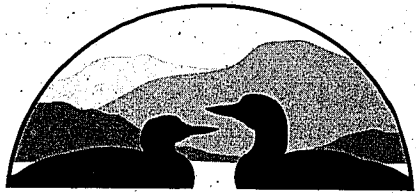


## Trail Guide

### Betsy Fosket Wildlife Sanctuary

Rindge, 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

3 Silk Farm Road, Concord, NH 03301  
PH (603) 224-9909, FAX (603) 226-0902

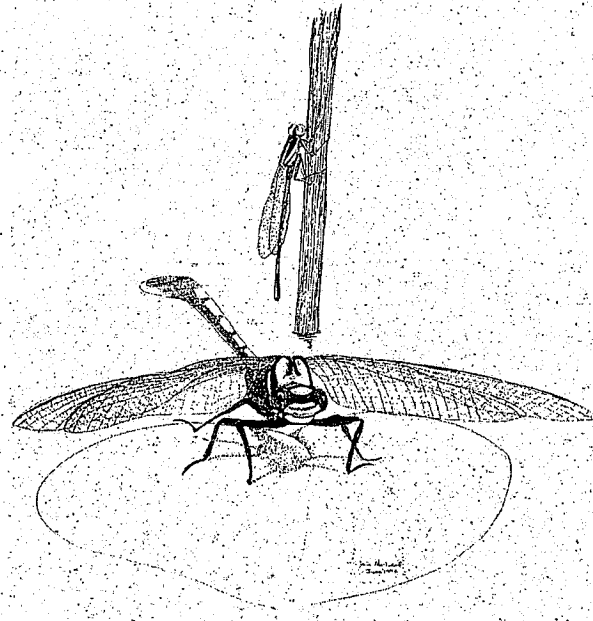
EMAIL [asn@nhaudubon.org](mailto:asn@nhaudubon.org)  
[www.nhaudubon.org](http://www.nhaudubon.org)

If you do not want to keep this guide, please return it to the mailbox at the trailhead.

Printed on recycled paper.

Text and map by Mike Milligan  
Art by Iain MacLeod.

New Hampshire Audubon



## About the Sanctuary

The Betsy Fosket Wildlife Sanctuary consists of 37 acres of mostly closed-canopy deciduous and mixed forest on the northern shore of Crowcroft Pond. White pine dominates much of the pond's shoreline, mixed with other common tree species such as red maple, hemlock, yellow and white birch, and northern red oak. The shoreline and pond support a diversity of wetland flora and fauna that is easily observed from the trail. Stone walls provide evidence of past agricultural use of the area.

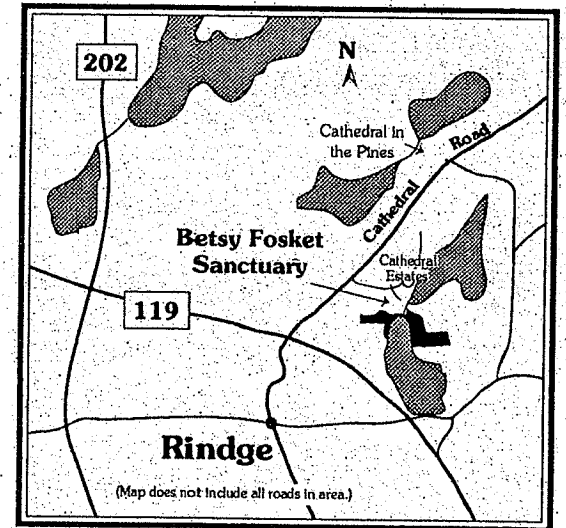
Members of six families, including George P. Baker, Mary McGrath Cabot, George and Sandra Humphrey, Bette Peabody, Mr. and Mrs. Eugene Cook, and Mr. and Mrs. Robert Barry, donated the Sanctuary to New Hampshire Audubon in 1981. George Baker was instrumental in the establishment of a generous endowment to support the management of the property. The Sanctuary was named in honor of George P. Baker's daughter, Betsy Fosket.

Crowcroft Pond is privately owned.  
Canoeing is allowed (six canoes maximum)  
in the pond's northern third (see map).  
Fishing is not allowed.

## Visitor Information

Betsy Fosket 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 the junction of Rts. 202 and 119 in Rindge, drive east 1.5 miles on Route 119, then turn left onto Cathedral Road. Drive 0.4 mile, then turn right into Cathedral Estates. Turn right at Emerson Lane and drive to the end. Park in the cul-de-sac.

## Trail Information

The total length of the Sanctuary's trails is approximately 0.6 mile.

Starting at the cul-de-sac at the end of Emerson Lane, access to the Sanctuary is via a 12-foot deeded right-of-way that follows the driveway of the last (eastern-most) residence for a short distance. (Please be respectful of private property.) The trailhead is on the right just after the crossing for the stream that connects Emerson and Crowcroft Ponds.

The yellow-blazed **Betsy's Trail** follows the stream down to the shore of Crowcroft Pond under a dense canopy of white pine, hemlock, yellow and white birch, and red maple.

Trees along the trail include beech, black cherry, balsam fir, red spruce, an occasional chestnut sprout, and, on the higher ground of the Sanctuary, oak.

Ground-cover plants include partridgeberry, Canada mayflower, starflower, lowbush and velvetleaf blueberry, wild sarsaparilla, Indian Cucumber-root, tree clubmoss, trillium, bluebead-lily, goldthread, sessile-leaved bellwort, bunchberry, pink lady's-slipper, long-awned wood grass, false violet, trailing arbutus, and hay-scented, New York, lady, and bracken ferns.

Plants along the wetland shore of Crowcroft Pond include maleberry, highbush blueberry, leatherleaf, meadowsweet, steplebush, wild raisin, mountain and winterberry holly, arrow-

wood, alternate-leaved dogwood, serviceberry, blueflag iris, marsh St. John's-wort, sedges such as tussock sedge, rushes such as soft rush, and ostrich, royal, and sensitive ferns.

Aquatic plants seen from the viewing areas along the shoreline section of Betsy's Trail include pickerelweed, white and yellow water lilies, and water shield. These viewing areas are also an opportunity to see frogs, turtles, waterfowl, and aquatic insects such as dragonflies and damselflies.

After a short distance, Betsy's Trail joins an old woods road, and shortly after that the trail reaches a junction of a loop. Taking a right at the junction, Betsy's Trail leaves the old woods road to turn toward the shore of Crowcroft Pond. A short distance after the junction, the red-blazed **Pond View Trail** appears on the right. This short spur trail leads to the shore, where a good view of the southern half of Crowcroft Pond can be found. There is a stand of mountain laurel near the end of this spur trail.

Returning to Betsy's Trail from the Pond View Trail, turn right (north) to complete the loop of Betsy's Trail. Flowers along this stretch of higher ground include bottle gentian. It is permissible to walk the old woods road southward to the dam that created Crowcroft Pond, but, as with the right-of-way from the cul-de-sac to the trailhead, please be respectful of private property.

