

# Metcalf Pond: Habitat and Headwaters

Camp DREAM  
Ways of Water  
Interpretive Trail



## Where it all ends up!

Have you ever thought about where all of those streams and spring seeps you find around Camp DREAM go? Eventually, they all find their way to this pond! Just as it is so important to care for the rivers and streams that feed this pond, it is critical for the pond itself to remain a clean water source.



Painted Turtle



Twelve-spotted Skimmer



Common Loon



Winter fun



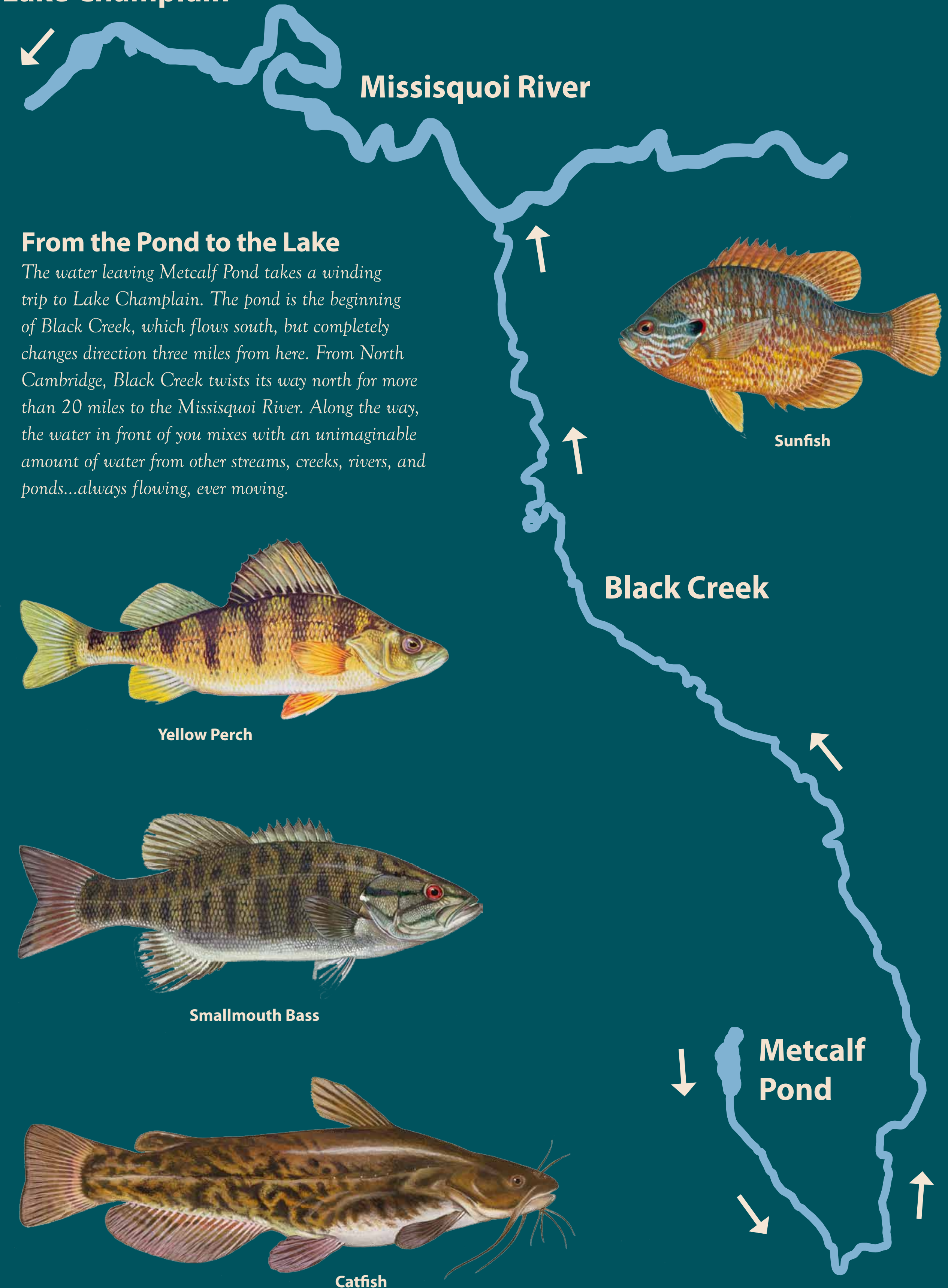
Summer fun

## Teeming with Life

While it looks peaceful, Metcalf Pond is a busy place. Mammals and birds use the pond for drinking, bathing and as a food source. Many fish, reptiles, amphibians

and insects live in and around the pond's clean waters. Trees, shrubs and other plants also rely on the water here and provide cool shade along the shore.

## to Lake Champlain



## From the Pond to the Lake

The water leaving Metcalf Pond takes a winding trip to Lake Champlain. The pond is the beginning of Black Creek, which flows south, but completely changes direction three miles from here. From North Cambridge, Black Creek twists its way north for more than 20 miles to the Missisquoi River. Along the way, the water in front of you mixes with an unimaginable amount of water from other streams, creeks, rivers, and ponds...always flowing, ever moving.



Yellow Perch



Smallmouth Bass



Catfish



Champlain Valley  
National Heritage Partnership

