

BOW LAKE

2023 SAMPLING HIGHLIGHTS

Nearshore sampling locations

Strafford and Northwood, NH



Water quality data displayed in Table 1, and Figures 1 and 2, are surface water measurements that were collected at a fixed depth of 0.5 meters (approximately 1.5 feet). Deep reference site results from sites 1 Ledges and 3 Bennett are displayed in Figure 3 to provide some insight into variations among the nearshore and deep open water locations. The nearshore sampling locations are intended to provide an overall assessment of general water quality variations around the periphery of Bow Lake. Stand-alone Ledges and Bennett highlight reports provide greater detail on the overall Bow Lake water quality while this report highlights notable differences among the nearshore sampling sites.

2023 Nearshore Sampling Highlights

Nearshore total phosphorus concentrations varied among the 24 sampling locations, and among dates, during the 2023 sampling season (Figures 1 – 2). The majority of the nearshore total phosphorus concentrations remained below the 10 parts per billion threshold that is considered sufficient to stimulate short-term algal blooms (Figures 1 and 2). The 2023 nearshore total phosphorus concentrations were generally higher in the more embayed nearshore Kooauke Island (S-40) and Site S-001 where the total phosphorus concentrations consistently exceeded 10 micrograms per liter. On the other hand, the less embayed sites, such as S-25A, S-60 and S-70 (Figure 3), exhibited some of the lower total phosphorus concentrations documented among the nearshore sampling locations and were among the lower phosphorus concentrations documented during the 2023 sampling season. Future sampling should continue to emphasize monthly sampling at each sampling location that will better assess the variability among sites and that will continue to screen for potential problem areas around Bow Lake. Early season samples, collected in April/early May, are also encouraged to help characterize the Bow Lake nutrient concentrations that are associated with the heavy spring runoff/snowmelt period. Key take aways include:

- The more embayed nearshore sampling locations tended to exhibit elevated total phosphorus concentrations and may be more susceptible to future nutrient loading and resulting algal/cyanobacteria blooms.
- The least embayed nearshore sampling locations are more similar to the deep open water reference sampling locations.
- Future stormwater management mitigation projects can be implemented to stabilize and improve the Bow Lake water quality (see recommendations section for pertinent on-line resources).

Figure 1. Bow Lake Nearshore Total Phosphorus Inter-comparison (2023)

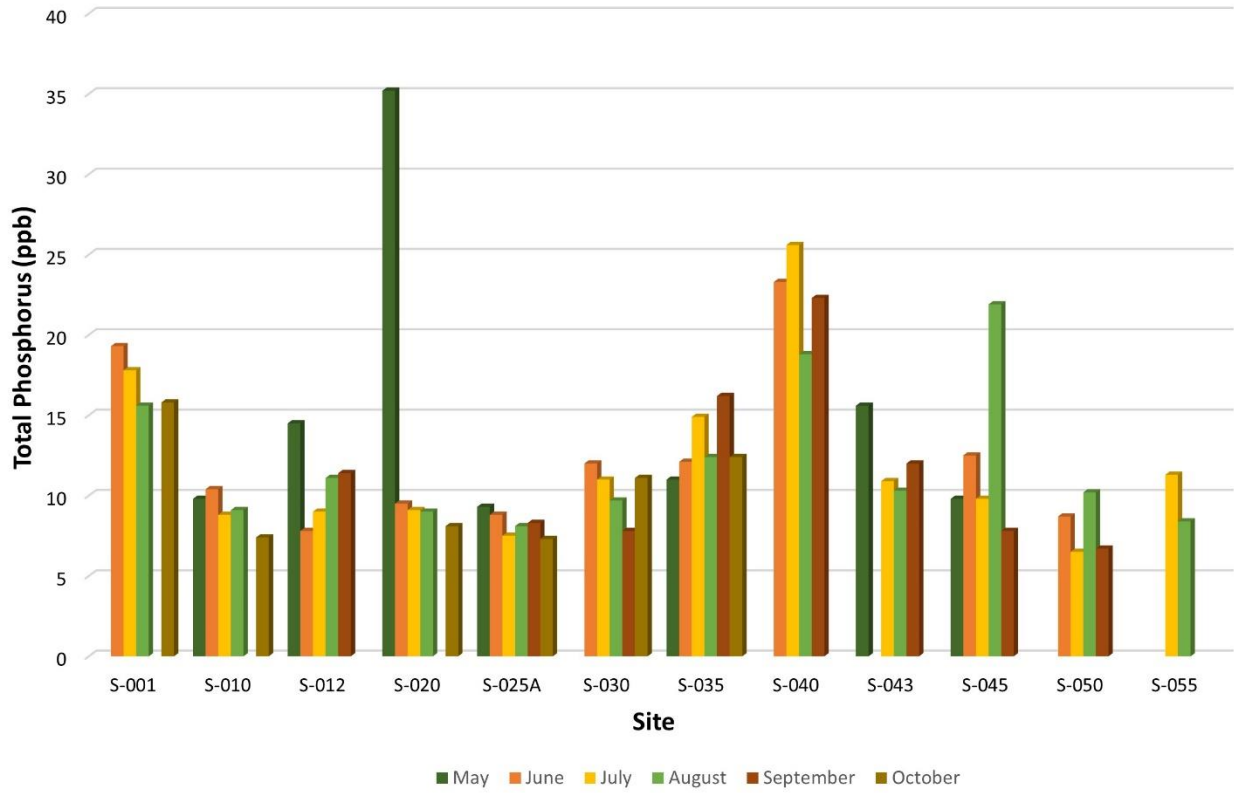


Figure 2. Bow Lake Nearshore Total Phosphorus Inter-comparison (2023)

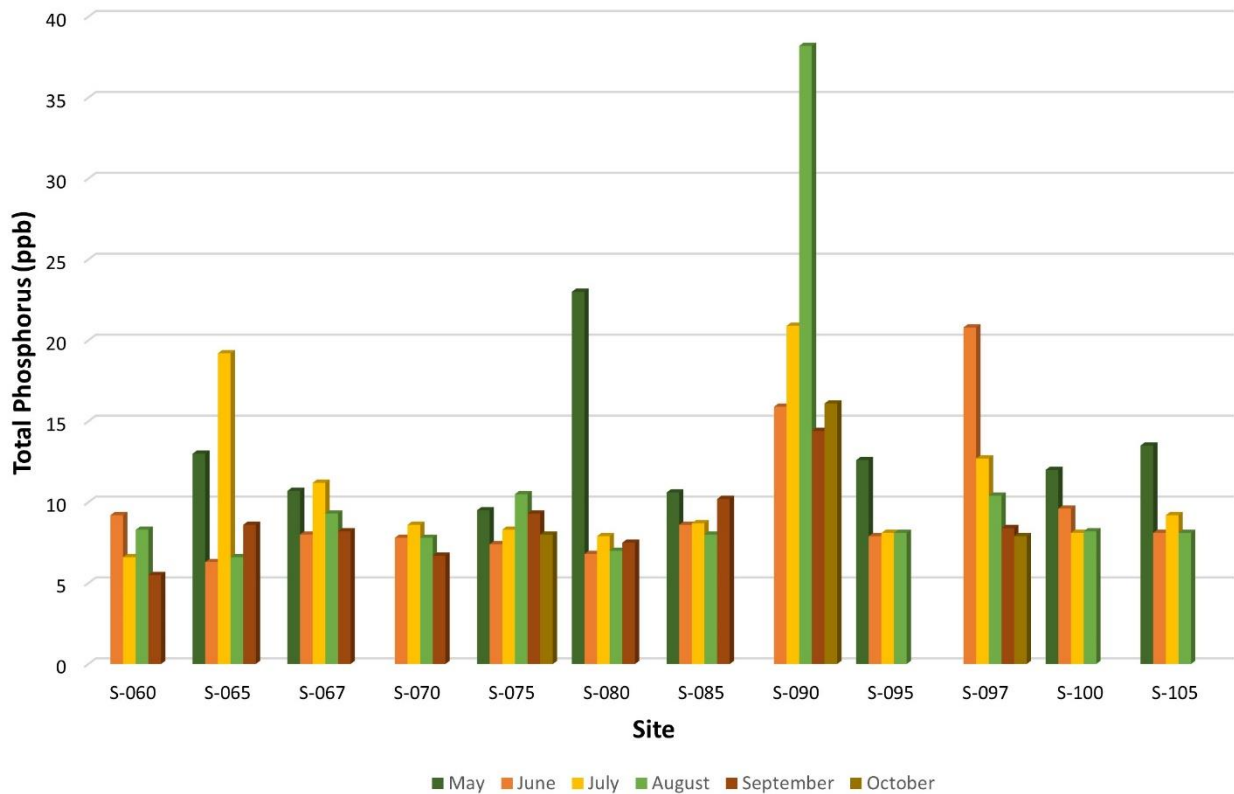


Table 1. 2023 Bow Lake Seasonal Average Total Phosphorus Concentrations and NH DES Aquatic Life Nutrient Criteria¹ Evaluated by Sampling Location

Oligotrophic "Excellent"	Mesotrophic "Fair"	Eutrophic "Phosphorus Enriched"	Sampling Station	Total Phosphorus Average (range) (ppb)	Classification
< 8.0 parts per billion (ppb)	> 8.0 – 12.0 parts per billion (ppb)	> 12.0 – 28.0 parts per billion (ppb)	1 Ledges	9.6 ppb (7.5 – 15.1)	Mesotrophic
			3 Bennett	8.2 ppb (7.3 – 9.3)	Mesotrophic
			S-01	17.1 ppb (15.6 – 19.3)	Eutrophic
			S-10	9.1 ppb (7.4 – 10.4)	Mesotrophic
			S-12	10.8 ppb (7.8 – 14.5)	Mesotrophic
			S-20	14.2 ppb (8.1– 35.2)	Eutrophic
			S-25A	8.2 ppb (7.3 – 9.3)	Mesotrophic
			S-30	10.3 ppb (7.8 – 12.0)	Mesotrophic
			S-35	13.2 ppb (11.0 – 16.2)	Eutrophic
			S-40	22.5 ppb (18.8 – 25.6)	Eutrophic
			S-43	12.2 ppb (10.3 – 15.6)	Eutrophic
			S-45	12.4 ppb (7.8 – 21.9)	Eutrophic
			S-50	8.0 ppb (6.5 – 10.2)	Oligotrophic
			S-55	9.9 ppb (8.4 – 11.3)	Mesotrophic
			S-60	7.4 ppb (5.5 – 9.2)	Oligotrophic
			S-65	10.7 ppb (6.3 – 19.2)	Mesotrophic
			S-67	9.5 ppb (8.0 – 11.2)	Mesotrophic
			S-70	7.7 ppb (6.7 – 8.6)	Oligotrophic
			S-75	8.8 ppb (7.4 – 10.5)	Mesotrophic
			S-80	10.4 ppb (6.8 – 23.0)	Mesotrophic
S-85	9.2 ppb (8.0 – 10.6)	Mesotrophic			
S-90	21.1 ppb (14.4 – 38.2)	Eutrophic			
S-95	9.2 ppb (7.9 – 12.6)	Mesotrophic			
S-97	12.0 ppb (7.9 – 20.8)	Eutrophic			
S-100	9.5 ppb (8.1 – 12.0)	Mesotrophic			
S-105	9.7 ppb (8.1 – 13.5)	Mesotrophic			

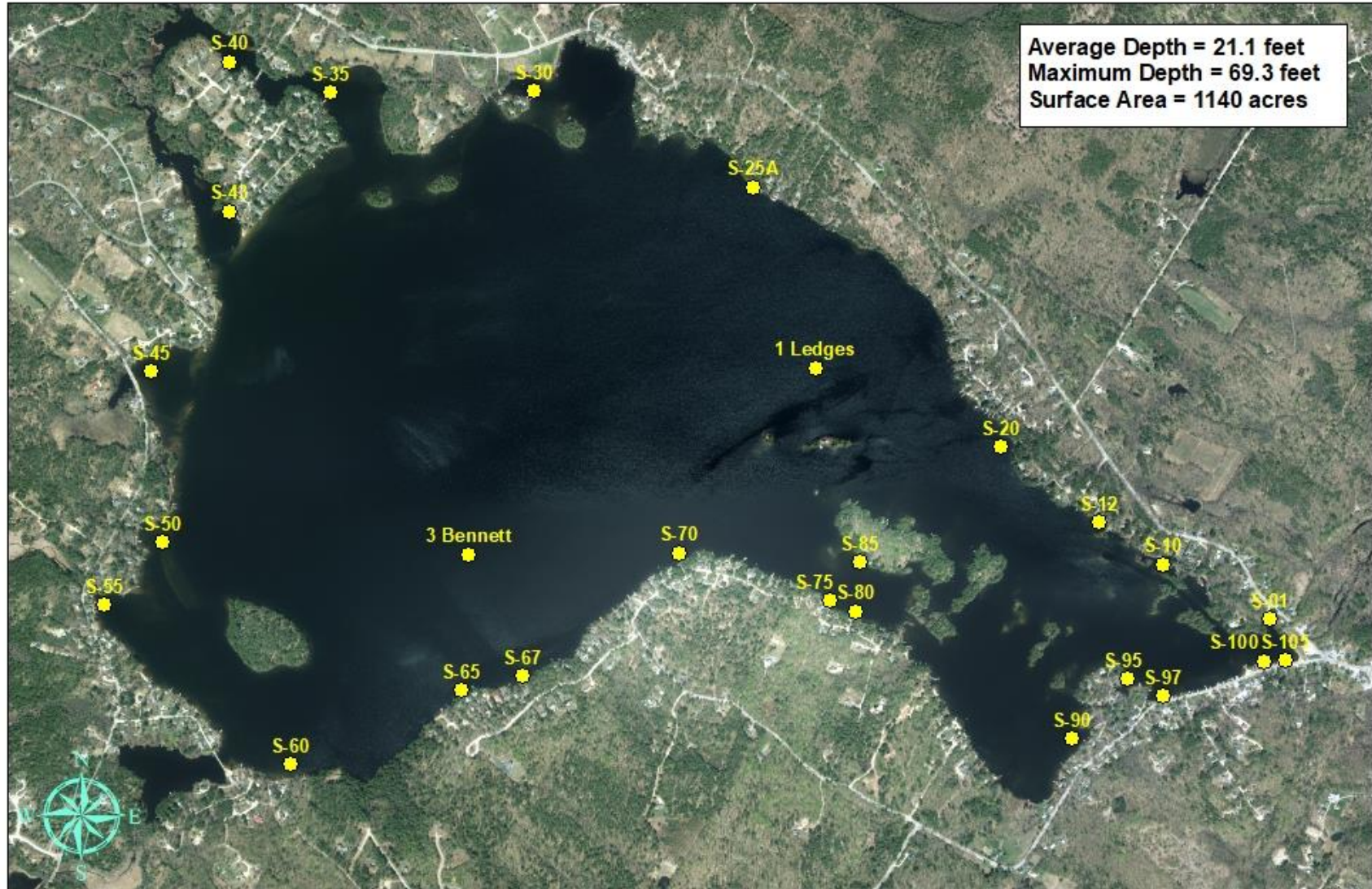
Strategies to stabilize and improve water quality

Implement Best Management Practices (BMPs) within the Bow Lake watershed to minimize the adverse impacts of polluted runoff and erosion into Bow Lake. Refer to [Landscaping at the Water's Edge: An Ecological Approach](#) and [New Hampshire Homeowner's Guide to Stormwater Management: Do-it-Yourself Stormwater Solutions for Your Home](#) for information on how to reduce nutrient loading caused by overland runoff. NH Lakes also provides a series of resources aimed at educating residents and protecting our lakes and ponds through the [LakeSmart](#) program.

Figure 3. Bow Lake

Strafford & Northwood, NH

2023 Deep water sampling locations and the seasonal average water clarity



Aerial Orthophoto Source: NH GRANIT
Site location GPS coordinates collected by the UNH Center for Freshwater Biology



Extension

