Northeast Kingdom Mountain Trail Guide

Lewis Pond Overlook- One of the best vantage points in the otherwise low-lying Nulhegan Basin, the Lewis Pond Overlook is situated on the northern edge of the basin and takes advantage of an abandoned sand and gravel pit to offer extensive views to the south. The Lewis Pond Overlook is located at the northern end of the Lewis Pond Road and it can be accessed via Vermont Route 105 by following either the Henshaw Road north to Four Mile Road then left on Lewis Pond Road or by taking Stone Dam Road, left on Eagle’s Nest Road, then right onto Lewis Pond Road. From the junction of Eagle’s Nest Road, it is 4.8 miles to the Lewis Pond Access and 7.2 miles to the Lewis Pond Overlook after turning left onto Overlook Road. The road network on the Refuge is generally in good condition and provides a scenic driving experience with occasional long-distance views.

The Lewis Pond Overlook features a small parking area, short improved trail and a designated viewing area that looks south and east over Lewis Pond, the Nulhegan Basin and a number of local peaks beyond. From east to west, Lewis Mountain is in the foreground, the Potash Range (paralleled by the VELCO power line) extends south to Vermont Route 105, then French Mountain, Bear Mountain, North Notch and Notch Pond Mountains, and West Mountain (recognizable with its fire tower on the western summit) and Seneca Mountain behind to the south.

Total distance: approximately 100 ft., elevation gain: none

Mollie Beattie Bog- The 76-acre Mollie Beattie Bog was set aside by Champion International as part of their “Special Places in the Forest” program and named for Mollie Beattie, a Vermont native and the first female Director of the US Fish and Wildlife Service. Mollie Beattie Bog features a 200 foot universal access trail with interpretive panels and a viewing platform.

The Bog is located on Four Mile Road and is most easily reached from Island Pond (0.0 mi.) by following Vermont Route 105 East, turning left onto Henshaw Road (0.9 mi.) and travelling north to Four Mile Road (5.6 mi.), and then following Four Mile Road to the Mollie Beattie Bog trailhead and parking area (8.2 mi.).

The entrance to the fine stone and boardwalk trail is located on the north side of the road and marked with a large sign. The trail leads to
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a viewing platform where visitors can observe the bog environment and learn about the unique natural community and its flora and fauna.

Mollie Beattie Bog is home to a number of rare species and habitats, including a large black spruce stand, the rare bog sedge, the endangered spruce grouse and rare grey jay, carnivorous plants such as sundew and pitcher plant, and other northern bog species.\(^{18}\)

**Total distance:** approximately 200 ft. elevation gain: none

**Nulhegan River Trail** - The Nulhegan River Trail is, by Refuge standards, a rugged 1-mile loop trail that explores the river and forest environments surrounding the Nulhegan Basin Refuge Headquarters in Brunswick. It is a pleasant walk for those interested in learning more about the Nulhegan River and surrounding Wildlife Refuge and will soon feature interpretive panels that provide detailed information on various features and habitats found along the trail.

Created in 2008 by the NorthWoods Stewardship Center through its US Fish and Wildlife Service-affiliated Youth Conservation Corps (YCC) program, the trail follows moderate grades and is suited for most users.

The trail begins at the Nulhegan Basin Division Headquarters building on Vermont Route 105 in Brunswick, approximately 10.4 miles east of Island Pond and 5.3 west of Bloomfield. Starting at the Nulhegan Overlook (0.0 mi), located on the east side of the headquarters, the trail follows an old roadway downhill to the site of a small pond and signed junction (0.1 mi.) where the trail descends a staircase and enters the forest.

The trail continues along a sidehill slope before bearing left, descending a small stone staircase and crossing a series of step stones across a wet area. Descending a second stone staircase, the trail passes a boulder on the right and soon approaches the river’s edge (0.2 mi.). Turning sharply left, the trail parallels the river for some time. Gently undulating as it winds its way along the river’s edge, the trail passes a number of wet areas that feed the dark waters of the Nulhegan River, now on your right, as well as stands of white cedar, tamarack and spruce-fir.
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Total distance: approximately 1.0 mi. Elevation gain: 120 feet

After crossing a seasonal drainage, the trail crosses the hillside slowly and begins a gradual sidehill ascent away from the river before reaching a series of broad dry fullers. Rounding a corner, the trail descends to the trail winds along the hill crest and, at times, bends in and out of a steep gully. Here, the trail crosses the Nulhegan River, still audible below, passing through open forest, and begins a long, level walk that parallels Route 105 to the right and below. After crossing a seasonal drainage, becoming a gradual downhill, the trail sharply left and begins a gradual sidehill ascent away from the river again.

Spur Trail - A short side trail generally follows the contour of the ridge and crosses a seasonal drainage, becoming a steep downhill trail before returning to the main trail. Here, stepping on placed stone steps, the trail climbs a steep gully. Near the remains of the old Bear Mountain Inn dump, before climbing a series of switchbacking stone stairs, the trail heads back to the headquarters parking area (1.0 mi.).

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