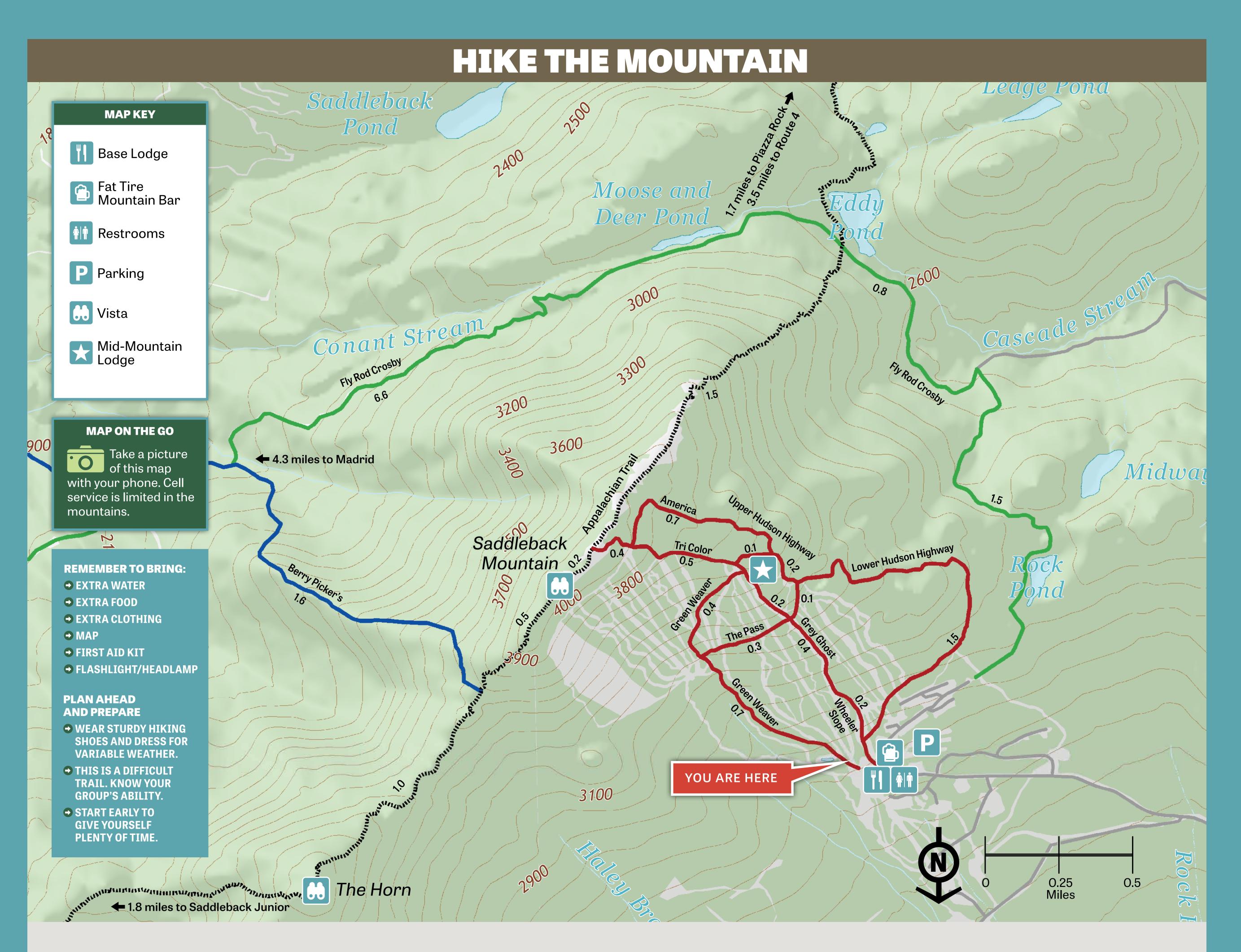
# Welcome to SADDLEBACK MOUNTAIN



## WHILE EXPLORING SADDLEBACK



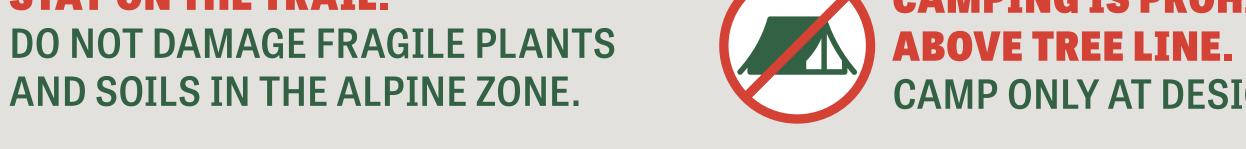
LEAVE NO TRACE. PACK OUT WHATEVER



DOGS MUST BE ON LEASH.
CLEAN UP AFTER YOUR DOG.



STAY ON THE TRAIL. DO NOT DAMAGE FRAGILE PLANTS



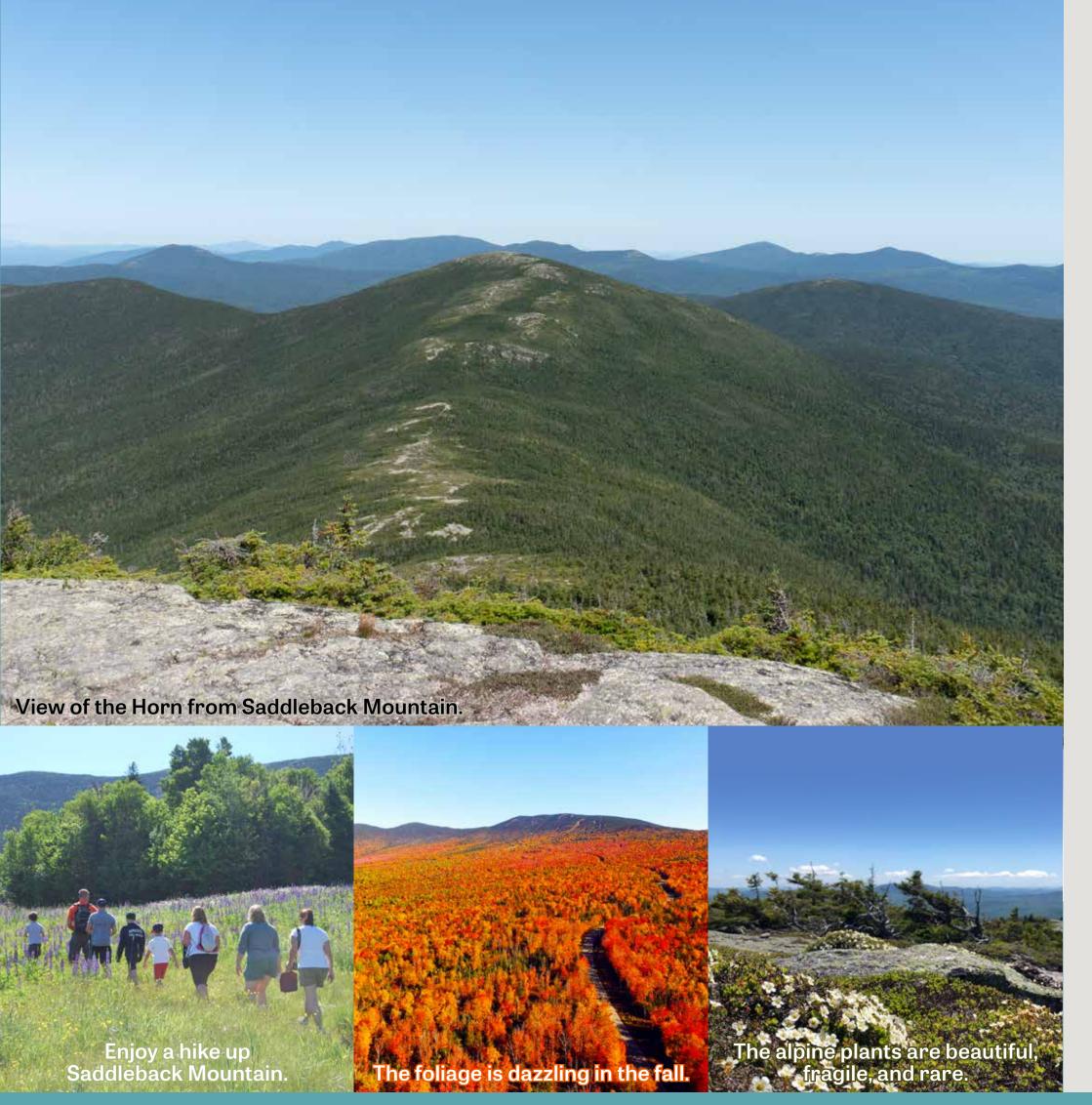
**CAMPING IS PROHIBITED** 

CAMP ONLY AT DESIGNATED SITES.



DO NOT MODIFY OR BUILD
NEW ROCK PILES.
THESE ARE OFFICIAL TRAIL MAN THESE ARE OFFICIAL TRAIL MARKERS.



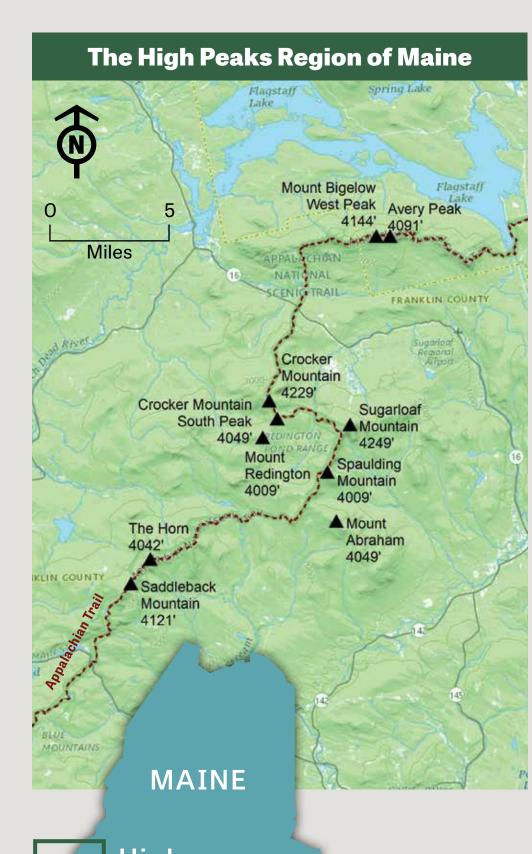


The High Peaks Region is home to ten of Maine's fourteen summits over 4,000 feet tall and the largest area of high-elevation mountain landscape in Maine. This region is renowned for its vast forests, abundant recreation opportunities, spectacular scenery, and ecological integrity. There are thousands of miles of trails for hiking, cross-country skiing, mountain biking, birding, snowmobiling, ATV riding, boating, and more.

The headwaters of the Androscoggin, Dead, and Kennebec Rivers are in this region along with hundreds of remote lakes and ponds that support native brook trout. The area is prime habitat for moose, black bear, and many endangered or threatened species like Canada lynx, Atlantic salmon, Bicknell's thrush, northern bog lemming, and more.

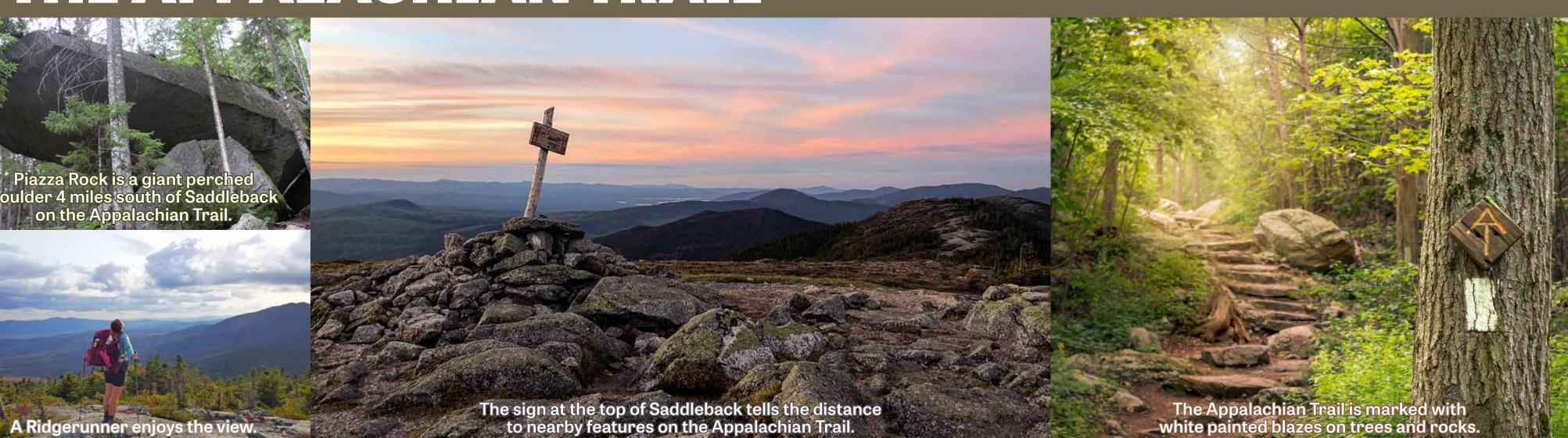
#### Saddleback's Story

At 4,120 feet, Saddleback's summit is on a three-milelong alpine ridge along with The Horn (4,041 feet) and Saddleback Junior (3.655 feet). Only Mount Katahdin has more true alpine terrain in Maine. Saddleback's lengthy ridge hosts an extensive alpine lawn containing bilberry (Vaccinium uliginosum), crowberry (Empetrum spp.), Bigelow's sedge (Carex bigelowii), tufted highland rush (Juncus trifidus), and the rare alpine blueberry (Vaccinium boreale).





### THE APPALACHIAN TRAIL



#### Hiking from the ski area provides access to the

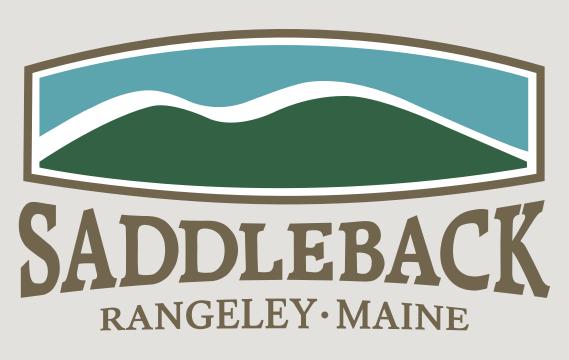
Appalachian Trail, which travels over the 4,120-foot summit of Saddleback Mountain as it follows this long windswept ridge.

The Appalachian National Scenic Trail (or "A.T.") is the longest hiking-only footpath in the world, measuring roughly 2,190 miles in length. The A.T. travels through fourteen states from Georgia to Maine. More than 3 million people visit the A.T. every year to day hike, backpack, or thru-hike the entire length of the trail. Completed in 1937, the A.T. is a unit of the National Park System. The A.T. is on a protected corridor of land that is home to an amazing diversity of plants and animals.

#### The A.T. in Maine

The Appalachian Trail in Maine travels 282 miles from the New Hampshire border to the summit of Mount Katahdin the northern terminus of the A.T. The Maine section is the most challenging, rugged, and wild portion of the trail, and has more remote stretches than any of the fourteen A.T. states. Noteworthy areas include the 100 Mile Wilderness, the Mahoosuc Mountain Range, and Maine's High Peaks (which includes Saddleback Mountain). This section of the A.T. running over Saddleback is the longest section of the entire Trail without a road crossing—32.2 miles.





Saddleback Mountain has long provided some of the most cherished skiing experiences in the East and been the perfect home to our down-to-earth, up-foranything Saddleback family. Real, authentic, friendly and guest-oriented; it's the Saddleback way. www.saddlebackmaine.com



The Maine Appalachian Trail Club (MATC) is a group of volunteers and trail enthusiasts maintaining and managing 267 miles of the Appalachian Trail in Maine. A mission we've been carrying out since 1935. The MATC invites you to join in support of the Appalachian Trail in this unique volunteer tradition. www.matc.org



The Appalachian Trail Conservancy's mission is to protect, manage, and advocate for the Appalachian National Scenic Trail. Our vision is that the A.T. and its surrounding landscape are protected forever for all to enjoy.



The Maine Appalachian Trail Land Trust was formed in June 2002 as an independent land trust for the purpose of acquiring and protecting the land surrounding the Appalachian Trail in Maine for public benefit.

www.matlt.org

## IN CASE OF EMERGENCY

Call 911 or State Police Skowhegan (207) 474-3350

Your location: 976 Saddleback Mountain Rd., Rangeley, ME

+ NEAREST HOSPITAL

Franklin Memorial Hospital (207) 778-6031

111 Franklin Health Commons. Farmington, ME



## SADDLEBACK: FRAGILE ALPINE ZONE

#### WHAT IS A FRAGILE ALPINE ZONE?

The alpine zone is a regional habitat that occurs above tree line at high elevations, where the climate is too cold and windy to support tree growth. Less than 1% of the New England's land area is in the alpine zone. These areas are isolated communities rich in diverse, unique plant and animal species. Due to the harsh mountain weather and geographical isolation, many of the species in these areas are rare or threatened.

Although alpine plant communities can withstand high winds, low temperatures, snow, and ice, they are damaged by hikers' footsteps. Walking off trail in the alpine zone kills plants, causes soil erosion, and

compacts the soil so that no plants can grow there. Some birds, including the Bicknell's Thrush and Blackpoll Warbler, rely on the alpine zone to survive. These tiny songbirds migrate to their wintering grounds in the Caribbean and South America, some flying more than 7,500 miles! Keep pets on leash to avoid disturbing these amazing birds.



Bicknell's Thrush (Catharus bicknelli)



Alpine Blueberry (Vaccinium boreale)



(Carex bigelowii)

Cushion-plant (Diapensia lapponica)



Mountain Cranberry (Vaccinium vitis-idaea)

Sheep-laurel (Kalmia angustifolia)

## HELP TAKE CARE OF THE INCREDIBLE PLANTS AND ANIMALS IN THE ALPINE ZONE:



LEAVE NO TRACE.
PACK OUT WHATEVER YOU PACK IN.



DO NOT MODIFY OR BUILD NEW ROCK PILES.
THESE ARE OFFICIAL TRAIL MARKERS.



**DOGS MUST BE ON LEASH.**CLEAN UP AFTER YOUR DOG.



**CAMPING IS PROHIBITED ABOVE TREE LINE.**CAMP ONLY AT DESIGNATED SITES.



**STAY ON THE TRAIL.** DO NOT DAMAGE FRAGILE PLANTS AND SOILS IN THE ALPINE ZONE.

