



**WASTE MANAGEMENT**

**Turnkey Recycling and Environmental Enterprise**

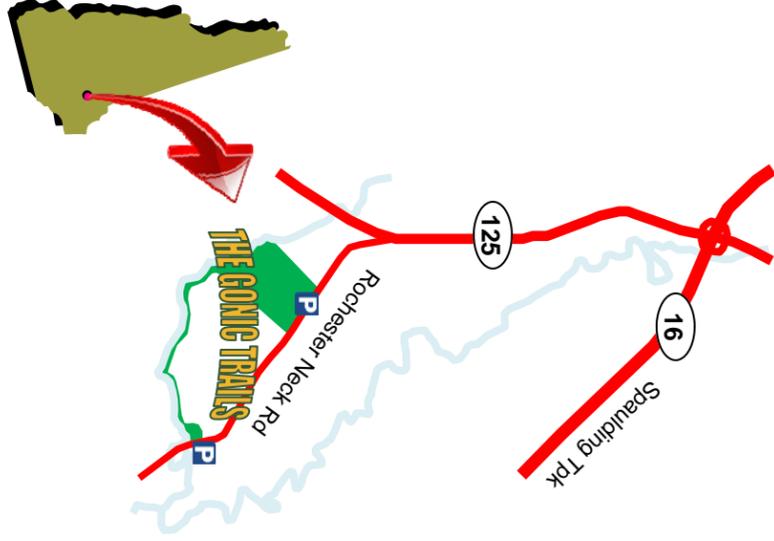
**Provided by**

**Trail Map and Guide**

**THE GONIC TRAILS**

Updated July 2014

Approximately 1/2 mile up  
Rochester Neck Road from  
NH Route 125.



**Please keep dogs on leash and clean up after your pet.**

**Alcoholic Beverages • Littering  
Camping • Motorized Vehicles  
Fires • Cutting Vegetation  
Creating New Trails**

**The following activities are  
PROHIBITED:**

**Hiking • Biking • Fishing  
Snowshoeing  
Cross-Country Skiing**

**Public is Welcome  
Year-Round  
From Dawn to Dusk**

## Turnkey Recycling and Environmental Enterprise (TREE)

Waste Management of New Hampshire, Inc. (WMNH) has owned and operated the award-winning Turnkey Recycling and Environmental Enterprise (TREE) facility since 1983. The state-of-the-art lined landfills at the facility are an integral component of environmentally sound solid waste management practice, and provide for the waste disposal needs of many communities and businesses in the region. Also located at TREE are a waste and recycling collection operation, a recycling facility, a residential transfer station, a leachate treatment plant, and two landfill-gas-to-energy plants capable of generating enough electricity to power thousands of homes.

Much of the landfill gas generated at TREE is directed to the ECOline Project, a partnership between WMNH and the University of New Hampshire that processes landfill gas and pipes it 12.7 miles to the UNH campus. The methane in the landfill gas provides for the majority of the campus's energy needs, making the University of New Hampshire one of the "greenest" colleges in the country.

In addition to solid waste services and renewable energy generation, the Waste Management TREE facility is home to a number of recreational and community service resources, including the Gonic Trails system, a picnic area, public river access, a golf driving range, a dog park, a model airplane field, and the Strafford County Homeless Shelter.

## THE GONIC TRAILS

The Gonic Trail System is situated on property owned by Waste Management of New Hampshire, Inc. (WMNH). The area is intended to provide free educational and recreational opportunities for the public. The trails may be used for activities such as hiking, biking, jogging, skiing, snowshoeing, and also provide access to the Isinglass River for fishing, canoeing, and kayaking.

Our trails provide access to the natural environment and offer an educational experience in the form of a self-guided tour through the forest. There are numbered signs located along the Locke's Loop (blue) trail and indicated on the enclosed map that correspond to the interpretive descriptions in this guide. These interpretive stations provide interesting notes on the history and ecology of the forest and the surrounding area.

Three trails are marked with colored blazes. Locke's Loop (blue) and Watson's Way (red) are moderate (1 to 1.5 mile) loops through the forest management area. The Isinglass Trail (yellow) is a longer (2+ miles one way) hike along the Isinglass River and connects the main forest area to the Isinglass River Park picnic area and canoe launch. Users may access the Isinglass River Trail from either the main Gonic Trails trailhead parking lot or the Isinglass River Park parking area (approx. 1.1 miles southeast of the main trailhead on Rochester Neck Road).



## Wildlife Habitat and Forest Management

For more than two decades, Waste Management has actively practiced wildlife habitat conservation and enhancement at the TREE facility. Our strong wildlife and environmental education programs earned us "Wildlife at Work" (2007) and "Corporate Lands for Learning" (2008) certifications from the Wildlife Habitat Council, an international nonprofit organization dedicated to restoring and enhancing wildlife habitat. Ongoing wildlife habitat and education projects include sustainable forestry, interpretive trails, protection and enhancement of the Isinglass and Coheco River corridors, and fish stocking events. Community accessibility and education are cornerstones of our Wildlife Management Plan, and are embodied in the Gonic Trails system. Nationally, Waste Management has well over 100 wildlife programs certified by the Wildlife Habitat Council.

Since 1993, Waste Management's TREE facility, under the direction of a NH Licensed Forester, has carefully managed over 100 acres along the Isinglass River under a comprehensive Forest Management Plan. The forest is managed for a variety of values including: recreational uses, wildlife habitat and diversity, forest health and conservation, timber products, and soil and water protection. A unique feature of this forest is the designation of preserve areas, which are to be left largely undisturbed and will eventually develop into old growth forest. The area was certified as a Tree Farm in 1995, joining a system of 90,000 Tree Farms nationwide; living examples of well-managed forests and sound forest resource use.

Visit us on Facebook at:  
[www.facebook.com/WMGonicTrails](http://www.facebook.com/WMGonicTrails)

For more information regarding the Gonic Trails or Waste Management's Forest and Wildlife Habitat Management Programs, or to schedule a facility tour, please contact us at 603-330-2106.

# THE GONIC TRAILS

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Snowshoeing  
Cross-Country Skiing**

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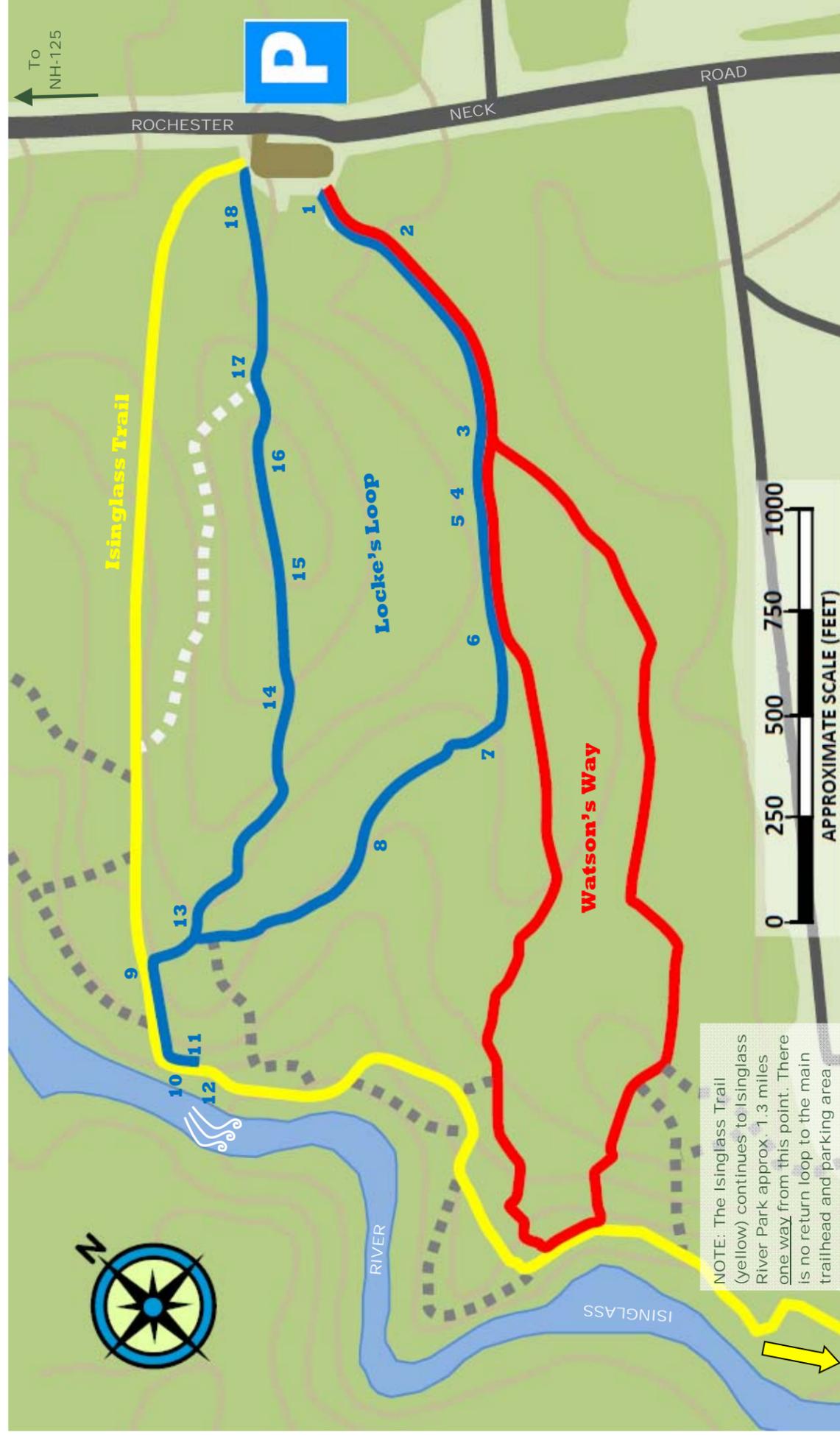
**Alcoholic Beverages • Littering • Camping  
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**Public is Welcome  
Year-Round  
From Dawn to Dusk**

**Use area at your own risk.  
Not all trails are marked.**

**Please keep dogs on leash and clean  
up after your pet.**

Provided By



**The following interpretive descriptions of historical uses and forest management practices correspond to station numbers on Locke's Loop (blue), and are indicated on the trail map.**

\*The descriptions were prepared by Charles Moreno, LPF - Consulting Forester and Forest Ecologist, and Waste Management of New Hampshire, Inc.

#### 1 - The Watson Homestead

This apple tree is a remnant of the Watson Homestead orchard. The farm that once stood here was abandoned in the late 1950's. Just beyond, note the former farm-site evidence: house and barn foundations, stone walls, cattle lane, orchard trees. The apple trees and other fruit-bearing shrubs provide valuable food to wildlife.

#### 2 - Old Cart Path

This trail follows an 18<sup>th</sup> century farm road between the Watson Homestead and a former mill site on the Isinglass River.

#### 3 - Stone Wall

Stone walls were not built through the woods! This wall was built in the early 1800's to separate tilled fields from pasture, that has now returned to forest. By some estimates, hardy New Englanders built nearly a million miles of walls.

#### 4 - The Forest's Return

This forest area began to grow after pastureland was abandoned around 1915, during World War I. The forest closer to the homestead is younger, developing from fields that were vacated in the 1930's during the Great Depression.

#### 5 - Granite Quarry

Located about 50 feet north (uphill) of the trail, a granite outcrop was mined long ago. The stone was used by settlers for fence posts, building foundations, doorsteps, fitted stone walls, and bridge abutments. Finger-sized notches are still apparent along stone edges, where steel star-bits were hammered into the stone to split off slabs in this labor intensive activity.

#### 6 - Mast Forest

"Mast" trees are fruit-bearing trees that are an important source of food for a variety of birds and mammals. "Hard mast" includes acorns, beechnuts, and hickory nuts. Red oak, white oak, and black oak are found at this location. Beech, shagbark hickory, pignut hickory, and beaked hazelnut are also mast-producing species growing in this forest.

#### 7 - Older Forest

The 100-foot tall pines on the downhill side of the trail date to the 1890s—some of the oldest forest on the property. Older forest has natural attributes such as large diameter standing dead trees (snags) and accumulated woody debris on the forest floor that provide habitat to a multitude of creatures ranging from mammals to microorganisms.

#### 8 - Managed Forest

This entire forest tour leads through a carefully managed forest. Close inspection reveals tree stumps—evidence of forest-wide thinning in 1994 and 2009. These meticulously planned harvests, about 15 years apart, promote forest health and wildlife habitat. Waste Management of NH, the owner of the property, is committed to the long-term, sustainable management of this forest, maintaining a healthy, scenic, wildlife-rich environment. The property is a nationally-certified Tree Farm®.

#### 9 - Old Road

Connecting Barrington's Green Hill area to Rochester, this was a well-travelled road in the 1800's. Road use was largely discontinued in 1898 when a flood carried away the wooden bridge that crossed the Isinglass River.

#### 10 - Mill Site

Little remains of what was once a thriving enterprise that included a stone dam, sluice way, and mill buildings. John Locke first erected a saw mill and grist mill at the Isinglass Falls in the 1730's±. Several Locke generations ran and improved the mills. As noted in Morton H. Wigginn's *A History of Barrington, New Hampshire* (1966), "At the height of mill prosperity, about 1860-1870, a considerable Village developed about the falls". The enlarged mills contained a "firkin" factory for making wooden pails and tubs. Soon after, fire destroyed the mills, and the 1898 Flood swept away what was left. As *A History* quotes: "Now only the beauty of the falls remain, but could the rocks speak, they would tell quite a story".

#### 11 - Pegmatite

This rock outcrop is similar in composition to the surrounding granite for which New Hampshire is famous. However, the sizes of the individual mineral crystals are significantly larger, categorizing this rock as a "pegmatite". The pegmatites in this part of the state contain substantial amounts of mica, the sheet-like reflective flakes visible in the soil below the outcrop. Mica, also known as "isinglass", causes the rocks near the river to sparkle, and gave the Isinglass River its name. Dating back to colonial times, mica was mined in nearby towns for use in windows, lampshades, and curtains for horse-drawn carriages.

#### 12 - Trout Stocking of the Isinglass River

Since 2005, Waste Management has worked with Trout Unlimited and Three Rivers Stocking Association to annually stock this portion of the river with hundreds of rainbow trout. While a delight for local anglers, the hope is that the stocking events, along with improving water quality, contribute to re-establishment of self-sustaining trout populations.

#### 13 - Snag and Downed Tree Trunk

This century-old white pine died from an old injury that left its interior hollow. Woodpeckers excavate holes in the decaying wood in search of insects; many other birds then use

the cavities for feeding and nesting. Mammals such as flying squirrels may have sheltered in the tree trunk. Raccoons, porcupine, and fisher often den inside large-diameter, hollow trees. The downed tree trunk provides potential habitat for animals as varied as Northern redback salamander and long-tailed weasel.

#### 14 - Managed Forest—Crown Thinning

Forestry is "silviculture"—the science and art of working with the forest. This forest has benefitted from silviculture. Look at the forest around you. Trees that are especially useful to wildlife are present. In addition, the healthiest, most valuable trees have been left to grow. Look up and notice the growing space around the tree crowns. There is more timber in this managed forest than when management started in the early 1990s!

#### 15 - Managed Forest—Regeneration Opening

This is a natural, self-planted forest. People haven't planted the trees—the forest has...enabled by silviculture. Notice the small opening south of the trail. Stumps indicate the removal of trees, creating a small window in the forest canopy. White pine seedlings and saplings densely carpet the light-filled opening. There are thousands of naturally-planted seedlings and saplings in this forest, and these represent the forest's future.

#### 16 - Hemlock

Hemlock is prevalent in this forest area. Its dense evergreen foliage imparts a familiar scenic beauty to New Hampshire's forests. Some wildlife species favor the thermal cover that hemlock provides both in winter and summer. A small insect—the Hemlock Woolly Adelgid—has ravaged hemlock forests in southern New England and the mid-Atlantic states. Though slowly spreading over several decades, it now threatens New Hampshire's hemlocks.

#### 17 - Vernal Pool

Depending on the time of year, there may or may not be water in this ephemeral pond that covers about 1/8 acre. Known as "vernal pools", these water bodies typically hold water from late fall to early summer, but dry completely by mid-summer. This transitional nature creates fish-free habitat—bad for fish, of course, but crucial for the safe breeding and fledging of amphibian, reptile, fresh-water mollusks, and invertebrate species. In permanent water bodies, fish eat the eggs and fledglings of these creatures.

#### 18 - Young Forest

This area near the Watson Homestead area is a young forest that dates only to the early 1980's. After field abandonment, pioneering vegetation known as "early-successional" quickly overtakes a site. Wildlife-rich brambles, shrubs, and tree species such as blackberry, staghorn sumac, quaking aspen, gray birch, and black cherry, provide ample food sources and cover. These species are relatively short-lived, eventually giving way to longer-lived oak, maple, pine, and hemlock forest.