Vermont has ten native species of salamanders that are currently well-documented in the state. Their exact distributions within Vermont are still being determined. In order for these species to survive, their larvae must mature and leave the pools before the pools dry out in late spring. This often means they need to travel over snow and ice to reach their overwintering locations.

**Jefferson Salamander** (*Ambystoma jeffersonianum*)

The Jefferson Salamander is one of Vermont’s three mole salamanders. They grow to 7-14 inches long. Their belly is mottled gray and olive green, their back is a mottled brown. They have smooth, rounded toes. They prefer moist areas around pleasant streams, and are widespread throughout Vermont. They feed on a variety of small terrestrial and aquatic invertebrates. They are considered to be a species of greatest conservation need.

**Spotted Salamander** (*Ambystoma maculatum*)

The Spotted Salamander is one of Vermont’s three mole salamanders. It grows up to 8 inches long. It is a dark brown salamander with light yellow or white spots. Spotted Salamanders often breed in oak forests or in nearby deciduous forests. Their larvae are found in vernal pools after the first rains. They spend most of their year underground in wood or rock crevices. They can be found throughout Vermont. They feed on invertebrates such as earthworms, insects, snails, and small crustaceans.

**Four-toed Salamander** (*Plethodon cinereus*)

The Four-toed Salamander is one of our three small, slender salamanders along with the red-backed and northern two-lined. Adults range from 3-5 inches long. They have a yellow-brown stripe down the back of their tail, which is where their tail can break off if grabbed by a predator. Their thin, red-brown legs and head are about the same size. Their eyes are outlined in black. Their feet are not webbed. They prefer moist areas such as oak forests or near streams. They can be found throughout Vermont. They feed on invertebrates such as insects, snails, and small crustaceans.

**Mudpuppy** (*Necturus maculosus*)

The Mudpuppy is our only completely aquatic salamander, and not a true mudpuppy. In Vermont, adults measuring 8-14 inches long have been reported. As adults, they have a large head and large, reddish-brown eyes. They are semi-aquatic and can be found in vernal pools or near streams. They feed on invertebrates such as insects, snails, and small crustaceans. They are considered to be a species of greatest conservation need.

**Blue-spotted Salamander** (*Ambystoma laterale*)

The Blue-spotted Salamander is one of the three slender and delicate salamanders in Vermont along with the spring and red-backed. Adults range from 3-7 inches long. They have a black body with light blue spots on their back and sides. They are found in oak forests or near streams. Their larvae are found in vernal pools after the first rains. They spend most of their year underground in wood or rock crevices. They can be found throughout Vermont. They feed on invertebrates such as insects, snails, and small crustaceans.

**Northern Dusky Salamander** (*Desmognathus fuscus*)

The Northern Dusky Salamander is a species of greatest conservation need. It is a medium-sized salamander with a slender, black body. They range from 5-10 inches long. Adults are found in deciduous forests or near streams. Their larvae are found in vernal pools after the first rains. They spend most of their year underground in wood or rock crevices. They can be found throughout Vermont. They feed on invertebrates such as insects, snails, and small crustaceans.

**Northern Red-backed Salamander** (*Plethodon cinereus*)

The Northern Red-backed Salamander is one of the three slender and delicate salamanders in Vermont along with the spring and Jefferson. Adults range from 3-7 inches long. Their belly is covered in black spots on their back and sides. They are found in deciduous forests or near streams. Their larvae are found in vernal pools after the first rains. They spend most of their year underground in wood or rock crevices. They can be found throughout Vermont. They feed on invertebrates such as insects, snails, and small crustaceans.

**Eastern Newt** (*Notophthalmus viridescens*)

The Eastern Newt is a species of greatest conservation need. It is a medium-sized salamander with a slender, black body. They range from 5-10 inches long. They are found in deciduous forests or near streams. Their larvae are found in vernal pools after the first rains. They spend most of their year underground in wood or rock crevices. They can be found throughout Vermont. They feed on invertebrates such as insects, snails, and small crustaceans.