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You're standing among superheroes. Every plant and year-round resident animal in this boreal forest has the remarkable ability to survive extreme cold. Temperatures here in Essex County have dipped to a bone-chilling -50°F . While all of Vermont's trees are hardy, trees in the boreal forest take hardiness to a whole new level. When water in a plant cell freezes, it expands and ruptures the cell wall—that's why lettuce wilts when frosted. In boreal tree species, cellular water oozes out into the spaces between cells, where it can freeze without damaging the plant.



ENDURING EXTREMES

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Black bear



Moose



Female Spruce grouse



Chipmunk

CAN YOU FIND?

Look and listen for wildlife superheroes along the trail. Some, like chipmunks, hibernate in winter. Others limit their activity, like black bear and porcupine. Many rely on dense fur or feathers like moose and grouse.