

## Welcome to the DownEast & Acadia Birding Trail

Hancock and Washington Counties, Maine's DownEast & Acadia region, offer outstanding opportunities to watch birds, from well-known places such as Acadia National Park, Maine Coastal Islands and Moosehorn National Wildlife Refuges, and the nearby Roosevelt Campobello International Park, to other favorites including Maine's Public Reserved Lands, State Parks, Wildlife Management Areas and preserves, and other conservation lands.

Each year over 300 different bird species live in or visit DownEast & Acadia, providing the most interesting and ecologically diverse birding in Maine. The National Audubon Society, American Bird Conservancy, and the National Geographic Society have identified several of our birding spots as "Important Bird Areas in the US". Maine's extensive watersheds are fed by heaths, bogs, fens, lakes and ponds gouged out by the Wisconsin glacier several thousand years ago. Maine's largest and most diverse ecosystem, the Penobscot River watershed, itself encompasses 8,500 square miles. Boreal and northern hardwood forests, boas, freshwater and saltwater marshes, grassy and shrubby fields. streams and lakes, steep rugged headlands, extensive tidal flats, and coastal islands are used by vast numbers of year-round endemics, neotropical migrants, and wintering waterfowl. Birding Maine's DownEast & Acadia region is an adventure of a lifetime.

Historically, Downeast river systems, like the St. Croix, Machias, Pleasant, and Narraguagus, were important trade routes and offered the most practical access for the Wabanaki people between the coast and the interior. The area drained by these rivers is home to beaver, moose, white-tailed deer, bear, fisher, mink, fox, marten, bobcat, otter, covote, and flying squirrel.

Downeast watersheds lie along traditional migratory corridors for millions of birds each year and provide access into the Northern Boreal Forest and the Arctic Tundra. On the open ocean, millions of pelagic birds forage on plankton-fed copepods, krill, and fish, all nourished in part by billions of gallons of water from Maine's rivers.

Avian species vary with the season. In spring, neotropical migrants return from their wintering areas in Central and South America and the West Indies. Examples include 20 species of warblers, nine flycatchers, and seven thrushes. Flying thousands of miles from South America along the US eastern flyway or across the Atlantic Ocean, many neotropical migrants reach our coastal shores hungry and tired. You can feel their energy as they forage along our coast, move inland toward ancestral breeding grounds, then return south for the winter. During the fall and winter, many birds that nest in boreal forest and tundra, such as Gyrfalcon, Snowy Owl, and Black Scoter, retreat south in front of cold Arctic air. Large flocks of Long-tailed Ducks, Buffleheads, Goldeneyes, and mergansers forage in nutrient-rich coastal hotspots. Our twice-daily tidal range of up to 28 feet exposes vast mudflats for migrating sandpipers and plovers.

Boat trips provide the best access to pelagic birds and the largest breeding colonies of Atlantic Puffins, Razorbills, and Common Murres in the USA, Boreal species, including Spruce Grouse, Boreal Chickadee, Black-backed Woodpecker, and Gray Jay, inhabit coastal and inland forests; meadows are prime nesting habitat for American Woodcock. Soaring above are raptors like Bald Eagles, Ospreys, Peregrine Falcons, Merlin, all three accipiters, American Kestrels, Northern Harriers, and Broad-winged and Red-tailed Hawks; they nest here as well.

Nesting waterfowl include American Black Ducks, Ring-necked Ducks, Wood Ducks, teal, Buffleheads Common Eiders, and all three mergansers. Other significant nesting birds include Common Loons, Common Goldeneyes, American Bitterns, Soras, Virginia Rails, five owls, Marsh Wrens, and Nelson's, Vesper, and other Sparrows. Herons, scoters, plovers, Upland and other Sandpipers. Wilson's Snine. Common Nighthawks, Eastern Whip-poor-wills, Belted Kingfishers, Yellow-bellied Sapsuckers and a half dozen other woodpeckers, swallows, Golden-crowned and Ruby-crowned Kinglets, Cedar Waxwings, and several irruptive finches also are present. Experience Maine's Downeast, where the delicate flute-like songs of the Swainson's Thrush mingle with the long cascading trills of a Winter Wren or the tropical whistle of an excited Great Crested Flycatcher.

The scenery of DownEast & Acadia is at times surreal and spectacular. Amidst dense forests, breathtaking views emerge from ridgelines to open expanses of water with islands big and small. The land is hard: a mix of rock, pine needles, serpentine tree roots, and wintery streams. Spring brings many bugs (food for birds), summers are delightfully cool, autumn presents a brilliant display of color, and winters are pronounced with thick lake ice and a silence seldom experienced.

Coastal Downeast Maine is awash in rocky fields of wild blueberries and outcroppings green with reindeer lichen. Every turn reveals new habitat, breathtaking vistas, and abundant birds. Please join us in appreciating and conserving this significant resource for generations to come. We wish you good birding!



Black-legged Kittiwake

## Hancock County

1. The Penobscot Narrows Observatory and Fort Knox State Historic Site. A one-minute ride on the fastest elevator in Northern New England will take you 420 feet to the top of the tallest public bridge-observatory in the world. View the begutiful Penobscot River and the surrounding countryside. The Penobscot River, namesake of the Penobscot Indian Nation, is the western gateway to Hancock and Washington Counties. The bridge marks the head of Penobscot Bay, where Ospreys and Bald Eagles forage on sea-run fish, such as alewives and salmon. Keep your eyes open for Peregrine Falcons and insect-foraging Tree and Barn Swallows.

Constructed between 1844 and 1869 and located on the same property as the Observatory, Fort Knox features stunning military architecture and master granite craftsmanship. You should have excellent views of Spotted Sandpipers, Kingfishers, and Peregrine Falcons. Warblers and vireos can be found where the forests meet the river. Across the bridge, the Bucksport waterfront walkway is a good place to view Great Black-backed Gulls, Laughing Gulls, American Black Ducks, Ospreys, Peregrine Falcons, Merlin, Bald Eagles, Greater and Lesser Yellowlegs, and Yellow-rumped and Parula Warblers, and in the fall and winter Common Goldeneyes. The intersection of US Rte 1 and Rte 174. 469-7719. Maine's statewide area code is 207.

2. Craig Brook National Fish Hatchery. The US Fish & Wildlife Service operates a fish hatchery downstream from the Great Pond Mountain Wildlands. It is the entry point into the Dead River parcel of the Great Pond Mountain Wildlands. Look for Common Megansers, Pied-billed Grebes, Dowitchers, and the occasional Whimbrel, as well as numerous raptors, flycatchers and warblers at the water's edge of Alamoosook Lake. Take a left from US Rte 1 North onto Hatchery Road and travel about 1.5 miles. 469-6701.

3. Great Pond Mountain Wildlands. Upstream from the fish hatchery, the diverse habitats of the 4,300-acre Great Pond Mountain Wildlands conservation area can be explored on footpaths and 16 miles of gravel road. The Hothole Valley tract (accessed from the north side of US Rte 1 about 0.1 mile before the Rte 176 intersection) features early successional forest, bald hilltop summits, boulder fields, stream and pond shorelines, and numerous wetlands, vernal pools, shrub openings,

and log landings. Look for Canada, Magnolia, Black-throated Blue, Palm, Black-throated Green, and Nashville Warblers, Northern Waterthrushes, and Winter Wrens on the Hothole Pond Trail. Eastern Whip-poor wills and Common Nighthawks haunt the Mead Mountain Trail on summer evenings. Wild Turkeys, Ruffed Grouse, raptors, and numerous flycatchers, sparrows, woodpeckers, thrushes, and vireos are

seen throughout the Wildlands. On the Dead River tract (accessed via the Fish Hatchery above), birders can spot Scarlet Tanagers, Indigo Buntings, American Redstarts, and Chestnut-sided Warblers, along with Red-eyed and

Blue-headed Vireos. Put a canoe in at the Hatchery's boat launch and explore the Dead River and Hellbottom Swamp for Swamp Sparrows and Marsh Wrens, warblers such as Northern Waterthrush, and a variety of swallows. Watch for raptors such as Perearine Falcons in autumn and Ospreys in spring. Great Pond Mountain Conservation Trust. 469-7190 or www.greatpondtrust.org/. 4. Castine. Follow Rte 175 south to Rte 166a through blueberry barrens and unique wetlands to

the Town of Castine, home of the Maine Maritime Academy. Fields on both sides of the Castine Road (Rte 166) make up the Hatch Cove Preserve. The 90-acre Rene Henderson Natural Area, the largest property in Castine owned by the Conservation Trust, includes a small pond (the "ice pond"). wetlands, and on the upland ground, stands of soft- and hardwood trees. Many neotropical migrant move through in spring and there are a large number of nesting birds in this multi-use area. Two well-marked trails are the Garden Club Trail (orange markers), and the Eagle Trail (pink markers) which is roughly U-shaped and follows the property boundaries. www.theconservationtrust.net/.

5. Holbrook Island Sanctuary State Park. Upland forests, unique wetland habitats, open fields and an offshore island at this 1,250-acre property near Brooksville provide the best birding on the Cape Rosier peninsula. Managed as a nature and wildlife sanctuary, the State Park has well-maintained hiking trails, picnic tables, and considerable shore frontage. You easily should see or hear 15 species of warblers; Alder and Great Crested Flycatchers and nesting woodpeckers are common. American Bitterns, Virginia Rails, Swamp Sparrows, and Common Yellowthroats are in the wetlands, while Common Loons, Horned Grebes, Canada Geese, Blue-winged Teal, Long-tailed Ducks, Surf Scoters, and White-

Driving in this area can be confusing. From Rte 176 in Brooksville, west of Rte 15 south, proceed 1 1.5 miles to Cape Rosier Road. Look for a brown Holbrook Sanctuary sign. If you reach Harborside you went too far. Then go west 1.3 miles to Indian Bar Road. Maps and a local bird checklist are available at the visitor center. The Sanctuary is accessible year round, but facilities are limited to several pit toilets; there are several small parking lots. 326-4012 or www.maine.gov/doc/parks.

winged Scoters can be seen at the ocean's edge.

**6. Scott's Landing and Deer Isle Causeway.** This 24-acre preserve, acquired in 2006 by the Island Heritage Trust, and the adjacent Causeway Beach include sandy beach, tidal mud flats, woody wetland, open fields, and both mature and young woodlands. This diverse habitat on a migratory flyway is proving to be an excellent year-round birding site for Bald Eagles, Ospreys, loons, and

scoters and a fall/winter site for eiders, grebes, mergansers, Buffleheads, and Common Goldeneyes Early fall offers good potential for large numbers of passerine and raptor migrants. During spring and summer a good mix of warblers, including American Redstart, Magnolia, Blackthroated Green, Black-and-White, Chestnut-sided, Nashville, and Blackburnian, will be represented as well as tanagers, thrushes, various sparrows, and Ruffed Grouse. Drive south on Rte 15. 1.5 miles south of the suspension bridge; parking is available for several cars at the beach on the right or at

Scott's Landing on the left. 348-2455 or www.islandheritagetrust.org/.

7. Barred Island Preserve. A one-mile trail winds through a maritime boreal forest of spruce and balsam, thickly-carpeted in moss and unusual lichens. This is the domain of Swainson's Thrush, Golden-crowned Kinglet, Blackburnian Warbler, Blue-headed Vireo, and the occasional Boreal Chickadee. The last quarter mile of the trail bursts onto glaciated ledges blanketed with upland cranberry. The margin between cliff and forest is likely to contain Northern Parulas. Maanolia and Black-throated Green Warblers, while the open spruce forest is known for Common Yellowthroats

Barred Island lies at the end of the trail, linked to the mainland at low tide by a sand bar. Ospreys and Bald Eagles nest on the island at various times. The Preserve is owned by The Nature Conservancy and is managed by the Island Heritage Trust. From Deer Isle village, take Route 15A south for 3.2 miles to the Goose Cove Rd. Follow this for about 1 mile to a parking area on your right, which has space for 8 cars only. 348-2455.

8. Isle au Haut. A six-mile ferry ride from Deer Isle/Stonington, the 2,700 acre Isle au Haut has a small year-round community on half the island while the other half is managed by Acadia National Park. In fall and winter, watch for Purple Sandpipers along the island's rugged shore, which is probably the most significant location for Harlequin Ducks in eastern North America. The Park lands are spectacular. Several islands east of Isle au Haut are notable for Great and Double-crested Cormorants.

Leach's Storm Petrels, Black Guillemots, and Common Eiders. 9. Seal Island. About 12 miles SSE of Vinalhaven, this rugged 65-acre island, part of the Maine Coastal Islands National Wildlife Refuge, is the site of restored nesting grounds for thousands of Atlantic Puffins, Razorbills, Common and Arctic Terns, as well as significant numbers of breeding pairs of Great Cormorants, Since the year 2000, over 200 species have been recorded here during

10. Settlement Quarry. This Preserve's historic granite quarry sits on a height of land with spectacular views of the archipelago to the south. Before heading into the Preserve, scan the marsh just west of the parking lot for Marsh Wrens and migrating songbirds in season. From the small parking area, a network of trails passes through both dense and open habitats used by a variety of Warblers, including Wilson's, Nashville, Yellow-rumped, Northern Parula and Ovenbird, along with Golden-crowned Kinglets and the occasional Boreal Chickadee. Listen for Winter Wren, Swainson's Thrush, and in spring drumming Ruffed Grouse. Always exercise caution in this preserve, as the quarry contains many sharp drop-offs and unstable grout piles. Accessible year round. From Rte 15 South, turn left onto

Oceanville Road just south of the Stonington town line. Proceed about a mile to the Preserve on the right. 11. Edgar M. Tennis Preserve. Trails throughout the 150-acre forested Preserve skirt several brushy areas preferred by warblers. Two former farmsteads create open areas favored by songbirds hawks, Bald Eagles, and Ospreys, as well as shoreline views of various sea ducks. Maps can be found at a small kiosk at the first trail on the left. Driving south from Deer Isle village on Rte 15, turn left onto Sunshine Rd. Turn right onto Tennis Rd after about 2.5 miles. Parking is very limited.



Yellow Warbler

Purple Sandpiper

12. Blue Hill and Blue Hill Falls. Just southwest of downtown Blue Hill is Blue Hill Falls named for the rare reversing falls created by the tide funneling into a narrow channel under the bridge at Salt Pond. Winter Birds include Red-breasted and Hooded Mergansers, Buffleheads, Common Loons, Red-necked and Horned Grebes, and occasionally Purple Sandpipers and Black Guillemots. Large rafts of Common Eiders and Long-tailed Ducks often are visible from the bridge. Common Loons, Red-breasted Mergansers, and Double-crested Cormorants frequent the area year round. Watch for warblers and many other neotropical migrants near and ground the falls.

Now a small cultural center, Blue Hill was first settled in 1762 when the town's economy was centered on shipbuilding and trading by sea. From the town pier, the mud flats at low tide are good places to see Semipalmated and Least Sandpipers, Bonaparte's and other Gulls, the occasional Great Blue Heron or Great Egret, many duck species including Red-breasted and Hooded Mergansers, and Common Goldeneyes. Barrow's Goldeneyes sometimes winter in the inner harbor south of the pier. Look for many neotropical migrants along the coastal forests.

The Kingdom Woods Conservation Area, a Blue Hill Heritage Trust property in Blue Hill, consists of over 800 acres, three miles of trails, and the entire shore of Fourth Pond, one of the few undeveloped ponds on the coast of Maine. The property also includes the upper watershed of Carleton Stream, and a variety of freshwater wetland and upland habitats. Bird species include Yellow-bellied Flycatchers, Alder and Great Crested Flycatchers, warblers and Scarlet Tanagers. Look for Common Mergansers on migration, Ospreys, Bald Eagles, Common Loons, Green-winged Teal and Ringnecked Ducks on Fourth Pond. There is habitat for Black-backed Woodpeckers and Spruce Grouse. Park in a small lot on the Kinadom Road, 1.5 miles from Rte 177, to access two loop trails and a connector trail. A third loop trail can be found at a second lot, 0.2 mile farther along the Kingdom Road. A small pull-off across from the Mines Road provides access to the southern section of the

13. Blue Hill Mountain. Blue Hill Mountain is the prominent peak that gives the town of Blue Hill its name. With spectacular views of Mount Desert Island, this is a hill of multiple uses, all of which improve the birding. Much of the slope is maintained for blueberries and open grassland, making it one of the best places this far north to find Field Sparrows, Eastern Towness, Indigo Buntings, and Brown Thrashers. Blackburnian and Black-throated Blue Warblers are among the dozen regular warblers to be found in the mature forested areas. Golden-crowned Kinglets and Winter Wrens are common in the scrubby, evergreen areas. At the base of the mountain, look for Willow Flycatchers and the occasional Savannah and Lincoln's Sparrow. In autumn, migrating raptors like Broad-winged and Red-tailed Hawks or Gyrfalcons pass along the ridgeline of Blue Hill Mountain. Two steep, sometimes rocky, one-mile trails lead from the Mountain Road to the 974-ft summit. A loop hike can be created by walking a short connector trail. Mountain Road links Routes 15 and 172 just north of the town of Blue Hill and offers access to two trail heads, about a third of a mile apart. Blue Hill Heritage Trust, 374-5118.

14. Ellsworth to Amherst. Rte 181 (via Rte 180) and Rte 179 north out of Ellsworth provide excel lent birding and beautiful vistas along the Union River watershed. Make stops along Graham Lake and numerous small tributaries and wetlands for Gray Jays, Wood Thrushes and American Redstarts Stop at the Green Lake Fish Hatchery (667-9531), a large, cold water, fish enhancement facility. Ovenbirds and Magnolia Warblers are plentiful in the mixed conifer forest while Canada Warblers, Northern Waterthrushes and Yellow-bellied Flycatchers can be seen around cedar boas. Access the Union River by canoe about 0.5 miles north at Tannery Road.

15. Birdsacre Stanwood Wildlife Sanctuary. Surrounded by commercial development, this sanctuary, founded in 1959, shelters several permanently-injured owls and hawks. Its 200 acres of mixed forest provide habitat for many warblers and other neotropical migrants. Find Spruce Grouse, vireos, and flycatchers by hiking the miles of trails that crisscross this hidden gem. A wheel chair accessible, winding, crushed stone path and a boardwalk trail survey a microcosm of the larger forest and wetland. From the intersection with US Rte 1 in Ellsworth drive south on Rte 3, toward Mount Desert Island, about 0.2 miles, to a sign on the right, at 289 High Street. 667-8460

Birding on Mount Desert Island (MDI) is excellent thanks to diverse habitat and 105 watersheds that provide some of the best opportunities to see all the breeding neotropical migrants. The 15-minute drive on Rte 3 between Ellsworth and MDI is scenic, with salt marshes and ponds that contain Mallards, American Black Ducks, and occasionally Hooded Mergansers. This section of road is notable for

16. Mount Desert Narrows and Thompson Island. On Rte 3, a Chamber of Commerce visitor center (open mid-May to mid-October) and a picnic area provide excellent access to view the Narrows channel. From October to May, Thompson Island is a good place to look for mixed flocks of White-winged, Black and Surf Scoters, Common Goldeneves, Greater Scaup, Common Loons, Double-crested Cormorants, Pied-billed Grebes, Red-throated Loons, and Red-breasted Mergansers. In summer, watch the channel for Laughing Gulls, and Bonaparte's Gulls during migration Greater and Lesser Yellowlegs and Green-winged Teal visit these shallows in the spring and fall. Great and Snowy Egrets stop over as well.

Just beyond, as you arrive onto MDI, the road splits. Proceeding straight along routes 102 and 198 leads to the "Quiet Side" of the island. Begin with #17 below. Bearing left on Route 3 leads to the Acadia National Park Visitor Center and to Bar Harbor. The drive along Rte 3, past the Acadia Visitor Center and on to Bar Harbor, is scenic and pleasant. About 4 miles along, go left on Hadley Point Rd to the end.

32. Hadley Point Beach. The beach parking lot is one of the top winter hotspots for Least, Semipalmated, and occasionally Western, Sandpipers, all three scoters, the occasional Red-throated Loon, Horned and Red-necked Grebes, Common Goldeneyes, Buffleheads, Bonaparte's Gulls and Ruddy Ducks. During spring migration, be on the lookout for warblers, flycatchers, and other species along the northern edge of the Hadley Point beach area. Merlin regularly feed on the smaller sandpipers, while Peregrine Falcons have been seen foraging over the water for wayward migrants.

31. Salsbury Cove. At the northern tip of MDI, stop by Hamilton Pond for close-up views of Bald Eagles typically roosting on the tallest white pines around the pond. The pond is a hotspot for fall ducks including Ring-necked and Wood Ducks, Buffleheads as well as Pied-billed Grebes, nesting Alder Flycatchers, Yellow Warblers, Cedar Waxwings and Ruby-throated Hummingbirds.

**30.** Hull's Cove. Continuing along Rte 3, about 7.5 miles after the road splits when you enter MDI, this is the first close encounter with open ocean and an opportunity for viewing seabirds, including abundant Common Eiders. At high tide, Buffleheads, Long-tailed Ducks, Common Goldeneyes and

After Hull's Cove, the Acadia National Park Hull's Cove Visitor Center, open April 15 - October is a half-mile ahead on the right. The Park is open all year, but when the Visitor Center is closed information is available at the Park Headquarters on Rte 233. Acadia National Park was the first National Park east of the Mississippi River. It is a park that was more assembled than created, weavina its way through and ground communities and private properties as parcels were donated and purchased over time. The towns and villages thus are as much a part of the Acadia experience as the park itself. The scenic 27-mile Park Loop Road system, most of which is one-way, begins at the Visitor Center and offers access to the popular destination of Sand Beach, Thunder Hole, Otter Cliffs, Jordan Pond, and Cadillac Mountain. Most of the Park Loop Road and the road to Cadillac Mountain are closed from December 1 through April 14. All visitors who enter the Park between May 1 and October 31 are required to pay an entrance fee. 288-3338, or www.nps.gov/acad/.

Where the road splits at the head of MDI, follow Rte 102/198 south 1.8 miles to Indian Point Road. Turn right and go about 1.4 miles to the Blagden Preserve.

17. Indian Point Blagden Preserve. This Nature Conservancy Preserve is located on land that escaped the devastating fire of 1947. The red oaks at the entrance were planted on the day of President Abraham Lincoln's assassination. Tall red spruce, white cedar, and balsam fir predominate and there is an 8-acre stand of tamarack on wetter ground in the center. The variety and maturity of the foliage supports abundant wildlife, including at least 12 species of warbler and 6 species of woodpecker, including nesting Black-Backed Woodpecker. Listen for Blackburnian, Magnolia, and Parula Warblers as well as Ovenbirds and numerous Hermit Thrushes. Blue-headed Vireos are very common and dazzlina to see. Over a thousand feet of shoreline provide glimpses of shorebirds, Ospreys, Bald Eagles, Common Loons, and Red-breasted Mergansers. Harbor seals frequent the ges to the west of the Preserve. 729-5181.

18. Pretty Marsh. Part of Acadia National Park, the Pretty Marsh picnic area is surrounded by cathedral-like tall cedar, spruce, and hemlock trees with resident nuthatches and woodpeckers. This location is known for White-winged Crossbill, Swainson's Thrush, and Winter Wren. A short walk to the shoreline of Pretty Marsh Harbor offers excellent views of Common Loons, White-winged Scoters, and Horned and Red-necked Grebes. Toilet facilities are available.

Just beyond the picnic area, look for the Long Pond Fire Road to the right. Equally good for bicycles and slow-moving vehicles, the uncrowded road winds through a mixed forest with a variety of woodland species like Magnolia Warblers, Blue-headed and Red-eyed Vireos, and an occasional Blackbacked Woodpecker. Drive slowly with windows down or stop and listen for songs in early summer, and the chatter of foraging flocks in late summer. The road brushes Long Pond at a popular launch for fisherman and swimming. Long Pond Road is about 4.7 miles long and exits onto the Hodadon Road at its south end. Returning along the main road to the original entrance creates a loop of 5.7

miles. This is an excellent place to access the more wilderness areas of the Park. 19. Bass Harbor Marsh. The marsh is home to Nelson's Sparrows, many sandpipers and plovers, Great and Snowy Egrets, and the occasional Merlin. This habitat is fragile so take care or hire a local birding guide. Traveling towards Wonderland on Rte 102A, be sure to stop at the Bass Harbor Head Lighthouse, the only lighthouse on MDI. Look for Blackburnian and Parula Warblers in the coastal spruce forest and Black Guillemots and Cormorants among the lobster boats and buoys. Toilet facilities are located at the far end of the parking lot.

Bass Harbor is the nearest thing to a quaint fishing village on MDI. Its harbor is sheltered, so Black Guillemots. Long-tailed Ducks, Buffleheads, Red-breasted Mergansers, Common Loons, American

Black Ducks, Mallards, and various gulls drift among the anchored boats in winter. 20. Wonderland and Ship Harbor Nature Trails. Both shelter nesting warblers. Wonderland contains more conifers and open, dry ledges, so boreal species may be more likely here. Blackpoll Warblers sometimes can be found near the shoreline during spring migratory periods. Magnolia and Black and White Warblers are prevalent. From a dense, wet beginning, the trail transitions through white spruce and jack pine to an unusual concentration of blue-tinted white spruce and roses. Open greas are good for American Redstart, Nashville, Tennessee, and Yellow-rumped Warblers. In a year with heavy spruce cone production, look for crossbills in the trees. Bald Eagles are common on offshore ledges, while Merlin nest in the area and perch in tree tops. Ship Harbor is a longer trail and offers a bit more mature growth and habitat diversity for both

Black Guillemots and other diving birds. There is a summer composting toilet at the trailhead. 21. Seawall. About 1.5 miles south of Manset, this is a unique rocky beach offering one of the best places to watch sea ducks, especially in winter. Common, and occasionally King, Eiders, Buffleheads, Horned and Red-necked Grebes, Black Guillemots, all three scoters, Long-tailed Ducks, and Redbreasted Mergansers are present at various times. Look also for Bonaparte's Gulls and numerous sandpipers at the shore edge. This is a good place for a spotting scope. In the immediate ledge area. stay alert for "Peeps" ( Least, Semipalmated, Western, White-rumped, Baird's Sandpipers) in fall

coniferous and deciduous forest-dwelling warblers. Be alert for crossbills, and look to the sea for

and Purple Sandpipers in winter. Across the street, ducks and gulls always are around when the beaver pond is not frozen. Just beyond, a picnic area opposite the campground is plowed in winter and is populated with at least three species of gulls. In the spring, it is a great place for migrating neotropical birds. Farther along the road, in the boggy area known as the Big Heath, opposite the Wonderland trail, Palm and Tennessee Warblers. Yellow-bellied and Olive-sided Flycatchers, and Lincoln's Sparrows are known to nest.

22. Beech Mountain. In September, if the winds are from the northwest, Beech Mountain is a popular hawk watching alternative to Cadillac Mountain (#27). Raptors from far up the coast fly a straight line toward Cadillac, but often skirt the edges upon passing the peak. Beech Mountain is the next major crest on the route south and its smaller size often "focuses" the birds around its cliff face. Other birds, such as irruptive crossbills, Pine Grosbeaks, Purple Finches, and Dark-eyed Juncos, sing in the spruce forest. The fire tower is a historic site and worth the hike.

Heading south of Somesville on Rte 102, take the turn west toward Pretty Marsh at the Fire Station, then a quick left and drive four miles to Beech Mountain. Park on the righ take the trail at the right-hand (northeast) edge of the lot. Follow it uphill for about a mile over sometimes steep and challenging terrain. It's short enough that reasonably fit birders can carry a spotting scope, portable chair, and picnic, with frequent pauses to admire the view. There will be several small ledges, but stop at the major ledge about 200 feet below the summit on the eastern side. The Lurvey Spring Road near Echo Lake is another lightly-used road that can be good for birding. Black-throated Blue Warblers nest here and a good assemblage of northern endemics, other warblers, and Common Ravens can be found here. The road runs through mature woods from Route 102 (just

north of Southwest Harbor) toward Seal Cove; it leads to Long Pond Road and later Seal Cove Road. The Western Mountain Road branches off Seal Cove Road to the north and leads to several interesting areas hidden deep in Acadia. These roads pass through mature trees where Bay-breasted and Blackburnian Warblers are found high in the canopy. The dampness of the woodland floor is signaled by

the preponderance of fern, moss, and cedar bogs where Yellow-bellied Flycatchers can be found. Follow the signs to Mill Field and the Reservoir, which are excellent places for warblers, thrushes, nesting Common Ravens, and other native species. Just over a mile south of Ikes Point on Route 102, turn west toward Echo Lake Beach, then right onto Lurvey Spring Road toward Seal Cove.

23. Somes Sound. The only natural fjord in the United States, Somes Sound was scoured by the Wisconsin Glacier during the last Ice Age. Somes Sound, which cuts Mount Desert Island almost in half, is remarkable in summer, spectacular in fall foliage, and interesting during the winter. All the usual sea ducks are seen here, and since Somes Sound is more sheltered from ocean breezes, the ducks sometimes are more readily observable. Sergeant Drive, along the eastern side of Somes Sound, has spectacular scenic views, and Common Loons, Red-breasted Mergansers, and occasionally harbor porpoises.

Just after Sergeant Point on your right, look for a gate leading to Sumisby Park. During the spring breeding season, you will find Blackburnian and Pine Warblers in the tall White Pines and Red Oaks Look for Common Yellowthroat, American Redstart, and Chestnut-sided Warblers in the shrubs surrounding the park. In the secondary growth behind, look for Black-throated Green and Magnolia

The park is unmarked but the open gates should be apparent. There is a portable toilet in the summer. On the approach to Northeast Harbor on Rte 198, look for a sign that points to Sergeant Drive.

24. Jordan Pond House. Maturing stands of deciduous trees support a great concentration of warblers and other neotropical migrants. Leave the crowds behind by following the Jordan Pond Loop Trail. Be alert for Northern Waterthrush at the northern end of the Pond. Merlin and Broadwinged Hawks frequent this area. Climb Penobscot Mountain for unparalleled panoramic views. The bridge just below the dam and along Jordan Stream to Seal Harbor is a hotspot for many neotropical birds foraging on insects during spring migration. Peregrine Falcons nest on Jordan Cliffs making this one of the most dynamic regions in the Park.

The Bubbles are two scenic knobs, carved out by the Wisconsin Glacier, that tower above Jordan Pond. This is one of the park's favorite hiking places. The dominant mixed and open foliage make the area favorable for Rose-breasted Grosbeaks, Blue-headed Vireos, and Prairie and other

The Rockefeller Carriage Roads around Jordan Pond House and Wildwood Stables once belonged to wealthy summer "rusticators". Today, 55 miles of gravel road are available for travel by bike or on foot - a highly recommended way to see many birds and amazing scenery.

**25.** Otter Point. In the off-season, venture beyond the closed gate to this excellent spot for irruptive White-winged Crossbills among the cone-bearing trees. Panoramic Otter Cliff is named for river offers prevalent in the area. Offshore, near the bell buoy that marks the rocks hit by Samuel De Champlain in 1604, are foraging grounds for Common Eiders. In winter, Great Cormorants sometimes roost on the buoy. The woods around Otter Point are full of Golden-crowned Kinglets, Black-capped Chickadees, and Red-breasted Nuthatches. Wintering Purple Sandpipers might be found along the rocks of Otter Point itself.

Continue around the corner and downhill to the Fabbri Picnic Area, the site of an early World War radio communications facility that was, at the time, the most advanced in the world. Scan Otter Cove from this vantage point for water birds. During spring migration this is a particularly excellent spot for a variety of Warblers, including Mourning and Blackpoll, as well as Black-billed Cuckoos and Common Ravens. Fallouts typically occur here with high numbers of birds possible during

Where the Park Loop Road makes a deep U-turn over a granite causeway, Greater and Lesser Yellowlegs and numerous sandpipers feed during diurnal tides that flood the tidal pond. Buffleheads Laughing Gulls, Red-necked Grebes, and Black Scoters are possible on the south side of the road. On the hill on the far side of the cove, there are more scenic overlooks and excellent habitat for Spruce Grouse. In the woods behind the Park Loop Road is Acadia's Blackwoods Campground where snowmobilers and cross-country skiers look for Northern Shrike or wandering owls in winter.

Most of the Park Loop Road is one way in the summer, and most of the road is closed and unplowed in the winter (December 1-April 14), to the benefit of snowmobilers and cross-country skiers. However, the most popular 2-mile section from the Entrance Station to Otter Cliffs is open and accessible from a winter entrance. Heading south from Bar Harbor on Rte 3, bear left on Ocean Drive through birch and aspen groves, and frozen marshes impounded by beavers. At the T-intersection, a left turn leads to Schooner Head Overlook where a paved but sometimes icy trail to the seaside offers glimpses of Black-legged Kittiwakes, Northern Gannets and Black Guillemots. A right turn leads to the Entrance Station. The winter exit from the Park Loop Road bears right just before Otter Cliff and returns to Route 3. There is no entry fee from November through April.

**26.** Thunder Hole. One of Acadia's top attractions, Thunder Hole is named for the natural grotto that echoes with explosive force during an incoming tide. Pacific and Red-throated Loons and occasionally Thick-billed Murre are seen during the winter months. It's a great place to scan for sea ducks. Harbor and gray seals, harbor porpoises and minke whales are sometimes seen.

27. Cadillac Mountain. The highest point on the North Atlantic seaboard, Cadillac Mountain is one of the two best places in the Park for hawk watching in September. The other is Beech Mountain (#22). During hawk migration, naturalists staff a daily hawk-watch and encourage participation. On a good day, typically when northwest breezes follow a cold front, American Kestrels and Sharpshinned Hawks, Cooper's Hawks, Broad-winged Hawks, Ospreys, Turkey Vultures, Peregrine Falcons, Merlin, and Bald Eagles pass by for close study.

Interestingly, Eastern Towhees nest below the mountaintop, though they are uncommon outside of southern Maine. Brown Thrashers can be found at Blue Hill Overlook and Dark-eyed Juncos, Yellow-rumped and Black and White Warblers also can be expected around the summit. Look for Snowy Owls and Snow Buntings in the winter.

28. Sieur de Monts Spring. The Spring and surrounding watersheds offer some of the best Warbler watching on MDI. The mountain spring alone would be enough to attract birds, but this is also home to the Wild Gardens of Acadia. The garden is divided into 12 sections, each an example of the different habitat types found in Acadia. Mature deciduous trees, mostly hemlock, oak, red maple, and beech, predominate around the spring.

Red-eyed Vireos are very common. The most frequently occurring warblers are Yellow, Blackthroated Green, Common Yellowthroat, American Redstart, and Ovenbirds. Also look for Black-and-White, Northern Parula, Chestnut-sided, and Yellow-rumped Warblers around the parking lot. Philadelphia Vireos, Eastern Phoebes, Eastern Wood Pewees, and Alder Flycatchers are found in brushy wetlands of Great Meadow. Northern Flickers and Pileated Woodpeckers regularly nest here. There are several walking paths available, but the most productive trail exits the parking lot on the north and west side of the Wild Gardens. At the outset, the small trees are handy for American Redstarts and Chestnut-sided Warblers with many Swamp Sparrows calling in the distance. As the path leaves the saplings and enters the grove of mature hemlocks. Scarlet Tanagers, Great Crester Flycatchers, Hermit Thrushes, and Ovenbirds typically are found. Beyond the grove, the trail enters Great Meadow wetland and shrub habitat where Nashville Warblers, American Redstarts, Swamp Sparrows, Alder Flycatchers, and Indiao Buntinas nest.

Other enjoyable paths lead south from the parking lot, past the Abbe Museum where Barred Owls have nested, to a small pond called The Tarn. Check the pond carefully for Common Mergansers or other ducks hidden in the reeds. Black-throated Blue Warblers sometimes are heard singing from the extensive second growth conifers on the mountainside beyond the pond. From Route 3 south of Bar Harbor or from the Park Loop Road, follow the signs to the spring. Due to the fire of 1947, deciduous trees predominate here, unlike the spruce/fir mix that prevails around the island.

Follow the Park Loop Road past Bear Brook Pond to breathtaking vistas overlooking Frenchman Bay. The Precipice Trail is a highlight. Peregrine Falcons have nested here since 1991. Today, several pair nest in the park and there is a nest in the Cliffside that may be seen from the road. Rangers and docents are stationed below the peak to point out the locations of the falcons. Sand Beach is a fun stroll in summer or winter. The "sand" is actually small fragments of ancient seashells deposited by wave action. The beach is sheltered from prevailing breezes and faces into the

sunlight so that sitting in the sand is pleasant even in January. Common Eiders, Common Loons, Red-breasted Mergansers, Buffleheads, Red-necked and Horned Grebes should be present in winter. Sanderlings, Semipalmated Sandpipers, and Plovers are common in fall. The Ocean Trail from Sand Beach to Otter Cliffs showcases many warblers, Pileated Woodpeckers, and Golden-crowned Kinglets. Common Eiders are present year round, though their numbers increase in winter. A scan of the water in winter usually reveals Black Guillemots, Red-breasted Mernansers. Horned and Red-necked Grebes. From late summer well into December, Northern

Gannets and Black-leaged Kittiwakes often can be seen in the distance. The rocks along this section

of the coast are an excellent place for Purple Sandpipers. Look for Bald Eagles on Old Soaker, the

island just off shore, feeding on Common Eiders or Double-crested Cormorants.





Peregrine Falcon with Bonaparte's Gull Bald Eagle

29. Bar Harbor. At the Town Pier, Black Guillemots, Common Loons, and thousands of Common Eiders are usually close, accompanied by Long-tailed Ducks in winter. In summer, this is also the place to sign up for a whale-watching cruise which provides some of the best pelagic birding in the state. Finback and humpback whales are the main quarry for these boats, though the endangered North Atlantic right whale is a possibility and the smaller minke whales are relatively common. Harbor porpoises are almost a certainty on any trip. Seabirds are drawn to the same food sources as the whales, so expect to encounter Great and Sooty, Manx and Cory's Shearwaters as well as Wilson and Leach's Storm-petrels. Thousands of Leach's Storm-petrels nest on nearby islands, but their nocturnal behavior makes sightings an uncommon treat. Northern Fulmars, Northern Gannets, and Long-tailed, Parasitic and Pomarine Jaegers are always possible, especially later in the season.

The Bar Harbor Sand Bar sometimes shelters thousands of sea ducks in the lee behind Bar Island during high tide, when six feet of water cover the bar. Common Eiders gather, joined by Common Goldeneyes, American Black Ducks, Mallards, and occasional Greater Scaup. Surf Scoters, Common Loons, Red-breasted Mergansers, Long-tailed Ducks, and Buffleheads also should be observable. Along the shoreline leading to and from the Bar, look for Yellow Warblers, Black and White Warblers and Purple Finches. Peregrine Falcons and Merlin cruise down the beach diving for sandpipers and passerines near or over the water. Before leaving, swing a spotting scope onto the islands for Bald Eagles. From Rte 3, turn onto West Street. Turn left onto Bridge Street and proceed to the dead end

Hull's Cove (30), Salisbury Cove (31), and Hadley Point Beach (32) are described earlier. 33. Taunton Bay and Hog Bay. East of Ellsworth the extensive mudflats of Taunton Bay and Hog Bay (3,772 acres) provide food for thousands of migrating Bonaparte's and Laughing Gulls, sandpipers, plovers, dowitchers and Whimbrels that pass through the region in July and August. Taunton Bay is the northern limit of the breeding range of the horseshoe crab. The best viewing of Hog Bay is at the northern end. Scope out thousands of sandpipers, Black-bellied Plovers, and Dowitchers. At the Town of East Franklin, look for the western entrance to Schoodic Mountain and Schoodic bog off of Haynes Road. Look for Palm Warblers and Alder and Olive-sided Flycatchers.

 $\textbf{34. Sullivan Falls.} \ \textbf{This reversing falls is known for Bald Eagles, warblers along the shore, and}$ harbor seals frolicking in the fast-flowing water. Travel along US Rte 1 from Ellsworth through the Town of Hancock, and about 1 mile east you come to a 90 degree turn. Go straight to Sullivan Falls or, after the curve, cross over the Skillings River Bridge and make the first left at West Sullivan onto faunton Drive to South Hoa Bay Road.

35. Schoodic Mountain and Donnell Pond Maine Public Reserve Land. Located less than 30 minutes from downtown Ellsworth, Donnell Pond Public Reserved Land encompasses more than 15,000 acres of lakes, mountains, and forests. It includes a 1,940-acre wetland reserve, five mountains that exceed 900 feet in elevation for migrating species, and 35 miles of freshwater shoreline including Tunk Lake and Donnell Pond. Look for Boreal Chickadees along the stream just northeast of the Schoodic Mountain parking lot. Canada Jays, Northern Shrikes, and Spruce Grouse are regularly found. Bird the Schoodic Mountain loop, or Black or Catharine Mountains, which are accessed from US Rte 1 north on Rte 183 in East Sullivan, Travel 3 miles and cross the railroad tracks, then look for a sign on the left for Donnell Pond Unit. Drive 1.7 miles on Donnell Pond Road (bear lef and straight) to the parking area.

Walking north towards Donnell Pond along the long backbone of a glacial deposit known as an esker, listen for Black-throated Blue Warblers, Ovenbirds, and Winter Wrens calling in early spring. Climb Schoodic Mountain for unsurpassed views of MDI, looking for Purple Finches, warbler fallouts, Pileated Woodpeckers and Winter Wrens in the valleys. The loop takes you to Donnell Pond where Common Loons, all three mergansers, Wood Ducks, and Belted Kingfishers are seen. Black-backed, and more rarely Three-toed, Woodpeckers are found throughout the Reserve. Several Maine Public Reserve Lands can be found in Northern Hancock County. Each one represents

a unique birding experience; most allow camping. 941-4412. **36.** Acadia National Park-Schoodic Point District. Drive the stunning loop road through this remote portion of Acadia National Park to see plentiful sea ducks and warblers in summer and, in winter, Purples Sandpipers along the rocky shore and finches in the spruce trees. Crossbills are a good bet in irruntive years. Spruce Grouse, Boreal Chickadees, and Black-backed Woodpeckers are sighted occasionally. From US Rte 1, follow the signs to Winter Harbor along Route 186, and then to Schoodic Point.

The Schoodic District does not have a visitor center, but there are many pullouts along the loop road.

At Frazer Point, the open space and low shrubs are good for warblers and the picnic area provides a wide-open look at the channel where winter sea ducks often are visible through binoculars. Arey Cove, just before Schoodic Point, is good for sea ducks and Red-throated Loons, particularly in winter. All three scoters are here as well.

Approaching Schoodic Point, close views of eiders, mergansers, Black Guillemots, and scoters are possible, along with wintering Harlequin Ducks and Buffleheads. Schoodic Point is one of the best places to scope for distant sea birds: gannets, occasional Glaucous or Iceland Gulls in winter. Common Eiders, shorebirds, Black-bellied Plovers, warblers, and a variety of neotropical migrants. Also, scan for sea ducks at Blueberry Hill, where warblers and Ruby-crowned Kinglets are present in spring and summer and Thick-billed Murres sometimes are seen in winter. Great Cormorants are noteworthy in winter, Double-crested Cormorants in summer.

Take the access road from Arev Cove (closed in winter) or park at Blueberry Hill and hike the trails up to the 440-foot Schoodic Head. You might find a rare Black-backed Woodpecker along the road or ie occasional Spruce Grouse and Boreal Chickadee on the summit. Crossbills, Barred Owls, and Northern Goshawks also are present.



## Washington County

Manx Shearwater

37-38. Maine Coastal Islands National Wildlife Refuge. Over 300 bird species have been identified at this Refuge, which has an office in Milbridge that has maps and a bird list. In Steuben, the Petit Manan parcel hosts over 200 different birds each year. The Birch Point Trail (4.0-mile loop) begins near the first parking lot; a kiosk provides trail guides and bird lists. The trail begins in a blueberry field, and aently slopes over a variety of habitats, including some boreal areas. A half mile further is the Hollingsworth Trail, a more rugged 1.5 mile round-trip leading to the point's eastern shore. Year-round wildlife includes Ruffed & Spruce Grouse, deer, bobcats, snowshoe hares, porcupine coyotes, and raccoons. Birds here during spring migration and the nesting season include American Bitterns and Great Blue Herons in the salt marshes, Bobolinks in the fields, and American Woodcock in brushy habitat. Swainson's Thrush and American Redstarts also are here. Fall migrants include scoters, both teal, and Whimbrels. Common Eiders, Long-tailed Ducks, scoters, and Common Goldeneves winter in the coastal waters.

From US Rte 1, 2.9 miles north of the Steuben turn-off or 2.2 miles south of Milbridge, turn south on Pigeon Hill Road and follow to the end. The Refuge is open during daylight hours. There are interpretive signs but no restroom facilities. 546-2124 or www.fws.gov/northeast/mainecoastal/

39. Rte 193. North of Cherryfield, the Blueberry Barrens are home to Upland Sandpipers and Vesper Sparrows. Although it is difficult, please try to observe these birds from the road, without trespassing into the fields themselves.

40. Addison Marsh. Located between Addison and Jonesport, the marsh provides a good opportunity to find Great Blue Herons and Snowy Egrets, and possibly Great Egrets and Glossy Ibis. Canada Geese, American Black Ducks, and Mallards are here, and Nelson's Sparrows usually arrive in May Shorebirds may be in the mud flats under the bridge and at the public boat landing west of the marsh. Black-bellied Plovers are likely anywhere along the Pleasant River mud flats during the spring and autumn shorebird migrations. Semipalmated Plovers and sandpipers increase in number from mid-August to mid-September. From Columbia Falls on US Rte 1, take Addison Road south. Once through Addison, stop at the Pleasant River bridge. After crossing the bridge, turn left onto Wescogus Road toward Jonesport. Alternatively, take East Side Road south for almost 6 miles then turn left onto Basin Road.

41. Jonesport, Beal's Island, Great Wass Island. Jonesport is a quintessential "Maine fishing village". After entering town on Rte 187, cross the bridge over Moosabec Reach to Beals Island. Continue straight ahead keeping Alley Bay on your left. After a mile you come to the causeway onto Great Wass Island, an excellent spot for shorebirds from mid-August to September. In May and June, a handful of non-breeders often turn up, including Red Knots and Ruddy Turnstones, and roost at high tide. Less common gulls are possible on the rocky promontories extending into the flats. Great Wass Island is a preserve of The Nature Conservancy (www.nature.org; 729-4118; write for a bird list). After crossing the causeway to Great Wass Island, continue three miles on a small dirt road to the parking lot on the left. The island is home to virtually all of the boreal species nesting in Maine — Palm Warblers, Boreal Chickadees, Spruce Grouse, Yellow-bellied Flycatchers, Lincoln Sparrows, and Black-backed Woodpeckers. In any season, harbor seals haul out in great numbers off Cape Cove. One trail exits the parking lot, diverging into two. The left fork (Mud Hole Trail) meanders through spruce and fir for 1.5 miles until it reaches a narrow cove. It winds east to Mud Hole Point. The right fork (Little Cape Point Trail) wanders 2 miles through a jack pine, spruce, and fir forest carpeted in thick moss. After a mile, open ledges offer a glimpse of the preserve's best bog areas. A cairn and a red marker indicate the shoreline terminus for each of these moderately difficult trails. You can walk the shoreline between them in a 5-mile loop.

**42. Roque Bluffs.** The Tide Mill Creek Conservation Area's narrow road and trails are good places to look for boreal species, especially Spruce Grouse. The entrance road is worth exploring for warblers. The trails pass through thick spruce vegetation until reaching Tide Mill Creek and Tenney Cove. There are no facilities. Reach the Conservation Area from US Rte 1 North in Jonesboro, Just before you climb a bridge, turn right onto Roque Bluffs Road. Travel 1.4 miles to a small dirt road entrance and sign. The gate is closed to traffic in the off season.

The Roque Bluffs State Park, which has a sandy public beach, picnic tables, grills, playground outhouses and parking lots, also provides good birding opportunities. Park habitats include a fresh water pond, a marsh, woods, and fields and shrubs. The walking is easy. You may find a great variety of coastal and terrestrial birds, such as Great Blue Herons, Common Eiders, Bald Eagles, Spruce Grouse, Black-bellied Plovers, Greater and Lesser Yellowlegs, Puple Sandpipers, Willets, Boreal Chickadees, and many neotropical migrants.

To get to the State Park from the Conservation Area, continue along Roque Bluffs Road. To get to the State Park from US Rte 1 west of Machias, turn south onto Roque Bluffs Road, across from the service station. Continue roughly seven miles into the small town of Roque Bluffs. Park in the gravel lot to the right and hike the trail behind Stimson's Pond; or at the fork in the road, go left to a salt marsh or drive down the right fork to the public beach. Most of the park is open; expect wind. The park is open during daylight hours only; a small fee is

charged for day use. 255-3475 or www.maine.gov/doc/parks/. 43. Machias and East Machias. Walking or biking the Downeast Sunrise Trail along the Machias and East Machias Rivers offers views of a variety of waterfowl, wading birds, shorebirds, nesting passerines, and sandpipers in Summer. Look for Barrow's Goldeneyes during the winter.

44. Little Machias Bay and Western Head Preserve. Travel Rte 191 south toward Cutler and turn toward the obvious antenna fields and Little Machias Bay. You may find less common shorebirds along this route. In late summer or early fall, the access road leading to the antenna facility is a favorite place for Whimbrels, and in November and December, the Bay is home to scoters, grebes, mergansers, eiders, cormorants, and Long-tailed Ducks.

Western Head Preserve, a Maine Coast Heritage Trust property (www.mcht.org; 729-7366), is a great location to see Bald Eagles, breeding Merlin, woodpeckers, and Peregrine Falcons. Warblers and boreal species, sea ducks, and shorebirds are here, as are seals and porpoises. The 3-mile loop trail traverses a spruce-fir forest, wetlands, and steep cliffs. Before downtown Cutler harbor, turn right onto Destiny Bay Road; go to a small parking area at the end. Please sign in at the trailhead registration box. The beginning of the trail crosses private property. One of the boat trips to Machias Seal Island departs from Cutler harbor.

45. Machias Seal Island. This 15-acre island has the largest Atlantic Puffin colony along the Maine coast. Island habitat consists of rock and grass, four blinds, one outhouse, a lighthouse, and associated buildings. During the spring, avian occupants include several thousand Atlantic Puffins, Arctic and Common Terns, as well as Razorbills, Common Murres, Black Guillemots, and Common Eiders. Other seabirds, such as Northern Gannets, Black-legged Kittiwakes, gulls shearwaters, and storm-petrels sometimes are sighted on the water. On boat trips to the island, Bald Eagles and seals are spotted regularly; whales and porpoises are possible. About 100 different bird species are seen each year from the island. Both the USA and Canada claim sovereignty over the island, but Canada staffs the island's lighthouse. Boat trips to the island depart from Cutler, Maine, from late May to mid-August, and from Grand Manan, New Brunswick, from mid-June to mid-August.

46. Bold Coast Trails on Maine Public Reserve Land. Along Rte 191, three miles north of Cutler, these hiking trails traverse some of the best boreal habitat in the state; the trails are seldom crowded. Boreal Chickadees, Spruce Grouse and coniferous-loving warblers are present. Nearly 200 species have been recorded on or near this 2,190-acre reserve, including Merlin, Peregrine Falcons, and six owls. Common Eiders and Black Guillemots are observed easily from the coastal trail, as are seals, porpoises, and sometimes whales. Black bear, moose, deer, bobcats, fox, fisher, marten, weasels, and coyotes inhabit the preserve. Good footwear and hiking ability are required. 941-4412 or www.maine.gov/doc/parks/.

47. Bog Brook Cove Preserve. Continue north along Rte 191 to Bog Brook Cove Preserve, another Maine Coast Heritage Trust property. This preserve has two entrances. From the southern entrance, just 1.5 miles north of the Cutler Bold Coast parking lot along Rte 191, a 2.5 mile trail system leads to Norse Pond and to Bog Brook Cove beach. From the northern entrance, another 1.5 miles north along Rte 191 and a mile down Moose River Road, an 1,100-foot accessible trail leads to the rocky shore and cobble beach, and the 2.4-mile Ridge Trail loops through wet woodland and by open ledges. Preserve habitat also includes bog and alder grasslands and spruce/fir forests. Perhaps three dozen different birds, including a variety of warblers, usually can be found on a spring or summer day, while accipiters, owls, and seabirds are present throughout the year. When visiting, please respect the numerous private holdings and areas of commercial blueberry land in this 1,700-

48-49. Boot Head and Hamilton Cove. These Maine Coast Heritage Trust properties encompass nearly 2,000 acres of land with some of Maine's more remote and wild terrain. Boot Head's 3-mile round trip trail passes through a spruce/fir forest, peat bog, rocky shoreline, and a pebble beach. Good footwear is needed. The first quarter mile has been a good spot for Spruce Grouse. Yellow-bellied Flycatchers, Lincoln's Sparrows, and Palm Warblers nest in the bog. Northern Parulas, American Redstarts, and Yellow-rumped, Black-throated Green, and Nashville Warblers usually can be found. Boreal Chickadees forage through the area sporadically.

Nearby Hamilton Cove has a 3-mile round trip trail that is primarily coastal, but also passes through early successional habitat consisting mostly of alders and small stands of spruce, good for open area warblers such as Chestnut-sided, Wilson's, and Common Yellowthroat. A small stream and associated marsh and fen wetland give chances for American Bitterns, American Black Ducks. American Woodcock and flycatchers. All three acciniters often can be found, and Merlin and Northern Harriers breed here. For land birds, try the 2.5-mile round trip Benny's Mountain Trail. On Rte 191 about 11 miles north of Cutler, turn east onto Boot Cove Road. Proceed about 2 miles to Boot Head Preserve and then another 1.5 miles to Hamilton Cove Preserve. 729-7366.

50. Quoddy Head State Park. This easternmost point in the USA, in Lubec, is home to one of Maine's best-known lighthouses - West Quoddy Light. Razorbills are seen each season. Scan Sail Rock for Double-crested Cormorants in summer, Black-legged Kittiwakes in autumn, and Great Cormorants in winter. Two dozen warblers can be found in the spring. Permanent residents include Spruce Grouse Gray Javs Boreal Chickadees and both crossbills Of the park's 4.5 miles of trails the Bog Trail is exceptional, with breeding Yellow-bellied Flycatchers, Palm Warblers, and Lincoln's Sparrows. From US Rte 1 in Whiting, take Route 189 9.6 miles to Lubec. Turn right on South Lubec Road, follow to the end. From Boot Cove Road off Rte 191, bear right onto the South Lubec Road. The lighthouse area is straight ahead at the end. The picnic area and trails are in a separate parking area bearing right. Outhouses are available. A small fee is charged. QHSP in season (mid-May to mid-October) 733-0911; 941-4014 or www.maine.gov/doc/parks/.

**51. South Lubec Sand Bar.** One of Maine's best places to witness shorebird migration, particularly from the second week of August through Labor Day Weekend, the sand bar is visited by Semipalmated Sandpipers and Plovers, as well as Least and White-rumped Sandpipers. Pectoral Sandpipers are few, but they tower above their cousins. Black-bellied Plovers are plentiful, and American Golden Plovers often can be found in their midst. Short-billed Dowitchers and Red Knots also occur. From South Lubec Road, look for Bar Road leading to the beach. You may park in the parking area, walk directly to the beach, turn right, and then walk down the beach to state land. Only the south end of the bar is owned by the state. The near sections of the sand bar are clearly posted as no trespassing and must be respected. Additional parking is available on South Lubec Road near the south end of the bar. If the parking areas are full, please return later. Always view the birds from a distance. Never approach or disturb roosting birds. Go directly to the beach, avoiding private property.

**52. Mowry Beach.** This 48-acre property, owned and managed by the Downeast Coastal Conservancy offers a 1.2-mile sand beach edging a wide expanse of intertidal mud flats extending to the Lubec Channel; it is important to a variety of shorebirds, waterfowl, and for migrating and nesting neotropical land birds. Access the 0.4-mile handicap-accessible gravel path and boardwalk from the end of Pleasant Street, or from the grounds of the Lubec Consolidated School off South Street. 255-4500 or www.downeastcoastalconservancy.org.

53. Campobello Island NB. Canada. The island is a stopover point for thousands of migrants. Over 150 bird species breed on Campobello and nearby islands or migrate through the area. The historic 2,800-acre Roosevelt Campobello International Park has 8 miles of roads and 8 miles of walking trails in varied birding habitats: marine shoreline; bogs and marshes; coniferous, deciduous, and mixed forest: fields and thickets; as well as cliffs, banks, and ponds. Pick up the Birds of Campobello brochure and a Trails brochure at the Park's Visitor Center. Species include both teal, three accipiters, Ruffed and Spruce Grouse, Ruby-throated Hummingbirds, occasional Gray Jays and 20 warblers. Small numbers of Bank Swallows nest at Con Robinson's Point. Bald Eagles, Ospreys,

as well as Barred and Saw-whet Owls also can be seen.

Restroom facilities at the Park's Visitor Center are open from mid-May through late October. The Grounds and Natural Area are open year round. From US Rte 1, take Rte 189 into Lubec and cross the international bridge. The Island is on Atlantic Time, an hour ahead of Eastern Time. Bring your passport for travel to Canada and back into the USA. 1-877-851-6663 or www.fdr.net. Then take Rte 774 to the north end of the island, to the East Quoddy/Head Harbour Lighthouse parking area - a special place to view alcids, including the occasional Atlantic Puffin, and Northern Gannets during May-August; Red-necked Phalaropes, Bonaparte's Gulls, Arctic Terns, and finback minke, and humpback whales during August and September; and passerines year-round.

54. The Pike Lands. About 5.5 miles off Rte 189 in Lubec, the 92 acres on the west side of North Lubec Road are owned and managed by the Downeast Coastal Conservancy. The Conservancy also has a conservation easement on the 36-acre eastern side, which is owned and managed by the Regional Medical Center at Lubec as the Healthways North Lubec Community Site. The eastern side has a one-mile loop trail through forests, fields, a small apple orchard, and scrub/ shrub habitat. The property's 3,760 feet of ocean frontage includes half a cove, a barrier beach, salt ponds, tidal inlet, and salt marsh. On the western side, a walk through fields and woods leads to high ground and a short steep descent through cedars to a pocket beach bracketed by dramatic bold" frontage. Expansive views across South Bay provide a chance to see loons, ducks, eiders, and Black Guillemots. An outhouse is available. 255-4500.

Of special note are the next wildlife management areas (#55 and #56), owned by the State of Maine and managed by the Department of Inland Fish and Wildlife as a part of the Cobscook Bay Wildlife Management Area. They are frequented by deer, moose, hares, bobcats, red foxes, fishers, porcupines, minks, weasels, and bears. 434-5927 or http://www.maine.gov/ifw/wildlife/management/wma/region\_c/index.htm.

Daughtery Point and Cove, and Horan Head (235 acres) management areas are located near each other in Lubec. The parcels have trails but few are developed. Morong Cove has an easy 2.2-mile round trip foot-path through habitats such as climax and sub-climax forests of spruce, balsam fir, white pine, larch, birch, maple, willow, and cherry; shrub/brushy areas; and fields of grasses and forbs. The site also has tidal marshes and intertidal mud flats. Horan Head features a 6-mile round trip trail system through upland forests and tidal shorelands. In the forest you might find three accipiters, Broad-winged and Red-tailed Hawks, Ruffed and Spruce Grouse, five owls, four woodpeckers, Blue and Gray Jays, Brown Creepers, nuthatches, Veerys

55. Morong Cove and Horan Head. The Morong Cove/Point (350 acres), including

Hermit and Wood Thrushes, warblers, grosbeaks, finches, and crossbills. In the shrubs and fields, you could find American Woodcock, Eastern Kingbirds, kinglets, sparrows, Dark-eyed Juncos, Gray Catbirds, Bobolinks, and warblers. In the tidal marshes, streams, and small bays, you might find Pied-billed Grebes, cormorants, bitterns, herons, Canada Geese, American Black Ducks, teal, three mergansers, Buffleheads, Common Goldeneyes, Ospreys, hawks, Bald Eagles, Virginia Rails, plovers Wilson's Snipe, swallows and sparrows.

To visit Morong Cove from US Rte 1 in Whiting, take Rte 189 5.6 miles toward Lubec, then turn left onto Crow's Neck Road. After about 1.8 miles, turn right onto Thompson Lane, a dirt road. Continue a half mile and across a wooden bridge to a small parking area at the gate. To visit Horan Head, after traveling on Crow's Neck Road for 0.4 mile, turn right onto Lead Mine Road. Then after 0.2 mile, turn left onto Straight Bay Road and go 3.2 miles to a small parking area on the right.

**56.** Commissary Point. This area inTrescott, from Dennison Point to Leighton Point, covers 438 acres; it has 3 miles of trails and a good variety of species. Habitats include mature spruce/fir forest, second growth hardwoods and brush, open fields, old apple trees, tidal marsh, and extensive tidal flats. Accipiters, buteos, Ruffed and Spruce Grouse, American Woodcock, Great Horned Owls, and Pileated Woodpeckers, among many others, nest here. Other species include Great Blue Herons; American Black Ducks; several hawks, sandpipers, and gulls; Barred and Northern Saw-whet Owls vireos, thrushes, and numerous sparrows; 15-20 warblers, and Golden-crowned Kinglets. From US Rte 1 in Whiting, take Rte 189 1.8 miles east, and turn left onto Commissary Point Road For the East Stream or Dennison Point Trails, park at the Cobscook Community Learning Center. To access the other trails, drive an additional half mile down the road to a small parking area and gate. Restroom facilities may be available at the CCLC during its daily open hours. Commissary Point Road is passable year round. 733-2233 or www.thecclc.org.

57-58. Moosehorn National Wildlife Refuge - Edmunds. This Division encompasses over 8,800 acres of primarily wooded habitat, typically spruce and fir with some mixed hardwoods, with open spaces cut to create breeding habitat for grouse and American Woodcock. Three dozen different mammals live here, including black bears. On the western side of US Rte 1, a 6-mile dirt road loop through two impoundments with marshes is open year-round to hikers and bicyclists (and in winter to snow-shoers and cross-country skiers), with two roads open to vehicles from late May to early September. The western side also has 2,800 acres of National Wilderness Area.

The eastern side includes several miles of rocky shoreline, tidal and salt marshes, Cobscook Bay State Park, and Hallowell (aka Williams) Island - which you can visit by boat. Cobscook Bay State Park is open to campers and hikers (for a fee) during mid May-mid October and a small fee is charged the rest of the year. Its boat ramp and camping area are seldom crowded, and the Park has a 2-mile round trip Nature Trail and a 0.75-mile Shore Trail.

Almost 150 bird species breed in the Edmunds Division. Shorebirds, waterfowl, marsh sparrows, Pileated Woodpeckers, and finches are common. Northern forest warblers and Boreal Chickadees are present in small numbers. Common and uncommon warblers, flycatchers, thrushes, and woodpeckers are abundant. Wetlands may contain American Black Ducks, Hooded Mergansers, Wood Ducks, and Ring-necked Ducks. Also watch for Northern Goshawks. Other species often found include Pied-billed Grebes, Great Blue Herons, Canada Geese, teal, Ospreys, Bald Eagles, Merlin, Yellow-bellied Sapsuckers Dunlin, Wilson's Snipe, flycatchers, and as many as 24 warblers.

About 4 miles north of Rte 189, along US Rte 1, the South Trail enters the Division's west side just south of Cobscook Bay State Park. Further north, the North Trail and Weir Road (closed to vehicle traffic) also enter the Refuge. These trails connect some distance in. Outhouses are available at Cobscook Bay State Park. The Refuge HQ in Baring: 454-7161 or http://moosehorn.fws.gov; Cobscook Bay State Park: 726-4412 or www.maine.gov/doc/parks/.

**59.** Eastport. In the waters surrounding America's easternmost city, several thousand Bonaparte's Gulls and several hundred Black-legged Kittiwakes stage during August-December. Phalaropes, Little, Black-headed, Laughing, and Lesser Black-backed Gulls are seen routinely during these months. In Winter, you might see 11 different gull species here. A variety of shorebirds probe Eastport's mud flats along the Rte 190 causeway in season. Bald Eagles and Ospreys can be seen from the city's pier and harbor area.

At 173 feet above sea level, the historically famous Shackford Head State Park offers dramatic views and difficult footing. Shackford Head Trail itself is level and easy, and offers the best chance for Boreal Chickadees. Shorefront trails can be wet, slippery, jagged, winding, and vertically-challengin They require agility and good footwear. Blackburnian, Bay-breasted, and Blackpoll Warblers might be seen along these trails, as well as more common species such as Magnolia, Black and White, and Black-throated Green Warblers. Hermit Thrushes predominate on the head. Sea ducks and other seabirds including Common Terns are abundant along the shoreline. A small fee is charged. From US Rte 1 in Perry, take Rte 190 to Eastport. Where Rte 190 makes a sharp left turn, make a sharp right turn onto Deep Cove Road. Follow the signs to Shackford Head.

**60-62.** Calais. The border city of Calais has been a commercial center throughout its history, and is the 6th-busiest U.S.-Canada border crossing. Within the city limits are three attractive, easy-walk-

First, along US Rte 1, just north of Robbinston, lies Saint Croix Island International Historic Site, one of three national park areas in Maine. The site commemorates the first French effort in 1604 to colonize the territory called l'Acadie (Acadia), and is one of the earliest European settlement in North America. Site habitat includes a quiet trail along a narrow peninsula of deciduous and evergreen trees, flanked by two small protected coves. In one cove, a perched culvert draining upland fresh water creates a waterfall effect that lures eagles in early morning. A shelter overlooks St. Croix Island and the St. Croix River estuary, where brackish water and tides up to 25' invite a variety of birds year round. Mud flats appear at low tide. Bird sightings include Bald Eagles and Osprey; Common Loons, Buffleheads, Common Goldeneyes, and American Black Ducks; Great Blue Herons, Belted Kingfishers, Double-crested Cormorants, sandpipers, and gulls. Woodland birds include Pileated, Hairy, and Downy Woodpeckers, Black-capped Chickadees, warblers and thrushes. Along offshore ledges, you may see harbor or gray seals at low tide with a spotting scope. In summer months, park rangers provide spotting scope opportunities by chance. The mainland site has plenty of parking, a new Ranger Station, a wheelchair-accessible interpretive trail and shelter, and picnic tables. Accessible year-round on foot. 454-3871, www.nps.gov/sacr.

Next, continue north along US Rte 1 another 2.5 miles to the 315-acre Devil's Head

Conservation Area. Drive in 0.2 miles along a gravel road to a small parking area and walk the

1.6-mile moderately strenuous round trip trail. The trail rises to and passes across the 340-foot high peak then drops to the St. Croix River. Within the young hardwood and softwood forests you might see Ruffed Grouse, chickadees, nuthatches, kinglets, and several warblers. By the river, bird sightings could include Common Loons, Red-breasted Mergansers, Ospreys, Bald Eagles, Herring and Great Black-backed Gulls. Hunting is allowed during fall deer season. Not accessible during snow. Finally, at the traffic light in the center of town, turn toward the river, go down the hill past the library, park in the Pike's Park parking lot, and take a walk along the Calais Waterfront Walkway. This scenic 3-mile round trip pathway along the St. Croix River offers an "urban birding experience in grassy and wooded greas, mud flats, and a wetland. During spring migration, a variety of warblers can be found. Warblers, vireos, Gray Catbirds, and chickadees nest there; occasionally Scarlet Tanagers and Rose-breasted Grosbeaks are seen too. Bald Eagles; Northern Cardinals; and Pileated, Hairy, and Downy Woodpeckers are present year round. Cedar Waxwings are common in summer and Bohemian Waxwings in fall and winter. Cormorants, ducks, mergansers, sandpipers, gulls, and several sparrows also can be seen. Facilities are available nearby in the library and in the

Maine Tourism Association Visitor Information Center. **63. Moosehorn National Wildlife Refuge - Baring.** Headquarters of the Refuge, the 20,000-acre Baring Division has over 50 miles of roads and trails and includes a northern hardwood forest that dominates the upland, as well as scattered stands of white pine. Habitats include rolling hills, large ledges, grassy fields, brush, four natural lakes and 50 managed wetlands. Bald Eagle and Ospreys nest in platforms along the Charlotte Road. Over one-third of the Division is a desig

nated National Wilderness Area. Moosehorn NWR originally was established to promote habitat for game birds, e.g., American Woodcock, and waterfowl. Over 220 species have been identified here. Many, like Spruce Grouse and Boreal Chickadees, nest here. The diverse habitats attract many neotropical migrants, such as almost two dozen warblers includina the Bay-breasted Warbler; an abundance of waterfowl; as wel

as Soras, Virginia Rails, and Marsh Wrens. The Refuge is home to three dozen different mammals, including moose, which are seen occasionally. The refuge is obvious from US Rte 1 in Baring. The Visitor's Center and most of the trails are reached from the Charlotte Road. A kiosk at the Refuge Headquarters has maps, bird lists, and information. Facilities available. Refuge HQ: 454-7161 or http://moosehorn.fws.aov.

**64. Grand Lake Stream.** The village and its namesake stream lie among a large chain of lakes that comprise the West Branch of the St. Croix River and the headwaters of the Machias River. The river's sporting camps and lodges make it a base for exploring the Downeast Lakes region. From Calais, take US Rte 1 north for about 20 miles to Grand Lake Stream Road. Turn left and continue about 10 miles into town. Stop at Big Musquash Stream on the Milford Road for wetland birds, water fowl, and expansive views, and listen for Boreal Chickadees in the spruce wetlands to the east. In the village, listen for Chimney Swifts overhead, and bird the "Middle Walk" & the Little Falls access site

alona Grand Lake Stream. The Downeast Lakes Land Trust has led an effort to permanently conserve over 350,000 acres around Grand Lake Stream, including the 33,700-acre Farm Cove Community Forest with 70 miles of lake shore. The Little Mayberry Cove Trail begins at the outlet of West Grand Lake and follows the shoreline through mature hemlock forest. Black-throated Blue Warblers, Scarlet Tanagers, and Eastern Wood-Pewees are common. The Pocumcus Lake Trail begins in secondary growth forest and proceeds through thick vegetation into a mature canopy forest. Northern Parula, Black-throated Blue and Blackburnian Warblers are plentiful. Near the lake, white pine trees harbor Pine Warbler and any damp tangle is likely to shelter a Canada Warbler. The trailhead is located 7.5 miles from Grand Lake Stream on the Fourth Lake Road. Maps are available at the land trust office on Wate Street. 796-2100 or www.downeastlakes.org.





Hooded Merganser