



Common Eider



Evening Grosbeak



Black-capped Chickadee



Harlequin Duck



Razorbill

held annually in May on Deer Isle, joins the arts to birding through boat trips, guided walks, workshops and gallery/studio events. www.deerisle.com. The Down East Spring Birding Festival occurs annually in late May in from Moosehorn NWR to Lubec and provides guided hikes, boat tours, and presentations led by local experts. www.downeastbirdfest.org

Birding Ethics
It's simple: you are encroaching on their territory. Tread lightly and respect boundaries. Stay on roads and paths where they exist, otherwise keep habitat disturbance to a minimum. Leave no trace and help keep bird watching a low impact activity by using good judgment about where you can go and where you should go. Avoid stressing birds by keeping away from nests, nesting colonies, roosts, and important feeding sites - especially during nesting season. Please don't feed, bait, or use recording devices to attract wildlife. When boating keep a good distance from marine wildlife and do not land on islands where birds are nesting. Respect property owner wishes and the carrying capacity of these birding sites, many of which are maintained by hard-working volunteers.

Helpful Hints
Bugs: Mosquitoes, black flies, and ticks may be found almost anywhere, especially May-August. Bring repellent and dress accordingly.
Hunting: Hunting is very common in rural Maine, and hunting is permitted in preserves, state parks and wildlife management areas. Blaze orange should be worn in the fall. www.maine.gov/lfw
Maps: Although GIS equipment is now common, map-lovers will appreciate having The Delorme Maine Atlas and Gazetteer in the in the car. www.delorme.com/
Phone service: Cell phone service is inconsistent and WIFI is not prevalent. A prepaid phone card may be useful. Maine's statewide area code is 207.
Toilets: Toilet facilities at the birding sites in this brochure are limited. In the site description, if facilities are not mentioned, assume there are no facilities. When visiting the area, birders should make strategic use of toilet facilities located at areas service stations.
Travel times: Visitors frequently under-estimate travel times in rural Maine. For example, Ellsworth to Lubec (about 85 miles) is a 2-hour drive. Calculate travel times carefully. Be strategic about refueling on gas and supplies, and using restrooms, especially in more remote areas.

Resources
Comprehensive info for visitors to Maine and the DownEast & Acadia region: www.visitmaine.com; www.downeastacadia.com
Regulations for travel between Maine and Canada: www.consular.canada.asembassy.gov/enter_canada.asp; www.puffinpin.com/visit_canada.htm
Maine birding information: www.mainebirdingtrail.com; www.mainebirding.net; www.DownEastNatureTours.com
Maine bird list: www.maineaudubon.org
Public boat launches: www.maine.gov/doc/parks/programs/boating/islet.html

Special Thanks
DownEast & Acadia Regional Tourism (DART)
Chris Bartlett, Maine Sea Grant/Univ. of Maine Cooperative Extension
Anne Beavis, Nervous Nellie's Jams and Jellies
Bob Duchesne, Maine Birding Trail
Michael Good, Down East Nature Tours
Fred Hartman, DownEast Drawings & Wildlife Art Gallery
Bill Kolodnicki and Maury Mills, Moosehorn National Wildlife Refuge
Gordon Longworth, Sean Fitzgerald, and Sydney Kase, GIS Lab, College of the Atlantic
Michael McCabe, Coastal Way Down East tourist guide and Puffin Pines Country Gift Store
Catherine Schmitt, Maine Sea Grant/Univ. Of Maine
Natalie Springuel, Maine Sea Grant
Studio3 Graphic Design

Contact:
DownEast & Acadia Regional Tourism (DART), 1-888-665-3278, www.downeastacadia.com
info@downeastacadia.com

*Protected Areas denotes land belonging to: Acadia National Park, National Wildlife Refuges, State Parks, State and Private Wildlife Refuges.

Welcome to the DownEast & Acadia Birding Trail

Hancock and Washington Counties, Maine's DownEast & Acadia region, offer outstanding opportunities to watch birds, in well-known places such as Acadia National Park, Maine Coastal Islands and Moosehorn National Wildlife Refuge, and the nearby Roosevelt Campobello International Park, or for farther aovies 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 wetlands are fed by heaths, bogs, rivers, lakes, and ponds gouged out by the Wisconsin glacial several thousand years ago. Maine's largest and most diverse ecosystem, the Penobscot River watershed, total encompasses 8,500 square miles. Wetland and nearwood forests, grass, freshwater and saltwater marshes, grassy and shrubby fields, streams and lochs, 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 Narragansets, 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, muskrat, white-tailed deer, bear, fisher, mink, fox, marten, bobcat, otter, coyote, and flying squirrel.

Downeast watersheds, lying along traditional migratory corridors for millions of birds each year and provide access to the Northern Boreal Forest and the Arctic Tundra. On the open ocean, billions of pelagic birds forage on plankton-fed copepods, krill, and fish, all nourished in part by millions 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 annual breeding grounds, then return south for the winter. During the fall and winter, many birds that nest in boreal forest tundra, such as Gyrfalcon, Snowy Owl, and Black Scaur, 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 U.S. Boreal species, including Spruce Grouse, Boreal Chickadee, Black-backed Woodpecker, and Gray Jay, inhabit coastal and inland forests; boreals are prime nesting habitat for American Woodcock. Soaring above are raptors like Bald Eagles, Ospreys, Peregrine Falcons, Merlin, all three eagles, 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, Scares, Virginia Rails, five owls, Marsh Wrens, and Nelson's Vesper, and other Sparrows. Herons, scoters, plovers, Upland and other Sandpipers, Wilson's Snipe, 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 ivory-billed egrets also are present. Experience Maine's Downeast, where the delicate little-like songs of the Swainson's Thrush mingle with the long cascading whistles of a Winter Wren or the tropical whistles of an excited Great Crested Flycatcher.

The scenery of DownEast & Acadia is at times surreal and spectacular. Amid 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 trunks, and wintry 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 swash in rocky fields of wild blueberries and outcroppings green with reindeer lichen. Every turn reveals new habitat, breathtaking views, and abundant birds. Please join us in appreciating and conserving this significant resource for generations to come.

We wish you good birding!



Common Yellowthroat Black-legged Kittiwake

Hancock County

1. The Penobscot Narrows Observatory and Fort Knox State Historic Site. A one-mile run on the fastest elevated in Northern New England will take you 420 feet to the top of the tallest public bridge-observatory in the world. View the beautiful Penobscot River and the surrounding countryside. The Penobscot River, namesake of the Penobscot Island Lighthouse, 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-labering terns 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 Backwater 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 Wildlife Refuge. It is the entry point into the Dead River parcel of the Great Pond Mountain Wildlife Refuge, a park for Common Mergansers, Pied-billed Grebes, DOWithers, and the occasional Whimbrel), as well as numerous raptors, flycatchers and warblers at the water's edge of Alamosauc Lake. Take a hike from US Rte 1 North onto Hatchery Road and travel about 1.5 miles. 469-6701.

3. Great Pond Mountain Wildlife Refuge. Upstream from the fish hatchery, the diverse habitats of the 4,300-acre Great Pond Mountain Wildlife Refuge conservation area can be explored on footpaths and 16 miles of gravel road. The Hotchkiss Valley trail (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 loam landings.

Look for Canada, Magnolia, Black-throated Blue, Palm, Black-throated Green, and Nashville Warblers, Northern Waterthrushes, and Winter Wrens on the Hotchkiss Pond Trail. Eastern Whip-poor-will, Common Nighthawks, Barn Swallows, and other birds are seen in the area. In spring, Wild Turkeys, Ruffed Grouse, raptors, and numerous flycatchers, sparrows, woodpeckers, thrushes, and vireos are seen throughout the Wildlife Refuge.

On the Dead River trail (accessed via the Fish Hatchery area), 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 Hellbenton Swamp for Swamp Sparrows and Marsh Wrens, warblers such as Northern Waterthrush, and a variety of songbirds. Watch for raptors such as Peregrine 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 166 through blueberry barns 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 Kane 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 hard-wood trees. Many neotropical migrants move through in spring and there are a large number of nesting birds in this multi-use area. Two well-known 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.consevationtrust.org/.

5. Hullbrook Island Sanctuary State Park. Upland forests, unique wetland habitats, open fields, and an offshore island in this 1,250-acre nature preserve near Brooksville provide the best birding on the Cape Rozier peninsula. Managed as a nature and wildlife sanctuary, the State Park has well-maintained hiking trails, picnic tables, and considerable shore footage. 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-winged Scoters can be seen at the ocean's edge.

Driving in this area can be confusing. From Rte 176 in Brooksville, west of Rte 15 road, proceed 1.5 miles to Cape Rozier Road. Look for a small parking area. If you reach the Cape Rozier road, turn west for. Then go about 1.3 miles to Indian Point 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 open pit toilets; there are several small parking lots. 326-0412 or www.maine.gov/dock/parks/.

6. Scott's Landing and Deer Lake Sanctuary. This 24-acre preserve, acquired in 2006 by the Island Heritage Trust, and the adjacent Casseway 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, Black-throated Green, Black-and, 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 Reserve. A one-mile trail carved through a maritime boreal forest of spruce and balsam, thickly-forested in moss and unusual lichens. This is the domain of Swainson's Thrush, Golden-crowned Kinglet, Black-throated Blue, 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, Magnolia and Black-throated Green Warblers, while the open spruce forest is known for Common Yellowthroats and Song Sparrows.

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 in 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 or less. 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. 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, Magnolia and Black-throated Green Warblers, while the open spruce forest is known for Common Yellowthroats and Song Sparrows.

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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 spring and fall migrations.

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 ground pits. Accessible year round. From Rte 155, 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. Lillis Preserve. Traverser throughout the 150-acre forested Preserve tennis brushy areas preferred by warblers. Two former farmsteads create open areas favored by songbirds, hawks, Bald Eagles, and Ospreys, as well as several species of warblers. Common numbers of breeding pairs of Great Cormorants. Since the year 2000, over 200 species have been recorded here during spring and fall migrations.

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