sandy peat between the shore and open water. This is a highly specialized natural community that requires perennial saturation, wind, sand, and moss.



14 Inner Hebron Marsh [North edge of Marsh, near small stream inlet] The shallow water of the 50-acre Hebron Marsh is the perfect place to commune with wildlife. Look for bald eagles, loons, waterfowl, and shorebirds. Turtles, snakes, bullfrogs, toads, treefrogs, and red-spotted newts live here. Beavers create channels, small dams and lodges that are used by otter, muskrat, mink, and ermine. Moose visit in late spring to feed, and deer deliver fawns in the tall grass. Coyotes, foxes, weasels, and bobcat hunt freely.

To avoid disturbing wildlife and landowners, we ask that you please stay in your boat and maintain a respectful distance. Thank you and enjoy your visit!