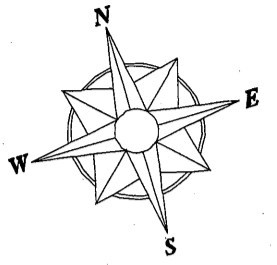
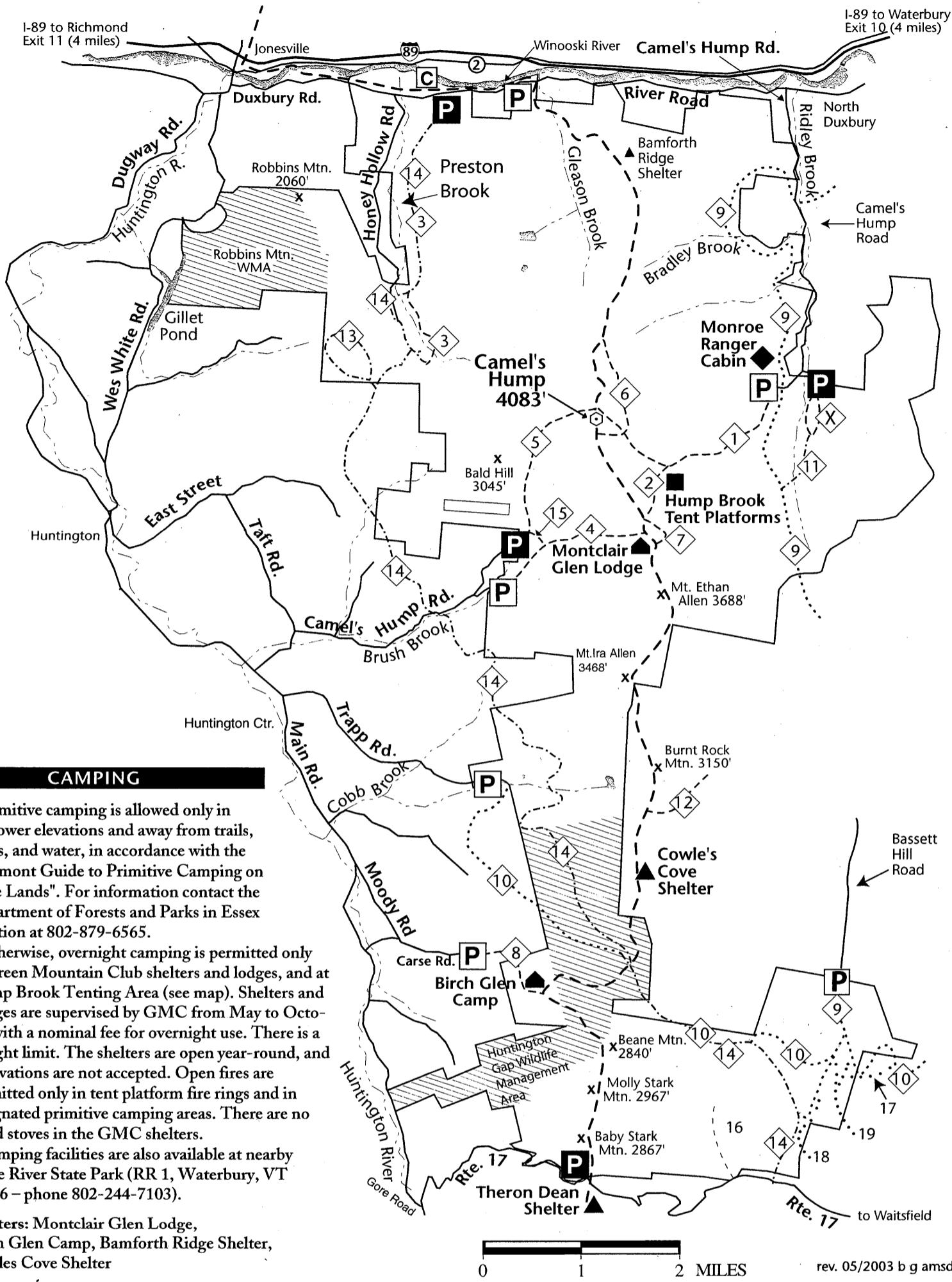




CAMEL'S HUMPS STATE PARK



LEGEND

- Lodge ▲
 - Ranger Cabin ◆
 - Tent Platforms ■
 - Shelter ▲
 - Canoe Access [C]
 - Parking Area [P]
 - Parking Area (plowed in winter) [P]
 - Long Trail - - - - -
 - Hiking Trail - - - - -
 - Snowmobile Trail - - - - -
 - X-C Ski Trail - - - - -
 - Mt. Bike Trail
- 1 Monroe - 3.1 mi.
 - 2 Dean - 1.0 mi.
 - 3 Honey Hollow - 7.0 mi. loop
 - 4 Forest City - 2.0 mi.
 - 5 Burrows - 2.1 mi.
 - 6 Alpine - 1.7 mi.
 - 7 Allis - 0.3 mi.
 - 8 Beane 1.0 mi.
 - 9 VAST 100A
 - 10 VAST 17
 - 11 Ridley Crossing X-C - 1.0 mi.
 - 12 Hedgehog Brook - 2.5 mi.
 - 13 Lion's Ridge X-C - 1.0 mi.
 - 14 Catamount X-C
 - 15 Burrows - Forest City Connector - 0.1 mi.
 - 16 Camel's Hump View - 0.8 mi.
 - 17 Hemlock Hill Trail - 0.9 mi.
 - 18 East Loop Trail - 0.5 mi.
 - 19 Chain Gang Trail - 1.4 mi.
 - 20 Baird-in-the-Bush Trail - 1.4 mi.

CAMPING

Primitive camping is allowed only in the lower elevations and away from trails, roads, and water, in accordance with the "Vermont Guide to Primitive Camping on State Lands". For information contact the Department of Forests and Parks in Essex Junction at 802-879-6565.

Otherwise, overnight camping is permitted only in Green Mountain Club shelters and lodges, and at Hump Brook Tenting Area (see map). Shelters and Lodges are supervised by GMC from May to October with a nominal fee for overnight use. There is a 2-night limit. The shelters are open year-round, and reservations are not accepted. Open fires are permitted only in tent platform fire rings and in designated primitive camping areas. There are no wood stoves in the GMC shelters.

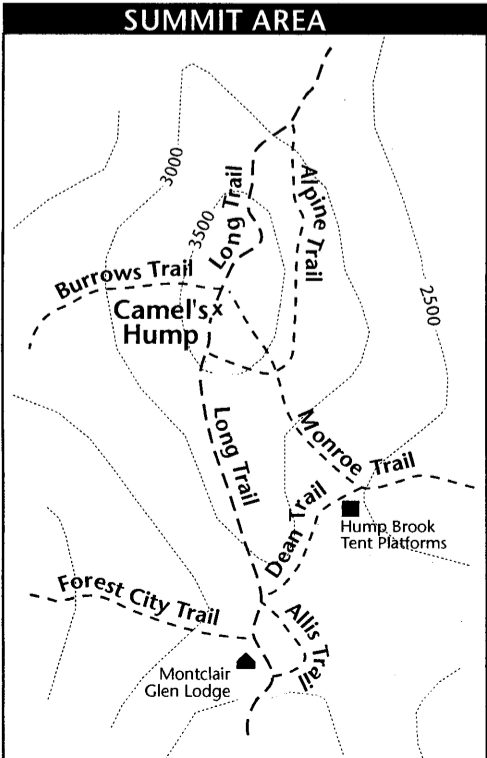
Camping facilities are also available at nearby Little River State Park (RR 1, Waterbury, VT 05676 - phone 802-244-7103).

Shelters: Montclair Glen Lodge, Birch Glen Camp, Bamforth Ridge Shelter, Cowles Cove Shelter

Tent Area: Hump Brook



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WEATHER DANGERS

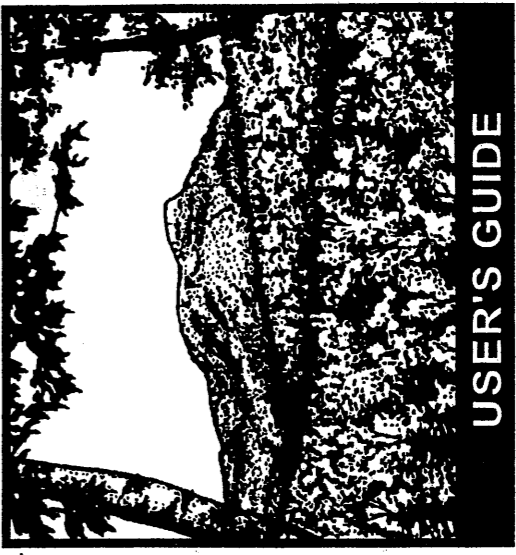
Hikers should be aware that mountain weather can change suddenly. The temperature and wind at the summit can be greatly different than that at the trailhead. Listen to a weather forecast before you go. Always bring extra food, water, and warm clothes. If the weather deteriorates, turn back before a storm hits.

Lightning
Thunderstorms develop on warm afternoons on many summer days. Seek shelter long before the storm, several hundred feet in elevation below ridgetops, and away from caves and exposed trees and boulders. Crouch upon loose rocks not immersed in standing water or on your pack. Do not sit or lie on the ground, nor touch soils with hands.

Hypothermia
Hypothermia is the cooling of core body temperatures below normal resulting from excessive heat loss and inadequate protection. It's caused by a combination of factors including: wet clothing, exposure to wind and cold, fatigue, and inadequate intake of high energy foods. Hypothermia can be fatal. The best treatment is prevention.

- Hypothermic Symptoms include:**
- ❖ intense shivering
 - ❖ inability to perform complex tasks
 - ❖ difficulty in speaking
 - ❖ sluggish or confused thinking

- Prevent hypothermia by:**
- ✓ eating high-energy food
 - ✓ carrying adequate clothing
 - ✓ seeking shelter in bad weather



USER'S GUIDE

CAMEL'S HUMP STATE PARK

BACKGROUND

History of Camel's Hump State Park:

In the northern half of Vermont's Green Mountains, Camel's Hump is easily recognized by its unique double-humped profile. Waubanauckee Indians first named it "Tah-wak-be-dee-ee-wads" or "the mountain that is like a seat". Samuel de Champlain's explorers in the 1600's called it "l'ion couchant" or resting lion. The name "Camel's Hump" was used on a historical map by Ira Allen in 1798, and this became "Camel's Hump" in 1830.

The Park came about as an original gift of 1000 acres including the summit from Colonel Joseph Battell, who originally bought Camel's Hump to preserve the wooded mountainous view from his home. In 1911, care of the mountain was entrusted to the State Forester who managed with the aim to keep it in a primitive state according to Battell's wish.

The State of Vermont eventually adopted a policy of development regulation on all state forest lands to preserve aesthetic values. It fought proposed intrusions by communications towers and ski resorts until the summit's Natural Area was set aside; then special legislation was passed in 1969 to create a Forest Reserve whose state-owned acres (about 24,000 by 1996) form Camel's Hump State Park.

The wording of the 1969 legislation and its amendments speaks of the promise to Battell, recognizing:

HIKERS AND CAMEL'S HUMP ECOLOGY

Alpine Tundra

The summit of Camel's Hump supports one of the Green Mountains' 3 significant communities of arctic-alpine vegetation. (The others are on Mt. Abraham and Mt. Mansfield.) Several of the plants growing above treeline are on Vermont's endangered species list. Hiker traffic on the summit threatens this fragile community, already subjected to shallow soils and harsh growing conditions. Hikers should be aware that when a piece of alpine tundra is destroyed, the wind rapidly scours holes in the damaged turf and the soil erodes. Removal of rocks is equally detrimental. Travel only on marked trails and rock outcrops.



The Green Mountain Club works cooperatively with Vermont's Department of Forests, Parks & Recreation to protect the vegetation on Camel's Hump and to provide caretakers during months of highest use for hiker assistance.

Wildlife Habitat

There are a wide range of habitats here: rocky ledges provide bear, porcupine and bobcat dens. Bear also feed on the nuts of large beech trees by climbing the trees and breaking the laden branches. Deer utilize pine, hemlock and spruce clumps for winter cover and browse nettles, hawthorn, blackber-



For more information on Snowmobile Trails, contact the Vermont Association of Snow Travelers Inc., 41 Granger Road, Barre, VT 05641 (802-229-0005) www.vtvast.org.

For more information on the Catamount Trail, contact the Catamount Trail Association, P.O. Box 1235, Burlington, VT 05402 (802-864-5794). www.catamounttrail.together.com

For more information on the Long Trail, contact the Green Mountain Club, 4711 Waterbury-Stowe Road, Waterbury Center, VT 05677 (802-244-7037) www.greenmountainclub.org

Additional information is also available on the internet at: <http://www.state.vt.us/anr/fpr/>

ADDITIONAL INFORMATION

For more information on Park trails or the State's multiple-use management plan for Camel's Hump State Park, visit the town offices in the area; the Vermont State Department of Forests, Parks & Recreation Office at 11 West Street, Essex Junction, 05452 (802-879-6565)
Additional information is also available on the internet at: <http://www.state.vt.us/anr/fpr/>

- the importance of nature to man's well-being
- the rapidly-increasing demand for outdoor recreation
- the possibility of satisfying recreational and utilitarian land use needs by planned, multiple use management - that an extensive mountainous forest reserve is necessary for a wilderness and as a background for intensive uses in appropriate areas.

The Promise put into Action:

A Forest Reserve including the Park and three use districts was established by the legislation:

- (1) The ecological area, for preservation of rare plants and wilderness habitat, is between 2500 feet in elevation and the summit, plus Gleason Brook drainage down to 900 feet. It is studied for the impacts of environmental changes, such as air pollution, on the forest. Uses include recreation and research.
- (2) The timber management and wildlife area, from 1800 to 2500 feet in elevation, protects the ecological area, encourages wildlife, and preserves the natural appearance of the region as seen from the outside. Uses include timber production, wildlife management, hunting, hiking, nordic skiing, and snowmobiling.
- (3) The multiple use area includes the balance of the land in the reserve. Uses are farming, seasonal and permanent homes, and those listed above for the timber management/wildlife area.

Beech, and white, yellow, and grey birches are also common. Conifers, red oak, black cherry, mountain maple, white and mountain ash, and some hickories are rarer components.

Near the highest summits are the subalpine forests. This nearly-impenetrable vegetation is composed of balsam fir and red spruce that have been stunted and deformed by harsh climate. It may take 80 years for trees at this elevation to reach 2" in diameter.

Water

Camel's Hump's many brooks are beautiful to see, swim, and fish in. However, due to nature and man the water is not necessarily glardia-free nor pure enough to drink without treatment. Bring water from home for your hiking experience, or be prepared to treat water through boiling, filtering or chemical means.

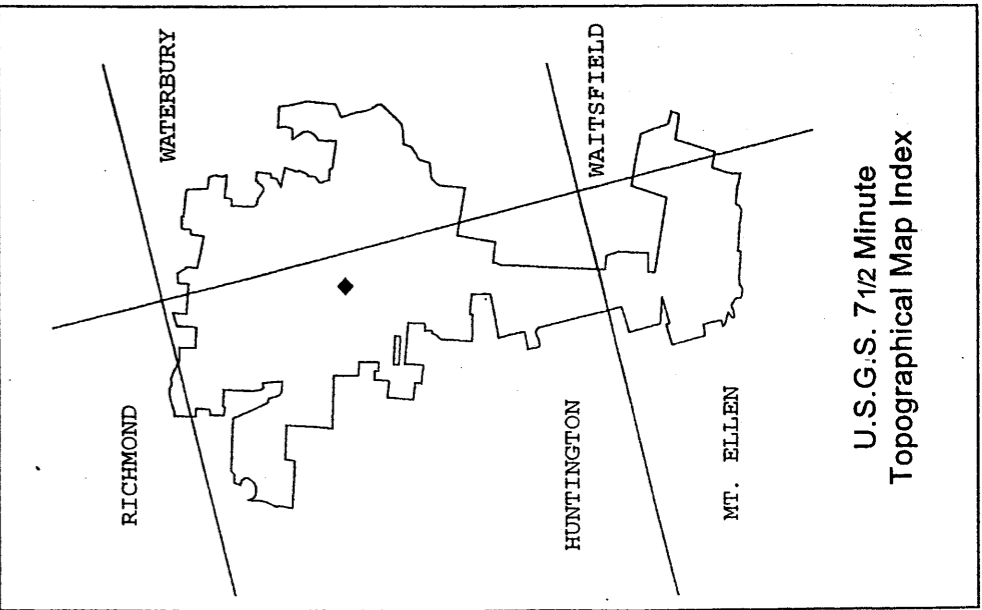


Forest Vegetation

Factors that have affected the current age and condition of Camel's Hump's forests include logging and farming in the 1800's and 1900's, an extensive fire in 1903, and various diseases and insect attacks. Many of the lands bought by the State of Vermont for the park were logged intensively before acquisition. The Park's most abundant tree sugar maple. This species and its cousin red maple provide brilliant fall colors.



ries, raspberries, and old orchard. Moose
Moose
munch on striped maple and hobble bush. Other mammals residing here include red fox, raccoon, squirrel, chipmunk, coyote, mink, beaver, skunk, fisher, weasel, and others. Serviceberry and hophornbeam are wildlife favorites. Aspen buds nourish many animals including grouse. Scattered oak and other seeds promote wild turkey. The myriad songbirds (veery, hermit thrush, chickadee, white-throated sparrow, red-eyed vireo, warblers and others) stake out territory in early summer and sing throughout the season. The many streams are ideal habitat for brook, rainbow, and brown trout.



REGULATIONS AND GUIDELINES

Plants and standing trees may not be picked or cut. Do not step on vegetation above treeline.

Hikers should stay on marked trails.

Bicycles and horses are permitted on gravel roads only and not on trails, unless otherwise posted.

All trails and roads are officially closed during mud season (snow melt to Memorial Day).

Motorized vehicles are not permitted, except where specifically designated.

Dogs should be leashed above treeline.

Carry out your trash.

Rock climbing and hang gliding are prohibited.

Overnight camping is permitted only in Green Mountain Club Shelters, on tent platforms, and in designated primitive camping areas outside the Ecological Zone.

This document available upon request in large print, braille and audio cassette. VT TDD 1-800-253-0191