

BIRDING IN MAINE'S LAKES & MOUNTAINS

It's not an easy task for birders to explain the allure of seeking out and observing wild birds in their natural habitat. Our only advice is to give it a try. Maine's Lakes & Mountains is the ideal setting for experiencing the thrill of this popular hobby. Our forests, fields, and wetlands are worth the investment of your time and energy. We recommend Sebago Lake State Park and the Brownfield Bog or the highly prized boreal forests of Grafton Notch State Park and the mountains surrounding Rangeley. The following suggestions for the Lakes & Mountains region were excerpted from the Maine Birding Trail Guide.

Bald Mountain

Oquossoc: As the forest begins its transition to balsam fir and spruce, boreal species increase.

Bigelow Preserve

Stratton: Above 3,000 feet, look and listen for Bicknell's Thrushes. Bigelow Mountain is a strenuous, all-day hike well worth the effort.

Boy Scout Road

Oquossoc: This dead-end dirt road provides excellent birding through a mixture of habitats. Boreal Chickadees and Gray Jays are resident, and other northern birds are likely. Directions: Boy Scout Road is located on the east side of Route 16 just 1.3 miles after it splits with Route 4 in Oquossoc.

Brownfield Bog

Brownfield: One of the most reliable Maine locations to find Yellow-throated Vireos and Blue-gray Gnatcatchers.

Grafton Notch State Park

Newry: Philadelphia Vireos dominate the dawn chorus. Peregrine Falcons nest on the cliffs. Spot Boreal Chickadees, Black-backed Woodpeckers, Gray Jays and Spruce Grouse.

The Greater Lovell Land Trust

Lovell: Many common warblers, woodpeckers and flycatchers nest within the preserve. A viewing platform overlooks a bog.

The Heald Pond Preserve

Lovell: Good for common warblers and thrushes.

Hunter Cove

Rangeley: Found annually are Boreal Chickadees, Cape May Warblers and Blackburnian Warblers.

Mt. Blue State Park

Weld: Features breeding Hermit Thrushes and Winter Wrens. Many common warblers are easily located, and Scarlet Tanagers are often audible.

Rangeley Lake State Park

Rangeley: A trail winds along the edge that yields many of Maine's common songbirds.

Sabattus Pond

Sabattus: Surprising numbers of Semipalmated, Least, and White-rumped Sandpipers are joined by Pectoral Sandpipers and more.

Saddleback Mountain

Rangeley: The most reliable place to find Bicknell's Thrush. Notorious for singing only at dawn and dusk, but its call notes may occur at any time. From Route 4 just south of Rangeley, turn onto Dallas Hill Road and follow the signs.

Thorncrag Nature Preserve

Lewiston: This 372-acre preserve includes 3 miles of easy trails where a variety of common songbirds are present.

White Mountain National Forest

West Bethel: Wetlands in this area are extraordinarily rich in birds and moose. Waterfowl are abundant in spring and fall. Directions: Route 113 passes through Evans Notch. Crocker Pond may be reached from Route 2 via Flat Road in West Bethel or from Route 5 in Albany just south of Songo Pond. Follow the signs.

For more information, we encourage you to visit maineaudubon.org or mainebirdingtrail.com.