

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.

WELCOME TO THE FRIENDS Nature Trail

TRAIL INFO: The longest path on the trail is 1/4 mile. There are three possible entrances/exits for the trail. Follow the arrows and other trail markers to help navigate the paths.

VISIT THESE SPOTS

1: 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.

2: Seagrape Tree - Typically flowers in early summer, which develop into small round purple fruit in late summer and fall. Fruit is edible and has a large seed. Common throughout The Bahamas. The pigeon plum tree is closely related.

3: Century Plant - A relative of Agave, also known as "Sisal", this plant played a major part in Bahamian history. It was cultivated and processed for the strong fibers found in its leaves.



FRIENDS OF THE ENVIRONMENT

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Open for your enjoyment from 9am—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.

Plant Guide

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.

Poison Wood: 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 be parasitic to trees. 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 Birdwatch!

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!



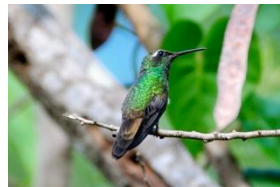
Smooth-billed Ani



Thick-billed vireo



Western Spindalis



Cuban Emerald Hummingbird



Common Yellowthroat



Red tail hawk

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

At the start of the trail you will pass a *Lignum vitae* (National Tree of The Bahamas). This tree was planted in honour of the contributions of Michael E. Lightbourn, past Board member of Friends of the Environment and past President of The Bahamas National Trust. Michael was a self taught botanist and avid conservationist.

Bird Guide