

## Site Five

As you look downstream, you will see a huge waterfall. Mills like the Old Red Mill depended on the force of water flowing downstream to provide power to its facility. The water's speed depends on the slope of the waterfall and its height, which determines the amount of gravitational acceleration it has. The Old Red Mill was built here because the waterfall is huge and steep. The faster the water flows, the more power there is to turn the water wheel.

The tree in front and behind the bench is known as an American elm tree. It has fuzzy leaves with jagged edges and the leaves are about 5 inches in length. While many types of elm trees suffer from Dutch elm disease, which is an invasive species of fungus that originated in Europe. Today we are able to genetically engineer some American elms to resist this disease. Staghorn Sumac is in front of the bench to the left of the American Elm, as viewed sitting on the bench. It has several leaflets and has red berries on it. The berries on the Staghorn sumac can be used to make wine, teas and sumac-ade etc.. The Staghorn sumac is related to a poisonous plant called poison sumac, which has white berries and leaves that are more elliptical shaped.

## Site Six

This area has many different kinds of deciduous trees. A leaf having five points usually identifies a maple tree. However, the striped maple only has three points. The two major types of maple trees you will see in this park are red and sugar. Red maples have jagged edged leaves and sugar maples have leaves with a smooth edge. Sugar maples are our source for creating maple syrup in Vermont. Sugar maples are Vermont's state tree. Beech trees have leaves shaped like those on an elm tree leaves, but they aren't fuzzy on both sides. Instead, a beech tree leaf is smooth and shiny. White pine is the tall tree next to the picnic table. It has long, skinny, evergreen needles that are in clusters of five. In the fall, most deciduous trees lose their leaves and they are used by some animals to make shelters.

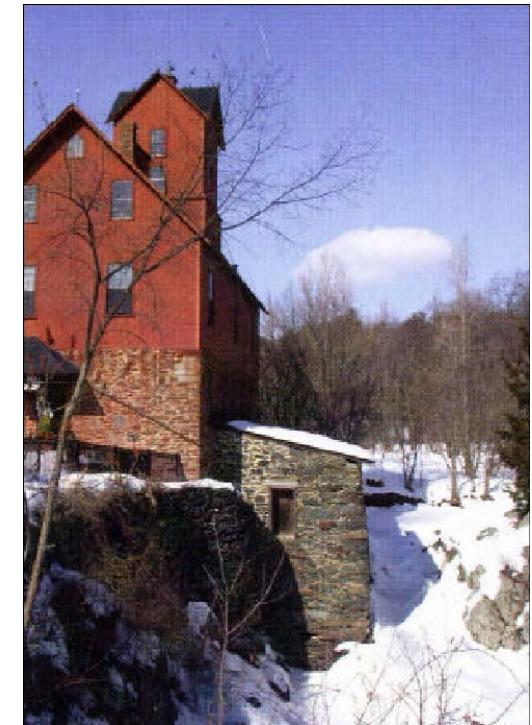
## Winooski Valley Parks 2006



- 1.Ethan Allen Homestead
- 2.Delta Park
- 3.Salmon Hole
- 4.Overlook Park/Woodside
- 5.Muddy Brook
- 6.Old Mill
- 7.Colchester Pond
- 8.Macrae Farm

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## OLD MILL PARK WINOOSKI VALLEY PARK DISTRICT



Our walks are excellent for all, but especially for parents with children. The trails are designed for year round use. The walk takes about 20 minutes.

Hikers, picnickers, anglers and naturalists are all welcome. The parks are open from dawn to dusk. Enjoy them, take pictures, leave only footprints. Pets need to be on leashes at all times. No motor vehicles, bicycles, camping, hunting, shooting, trapping, open fires or glass containers are allowed.

## Site One

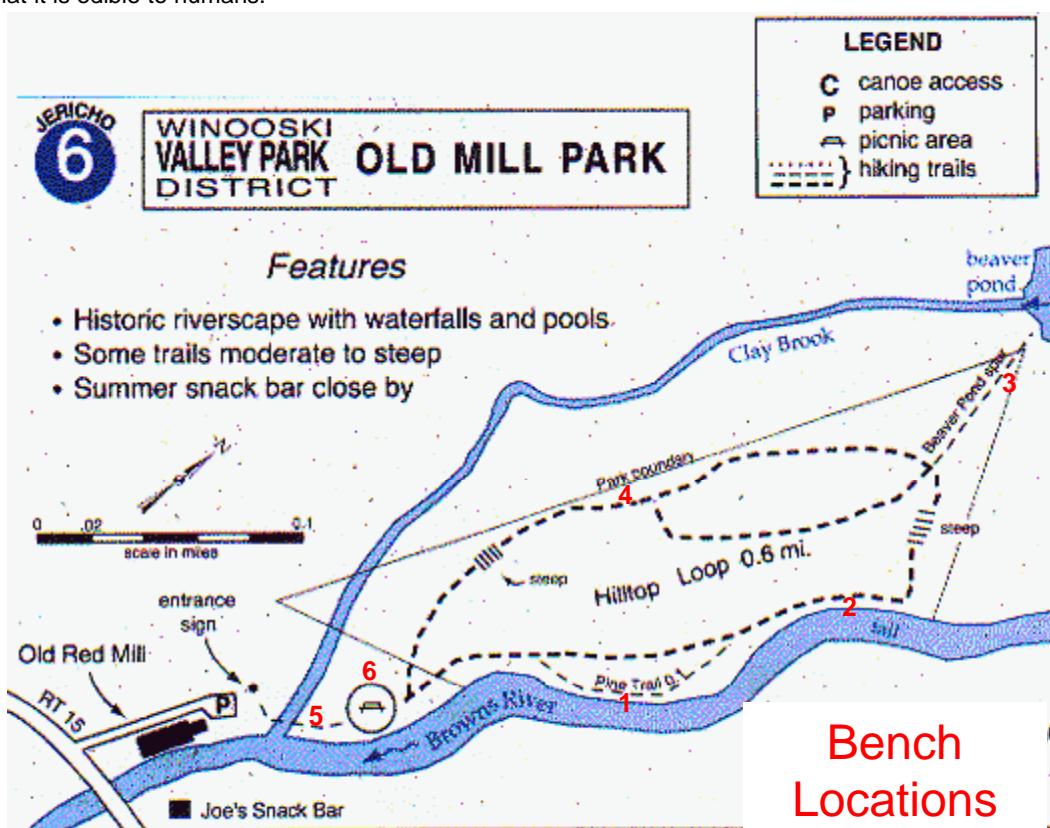
When sitting on the bench at this location, look to your right because you will see a tree with berries on it. This tree is known as alternate leaf dogwood. In the spring, white flowers bloom on this tree and berries grow on it from spring to the end of summer. The berries on this tree are blue but they are not the blue berries that you eat and buy from the store. These berries are not edible for humans; however they are beneficial to many animals in the area. About 11 bird species use this tree as a source of food, the fruit on the tree is eaten by black bears, and the leaves and stems are eaten by mammal herbivores. If you see a tree or plant that has fruit, don't eat it unless you know what it is edible to humans.

## Site Two

Brown's River is in front of you, when sitting on the bench. This river, along with many other rivers, are created when water cuts through soft soil. The river bends as a result of dodging the hard rock. This same philosophy can be applied to waterfalls. A couple thousand years ago this waterfall didn't exist, the river gradually sloped downward. The waterfall started to form when the river started to carve the soft soil beneath it until there was only rock. The blue rocks that are located at the base of the waterfall are identified as copper sandstone due to its blue tint.

## Site Three

This swamp marshland habitat used to be a beaver dam. However, the beaver that made the dam are no longer present in the habitat. Beavers will move to new locations when their food source has diminished. Since the beaver isn't here to maintain the pond, over time the pond has since drained leaving behind a wetland. Some of the evergreen trees at this location are known as Eastern hemlock trees. The needles on this tree tend to be soft and branches tend to slope downward. Hemlock prefers moist forests and is commonly found along stream banks as in the park. However, hemlocks are not flood tolerant.



## Site Four

The hill top formation that the trail runs over was created as a result of a delta being formed. A delta is a mound of soft soil which may have been deposited due to a moving stream flowing into a large body of water. When the water flow slows, sediment drops out. Site Two addressed how water from a river carves out soft soil from the ground, so eventually the soft soil has to pile up somewhere. The hill top formation didn't exist a couple thousand years ago until the soft soil was carved out by the river and piled at this location over time.