

“Bike The Northern Rail Trail” Helps Visitors Enjoy the Trail

Highland Lake Inn is a participating Country Inn

Press release

“Bike The Northern Rail Trail” is a partnership of inns, B&Bs, and other tourism businesses that makes it easy for visitors to enjoy the Northern Rail Trail just as the locals do.

The Northern Rail Trail currently spans 58 miles from the northern border of Concord to Lebanon. Gail and Pecco Beaufays, owners of the Highland Lake Inn in East Andover, are among the early supporters for the successful continuation of Northern Rail Trail, and they have always considered the Trail as the ideal environment for the individual bicycle rider as well as a wonderful area to spend time as a couple, with friends, or family.

A few days of bike riding is a healthy experience for body and soul with benefits of sun, shade, and gentle breezes, and even more enjoyable without interference of road traffic and hazards. The Northern Rail Trail runs alongside the Merrimack River, the Blackwater River, Webster Lake, Highland Lake, and Mascoma Lake, all offering places to rest, stop, picnic, and take a dip in the waters.

Along the trail, The Kitchen, Naugh-

ty Nellie’s, Danbury Country Store, and Mickey’s Roadside Café provide services for the hungry and thirsty. Historic inns throughout the Lakes and Dartmouth-Lake Sunapee regions of New Hampshire are connected by the Northern Rail Trail and offer trailside Inn to Inn packages. Cycling enthusiasts, casual bikers, nature lovers, and history buffs will appreciate these bike tours.

As New Hampshire is a cyclist’s paradise, our unique bike tours combine rides on the Northern Rail Trail with opportunities for relaxation in gracious inns that feature hearty breakfasts before hitting the rail trail again. Come ride the Northern Rail Trail and stay with us!

Participating Country Inns and B&Bs

- Aiken Manor at AikenManor.com
- Follansbee Inn at Follansbeelnn.com
- Riverland on the Merrimack at RiverlandOnTheMerrimack.com
- Highland Lake Inn at HighlandLakeInn.com
- Shaker Farm B&B at ShakerFarm.com
- Shaker Hill B&B at ShakerHill.com
- The Tilton Inn at TheTiltonInn.com

For the convenience of bicyclists coming from Lake Winnepesaukee, we have included the historic Tilton Inn in Tilton at the trailhead of the Winnepesaukee RiverTrail. Complete bicycle services are offered by S and W Bicycle store in Concord and by Omer and Bob’s in Lebanon. The website for Bike The Northern Rail Trail is BikeTheNorthernRailTrail.com.



Two eggs were washed out of this loon nest on Highland Lake on June 5.
Photo: Donna Baker-Hartwell

Two Eggs Washed Out of Loon Nest on Highland Lake

Loon pair tries again, but still close to water’s edge

Donna Baker-Hartwell

As of June 19, I can confirm that our loons have started their second nest this season on Highland Lake, after having their two eggs, which were laid the week of June 1, washed out of the nest on June 5.

Usually, this second nest occurs within a few weeks of the failed nest. It is not uncommon for there to be only one egg the second time around. However, this female (banded in 2011 with green stripe over green on left foot and blue stripe over silver on the right foot) has laid two after failings in the past.

The first nest was very close to the water’s edge. Wake from boats can easily wash the eggs out. I found the two eggs submerged under the water about two to three feet from the nest. Please note that no one is allowed to take eggs from a nest site unless given special permission to do so. Phil Keefe, a state loon biologist, gave me permission to retrieve them. There is a \$5,000 fine if someone is found with loon eggs and was not authorized.

The New Hampshire Loon Preservation Committee collects all eggs that are not viable. Sometimes, they are used for study.

Our loons will be sitting on their

second nest through the Fourth of July, which is a very busy weekend on our lake. With the COVID-19 crisis, I think all lakes will see an increase in activity, not just on the weekends but throughout the week.

If all goes well with this second nest, chicks could arrive between July 17 and 20. Loons need lots of space and protection, especially during the nesting peri-



With permission from a state loon biologist, Donna holds the two eggs washed out of the Highland Lake nest.

Photo: Donna Baker-Hartwell

od, which lasts approximately 28 days.

Thank you to everyone for watching out for them. Signage and buoys are out around the island, and yellow “Caution” tape on the island tells visitors what areas they need to stay away from. And remember, *no dogs are allowed on the island!*

It is not uncommon for other loons to be seen on the lake. Sometimes, they create quite an uproar, and we can see our loons defend their territory with lots of splashing and hollering. Usually, it all ends up just fine.



Mona Rooney, D.V.M.

Tim Sileo, V.M.D.

242 Elkins Road • Elkins, New Hampshire
Tel.: (603) 526-6976 • Fax: (603) 526-2938

PLEASANT LAKE VETERINARY HOSPITAL

A great big thank you for all your support!



170 MAIN STREET • 603.735.5289

Meghan Barton, Stylist/Owner

Billie Jean Hufault, Stylist Christina Munger, Stylist

The Andover Gift & Thrift Shop
will remain closed for the month of July
When the shop reopens, the hours will be
Tues. Wed. Thurs. 10-4 PM, Sat. 10-2 PM
Located beside the Andover Elementary/Middle School 735-5269



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