

1 Eastern White Pine *Pinus strobus*

Pine family - Pinaceae



Maine is known as the "Pine Tree State."

The needles of the white pine are 3-5 inches long, are edible and can be made into a tea which is high in vitamin C. There are five needles in each clump on the branches, the same number of letters as the word "W H I T E."

The cones are 4-8 inches long.

The largest in Maine Register of Big Trees, 2008:
Circumference of 229 inches

Location: Morrill

2 Stone Wall

This land was originally farmed by settlers 200 years ago. As the farmers cleared the land, the rocks were piled in walls to keep livestock confined to a pasture. The stone walls were formed without modern machinery, most likely by hand and steer.

3 Eastern Hemlock *Tsuga canadensis*

Pine family - Pinaceae



Eastern Hemlock is the only tree in the Northeast that, if damaged, produces new bark called wound cork. The wound cork grows yearly producing rings that determine the age of the wound.

The cones are 3/4 of an inch long.

The largest in Maine Register of Big Trees, 2008:
Circumference: 127 inches
Location: North Yarmouth

4 Nursery Tree

As a fallen log decomposes it provides a treasure trove of nutrients. Seeds land on the decomposing log, sprout, and take root. Over time the nursery log rots away as the seedling grows into a tree, leaving the roots exposed and giving an appearance of a tree on stilts. Keep your eyes open for seedlings growing on nursery logs, as there are many on this trail.

5 Yellow Birch *Betula allegheniensis*

Birch family - Betulaceae



The twigs and bark of the yellow birch have an aromatic smell of wintergreen and are traditionally gathered and boiled to make birch beer soda.

The flowers, called catkins, produce pollen. You can see the catkins on the winter twig ends.

The largest in Maine Register of Big Trees, 2008:
Circumference: 200 inches

Location: Deer Isle

6 Lichens



Lichens are made up of fungi, algae and, as scientists recently discovered, a yeast. All three live symbiotically in the form of a lichen. Lichens grow on three different types of substrate: rocks, such as boulders, gravestones and pebbles; trees, including bark and branches; and ground, such as soil, sand and decomposing logs. Take a look at one of these substrates and see if you can find a lichen. They are everywhere. Fossils of lichens have been discovered to be as old as 400 million years.

7 Striped Maple *Acer pennsylvanicum*

Maple family - Aceraceae



The bark is green to brown in color with light vertical stripes. Look closely and you can see small horizontal lines in the bark, sometimes diamond shaped, called lenticels. Lenticels are pores on the bark that allow openings for air and gas exchange.

Tied for largest in Maine Register of Big Trees, 2008:
Circumference: 30/31 inches

Locations: Harpswell and Monhegan Island

8 Watering Hole Habitat

Water is a vital resource for animals living in the wild. Streams and puddles are common gathering areas for many animals. Some animals come to drink, while other animals come to hunt. They can leave tracks and signs such as prints in the mud, chew marks on trees and twigs, bones or feathers from a kill site, and scat to let others know they're in the area.

9 Glacial Erratics

These large boulders were transported from another location by an up to two-mile high glacier which covered this region 17,000 years ago. As the glaciers receded they left behind rocks and soil in mass quantity.



Top Row: The Deer Tick which transmits Lyme disease. From left to right (enlarged images): nymph, adult male, and adult female.

Bottom Row: The American Dog Tick, which does not transmit Lyme disease. From left to right (enlarged images): adult male and adult female.

Deer ticks can carry Lyme disease and other diseases that are a health risk to people and their pets. They are found in shrubby woodlands and the edges of forests.

Deer tick nymphs are found **May through July**.

Adult ticks are found **October through November** and **April through June**.

To Prevent Tick Bites:

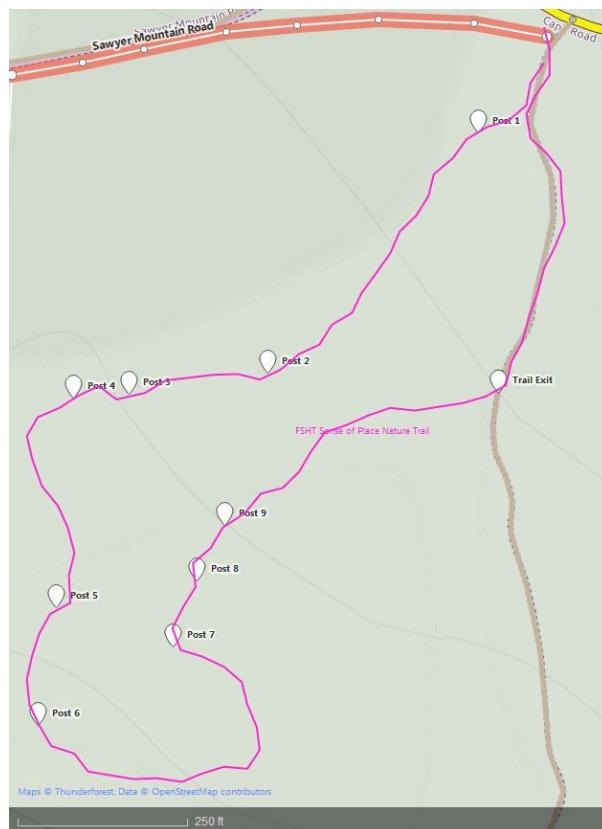
- Wear light-colored clothing and tuck pantlegs into socks.
- Use a tick repellent such as DEET.
- Inspect yourself and your clothes closely for ticks.
- Shower and wash clothes as soon as possible.
- Stay on the trails!

Prompt removal of attached ticks is extremely important! Ticks need to attach for 36 hours to transmit Lyme disease. Ticks attach at body folds, behind the ears, and in the hair.

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Trail Map



Total distance is 0.7 miles.
Approximate walking time is 30 minutes.



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Sense of Place Nature Trail

Sawyer Mountain
Limington, Maine



Francis Small Heritage Trust

PO Box 414 Limerick, Maine 04048
www.FSHT.org 207-221-0853

The trailhead is on Route 117
in Limington, Maine.

There is a small gravel parking area located at a sharp turn in the highway. It is located 2.5 miles south of the junction of Routes 25 and 117 or 2.4 miles north of the junction of Routes 11 and 117.