



Join Amanda Reimer from the Maine Appalachian Trail Club (MATC) for an educational journey into the alpine worlds of Maine—remarkable ecosystems that cover less than 1% of the state’s landscape. These “living museums” are home to unique plant communities, fascinating lichens and bryophytes, and resilient animals, all of which are adapted to survive in harsh, high-altitude conditions. Learn about the extraordinary nature of these ecosystems and what we can do to protect them for future generations.

An outline of this 50-minute conservation session is as follows:

- I. Presenter Introduction
- II. Alpine Zone: Definition & Background
- III. Threats to Alpine Systems
- IV. Alpine Plant Adaptations
  - a. Cushion Plants
  - b. Snowbed Communities
- V. Other Plant Community Types
  - a. Heath
  - b. Bog Plants
- VI. Grasses, Rushes, and Sedges
- VII. Krummholz
- VIII. Lichens and Bryophytes
- IX. Alpine Animals: Mammals, insects, and birds
- X. Stewardship
  - a. What can you do?
  - b. Minimizing impacts
  - c. Our work
- XI. Additional Resources
- XII. Questions