

Reflective

The Buddleia Walk

Your view of Lake Memphremagog stretches toward the horizon. Fittingly, the name means “vast expanse of water” in the Abenaki language. Nestled in the heart of the Appalachian mountains, the lake is surrounded by rolling hills and verdant landscapes. From July to September, butterfly bushes put on a colourful show in the beds bordering this multi-use path, a short distance from the lake. True to their name, these low shrubs attract countless butterflies that love to flutter around the long, fragrant spindles of purple flowers. Rich and graceful, the fragrance released by these blooms is truly intoxicating! As it slowly awakens, your sense of smell will uncover floral aromas, followed by notes of honey and, finally, a powdery scent. Enhanced by a hint of tobacco, the trail’s complex smellscape truly enhances the postcard-worthy scene. The dominant floral scents perfectly match the often festive and effervescent ambiance of this observation point located just a few steps from the beach.

Dogs

Dogs allowed

Address

[Lake Memphremagog](#)

