

The 13 acre area of the Shamokin Springs Nature Preserve at the corner of Blue Ridge Drive and Shamokin Springs Trail is part of the 6,000 acres of Wintergreen preserved as open space. The Nature Preserve was set aside to preserve a unique ecosystem, relict northern hardwood forest left after the last ice advance. Cool air settles into this lower area so plants needing a cool wetland habitat flourish here. The trees that indicate this cooler climate are yellow birch, beech and sugar maple. Other northern species only found in the Preserve are black ash and speckled alder, as well as a host of wild flowers.

The earliest inhabitants of this region were here 7,000 years ago. Projectile points (spearheads), and tools can be found in abundance at nearby sites. In today's forest, we find the tracks of white-footed mice, gray fox, raccoon, chipmunk, white-tailed deer and an occasional bear. Ovenbirds, rufous-sided towhees, ravens, chickadees, juncos, veerys, wood-thrushes, indigo buntings and woodpeckers can be heard singing. At dusk the local barred owl may glide through the woods.



Shamokin Springs Nature Preserve

..... Trail Guide & Map

Plant Identifications by Naturalists, Staff and Volunteers

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Blooming in the Nature Preserve

Consult Wildflower guides by Peterson, Newcomb, Stambaugh and Core or others for details.

* Non-Natives (T) Trees (S) Shrubs

The following are some of the wildflowers, trees and shrubs that decorate the Nature Preserve throughout the year and are listed in the order in which they bloom.

MARCH

*Coltsfoot	<i>Tussilago farfara</i>
Red maple (T)	<i>Acer rubrum</i>

APRIL

Spicebush (S)	<i>Lindera benzoin</i>
Toothwort	<i>Dentaria laciniata</i>
Common Blue Violet	<i>Viola sororia [papilionacea]</i>
Bloodroot	<i>Sanguinaria canadensis</i>
Marsh Violet	<i>Viola cucullata</i>
Allegheny Crowfoot	<i>Ranunculus allegheniensis</i>
Round-leaf Yellow Violet	<i>Viola rotundifolia</i>
Downy Yellow Violet	<i>Viola pubescens</i>
Common Serviceberry	<i>Amelanchier arborea</i>
Smooth Serviceberry	<i>Amelanchier laevis</i>
Trillium	<i>Trillium grandiflorum</i>
*Dandelion	<i>Taraxacum officinale</i>
Hooked Crowfoot	<i>Ranunculus recurvatus</i>
Great or Star Chickweed	<i>Stellaria pubera</i>
*Common Chickweed	<i>Stellaria media</i>
*Early Wintercress	* <i>Barbarea verna</i>
*Curled dock	* <i>Rumex crispus</i>
*Garlic Mustard	* <i>Allaria petiolata [officinalis]</i>
*Wintercress	* <i>Barbarea vulgaris</i>

MAY

Rose Azalea (S)	<i>Rhododendron prinophyllum</i>
Pinxter Azalea (S)	<i>Rhododendron periclymenoides</i>
Allegheny Minnie-bush (S)	<i>Menziesia pilosa</i>
Maple-leaved Viburnum (S)	<i>Viburnum acerifolium</i>
Cucumber magnolia (T)	<i>Magnolia acuminata</i>
Common Cinquefoil	<i>Potentilla canadensis</i>
Wood Anemone	<i>Anemone lancifolia</i>
Smooth Rock Cress	<i>Arabis laevigata</i>
Golden Ragwort	<i>Packera aurea [Senecio aureus]</i>
Sessile-leaved Bellworts	<i>Uvularia sessilifolia</i>
Jack-in-the-Pulpit	<i>Arisaema triphyllum</i>
Wild Geranium	<i>Geranium maculatum</i>
Mayapple	<i>Podophyllum peltatum</i>
Early Meadow Rue	<i>Thalictrum dioicum</i>

Miterwort/Bishop's Cap	<i>Mitella diphylla</i>
Canada Mayflower	<i>Maianthemum canadense</i>
Indian Cucumber Root	<i>Medeola virginiana</i>
Rock Cress	<i>Saxifraga virginiana</i>
Rue Anemone	<i>Thalictrum thalictroides</i>
One-flowered Cancerroot	<i>Orobanche uniflora</i>
Wood-betony	<i>Pedicularis canadensis</i>
Wild Ginger	<i>Asarum canadense</i>
Solomon's Seal	<i>Polygonatum biflorum</i>
Rosy Twisted Stalk	<i>Streptopus roseus</i>
Smooth Yellow Violet	<i>Viola pennsylvanica</i>
Wild Sarsaparilla	<i>Aralia nudicaulis</i>
Wild-yam root	<i>Dioscorea villosa</i>
Carrion-flower	<i>Smilax herbacea</i>
Meadow-parsnip	<i>Thaspium trifoliata</i>
Speckled Wood Lily, or White Clintonia	<i>Clintonia umbellulata</i>
Lettuce Leaf Saxifrage	<i>Saxifraga micranthidifolia</i>
Striped Maple (S)	<i>Acer pensylvanicum</i>

JUNE

Catawba Rhododendron	<i>Rhododendron catawbiense</i>
Daisy Fleabane	<i>Erigeron annuus</i>
Heart-leaved Alexander	<i>Zizia aptera</i>
Panicled Hawkweed	<i>Hieracium paniculatum</i>
Arrow-leaved Tearthumb	<i>Polygonum sagittatum</i>
Tall Meadow-rue	<i>Thalictrum polygamum</i>
Tassel Rue	<i>Trautvetteria carolinensis</i>
Fly Poison	<i>Amianthium muscaetoxicum</i>
Aniseroot	<i>Osmorhiza longistylis</i>
Sweet Cicely	<i>Osmorhiza claytonii</i>
American Lovage	<i>Ligusticum canadense</i>
*Heal-All, or Self-Heal	* <i>Prunella vulgaris</i>
Virginia Waterleaf	<i>Hydrophyllum virginianum</i>
Honewort	<i>Cryptotaenia canadensis</i>
Hop Hornbeam (S)	<i>Ostrya virginiana</i>
Winterberry (S)	<i>Ilex verticillata</i>
Wild Hydrangea (S)	<i>Hydrangea arborescens</i>
Four-leaved Milkweed	<i>Asclepias quadrifolia</i>
*Oxeye Daisy	* <i>Chrysanthemum leucanthemum</i>
Bunchflower	<i>Melanthium parviflorum</i>
Bittersweet	<i>Celastrus scandens</i>

JULY

Bowman's Root	<i>Porteranthus [Gillenia] trifoliata</i>
Plume Lily	<i>Smilacina racemosa</i>
Filmy Angelica	<i>Angelica triquinata</i>
Arrowleaf Tearthumb	<i>Polygonum sagittatum</i>
Bluets	<i>Houstonia caerulea</i>
Black Cohosh or Bugbane	<i>Cimicifuga racemosa</i>

Cleavers	<i>Galium aparine</i>
Joe Pye Weed	<i>Eupatoriadelphus purpureum</i>
Knotweed	<i>Polygonum ssp.</i>
Poison-ivy	<i>Rhus radicans</i>
Narrow-leaved Houstonia	<i>Houstonia tenuifolia</i>
Squaw-root	<i>Conopholis americana</i>
Virginia Creeper	<i>Parthenocissus quinquefolia</i>
Water Hemlock	<i>Cicuta maculata</i>
Green-headed Coneflower	<i>Rudbeckia laciniata</i>
Basil Balm	<i>Monarda clinopodia</i>
Turk's Cap Lily	<i>Lilium superbum</i>
Tall Bellflower	<i>Campanula americana</i>
Spotted Jewelweed	<i>Impatiens capensis</i>

AUGUST

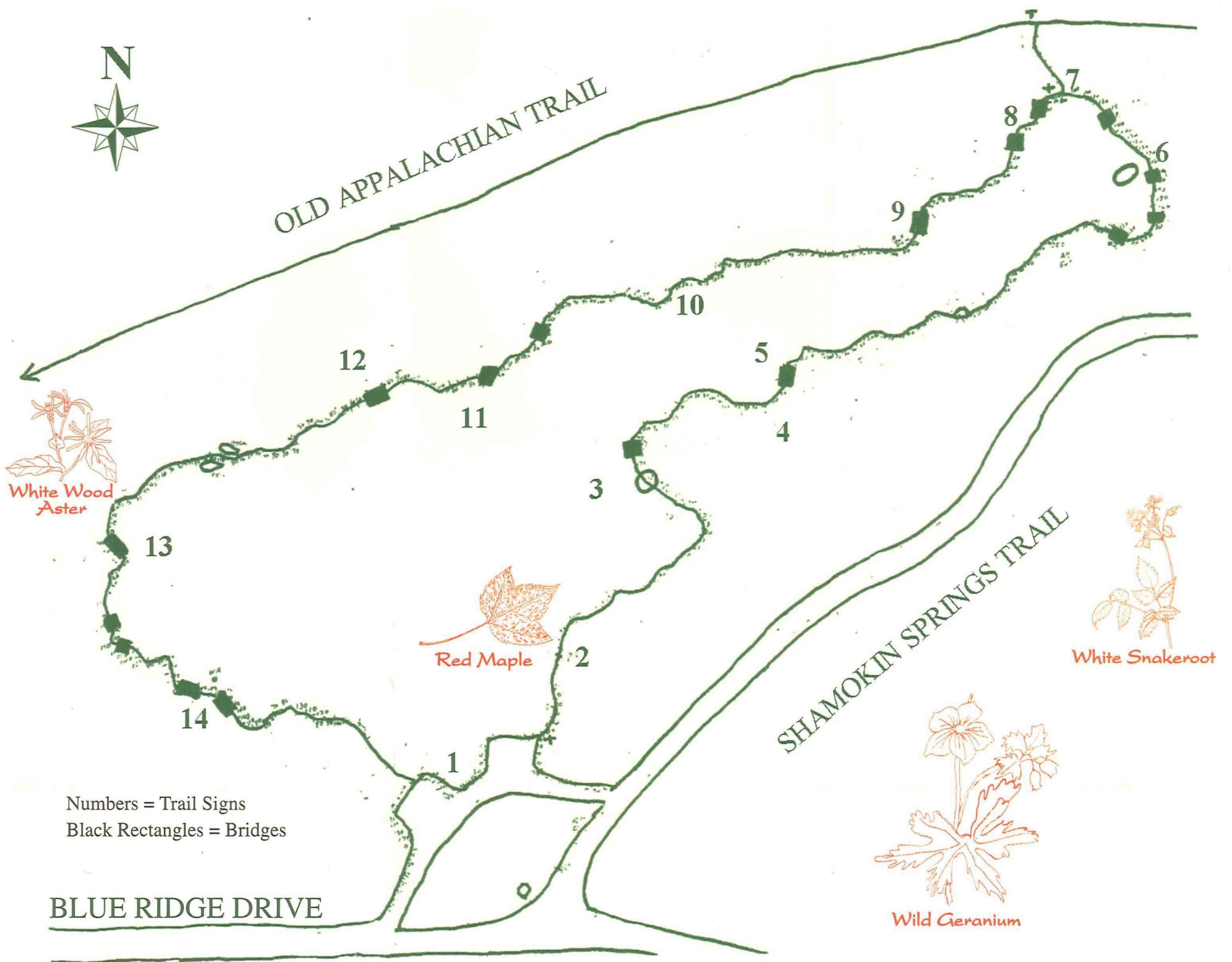
*Yarrow	* <i>Achillea millefolium</i>
*Spotted Knapweed	* <i>Centaurea maculosa</i>
*Ragweed	* <i>Ambrosia artemisiifolia</i>
*Galinsoga, or Quickweed	* <i>Galinsoga ciliata</i>
*Red Clover	* <i>Trifolium pratense</i>
*Crown Vetch	* <i>Coronilla varia</i>
*Scarlet Pimpernel	* <i>Anagallis arvensis</i>
Hawthorn (S)	<i>Crataegus ssp.</i>
Canada Violet	<i>Viola canadensis</i>
White Snakeroot	<i>Eupatorium rugosum</i>
Enchanter's Nightshade	<i>Circaea quadrifida</i>
Blue Aster	<i>Aster cordifolius</i>
White Wood Aster	<i>Aster divaricatus</i>
Lowrie's Aster	<i>Aster lowrieanus</i>
Curtis's Goldenrod	<i>Solidago curtisii</i>
Purple-stemmed Aster	<i>Aster puniceus</i>
Beggar-tick/ Sticktight	<i>Bidens frondosa</i>
Wild Lettuce	<i>Lactuca canadensis</i>
Beechdrops	<i>Epifagus virginiana</i>
Monkshood	<i>Aconitum uncinatum</i>
Lemonbalm	<i>Collinsonia canadensis</i>
Turtle head	<i>Chelone glabra</i>
St. Johnswort	<i>Hypericum ssp.</i>
Avens	<i>Geum canadense</i>
Entire-leaved False Foxglove	<i>Aureolaria [Gerardia] laevigata</i>
Great Blue Lobelia	<i>Lobelia siphilitica</i>
Hog Peanut	<i>Amphicarpa bracteata</i>
Indian Tobacco	<i>Lobelia inflata</i>
Calico/ Starving Aster	<i>Aster lateriflorus</i>
Lettuces	<i>Lactuca sp.</i>
Sharp-leaved Goldenrod	<i>Solidago arguta</i>

NOVEMBER

Witch Hazel (S)	<i>Hamamelis virginiana</i>
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Shamokin Springs Nature Preserve

Trail Guide & Map



Numbers = Trail Signs
Black Rectangles = Bridges

1. Wintergreen's forest is predominately oak and hickory. Among the trees visible from Parking Lot you can see hop hornbeams, young red maples, shagbark hickories, black locusts and cucumber magnolias. American chestnut, once the dominant tree in this forest, was killed by blight and only young sprouts survive today. These trees and shrubs have flower blooms and fruits just as the plants on the forest floor do.
2. As you enter the trail, notice the different types of bark on the trees. To your right is a mature black gum tree with bark resembling alligator scales. Further along to the left is a red maple with silvery bark on the upper branches and a yellow birch with peeling bark.
3. In the middle of this spring-fed stream is a large boulder made of greenstone acting as a natural bridge. Greenstone, metamorphic basalt, is the predominant rock of this area, deposited 600 million years ago. By the stream is one of the several fallen yellow birches. You can see how the exposed roots have become bark-covered and the new branches reach skyward.
4. Logging ended over five decades ago in this region of the forest, yet the young forest still suffers natural loss. In February of 1998, Wintergreen endured an ice storm resulting in severe damage to the tree canopy. As you look around, notice the bent trees, the broken tree tops and branch litter on the forest floor. Now, the forest has begun to regenerate as new sprouts spring from broken crowns of trees, stumps and root balls like the basswood and white ash to the south.

5. On the west side of Bridge #2, a small water garden of golden ragwort and white tassel rue flourishes in the summer and provides a touch of green in the winter. Find the tree labeled cucumber magnolia on the north side of the trail.
6. Springs flow throughout the Nature Preserve. This results in an interlaced network of waterways otherwise known as a "braided stream". These small tributaries flow northeast to join the main stream and flow over Upper Shamokin Falls about a mile and a half below the Nature Preserve.
7. To the north is the access path to the Old Appalachian Trail. The present Appalachian Trail, running from Maine to Georgia, was rerouted to northwest of the Blue Ridge Parkway when Wintergreen was developed.
8. Our trail now bears west over several bridges and has streams on either side, fed by springs and branches of Stoney Creek. The spice bushes thrive here in the moist soil and their small oval leaves exude a fragrant odor when rubbed. Jewelweed and monkshood also flourish on the stream edge.
9. Surrounding you here is an extensive stand of beech trees with smooth, light gray bark. The forest here is mainly beech, interspersed with shag-bark hickories, sugar maples, white ash, red oaks and the less common black ash.
10. Look to the south and find the only conifer in the Preserve, a hemlock tree. Hemlock trees are of special concern as the hemlock wooly adelgid has attacked most of these trees in Virginia. The invasive non-native grass, Asian

stilt grass, is a major threat to the native flora of the Preserve. Efforts by volunteers and WPOA have removed much of this grass and the native flowers are growing back.

11. Sheltered by a large greenstone boulder, a profusion of ferns of different species flourishes by Bridge #11 and beyond. Christmas ferns and marginal wood ferns provide green color all year, and hay-scented, New York, sensitive and silvery glade ferns unfurl fiddleheads in the spring.
12. To the northeast of the trail is a red maple with hard round swellings called burls. Burls and galls are swelling responses of trees and plants induced by bacteria, fungi, insects, mistletoes or environmentally caused injuries.
13. Bridge #13 crosses the main stream of Stoney Creek. Witch hazels arch over the trail here, and in the rich moist soil, the native plants reach their maximum growth. Purple asters, lemon balm and turtleheads grow to five feet. To the east are several rattlesnake ferns.
14. In this marshy area to the west is a stand of speckled alders, unique to this ecological niche. The shrubs extend through this area and up the stream into the golf course. Wintergreen is the southern range limit for this species found to date. Look east of the trail to see the winterberry and a white ash.