

## Visit these spots!

Site 1: "The Clearing" - a nice spot to sit and take a break, have a short outdoor lesson or birdwatch. This is a good place to see wild guava, poisonwood and Caribbean Pine.

Site 2: "Lover's Lane" - Love vine is parasitic and often found in abundance on the edges of coppice and in disturbed areas.

Site 3: "The Dell" - Meet "Grandfather", the largest and oldest poisonwood tree on the trail. This area is at the base of a slope, so it tends to collect moisture, this is why the vegetation is normally so lush.

Site 4: "Limestone cavity" - this is an area where years upon years of rain and water drainage have created a hole in the limestone rock. Limestone is made of calcium carbonate, and is a naturally soft, porous rock.

### Field Trips

- ◆ Allow 15-30 minutes for the nature walk.
- ◆ Special presentations can be pre-arranged with the FRIENDS Education Officer.
- ◆ Small group sizes are recommended for a more in-depth experience.
- ◆ Picnic tables are available at the Education Center for groups wishing to eat lunch on site.
- ◆ Restrooms are available in the FRIENDS office.



This trail was made possible through a grant from the U.S. Fish and Wildlife Service and with the support of many FRIENDS members and volunteers. A special thanks to Mrs. Mary Albury for donation of the use of her land.

**You may take this leaflet with you or return it to the dispenser.**

*For more information about this nature trail or about Bahamian conservation and wildlife, contact:*

**Friends of the Environment**  
Box AB-20755  
Marsh Harbour,  
Abaco, Bahamas  
(242) 367-2721



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# Friends of the Environment Nature Trail

Open for your enjoyment from 8am—5pm Monday through Friday  
Want to schedule a field trip? Give us a call!



# Welcome to our Nature Trail

The FRIENDS Nature Trail has been designed for your enjoyment, please visit as many times as you like! Please remember that this is an outdoor area, so you should be prepared for changes in weather and we recommend closed-toed shoes, hats and appropriate clothing while enjoying the trail. We invite you to come to the office and sign our guest book before you start your trek. Tours are self-guided unless special arrangements are made.

Throughout the trail, markers have been placed to identify native and non-native plant species. Take this guide with you to provide further information on those species.

**Caribbean Pine:** A protected tree of The Bahamas. Abaco is one of four islands in The Bahamas with pine forest habitat.

**Poisonwood:** This is a tree to look out for! Poisonwood can be a skin irritant and in extreme cases, a respiratory irritant. It produces a rash, similar to that from Poison Oak or Ivy. However, you should be fine if you avoid skin contact. Despite its bad reputation, Poisonwood is a valuable food source for Abaco's birds, including the Bahama Parrot.

**Wild Guava:** Named so because of its resemblance to guava fruit. Wild guava is not eaten by humans, but is eaten by wild birds. Flowers in spring and summer. Can grow up to 15 feet, but is often found as a shrub.

**Dogwood:** Mature trees are 20-50 feet. Has white flowers with hints of pink and purple in the early summer. Historically, the wood has been used in boat building.

**Pigeon Plum:** An important food source for birds, including the White Crowned Pigeon.

**Mahogany:** Locally known as Madeira, grows to 20-50ft. Flowers in the summer and fruits in winter. Has distinct hard pods with winged seeds. A protected tree of The Bahamas.

**Seagrape:** A typical Bahamian coastal plant. It may not feel like it, but this trail is approximately 1/3 mile from the coast!

**Bracken Fern:** An integral part of the pine forest under story. Bracken fern can become invasive in some areas. One of the first plants to resurface after a fire. This fern is often found near limestone holes or other areas where moisture accumulates.

**Love Vine:** A native plant that can become invasive. Tends to grow in disturbed areas and along the edges of coppice habitat. Used in native bush medicine preparation for backache and itches among other things.

Take some time....

*and Bird Watch!*

Here are some of the birds that can be found on our nature trail. Take some time and move quietly through the path. You may be surprised at what you find!



Smooth-billed Ani



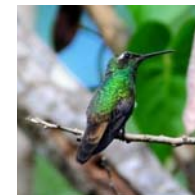
Thick-billed Vireo



Western Spindalis



Red Tail Hawk



Cuban Emerald Hummingbird



Common Yellowthroat

Others:

Bahama Yellow Throat  
Cat Bird  
Red Legged Thrush  
Kestrel  
Prairie Warbler  
Palm Warbler  
Red Start  
Sap Sucker  
Bananaquit  
Northern Mocking Bird



**Do you enjoy birding? Join FRIENDS on our monthly bird walks. Third Saturday of every month at 6am. Starting here, at FRIENDS' Nature Trail.**

Photo credit: A.C. Hepburn

