# Tenmile Environmental Trail

#375



#### A COOPERATIVE PROJECT BETWEEN THE HELENA-LEWIS AND CLARK NATIONAL FOREST AND THE MONTANA DISCOVERY FOUNDATION

As you hike this trail, remember, the forest belongs to everyone, so stay on the trail, leave only footprints, and take only pictures, notes, and memories.





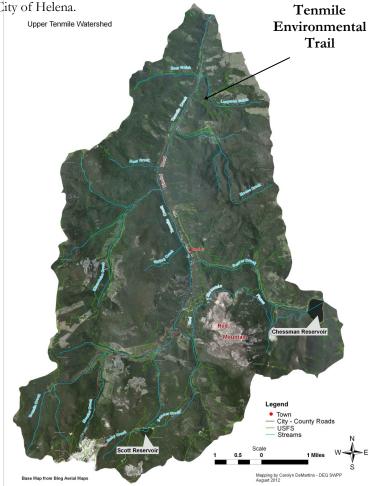


Please help take care of public lands. Remember, they belong to you. If you pack it in, pack it out. Be sure to wear proper footwear and clothing suitable for the weather conditions expected. Binoculars are handy for spotting wildlife, and a camera might capture an unexpected critter. Respect the wildlife you see. Stay a safe distance away and remember: you are a visitor in their home.

#### We hope you enjoy your hike on the Helena National Forest!

#### The Tenmile Watershed

wa ter shed—The area of land that catches precipitation and drains into a larger body of water such as a marsh, stream, river or lake. This watershed supplies drinking water to the City of Helena.





### WELCOME

Welcome to Tenmile Environmental Trail #375. Constructed in 1975 in the lower reaches of Lazyman Gulch, the trail illustrates cultural and natural features in a forest environment. The trail was originally built through cooperative efforts of Helena High School, the Montana Department of Fish, Wildlife, and Parks, and the Helena National Forest. It is now maintained by the Helena-Lewis and Clark National Forest and the Montana Discovery Foundation.

Sometime around 1870, miners came to this area in search of gold, silver, and lead. Many succeeded and built successful mines. In the 1880's, the town of Rimini, about 3 miles south of this trail, developed to serve the miner's needs. As you travel the hills in this area, you will see many signs of prospecting and developed mines scattered about.

Tenmile Creek flows across the road from the trailhead. The stream collects water from approximately 200 square miles of mountains and valleys and 86 square miles of surrounding forest land. The upper part of the watershed flows approximately 12 miles through a steep, forested canyon of about 50 square miles and is a major watershed for the City of Helena. The City of Helena stores a significant amount of water from this drainage in the Chessman Reservoir located on Beaver Creek above Rimini. That water is then purified for the City of Helena at the Tenmile Water Treatment Plant located near the intersection of Rimini Road and U.S. Highway 12.

On the west side of Tenmile Creek, you can see the remains of an old railroad bed that once ran from Helena to Rimini.

As you explore the trail, pay attention to how the plant life changes with the exposure to sun and water. This trail covers both north and south facing slopes as well as dry hillsides and areas where water is located closely below the surface. Think about how the forest habitats vary with these differences.

A wide variety of birds and mammals live in this area. Some animals may live here all or part of the year. Others may move through the area staying for only a short time.

#### PICNIC AREA: WHAT HAPPENED TO THE TREES?



Mountain Pine Beetle Beginning about 2005, unusually warm winters and dry summers combined to establish an opportunity for several species of forest insects to expand their population greatly and attack many more trees than normal. Pine trees, such as the Lodgepole Pines growing in the picnic area were particularly vulnerable to the mountain pine beetle. This little insect lays eggs on the bark of a pine tree. When the eggs hatch, the larvae burrow through the bark and find the living layer of the

tree just under the bark (called the cambium layer), which is full of water and nutrients. The larvae eat their way around the phloem of the tree leaving characteristic tunnels (galleries) behind and also inoculate the tree with a blue fungus that blocks water transport in the tree. Once the larvae girdle a tree in this way, it dies. Meanwhile, the larvae form a cocoon in which they can live until the next summer when they leave the tree to fly around and find a mate and a tree where they can lay their eggs. When the eggs are laid on a tree, a chemical marker is released that essentially tells other insects that "this tree is taken, go find another." Scientists discovered this fact and learned how to mimic the chemical marker. Ultimately, even extensive use of these pheromones (markers) in sensitive areas such as this picnic area could not save the trees from the massive insect attack and the trees were killed by the beetles. Sawyers removed the dead trees that posed a safety hazard. Since about 2010, the massive infestation has largely ended in our area. The mountain pine beetle is still here, but it does much less damage to the healthy trees that remain. Meanwhile, dead trees in other areas will continue to present forest management challenges to both private and public land managers and the general public.

To reach station 1, walk up the trail at the back of the picnic area and turn right when the trail branches.



Station 1-Lichen on Rock

### STATION 1: LICHENS & ROCKS

Note the large rock off to the right. The rock is covered with a variety of lichen each with its own colors and textures. Lichen is a combination of a fungus or two fungi (one a yeast) and an alga, or some other single cell organism, that always live together. The fungus provides a structure that can dissolve the surface of the rock and cling to it. The alga captures energy from the sun and uses it to break apart  $CO_2$  from the air. It then attaches the carbon to water to make sugar that both the alga and fungus can use for energy to live. Capturing the sun's energy and storing it in sugar this way is called photosynthesis.

Lichen could take a hundred years to grow to the size of a quarter on the surface of the rock. Please, don't scrape it off! To absorb the minerals it needs from a rock, lichen secretes a mild acid that eventually breaks the rock apart. Lichen will also catch and hold water on the rock surface. When water on the surface of the rock seeps into even the smallest crack and freezes, it expands with such great pressure that it can break the rock. Lichens thus promote the weathering of rock into smaller and smaller pieces that eventually become the mineral component of our forest soil. Soil is not dirt, but a complex living structure composed of decomposed rock, decomposing plant and animal bodies, water, and a wide variety of microorganisms and other living things. Rocks and soil are extremely important parts of the environment.

Look at the rocky hillside above you to the south. Notice the pile of rock that apparently has tumbled from a cliff above. A slope of broken rock like this is called a talus slope. A talus slope may consist of earth, sand, gravel, and larger rock fragments. This is another sign of the weathering process that breaks down the rocks into soil.

Our lichen-covered rock is a form of igneous rock called granite that was pushed up from deep underground. Minerals are often found where granites are found. Notice the small crystals of various minerals embedded in the surface of the rock. This rock is very different from the sedimentary limestone you see on Mount Helena or the gravels of the valley deposited by years of stream erosion.

As you take a few steps up the trail, you will see an open pit area. In 1981, there was a big flood on Tenmile Creek that washed out the road and damaged structures out into the Helena Valley. This pit resulted from mining the gravel used to help rebuild the road after the flood. Notice how plants are slowly establishing themselves. The gravel pit has since become a popular winter sledding area.

7

#### Station 2: What's a Draw?

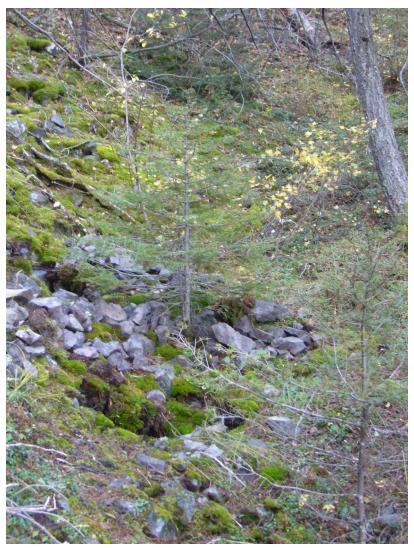
Station 2 stands in the bottom of shallow valley (a draw). Water flowing down the hill over many thousands of years carved out this depression that still "draws" or collects snowmelt and rainfall from the land above and carries it downhill with small amounts of soil, rock, and vegetation. Imagine how different the water flow down this draw would be if there was no vegetation to slow the flow of water and mineral sediment. Most of the year, the water in Tenmile Creek is very clear and clean. Upstream areas like this where water starts its long journey flowing to the sea are called "watersheds." Watershed protection is an important function of a healthy forest.

Note that this draw lies on a north-facing slope where it is shaded from direct sun most of the day. As a result, the surface remains cooler than many surrounding areas that are more exposed. A cooler surface means less evaporation and a moister environment. Plant species vary with the amount of moisture. As you move along the trail, try to notice how the species mix changes with small changes in their immediate environment, what we call their "microenvironment."

Plants growing in the draw include Douglas fir, common juniper, Rocky Mountain maple, snowberry, spiraea, arnica, and twinberry. Wildflowers vary with the season; you may see fairy slipper or lady slipper orchids early in the wildflower season.



Mountain Lady's Slipper



The Draw

## Station 3: Cycles of Nature

The forest environment results from the interaction of many natural cycles including the seasons, plant and animal life cycles, the water cycle, nitrogen cycle, and oxygen/carbon cycle. At station 3, you can see evidence of a vegetative cycle ranging from seedlings and smaller trees to larger shrubs and trees. Note here evidence of recent insect attacks on the trees with many dead lodgepole pines and damage to the tips of Douglas fir branch tips by spruce budworm beatles. Think about how the forest changes as the individual organisms living there change.

A forest-based cycle we seldom think about is the **calciumantler** cycle. A soil mineral, calcium, is absorbed into forest plants along with water and other minerals used by the plant. When animals such as deer and elk eat the plants, calcium is among the nutrients gained by those animals. Bone in our bodies and in the antlers of deer and elk contains a lot of calcium. The antlers grow each year and are shed each winter. Rodents chew on the antlers and weather softens them. By these actions, the calcium in the antlers is scattered and returned to the soil where it is once again ready to be absorbed by the plants and recycled through forest creatures.

Plants evident at and near station 3 include lodgepole pine, subalpine fir, kinnikinnick, snowberry, strawberry, and lupine. Look for buffalo berry and willows along the path to station 4.



Kinnikinnick



Vegetative Cycling—small, medium and large



Antler Shed

#### Station 4: Birds of the Forest

The forest is home to a variety of birds. Some seldom venture out from the trees; others spend only part of their time there. The space each bird or animal uses in the environment defines that organism's "niche." The forest offers many niches to its inhabitants. Some niches are very narrow and specialized while others are more general.

The **chickadee** nests in tree holes made by woodpeckers. It feeds on the seeds it finds in pine and fir cones. Chickadees sport black bibs and caps. Their nasal call is a "chick-a-dee dee" or just "dee-dee". Woodpeckers might include **flickers** a brownish-red bird that flies in a distinctive looping pattern – a bit like a line hanging from a series of poles.

The **nuthatch** is a small black and white (or blue and white) bird that also nests in tree holes. Climbing up and down tree trunks head first, it probes for insects with its pointed bill. Its call is like a kazoo: "yank, yank, yank, yank."

A small, gray seed-eating bird with a black hood is a **junco**. It nests in hidden nooks on the forest floor. Juncos prefer the forest edge and may venture out into nearby fields. Listen for their soft call: "tik, tik, tik, tik, tik."

Large, black **ravens** croak and caw as they pass through the forest. They nest in treetops and fly far in search of food. Ravens look much like crows, but are larger and soar on the wind. When a raven extends his tail, it is rounded while a crow's is square or diamond shaped.

American robins are also found here just as they are in town. Often they build grass nests in trees along the edge of the forest and forage for worms and insects in short grass or other open spots on the ground.

Plants you may see near station 4 include wild rose, lupine, yarrow, and aspen. How many trees and flowers grow here that you have seen at previous stations?



Black-capped Chickadee



Northern Flicker



Hairy Woodpecker



Dark-eyed Junco



**Red-breasted Nuthatch** 



Raven



American Robin

#### STATION 5: FOREST MAMMALS

A variety of mammals also make the forest their home all or part of the year. Squirrels are very active little animals that you may often see scurrying around on the ground or up in the trees.

**Columbian ground squirrels** are small, brown rodents that live in this area. Some people call them "gophers," but they are more closely related to other squirrels and prairie dogs. Look around and you may see holes in the ground that are doorways to ground squirrel burrows. The burrows provide shelter from the weather and protection from predators such as **coyotes and hawks**. Burrows also serve as nurseries where the young are born. Each burrow has several doorways providing different routes in and out in an emergency.

Abandoned burrows may be used by other wildlife, such as chipmunks, weasels, snakes, and toads. Sometimes a badger will dig into a burrow trying to catch the squirrels.

If you don't see ground squirrels here, keep looking as you hike along. The meadow at Station 9 may be a very good chance to see them.

Another squirrel you may see in the trees is the **Western Red Squirrel**, also called a Pine Squirrel. These little guys like to run up into trees and scold any forest visitor who passes by. Tree seeds are among their favorite foods, and they gather and store seeds in caches in order to have food for the winter. Some of these seeds remain in the ground and grow, so squirrels are sort of natural foresters. Here and there you may also see large piles of material squirrels tear off of pine and fir cones as they collect the seeds. These signs of squirrel activity are called "middens."

We've mentioned some of the other mammals already. Of course, **deer, elk, moose, bears, fox and mountain lions** also may pass through this area. They are very shy in this wild country, however, and won't be around long if they know you are near. Other mammals such as mice are common but live under the leaves or even underground or mostly come out at night, so you may have a hard time seeing them as well. Still, they are important members of the forest environment.

Some plants you can see at this station include wild rose, snowberry, lodgepole pine, and aspen.



Fox







Western Red Squirrel





Wild Rose

#### STATION 6: FOREST SUCCESSION

At this station, you can easily see trees in different age classes. Many of the older trees in this area were harvested (cut down and used for wood or wood products) in 1975. Some large old trees were left to provide seed stock and cover. Trees that are around 40 years old now form another group of shorter trees. Most of these are **Lodgepole Pine**, many of which have survived the beetle attacks. Eventually, these will be replaced by **Douglas Fir** which are prominent in the under story among the pines. Note that these Douglas fir have also been attacked by insects – in their case spruce budworms nibbling on their buds.

The very large, old Douglas fir growing at this station is much older than all the other trees. It sprouted around 1830 in the days of the Montana fur trappers when the only people who lived nearby were Piegan Blackfeet. You can see lichens growing on the north side of this old tree. Why would these organisms grow only on one side like this? People used to say that "moss" grew only on the north side of trees, so you could use that like a compass. How reliable is that idea?

The life-cycle process a forest goes through as trees such as our old Douglas fir are eventually replaced by younger lodgepole pine and then more Douglas fir is called **succession**. New cycles of succession begin when the forest trees are harvested, killed by fire, or killed by insect.



The trees harvested here were used to make lumber some of which was used to build houses and other buildings in the Helena area. Supplying wood and wood fiber is one of the many important functions a healthy forest provides. Good forest management works with the principal of forest succession to keep the forest young, healthy, and productive. Aspen is another tree you may see at this station along with understory shrubs including buffalo berry, common

Pitch tubes are evidence of Mountain Pine Beetles which killed many trees in this drainage during the epidemic in 2006 through 2011.



The Old Douglas Fir

#### Station 7: Tree Identification

We've mentioned several different trees so far along the trail. Here are some things to help you identify the kind of trees you are seeing as you walk along. One thing to notice first is what kind of leaves does the tree have – are they broad and flat or are they narrow and round like a needle?



Quaking aspen – Notice the grove of broad-leafed trees in front of you and to the left. The bark on the lower trunk is black and rough and greenish white and smooth with rough black spots and lines higher up. The leaves are oval to round 2 to 8 cm long and pointed at the tip – a very distinct shape. The shape of the leaf makes it shake in a breeze, so they flap back and forth in the wind looking like the tree is trembling or quaking. Hence the common name.

Quaking Aspen

**Ponderosa pine** – A large specimen with very yellow bark is right behind you. The

majestic Ponderosa pine is Montana's state tree. Pine trees grow their needleshaped leaves in bundles (fascicles) of 1, 2, 3, or 5 leaves. The number of leaves in a bundle helps identify what kind of pine tree you are looking at. Ponderosa pines have long dark needles 10 to 25 cm long almost always in bundles of 3. The bark, which smells like vanilla



Ponderosa Pine

(especially on a hot day) flakes off the tree in pieces like a jigsaw puzzle. The flaking bark help the tree resist the effects of fires that burn along ground. Because the under bark is very yellow they are sometimes called yellow pines. Ponderosa pines grow in a wide range of habitats from the dry prairies to moister forests, but they do better on the dryer sunnier forest hillsides. Lodgepole pine – This tall, narrow pine has short dark green needles 2 to 6 cm long growing in bundles of 2. The bark is gray with many shallow grooves. The tree often grows in dense stands and loses its lower branches as it ages and receives sunlight. Lodgepoles only live well for about 70 years. Most of their seeds need the heat of a fire to be released from the cones – such cones are called "serotinous cones." Lodgepoles are



Lodgepole pine

usually the first needle-leaf trees to sprout after a fire. Fire either maintains the stands or forest succession replaces the older trees with other species. The long, straight trunk of Lodgepole pines growing in thick stands made ideal support poles for the tipis, or lodges, of the native people, hence the common name for this tree in the northern Rocky mountains. Along the Pacific coast the species grows twisted and contorted and are called Beach Pine. A related 2-needle pine that grows in the northeastern U.S. and Canada is called a Jack Pine, which is a common name that may be applied to Lodgepole pine as well.

**Douglas fir** – This tree has single, short, flat needles 2 to 3 cm long. The needles are soft to the touch. The cones look unlike the cone of any other tree with distinctive parts (technically seed scales) emerging from the cones that may remind you of the tail end of a mouse with its little tail and hind legs showing. Douglas fir is not a "pine" tree and, despite its name, it is not a "fir" tree either – just a Douglas fir. It is native to northwestern North America, but because it is one of the best lumber trees in the world, it is now grown



world-wide in cool, moist forests to produce wood for building.

Douglas fir

### Station 8: Edge, Ecotone, and Grazing

You are now entering a meadow (open areas like this in the forest, are often called "parks"). Notice that along the edge of the meadow, there is a gradual transition in vegetation. A transition between one predominant form (meadow/park) and another (forest) is called an **ecotone**. Edges and ecotones often have a greater variety of wildlife and vegetation than either a forest or park. As you look near the edge of the meadow, you will see the growth of new trees. Over time, adjacent forests naturally reseed many meadows.

In this area and throughout many of the national forests, ranchers obtain permits to graze their cattle. Along with soil and moisture characteristics, grazing is one factor that maintains meadows as the animals eat the shoots of invading trees. Grazing animals also can transport seeds of plants eaten elsewhere when they travel over the land. Unfortunately weed seed can be spread in this way. The meadow is now predominantly populated by timothy grass and musk thistle. Both of these are introduced species most likely brought to the area by livestock. Timothy grass is now extremely common, and, although not native, is used by wildlife and livestock both as a nutritious feed. The musk thistle (also called nodding thistle) is a noxious weed in Lewis and Clark County that is illegal to grow or allow to grow on your property. Livestock owners are now very careful to avoid the spread of noxious weed seeds.



**Edges and Ecotones** 



At certain times of the year, be careful where you step cow patties abound

### Station 9: Who's the "Wise Acre?"

This park is affectionately called the "Wise Acre" because of its approximate size. The area of a football field between the goal lines and out of bounds is about 1.1 acres. People who work on the land become proficient at estimating parcel sizes – this could become an important skill for you if you decide to work in land or natural resource management.

Think about this meadow. Calling it a meadow describes the fact that it is an open area with few trees. Meadows may be found in both steep, usually warm slopes with stony, poorly-developed soils and on wetter gentle to level terrain with adequate snow cover. Do you think this meadow is as dry as the surrounding forest or wetter? If you look around and think of where the trail led you to get here, can you think of some sources of water for this meadow? How do you imagine the soil under foot here might differ from the forest soils on the hills around you? Meadows are complex and variable ecosystems that may be maintained by fire, grazing, subsoil moisture and acidity, or harsh weather. The plants are primarily grasses, sedges, and forbs.



View of the "Wise Acre"

# STATION 10: JUNIPERS

The trail now proceeds west on this south-facing slope. It is warmer and drier here than on the first half of the trail because the exposed hillsides receive more sunlight and less precipitation over the course of the year. Notice that the amount, growth patterns, and types of vegetation are different on this part of the trail.

**Common juniper** is a low, spreading shrub with spiny needles 5 to 12 mm long. A common characteristic is the white line on the underside of the leaves. A "shrub" is a plant with several woody stems. Shrubs differ from trees in that a tree has a clearly prominent main stem or trunk while a shrub does not.

**Rocky Mountain juniper** usually grows as a small tree or an upright shrub with scale-like needles lying flat against the branch. The wood is soft and durable, has a pleasant scent, and a lovely red color. It is often used for fence posts, carving, or other small projects. Junipers are related to cedar trees common in wetter climates, and many old timers referred to them as cedars or scrub cedars because of their similarity.



Rocky Mountain Juniper (small tree to mid-sized shrub)



Common Juniper (low-growing ground cover)

### Station 11: PONDEROSA PINE: A HERITAGE TREE

Here you can see the stump of a massive Ponderosa pine that until a decade ago was the survivor of the old forest that used to stand here. The tree finally died and for safety reasons was cut down and sawed into smaller pieces. This tree was already a mature tree when Lewis and Clark came up the Missouri River in 1805. Ancient trees like this are sometimes called "old-growth" trees. Most of the oldgrowth trees that were once part of this forest have been harvested, burned in wildfires, or died of disease. A very old, but slightly smaller Ponderosa survives nearby. As you walk down toward the next station, you'll see the disintegrating remnants of this tree on the ground. The gnarled and twisted top (crown) was the most tender part of this old tree. Over the years it was chewed by porcupines, eaten by insects, and struck by lightning.

All trees provide living space for some type of animal life. But a tree as big and gnarly as this one and its neighbors provides especially rich habitat. These trees drop needles, cones, and bark onto the forest floor year after year. Redbacked voles, deer mice, shrews, spiders, and beetles burrow into this thick carpet. Skunks, chipmunks, woodrats, and rabbits may scoop out dens among the big roots near the trunk. The tree trunks are ladders for squirrels, mice, and maybe even a black bear heading up into the canopy. Nuthatches and woodpeckers cling to the rough bark and dig out the insects that live there.

Up among the branches, birds of all kinds build nests and seek shelter. Flying squirrels, bats, chickadees, woodpeckers, and small owls settle into holes in the trunk. Large birds, such as red-tailed hawks and ravens, build elaborate stick nests near the top of the tree.

Now, in death, the trunk of this tree continues to provide habitat for a myriad of creatures from microorganisms on up whose use will eventually destroy the wood and return its constituent materials to the forest floor. Shelf fungus was one of the organisms that participated in this recycling program whose work is now largely finished. Can you see signs of other things like ants or beetles, etc.? How far along do you think nature's "recycling" project has proceeded?

As you walk down the trail toward station 12, watch for spreading dogbane and nodding onion along the trail. Dogbane is an erect perennial herb with opposite leaves that sort of hang down and reddish stems. Some people are sensitive to the sap of this plant, which will cause their skin to blister. It is best not to disturb plants or to try to use them for food or medicine unless you know for sure what they are and how they may affect you. Also look for clumps of Montana's state grass, bluebunch wheatgrass, along the trail among other grasses.

## STATION 12: DOUGLAS FIR AND THE WATER CYCLE

Photosynthesis is the process by which a plant uses a complex protein called chlorophyll (literally color of leaf – it's the green pigment in the leaf) to convert carbon dioxide and water into sugar and oxygen. Chlorophyll is the original solar collector and this process captures the energy of the sun to make nearly all life on earth possible. Coal and petroleum contain solar energy stored up over millions and millions of years. Hydroelectric dams generate electricity from water moved to the mountains by solar energy that evaporated the water from the oceans, forests, grasslands, and lakes.

Look uphill to the north. You'll see a beautiful, large Douglas fir tree. As this tree photosynthesizes, it releases oxygen and water into the atmosphere in a process known as transpiration. Trees absorb water from the soil through their root systems and transport it up through the tree. Much of the wood is made of special cells (xylem) that transport water. When water reaches the leaf, the leaf can use it for photosynthesis, provide moisture for cell life, or transport sugars and other metabolic products back down the stem through the trees phloem layer. Excess water is evaporated and along with oxygen released through small holes in the leaf called stomata (stoma is singular) helping to keep the plant cool. A large conifer (cone bearing tree) like this Douglas fir, may transpire as much as 40 gallons of water a day. Imagine hundreds of trees in the forest transpiring and the thousands of gallons of water they pump from the soil every day. Forests are an important component in the water cycle as well as the carbon cycle.



Plants prominent on the forest floor at this station include the dogbane and, across the trail from the station sign, huckleberry.

Huckleberries are in the Heath family and have small pink flowers in spring that look like upside down urns. Ripe huckleberries are prized by both bears and people.



#### THANK YOU

That is the last station on this trail. Look around and enjoy the rest of the walk thinking about the importance of a healthy forest. Now you understand why conservation and good resource management are important concepts and ways of life.

Just past the old gravel quarry, the trail passes through a fence gate operated by lifting the green lever and removing the gate post. If you open this gate, but sure to close it behind you – gate etiquette requires that you always leave gates as you find them unless you know for certain that they should be left otherwise. We hope this brochure has enhanced your enjoyment of the Tenmile Environmental Trail. Students at Helena High School, in association with the US Forest Service, produced the first edition of this brochure. The Montana Discovery Foundation and the US Forest Service continue to revise and update brochures as needed.

As you return home, please feel free to keep this guide as a souvenir or return it to the kiosk, pass it on to a friend, or otherwise reuse or recycle. If you have questions or comments, please contact the Montana Discovery Foundation at 406.495.3711 or the Helena Ranger District at 406.449.5201.



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# TENMILE ENVIRONMENTAL TRAIL #375

#### How to Get There:

The Tenmile Environmental trail is located adjacent to the Rimini Road. Proceed approximately 8 miles west of Helena on Highway 12. Turn south on the graveled Rimini Road and drive about 4 miles to the trail head.



Tenmile Creek





Montana Discovery Foundation