

BOW OPEN SPACES - - Get outside and enjoy your open spaces!

Bow Open Spaces - spring newsletter

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Trail Care - thank you volunteers!

Trail Care Day - Saturday May 5 *Volunteers needed and welcome!*

Members and supporters of Bow Open Spaces will hit the trails again this coming Saturday morning - May 5th to help maintain the trails we all enjoy.

Please consider joining us from 9:00 a.m. - 11:00 a.m. We will meet at the Bow Community Center parking lot, determine "assignments," and off we'll go! (See [our Facebook page](#) to RSVP.)

Our objectives:

Knox/ School Forest:

- Remove the old hockey stick bridge and lumber leftover from bridge construction (Mossy/Boulder area)
- Boundary Trail- remove fallen tree from upper portion of trail

- Miss Smith- cut back small saplings
- Cutting back and clipping anywhere it is needed
- Mossy Trail- reblaze (they are faded and hard to see)
- Pond Trail- remove fallen tree from trail

Nottingcook Forest:

- Lyford Trail (from Peaslee Road to Hope Lane): needs brush cut back. Also, old trail route we are trying to close (near Hope Lane) may need to be filled with brush and a small temporary sign put up explaining why the trail has been re-routed
- Woodbury Outlook Loop- steep side from swamp to outlook needs better blazing (red aluminum blazes)
- Remove brush from Crescent View Trail



Blazing a trail

Eagle Scout Project Proposed

Scout plans forest trail

Eagle Scout candidate Aaron Saffian recently met with the Bow Select Board and the Bow Open Spaces Board of Directors to describe his Eagle Scout Project.

The boy scout is proposing to construct a trail using best practices for sustainable trail development in the area of the current Eagle Trail in the Hammond Nature Preserve.



Scouting a trail

Saffian has met several times with members of the Trails Committee; and, Bow Open Spaces and Aaron will continue to collaborate with Bow Conservation Commission to ensure that the trail does not impact wetlands and minimizes impact on wildlife.

Trails Committee News

The next meeting of the Bow Open Spaces Trails Committee is Tuesday, May 29, at the Baker Free Library. We are looking forward to having newly elected Selectmen Matt Poulin and /or Mike Wayne join us as they were recently assigned to trail related issues. All are welcome!



Dog-gone it!

Spring is a time to be extra kind to all the things that live in our Town Forests. Vernal pools are teeming with amphibians and their eggs. Soon birds and turtles will

be nesting on the ground- it can take a box turtle 6 hours to dig its nest!

Animals will be busy raising their young and need to put all their energy into finding food and taking care of them. Plants, some rare, will be pushing their heads toward the sun. As much as your dog might enjoy racing through the woods off the trail, in Spring this has a significant impact on the creatures who call the woods home.

We recommend keeping your dog on the trail and definitely out of vernal pools from now until July. Thank you!

Questions about trails and/or the trails committee? [Contact our Trails Director Hilary Warner, via email.](#)

Tick Patrol...! *

Tips to enjoy the woods and avoid ticks

by Hilary Warner

After being treated for Lyme Disease in 2013, I'm pretty careful about protecting myself from ticks when I'm in the garden or the woods.

Here are some of the strategies I employ:

- Pants tucked into socks and covered with:
- Permethrin treated gaiters by or, purchased from Eastern Mountain Sports
- Permethrin treated t-shirt from insectshield.com
- Permethrin treated "Buff" from insectshield.com- a stretchy cowl-like accessory that I wear around my neck
- Sawyer insect repellent (permethrin)- recommended by Concord Monitor hunting columnist Bob Washburn for treating clothes you own. It lasts for 6 washings.
- DEET based insect repellent applied around my hairline
- Check body for ticks every day



Dress Right - to avoid ticks

The Environmental Working Group gives DEET based insect repellents a more favorable rating than permethrin treated clothes. But I think I'm more likely to use the treated clothing.

(*This post was first published in the spring of 2017)

Hiker's Log: Spring - finally!

by Eric Thum

It was early April and opening day for the Red Sox at Fenway Park.

Rather than watch the game in my warm living room, I decided to get out and enjoy that special April seasonal change when old man winter is slowly losing his grip to spring. You know those days - cold and blustery in the shade but warm and bright if you stand in the sun.

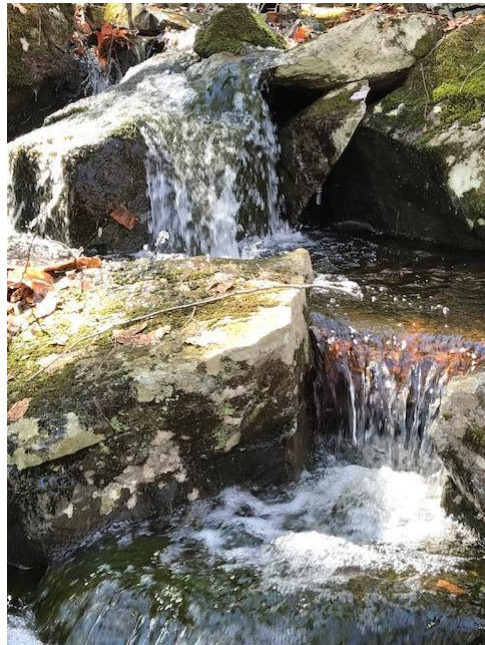
Nottingcook Forest was the perfect place to hike two excellent viewpoints and a

gorge path destination to watch the torrent of water from melting snow.

I started at the kiosk at South Bow Road and made my way up to the first viewpoint looking west. Way off in the distance I could see the ski trails of Crooked Mountain, glittery in the sun. I didn't stay too long-the wind made me feel 20 degrees colder.

After a short hike along Hamilton's Path I followed the Great Hill Loop to the scenic viewpoint. Looking north I spotted Mount Washington in all its glory. What a view! Wish I had my binoculars to identify some of the other peaks.

From there I followed Glacial Erratic Trail to Steer Brook Trail. Plenty of beech trees along the way. I noticed large oblong holes in some of the trees - probably Pileated woodpeckers digging for insects.



Spring Stream

I took a few pictures of the gorge, and then made my way back along Nancy's Trail. Glad to have my hiking shoes-the rocky path made walking difficult. Got a good uphill workout heading back to Hamilton's Path.

Back at the car I checked my Strava App - the 2.5 loop took a little over an hour.

It was a wonderful way to say goodbye to the long winter!

Support Bow Open Spaces!

Monthly meetings at Baker Free Library

All are welcome to join the the monthly meetings of the Bow Open Spaces Board of Directors. We meet on the first Tuesday of the month, September - June at 7:00 p.m. at the Baker Free Library. We would love to hear from you about our open spaces - what you love and what improvements you would suggest. Our next meetings are is Tuesday, May 1st and Tuesday June 6th - join us!

Membership? Your support of Bow Open Spaces is important! Become an official member of the organization today! Details on [our website](#).

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STAY CONNECTED:



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