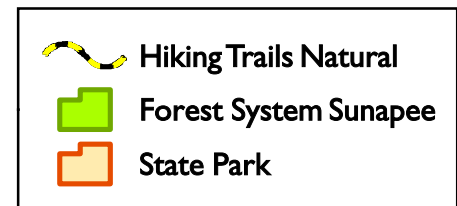


Walking through Mt. Sunapee's Exemplary Natural Community System (highlighted green area) you will see and experience a unique thriving old growth forest. Within it will be different communities; rich mesic forest, sugar maple-beech-yellow forest and high elevation spruce-fir forest.

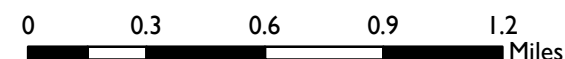
These communities may have considerable overlapping species and other characteristics, but each contains distinct and diagnostic combinations of species and physical characteristics.

A high-elevation spruce-fir forest community occurs from about 2,500 to 4,000 feet. Red spruce and balsam fir are the dominant species, the woody understory is sparse and the overstory is generally higher in elevation than the standard northern hardwood forest community (sugar maple - beech - yellow birch forest) even though species occur in both.

*Mt. Sunapee's rare forest is featured in the film, The Forgotten Forest Primeval Rediscovering Mt. Sunapee's Old Growth; can be seen on YouTube Channel, New England Forests.*



# Mt. Sunapee Old Forest Hiking Guide



Map created for FOMS by Chris Kane