

## Veteran's Memorial Park Trail

Begin at the trailhead at Village Square Road near the Town Office, and go through the woods, past the fairy village. At the end, cross Parsonage Road to access the Sam Ristich Nature Trail.

## Sam Ristich Nature Trail

*This trail was dedicated to Sam Ristich who did so much for the nature lovers in North Yarmouth and beyond. A nationally recognized expert in wild mushrooms and other fungi, Sam led many nature walks along this trail over the years for both the general public and Memorial School students.*

The trail begins behind the salt shed located at the driveway to the town garage on Parsonage Road (near the crosswalk). Initially passing through a moderate ravine, the trail becomes an easy low-impact walk through a very clean open forest. Marked with white marker posts every 30-40 yards, the Nature Trail can be a nice walk to Oak Hill Road and back, or you can cross and continue to the Sam Ristich Loop Trail in the Eleanor Hayes Town Forest. The Nature Trail is about a 20-25 minute round trip. Great for a quick outing. To avoid the ravine, you can also access the trail by walking past the little league field and turning left into the woods at the small blue trail sign.

Photo by Paul Tukey



visit this, retrace your steps and continue on the loop trail. Soon after, there is a series of bog bridges over damp and uneven ground; nearby is a vernal pool. Past the bog bridges, the trail turns left (west). At this juncture, you can either continue left on the trail, and follow it back to the entrance (passing another vernal pool and larger quarry), or turn right, following a small wooden trail sign for the Old Railroad Bed Trail.

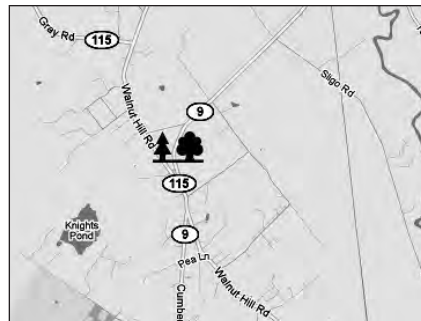
## Old Railroad Bed Trail

To reach the Old Railroad Bed Trail, follow the blue flagging tape. The trail follows the edge of a ridge, with a seasonal stream on your left. Continue down wooden steps to a bridge over the stream, before a brief climb up more steps to the Old Railroad Bed. This trail is a beautiful, flat, open woodland walk, with ravines dropping off to the sides at the beginning. If you walk for about 10 minutes, you will come to an old beaver pond on the left. This is a wonderful spot for bird watching. The Old Railroad Bed Trail ends shortly after the beaver pond. Retrace your steps, following the trail sign to re-connect with the remainder of the Sam Ristich Loop Trail. This part of the trail meanders through a beautiful oak forest and returns you to the entrance on Oak Hill Road. Proceed across the road to connect with the Sam Ristich Nature Trail and back to the trailhead.

## Sam Ristich Loop Trail

To access this trail, cross Oak Hill Road and follow the large blue trail sign. Bear right and follow the trail down through open forest where it becomes easy walking. The trail is marked by white blazes. There are stepping stones over a "seep" and just past this, there is an old trail off to the left to an old granite quarry. After you

The trailhead/kiosk is located on Village Square Road, just off Route 9 near the intersection of 115 in North Yarmouth.



TOWN OF NORTH YARMOUTH TRAIL GUIDE NO.1

Veteran's Memorial Park Trail  
Sam Ristich Nature Trail & Sam Ristich Loop Trail  
Railroad Bed Trail

**Why are Trails Important?**  
by Sam Ristich

- Inexpensive method to get physical, mental, spiritual therapy.
- Inexpensive convenient way to enjoy companionship, community and family.
- Seasonal way to enjoy natural history.
- Additional way for schools to educate and instill a sense of wonderment especially in young children.

**Function of trails**

- Great way of having togetherness without traffic and noise.
- Great mental therapy.
- Learning process.
- Sense of wonderment. The forest is a combination of producers and recyclers that produce oxygen, wood, food, leaves, lichens, ferns, fruits, seeds, condominiums for birds and rodents. Recyclers are fungi, birds, mammals and insects.
- Patterns.

**APPROXIMATE DISTANCES (IN MILES)**

Kiosk to end of Railroad Bed Trail and back	3.5
Kiosk to Sam Ristich Loop, around and back	2.1
Kiosk to Oak Hill Road and back*	1.2
Sam Ristich Loop	.9
Railroad Bed Trail	.7

\*Please note that there is no parking allowed on Oak Hill Road.

