

7. Birding Along the Trail

Birds abound throughout the adjacent preserve. Among the warblers that you might see are the yellow warbler, with its call of *sweet, sweet, sweet, sweeter than sweet* and the Common yellow throat, *witchity, witchity, witchity*. Various Gray Catbirds might appear sounding their cat-like *mew*, or an annoyed Common Crow might sound its incessant *caw, caw, caw*. You might be surprised by a Ruffed grouse jumping up explosively.

8. Shagbark Hickory



The tree with the shaggy looking bark that appears as if it were just about to peel off is a shagbark hickory (*Carya ovata*). The Native American tribes that resided on the island used its bark to fashion baskets. European settlers used the wood to make tool handles and barrels.

Deer trails

Faint, narrow paths may be seen going off the trail and into the woods. White-tailed deer make these while looking for a hickory nut or another edible treat. Early in the summer one can see does and fawns feeding in the cool shade of the trees.



Spotted touch-me-not (Jewelweed)

(*Impatiens capensis*) - Orange flowers are found hanging from stalk. Leaves are egg shaped and have a very juicy (succulent), hollow stem. The ripe seed-pods explode and disperse seeds when touched.



FORK IN THE TRAIL

To the left...

9. A very special bridge

The bridge you are standing on may appear conventional, but it is not. It has no wooden parts touching the soil or water. This means the wood does not rot as quickly or leach harmful chemicals into the surrounding wetland. Pressure treated wood that is commonly used to make bridges is apt to be treated with chemicals that preserve the wood, but are harmful to aquatic species (especially frogs).

The floating platform out in the open water of the marsh is a nesting platform for Common Loons. Human development of the shoreline has eliminated many areas that were once Loon nesting sites. The platform provides a site away from human interference and raccoons who destroy the nests. American Bitterns and Green Herons may also be seen walking near the edge of the cattails, looking for their next meal.

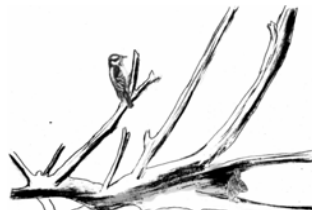


Common Loon

To the right...

10. A View of Eel

In the past few years the North Country's trees have not had an easy time. Ice storms and a microburst caused many of the old, stately trees to lose their limbs. These limbs may appear as clutter on the forest floor, but this dead-wood has a purpose. Song birds and rabbits use the tangles of limbs as places to hide from predators. Porcupines use them as an easy to reach food source. As it rots, the wood replaces nutrients to the soil. The dead branches are a step in the recycling of the forest.



The roads on Grindstone are public but smaller trails are private unless otherwise marked. Please respect the privacy of island residents.

The Thousand Islands Land Trust is a nonprofit organization that seeks to protect the scenic beauty and natural resources of the Thousand Islands for future generations. The existence of scenic places, such as forests, rocks and shoals, wetlands and meadows are all threatened by development and degradation. Since 1985, TILT has worked with property owners to save the special landscape that is the 1000 Islands. Through conservation easements and property acquisition, the land trust has protected thousands of acres and created new recreational places for people to enjoy. We invite all who love this place to join and support the efforts of the land trust in protecting the River's heritage.



The Grindstone Island Nature Trail is a cooperative undertaking of the Thousand Islands Land Trust and the New York State Office of Parks Recreation and Historic Preservation, Thousand Islands Region. The trail wends its way freely across the property line between Canoe-Picnic Point State Park and the Grindstone Island Preserve owned by TILT.

The cooperation between these two organizations will continue to provide recreational benefits for the public as they, in conjunction with the Clayton Fishing Guide Association, are planning construction of a "historic style" picnic gazebo and additional dockage at Picnic Point. These new facilities should be ready for the 2003 season.

Please help TILT continue to preserve the natural splendor of the 1000 Islands.
Enclosed is My Tax Deductible Contribution

- \$40.00 Annual Contribution
- \$100.00 Contribution

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Thousand Islands Land Trust

PO Box 238

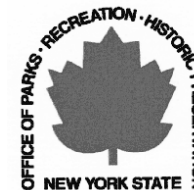
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Grindstone Island Nature Trail



1000 ISLANDS LAND TRUST



State of New York
George E. Pataki, Governor
Office of Parks, Recreation and
Historic Preservation
Bernadette Castro, Commissioner

An Equal Opportunity / Affirmative Action Agency

Grindstone Island

Where the Cultural and the Natural Come Together

Welcome to the Grindstone Island Nature Trail. This trail winds its way from Canoe Point to Picnic Point through land owned by the State of New York and land owned by the Thousand Islands Land Trust (TILT). It is jointly managed by TILT and the Thousand Islands Region of the New York State Office of Parks, Recreation, and Historic Preservation.

The interior of Grindstone is a mixture of hardwood forests and abandoned farmland. Grazing beef cattle are the last vestige of agriculture left on the island. TILT is preserving open space on the island by creating forest, meadow, and wetland preserves so that this magnificent island will always reflect the biodiversity of the 1000 Islands Region.



Grindstone Island is the fourth largest island in the 1000 Islands Region. It is 7 miles long and 3 miles wide. Its early residents were Native Americans of the Iroquois and Algonquin tribes. With settlement by European immigrants early in the eighteenth century (mostly from the United Kingdom and France)

Grindstone was heavily logged and cleared for dairy farming.

During the next one hundred years, the island saw the creation of shipyards, the quarrying of stone, and the manufacture of a fine cheddar cheese. All of these industries are now gone and most of the original farmhouses have been destroyed. The island still has a small year-round community, a Methodist church that holds services throughout the summer, a community hall (Dodge Hall), and a cultural center located in a one-room schoolhouse.

Please do not pick any plants or flowers along the trail, but leave them for everyone to see. Enjoy your walk!

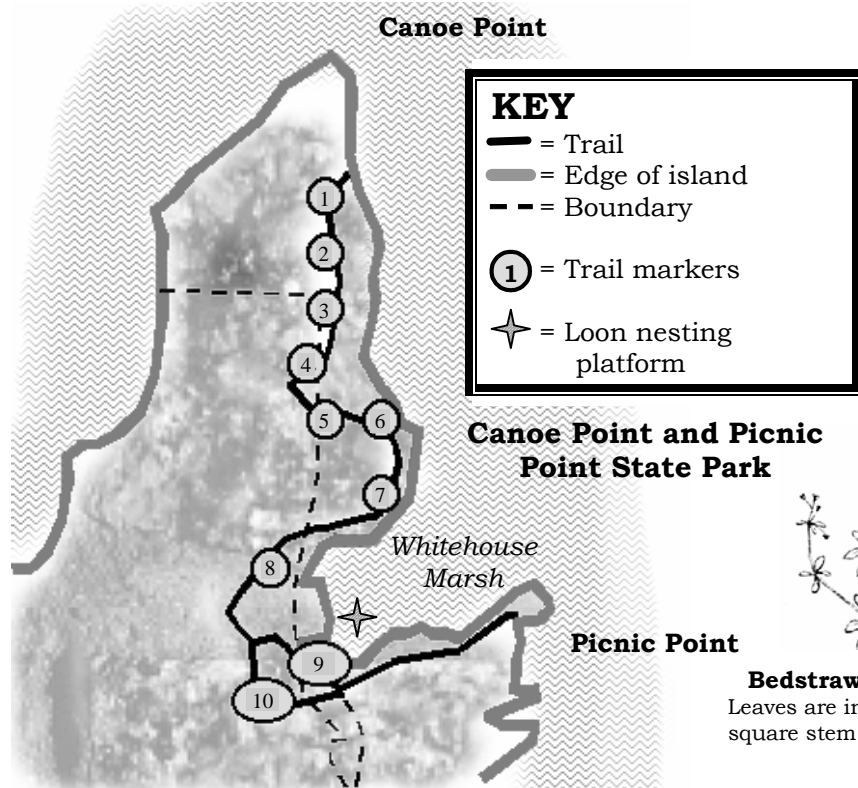


Ruffed Grouse

(*Bonasa umbellus*)-

A brown, chicken sized bird that lives on the edge of woodlands. It explodes from its hiding spot when disturbed.

Grindstone Island Nature Trail



KEY

- = Trail
- = Edge of island
- - = Boundary
- ① = Trail markers
- ★ = Loon nesting platform



Purple flowering raspberry
(*Rubus odoratus*)-
Has large leaves with 3-5 lobes & large purplish flowers



Herb robert
(*Geranium robertianum*) -
Small pink flower with frilly leaves and a hairy stem



Bedstraw (*Galium sp.*)-
Leaves are in whorls around square stem. Small flowers.

1. Pin Oaks - A long way from home



Pin Oak leaves

Pin oaks (*Quercus palustris*) are usually found only as far North as the Hudson River Valley near Albany. Native Americans are believed to have brought seedlings to the Island several hundred years ago. It is not likely that these trees will produce new seedlings. The flooding which this species needs to continually populate an area no longer occurs due to natural changes and human water level controls.

2. Boundary Marker

The red, triangular BOUNDARY signs along the trail mark locations where land ownership changes from State Park land to land owned by TILT.

3. Walnut Grove

This section of the trail passes through a grove of black walnut trees (*Jugulans nigra*). Early settlers to Grindstone Island probably planted these beautiful and useful trees. The wood from the trees is used to make anything from cabinets to gunstocks. Their husks make a yellow-brown dye. In many areas of the United States the large, old black walnuts have been harvested and not replaced.



Black walnut leaf

4. Old Field

Much of the land between the rocky outcrops on Grindstone Island was once used for grazing and hayfields. Many of these fields are now abandoned, allowing brushy species to take hold. Gnarled apple trees (*Malus sylvestris*) may be found throughout these areas. Gray dogwood (*Cornus racemosa*), red cedar (*Juniperus virginiana*) and red rasp-

berries (*Rubus idaeus*) are very common. Non-native species like tartarian honeysuckle (*Lonicera tartarica*) (smooth edged, opposite leaves) and common buckthorn (*Rhamnus cathartica*) take advantage of the cleared areas to multiply.

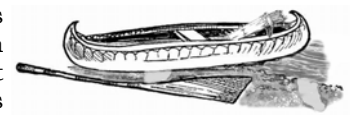
5. Drainage Ditch and Den Tree



Look for the drainage ditches along the trail. These were dug to drain excess water from their fields. Ahead, on the right is an old tree with an opening in the base. This is a den tree. It is hollow in the center, providing the perfect place for raccoons, foxes and other mammals to make their den. Birds and squirrels use hollow branches located farther up into the canopy, or upper story, of the tree.

6. Oak Point

Look at the beach and water in front of you. Imagine you were here over two hundred years ago as a member of the Algonquin or Iroquois tribes. Both these two warring tribes could be found on the island at that time. The pin oaks are proof of this as are the many artifacts that have been found throughout the island. Watch along the trail for various amphibians (frogs and toads). Leopard frogs have smooth, spotted skin and American toads have tan coloration and large bumps or glands on the back of the head. The abundant moisture and plentiful supply of insects make this an excellent area to find both species.



Poison ivy (*Rhus radicans*) is nearby. It has a woody stem with three leaflets, each of which has a few coarse ridges or teeth on its edge. The berries (if present) will be grayish or whitish. There are many plants besides poison ivy that have the leaves in clusters of three. **DO NOT TOUCH ANY PLANT WITH WHICH YOU ARE UNFAMILIAR!**



Poison Ivy