**January Highlights**

**Eastern White Pine** *Pinus strobus.* The largest northeastern pine, white pines have unique blue-green, 5” long needles that are set in bundles of five. These needles are rich in vitamin C and can be made into a winter immunity tea. The steam from this tea can also be inhaled to help clear congestion. Male and female flowers are present on the same tree (monoecious), and after pollination, the female flowers develop into 6-8” long narrow cones. The seeds inside the cones are eaten by many birds, rabbits and squirrels throughout the winter. Often used in restoration efforts, its seeds easily germinate in many different forest types.

**Eastern Red-Cedar** *Juniperus virginiana.* Often called a pioneer species, red-cedars are one of the first trees to grow in a meadow or fallow field. The bark peels off in sheets and red-cedar tree trunks are often stripped by squirrels to line their nests. The fruits, which are eaten by squirrels, wild turkey, deer and other wildlife, are blue-green and resemble berries but are in fact cones with fused scales. Red-cedar wood is prized for its natural pest repellant qualities as well as resistant to rot.

**Christmas Fern** *Polystichum acrostichoides.* As you walk the trails of the Preserve, you can’t help but notice this evergreen fern prevalent throughout. Christmas fern thrives in wooded areas and really stands out, especially after it snows. The fronds (leaves) are once pinnately compound, meaning they are only divided one time. Each division, called a pinna, looks similar to a stocking hung on a line. That, as well as being evergreen, gives rise to the common name Christmas fern.

**Canada Hemlock** *Tsuga canadensis.* This tree has short flat needles that are dark green on top and have two white bands on the back that makes this evergreen easily recognized. Not to be confused with the poison hemlock (*Conium maculatum*) that killed Socrates, native to Europe and North Africa, our native hemlock is not poisonous. Unfortunately, this Pennsylvania state tree is threatened in many areas because of an invasive non-native pest called the hemlock woolly adelgid. The Preserve has a large stand of Canada hemlock on the Azalea Trail.

**American Holly** *Ilex opaca.* Often used in holiday decorations, the American holly’s abundance of evergreen foliage covers its branches from top to bottom. The thick, leathery leaves are accented with spines that save them from being browsed by hungry herbivores, while clusters of tart red globural fruits are a valuable food source for many of the Preserve’s residents including mockingbirds, red-bellied woodpeckers, wild turkeys and raccoons. These colorful fruits, produced only on female trees, are ripe from early fall until spring, becoming more palatable after a frost.
Penn's Woods to New Pond
One of our most gentle trails, past the Moss Garden and magnolias. Good for strollers and most wheelchairs.

New Pond Loop
View the wonderful native plants and animals that live in this special place. Accessible parking nearby. Some rough paving.

New Pond to Stone Bridge
(via President's Dr.)
Walk down this shady road to the 1934 WPA Stone Bridge to view Pidcock Creek.

Stone Bridge to Azaleas at the Bridge
Stroll along Pidcock Creek and take a break on a peaceful bench.

Gentian to Founders' Pond
Visit our secluded pond and experience this natural spring-fed habitat.

Cabin Path to Stone Bridge
Walk down to the historic American chestnut log cabin. Take care on the stairs down to the Stone Bridge.

Azalea to Millrace Dam
This gentle wide trail will take you down to the dam on Pidcock Creek.

Fern Trail to Gentian to Founders' Pond
These trails meander through the forest to bring you to a woodland pond.

Stone Bridge to Poconos Laurel
A brisk walk uphill from the creek rewards the effort with a visit to the most remote part of the Preserve

Simple Rules
Please follow these rules as a courtesy to other visitors and to protect the Preserve's habitats and native plants:
- Stay on the trails.
- Please do not pick or collect plants, flowers, seeds or animals.
- Be alert for stinging insects and poison ivy.
- Service dogs only. Pets are not allowed (even on leash) in the fenced portion of the Preserve.
- No bicycling, fishing, hunting, swimming, cross-country skiing, horseback riding, motorcycles, snowmobiles, off-road vehicles or drones.
- Picnicking is permitted only in the Moore Pavilion and the adjacent lawn.
- No smoking inside of fence.

Trail Distances
- Aster Path - .03 mi
- Audubon - .12 mi
- Azalea - .15 mi
- Azaleas at the Bridge - .08 mi
- Bucks County - .16 mi
- Cabin Path - .07 mi
- Ecology (one-way) - .11 mi
- Evergreen - .27 mi
- Fern Trail - .20 mi
- Gentian - .14 mi
- Marsh-marigold - .12 mi
- Meadow Path - .14 mi
- Medicinal - .28 mi
- Millrace (Closed temporarily)
- New Pond Loop - .14 mi
- Parry Trail - .08 mi
- Penn's Woods to New Pond - .17 mi
- Poconos Laurel - .11 mi
- Violet - .04 mi (Closed temporarily)
- Wayside - .03 mi
- Visitor Center to Stone Bridge - .14 mi
- Stone Bridge to upper gate - .37 mi
- Ecology to Stone Bridge - .3 mi

The Preserve CLOSES at 5:00 pm.
All gates will lock at this time. No re-entry through pedestrian gates. They will lock behind you. For Meadow Trails access, please park in the lots outside of the fence.

www.bhwp.org  215.862.2924

EASIER
Good surface  Wider paths

MODERATE
Some inclines  Narrower paths  Some stairs or steps

DIFFICULT
Inclines  Narrow paths  Some inclines  Rocky sections

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Aquetong & South Meadows
New Pond
Medicinal Trail
Penn's Woods
Azaleas at the Bridge Trail
Azalea Trail
Poconos Laurel Trail

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