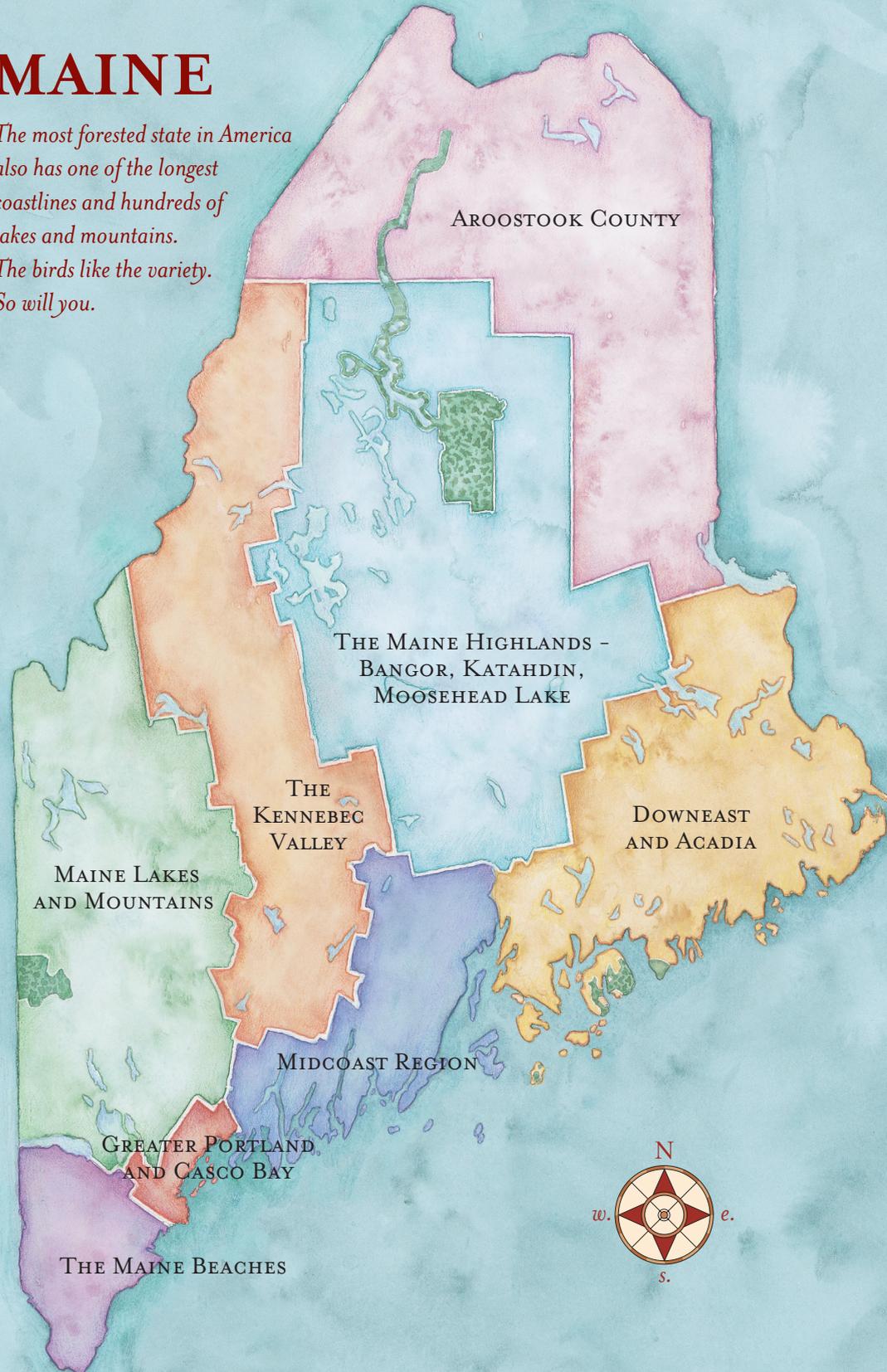


MAINE

The most forested state in America also has one of the longest coastlines and hundreds of lakes and mountains. The birds like the variety. So will you.



THE REGIONS of MAINE

The Maine Beaches

Long sand beaches and amusements. Notable birds: Piping Plover, Least Tern, Harlequin Duck, and Upland Sandpiper.

Greater Portland and Casco Bay

Home of Maine's largest city and Scarborough Marsh. Notable birds: Roseate Tern and Sharp-tailed Sparrow.

Midcoast Region

Extraordinary state parks, islands, and sailing. Notable birds: Atlantic Puffin and Roseate Tern.

Downeast and Acadia

Land of Acadia National Park, national wildlife refuges and state parks. Notable birds: Atlantic Puffin, Razorbill, and Spruce Grouse.

Maine Lakes and Mountains

Ski country, waterfalls, scenic nature and solitude. Notable birds: Common Loon, Philadelphia Vireo, and Boreal Chickadee.

The Kennebec Valley

Great hiking, white-water rafting and the Old Canada Road scenic byway. Notable birds: Warbler, Gray Jay, Crossbill, and Bicknell's Thrush.

The Maine Highlands - Bangor, Katahdin, Moosehead Lake

Site of Moosehead Lake and Mt. Katahdin in Baxter State Park. Notable birds: Spruce Grouse, and Black-backed Woodpecker.

Aroostook County

Rich Acadian culture, expansive agriculture and rivers. Notable birds: Three-toed Woodpecker, Pine Grosbeak, and Crossbill.

TRAVEL RESOURCES

Maine Office of Tourism can supply information on wildlife touring opportunities, guides, outfitters, lodging and other services. For in-depth information visit www.visitmaine.com or call 888-MAINE61 (888-624-6361).

Regional contact information appears on each of the maps contained within this Guide.

Other helpful resources:

- **Maine Audubon**
Offering nature-based programs, trips, and events for all ages.
For information visit www.maineaudubon.org
or call 207-781-2330
- **Maine Birding Trail**
For information visit www.mainebirdingtrail.com
- **Maine Department of Agriculture, Conservation & Forestry**
For information visit www.maine.gov/doc/parks
or call 207-287-3821
- **Maine Department of Inland Fisheries and Wildlife**
For information visit www.maine.gov/ifw
or call 207-287-8000
- **Maine's National Wildlife Refuges**
Offering trails and interpretive programs.
Contact U.S. Fish and Wildlife Service at www.fws.gov

The Maine Guides have a rich heritage of safely leading visitors into remote areas in the state. For more information contact:

- **Maine Professional Guides Association**
www.maineguides.org
- **Maine Association of Sea Kayaking Guides and Instructors**
www.maskgi.org
- **Maine Wilderness Guides Organization**
www.mwgo.org

Birding TRAIL



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Cover Photos: Snowy owl Biddeford Pool, Maine

MAINE BIRDING TRAIL

It's no secret that Maine is one of North America's top birding destinations. For breeding warblers, boreal specialties, and birds of coastal and offshore waters, Maine offers unmatched opportunities to find some of the country's most sought-after species. Spanning both the forest transition zone from deciduous to coniferous woodlands, and the coastal transition zone from sandy beaches and saltmarsh estuaries to rocky shore, Maine provides a wide range of habitats for birds, many of which reach their northern or southern range limit here. This diversity is reflected in a state list of regularly occurring birds that now numbers over 330 species.

Birding in Maine is a year-round activity. Spring migration is long, with the hardest species arriving as the snow begins melting in early March and continuing well into early June with a final northward push of shorebirds. The songs of mixed sparrow flocks and the distinctive display-flight sounds of American Woodcock in early April are welcome notes to this eagerly awaited season. Blue-headed Vireos, Hermit Thrushes, Ruby-crowned Kinglets, and other vocal passerines make their presence known soon thereafter, accompanied by hawks that pour into the state through the month. Highlighting the spring migration for birders are the warblers: beginning with the first Palms and Pines in late April and finishing with the late-arriving Mourning in late May, the warbler migration is center stage at many of the most popular—and most accessible—birding sites around the state. A good morning at one of these sites can tally 22 or more warbler species. Shorebirds build in number through May, peaking during its last week.

June and July are alive with breeding activity. Time spent hiking mountain trails and exploring the spruce-fir and mixed woods of the Northern Forest provides opportunities to find such target birds as Spruce Grouse, Black-backed Woodpecker, Yellow-bellied Flycatcher,

Philadelphia Vireo, Gray Jay, Boreal Chickadee, Bicknell's Thrush, and a variety of warblers. Both of the secretive Sharp-tailed Sparrow species are late nesters and are reasonably easy to see through July. Atlantic Puffins, Razorbills, and Arctic Terns are also reliable finds on offshore islands through the period. When the woods go quiet in August, the focus shifts to the exceptional shorebirding at select locations all along the Maine coast. At times thousands of migrating shorebirds of a dozen or more species can be found, providing identification challenges for birders of all abilities.

Forest songbirds begin flocking in August, and their fall migration builds and peaks in September. Offshore islands and the ends of peninsulas often attract spectacular concentrations of these migrants, with warblers again often stealing the show, and the attendant Sharp-shinned Hawks and Merlins keeping everything moving. Maine's protracted fall migration period continues well through October into November as waterfowl, grebes, loons, alcids, and a variety of gulls take up winter residence along the coast. Among the 32 waterfowl species that regularly occur in Maine annually is the spectacular Harlequin Duck, which now can readily be found at an increasing number of sites through the winter. Although land birds can be scarce during the coldest winter months, the possibility of finding a Rough-legged Hawk, Snowy Owl, Northern Shrike, Bohemian Waxwing, or a flock of one of the "northern finches" that irrupt periodically here always makes birding outings well worthwhile.

Rural, extensively forested, studded with thousands of water bodies and rivers that drain to a deeply indented coastline, Maine invites exploring for birds. Visiting the sites listed in this brochure should provide the traveling birder with many opportunities to find most of the species that regularly occur in the state over the course of a year. These sites are among the state's best known and representative birding locations. There are many others, however, and a careful look at detailed maps, coupled with an effort to seek out local knowledge of where to find birds, will also be rewarding. Building public awareness in the value of birding tourism—and being respectful of both private property and the birds themselves—helps advance the efforts to conserve our birdlife.

LEGEND

-  Hiking
-  Restrooms
-  Handicapped accessible
-  Picnic facilities
-  Fee charged

J F M A M J J A S O N D
Optimal viewing months

ACKNOWLEDGMENTS

Bob Duchesne conducted the principle research, writing and mapping.

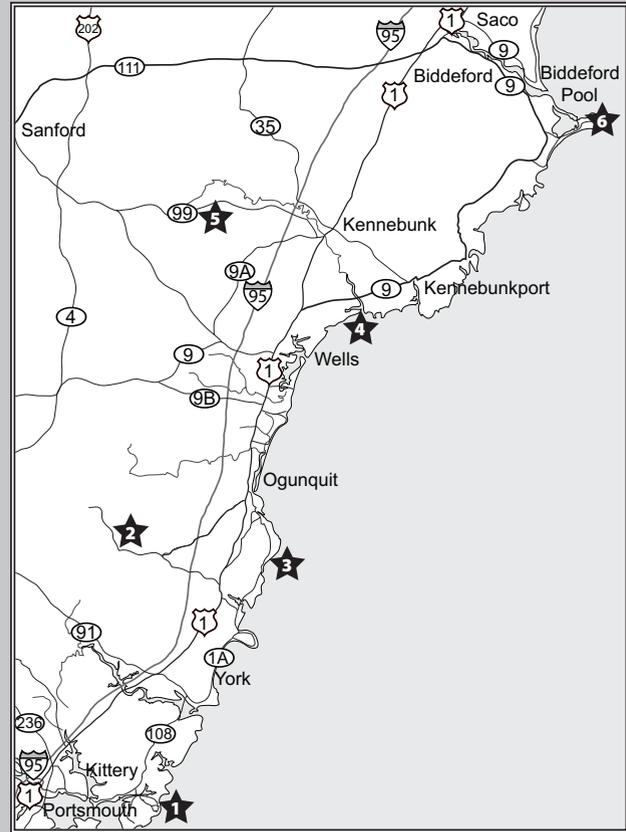
PHOTO CREDITS: *Inside bird images*, Garth McElroy, www.featheredfotos.com; *Snowy owl photo on cover* Cynthia Farr-Weinfeld, www.cfwphotography.com.



This guide is abridged from The Official Guide to the Maine Birding Trail, published by Down East Books, 2009. The Official Guide contains hundreds of additional sites, maps, and tips for birding Maine in all seasons. Available at www.downeastbooks.com

THE MAINE BEACHES

MAP A



Miles of sand beaches, salt marshes, and tidal estuaries attract more than 30 species of shorebirds annually. Scattered headlands provide good scanning for seabirds. Deciduous forest and fields of the interior are breeding habitat for many species at their northern range limit.

FOR MORE INFORMATION ON THE MAINE BEACHES VISIT:
WWW.MAINEBEACHESASSOCIATION.ORG

Map A THE MAINE BEACHES

1. FORT FOSTER

Fort Foster in Kittery sits on Gerrish Island overlooking a large expanse of ocean and tidal river. This is a good migrant trap in spring and fall, and a winter place to look for alcids, sea ducks, and Purple Sandpipers. This is the site of a fort that protected the Portsmouth Naval Shipyard through both World Wars. The park gate is closed from late fall to late spring, but birders may park at the gate and walk in during the off-season. May be icy in winter.

DIRECTIONS:

From Route 1 in Kittery, follow 103 east 3.5 miles. Turn right onto Chauncey Creek Road, follow 0.5 miles, turn right onto Pocahontas Road. Cross the Gerrish Island Bridge, turn right, and follow Pocahontas Road 1.2 miles.

A fee is charged in summer.



2. MT. AGAMENTICUS

Mt. Agamenticus in York is one of Maine's best hawk-watching sites in September. Hawks are best seen on southerly breezes in the spring and northwest breezes in autumn. In breeding season, the surrounding woodland trails are good for songbirds.

DIRECTIONS:

From Route 1, turn south onto Clay Hill Road. Drive 3.9 miles, bearing right at a T intersection, and continue another 1.6 miles. Drive 0.6 miles to the summit or park below and walk the trails or road.



3. MARGINAL WAY

Marginal Way in Ogunquit is a narrow, paved, mile-long footpath that hugs the rocky shoreline. It is extraordinary any time of year. In winter, Harlequin Ducks and Purple Sandpipers can be plentiful and all of the sea ducks are possible. The path is lined with low shrubs, making it ideal for sparrows, mockingbirds, and cardinals any time of year and migrating passerines in spring and fall. May be icy in winter.

DIRECTIONS:

From Route 1 in Cape Neddick, follow Route 1A south 0.9 miles. Turn left on Shore Road in Ogunquit and proceed 4.6 miles to a hard right turn onto Perkins Cove Road.

From Route 1 in Ogunquit, follow Shore Road 0.8 miles south to the entrance to Perkins Cove Road on the left.



4. WELLS NATIONAL ESTUARINE RESEARCH RESERVE

Wells National Estuarine Research Reserve at Laudholm Farm can be exceptional year-round. A trail system provides 7 miles of hiking that meander through a diverse set of habitats. Eastern Towhees and Brown Thrashers flourish around the fields. Piping Plovers and Least Terns nest on the beach. On the northern end of the beach, a natural jetty draws roosting terns and gulls.

DIRECTIONS:

From Route 1, turn onto Laudholm Farms Road. Follow the (small) signs a half mile to the entrance.



5. KENNEBUNK PLAINS WILDLIFE MANAGEMENT AREA

Kennebunk Plains Wildlife Management Area protects a sand plain ecotype that is home to unusual grassland species seldom encountered elsewhere in the state, including Grasshopper and Vesper Sparrows, Upland Sandpipers, Prairie Warblers, Eastern Towhees, and Brown Thrashers. Important: stay on dirt trails.

DIRECTIONS:

From Route 1, turn west on Route 9A (High Street), then in 0.3 miles turn right onto Route 99. Follow for 4.2 miles and look for the parking areas on both sides of the road.



6. BIDDEFORD POOL

Biddeford Pool is another of Maine's exceptional year-round hot spots. The mile-long tidal pool is viewable from a distance for ducks, waders, and shorebirds. East Point Sanctuary is a small Maine Audubon property with paths that wander cliffside over 30 acres. Scan for Rough-legged Hawks and Snowy Owls on offshore islands in winter. Limited parking is available at the entrance gate. The rocky surf zone along Ocean Avenue is good for sea ducks, and shorebirds may roost on the rocks in season. The beach area is also good for shorebirds and the expansive bay is promising for sea ducks.

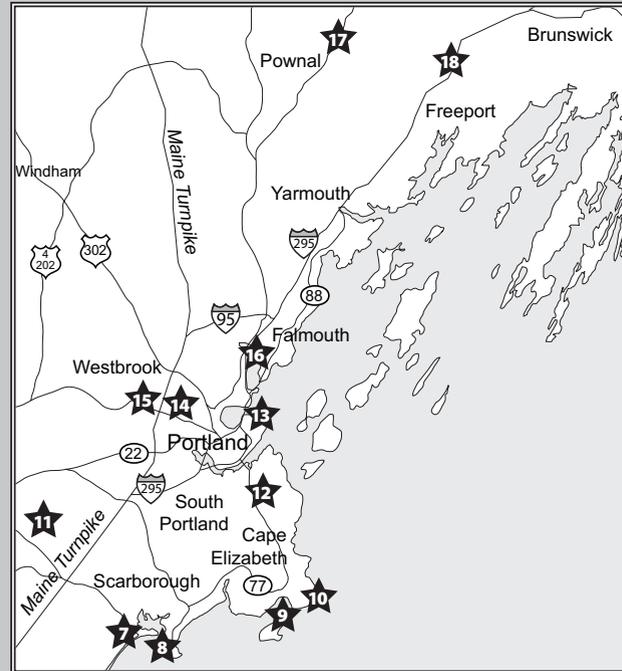
DIRECTIONS:

From Route 9, turn onto Route 208 and follow 1.8 miles to an intersection at the southwest corner of the pool. (Turn right for the southern half of Fortunes Rocks Beach.) Turn left and follow to Hattie's Deli on the left. Then continue ahead, bearing right onto Main Street, and following to East Point. Turn right again onto Ocean Avenue and follow it around South Point to return to Main Street.



GREATER PORTLAND AND CASCO BAY

MAP B



Straddling the boundary between the beach-and-marsh coast of the south and the rocky bay-indented coast of the north, this region is home to the state's most diverse coastal birdlife. Urban parks are often magnets for migrant songbirds.

FOR MORE INFORMATION ON GREATER PORTLAND AND CASCO BAY VISIT:
WWW.VISITPORTLAND.COM

Map B GREATER PORTLAND AND CASCO BAY

7. SCARBOROUGH MARSH

Scarborough Marsh encompasses over 3,000 acres of estuarine saltmarsh, 15 percent of the state's total. It produces the most abundant and diverse flocks of waterfowl and wading birds in migration, some of which breed here. The range of Nelson's and Saltmarsh Sharp-tailed Sparrows overlaps and interbreeding occurs. Glossy Ibises, Great Blue Herons, and Snowy Egrets are common. Little Blue Herons are regular and Great Egrets, Tricolored Herons, and Black-crowned Night-Herons are uncommon. In winter, Rough-legged Hawks turn up regularly and Snowy Owls are rare. The seasonal Maine Audubon Nature Center midway along Pine Point Road can provide trail maps, birding tips, canoe rentals, and a bird-sighting register. In season there are regularly scheduled nature walks. The Eastern Trail walk/bike path is the preferred place to see both sharp-tailed sparrows.

DIRECTIONS:

Route 1 through Scarborough passes through the north edge of Scarborough Marsh. Drive south along Route 1 from Portland, cross the marsh, and turn left onto Pine Point Road (Route 9) at Dunstan Landing. Proceed to the Maine Audubon Nature Center parking lot to begin the adventure. From Saco, drive north on Route 1. Pine Point Road will be a right turn at Dunstan Landing.

J F M A M J J A S O N D

8. PINE POINT

Pine Point is where the outflow of several streams mix with the incoming tide at the mouth of Scarborough Marsh, concentrating a rich food source. From late summer through autumn, check the large flocks of Bonaparte's Gulls for vagrant Common Black-headed Gulls and Little Gulls. Semipalmated Sandpipers and Plovers are plentiful in late summer, to be replaced by Dunlins later in autumn. In the height of shorebird season, stay alert for White-rumped, Pectoral, Stilt, and

Baird's Sandpipers, and Hudsonian Godwits. Check the oceanside beach at Pine Point. From fall through spring, the waters usually contain scoters, eiders, grebes, and loons. The jetty on the far north end of the beach is attractive to terns, and this is a good mainland site to look for Roseate Terns in summer.

DIRECTIONS:

From Route 1 in Scarborough and Scarborough Marsh, continue along Pine Point Road (Route 9) until it bends abruptly right toward Old Orchard Beach. Instead, turn left and follow to the town landing. There are two lefts—the first is East Grand; the second is King Street. Both end at the town landing.

J F M A M J J A S O N D

9. KETTLE COVE

Kettle Cove at the far eastern end of Crescent Beach State Park offers good winter views of beaches and waters. Look for loons, eiders, grebes, goldeneyes, and scoters. Mallards and American Black Ducks probe the shallows. Brant favor this spot in late winter. The spit can attract Horned Larks, Snow Buntings, and Lapland Longspurs in winter.

DIRECTIONS:

Kettle Cove is just 0.2 miles south of the entrance to Two Lights State Park or 0.8 miles north of Crescent Beach State Park. Look for the turn onto Ocean House Road and follow the sign to "Kettle Cove Area."

J F M A M J J A S O N D

10. DYER POINT

Dyer Point is a rocky promontory that pokes well into the Atlantic, and every Maine alcid is possible in fall and winter. Expect scoters, eiders, Buffleheads, Long-tailed Ducks, Black Guillemots, Horned Grebes, and Great Cormorants. Check the loons for a possible Red-throated Loon or even a vagrant Pacific Loon. In late summer,

check for Northern Gannets, Great, Sooty, and Manx Shearwaters, and migrating Parasitic and Pomarine Jaegers. In winter, Purple Sandpipers are possible. Nearby Two Lights State Park has a better view to the southeast, and its brushy habitat and mature conifer thickets make for good migrant trapping in spring. May be icy in winter.

DIRECTIONS:

From north or south, take Route 77 to Two Lights Road and follow to the end. From the north, Two Lights Road is about 5.4 miles from the bridge in Portland. From the south, it's 5.5 miles from the intersections of Routes 207 and 77 in Scarborough.

J F M A M J J A S O N D

11. FULLER FARM

Fuller Farm is a 220-acre tract, which encompasses about 70 acres of grassland and hay fields—ideal for Savannah Sparrows, Bobolinks, and Eastern Meadowlarks. At least 21 species of warbler and 13 sparrows have been documented. Possibilities include Eastern Towhees, Indigo Buntings, Field Sparrows, and Black-billed and Yellow-billed Cuckoos.

DIRECTIONS:

From Exit 42 off the Maine Turnpike (I-95): at the first light, go left onto Payne Road, and left at the next light onto Holmes Road. Continue to the second intersection marked by a blinking light and turn right on Broadturn Road. Go approximately 1 mile to the farm's parking area on the right. Look for the kiosk in the parking area next to a large field. From Scarborough Marsh, Broadturn Road is directly across from Pine Point Road (Route 9) at Dunstan Corner. Fuller Farm is 4.1 miles northwest of Route 1.

J F M A M J J A S O N D

12. HINCKLEY PARK

Hinckley Park in residential South Portland is 40 acres of varied habitat. Expect a good variety of warblers in breeding season, including occasional Blue-winged Warblers. Check for Rough-winged Swallows over the ponds.

DIRECTIONS:

From downtown Portland, take the bridge to South Portland along Route 77. After crossing the bridge, continue for 0.8 miles along Route 77 (turn right on Ocean Street), and then turn right onto Highland Avenue. Follow for 0.3 miles and look for the park entrance on the left. From I-295, drive south toward South Portland, crossing the Fore River to Exit 4. Follow the signs to Route 1 (Main Street) in South Portland. Proceed south on Route 1 (Main Street) and turn left onto Broadway. Follow Broadway 2.3 miles to Route 77 (Ocean Street). Turn right onto Ocean Street, and follow 0.2 miles to the right turn onto Highland Avenue.

J F M A M J J A S O N D



13. EASTERN PROMENADE

Eastern Promenade, at the northeast end of Portland, extends into Casco Bay. Scan for common sea ducks, gulls, and perhaps an eagle. Song Sparrows overwinter in the brush along this path and other specialties such as Orange-crowned Warblers turn up in late autumn.

DIRECTIONS:

Washington Avenue intersects Eastern Promenade at its westernmost point. Follow around to Cutter Street and descend to the parking and boat launch area.

J F M A M J J A S O N D



14. EVERGREEN CEMETERY

Evergreen Cemetery is Maine's premier site for warbler fallouts in May. Maine Audubon leads daily walks at 7am in mid-May with some of the state's leading experts. Check the schedule at www.maineaudubon.org. The best area is around the ponds at the back of the cemetery and on the footpaths associated with them.

DIRECTIONS:

From I-295, take Forest Avenue north at Exit 6. Continue north about a mile to a five-street intersection. Make a gentle left turn onto Woodford Street in front of the Dunkin' Donuts and follow to Stevens Avenue. Turn right onto Stevens, go past Deering High School, and look for the Evergreen Cemetery in about half a mile. Enter through the cemetery's second gate and proceed to the ponds at the back of the cemetery.

J F M A M J J A S O N D



15. CAPISIC POND PARK

Capisic Pond Park contains Portland's largest freshwater pond and many flowering trees. This 18-acre park borders on the Fore River, improving its attractiveness to songbirds, particularly Orchard Orioles. Soras and Virginia Rails breed in the cattails. It's a good place to look for migrating sparrows in spring and fall, and for fruit-loving birds in winter. Often done in combination with Evergreen Cemetery, which is only five minutes away.

DIRECTIONS:

From I-295 in Portland, exit west onto Congress Street at Exit 5 (5A from the south, 5B from the north). Follow Congress Street for less than half a mile, and then turn right onto Stevens Avenue, which is Route 9 East. In 0.2 miles, turn left at the light onto Frost/Capisic Street. Follow Capisic straight ahead, looking for Macy Street on the right. A small parking lot is available in front of the Capisic Pond Park sign. From Evergreen Cemetery, turn right onto Stevens Avenue and follow 1.2 miles to the right turn onto Frost/Capisic Street. Follow as above.

J F M A M J J A S O N D



16. MAINE AUDUBON'S GILSLAND FARM

Maine Audubon's Gilsland Farm in Falmouth is a 65-acre sanctuary open during daylight hours. Feeders around the center attract finches, sparrows, and a variety of other seedeaters. Tree and Barn Swallows nest on site; Bobolinks and Eastern Meadowlarks populate the meadows. The West Meadow Trail meanders through a forested wetland before circling the meadow. Two blinds overlook the Presumpscot River estuary. The Pond Meadow Trail leads to a pond where wading birds keep company with muskrats. The North Meadow Trail also passes through a grove of mature red oaks and hemlocks before entering the meadow.

DIRECTIONS:

From the north: take I-295 to Exit 10 and then left on Bucknam Road. At the light turn right onto Route 1 and continue south for one mile. After the blinking light at the intersection of Routes 1 and 88, the entrance to Gilsland Farm Road is on the right at the light blue sign. From the south: take I-295 to Exit 9. Continue 1.9 miles north on Route 1 and turn left onto Gilsland Farm Road at the light blue sign, immediately before the intersection of Routes 1 and 88.

J F M A M J J A S O N D



17. BRADBURY MOUNTAIN STATE PARK

Bradbury Mountain State Park is one of Maine's premier hawk-watching sites on any southerly or southwesterly breeze in early spring. Multi-use trails are productive for common songbirds throughout summer.

DIRECTIONS:

From I-295, take Freeport Exit 22 and head west off the highway. Turn left and follow the sign toward Bradbury Mountain State Park. After 4.5 miles, turn right onto Route 9 (Hallowell Road.) The park is 0.5 miles ahead on the left.

J F M A M J J A S O N D



18. FLORIDA LAKE CONSERVATION AND RECREATION AREA

Florida Lake Conservation and Recreation Area protects 167 acres and a small lake. Several trails wind through differing habitats, producing a good variety of songbirds. The lake attracts waterfowl and wading birds in migration.

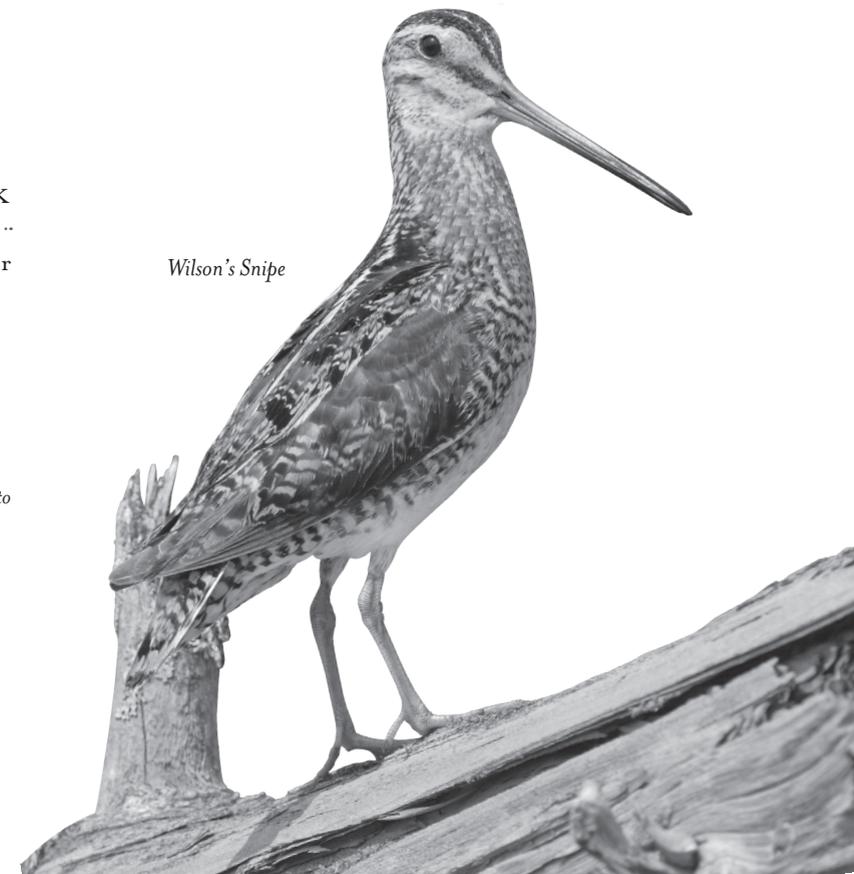
DIRECTIONS:

From I-295, take Freeport Exit 22 and head west off the highway. Florida Lake is 3.1 miles from the I-295 exit. From the exit, turn right onto Route 136/125, and continue to follow Route 125 when it diverges from 136 a half-mile later. After about 1.5 miles, look for the Florida Lake sign on the right. The access road runs behind some small homes to reach the parking lot 500 feet into the property.

J F M A M J J A S O N D

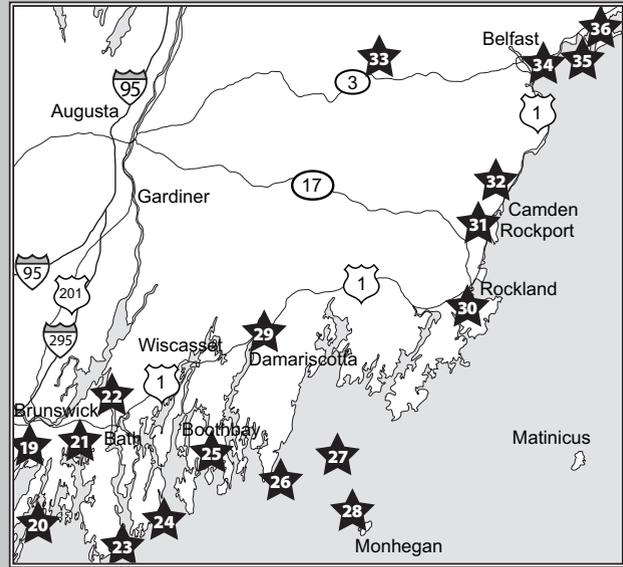


Wilson's Snipe



MIDCOAST REGION

MAP C



Deeply cut by rivers and bays whose tidal currents wind through hundreds of islands, this region harbors a mix of both freshwater and saltwater birds. Along this shore the boreal spruce forest extends to its southernmost limit, providing nesting habitat for birds normally associated with higher latitudes and altitudes.

FOR MORE INFORMATION ON THE MIDCOAST REGION VISIT
WWW.MAINESMIDCOAST.COM

Map C MIDCOAST REGION

19. MAQUOIT BAY

Maquoit Bay attracts shorebirds and waterfowl in migration. Dabbling ducks take over as the tide rises, while diving ducks may be found in the deeper channels at any tide. Check for wading birds in summer.

DIRECTIONS:

Proceed south on Maine Street 0.2 miles past the intersection with Pleasant Hill Road to where Maine Street splits into Merepoint Road and Maquoit Road. Bear right at the split and follow Maquoit Road 1.9 miles to a small dirt parking lot at Wharton Point, which overlooks the bay at a good vantage point.

J F M A M J J A S O N D

20. THE COASTAL STUDIES CENTER

The Coastal Studies Center is run by Bowdoin College and is located on a peninsula of Orrs Island, south of Brunswick. Walking trails roam through 116 acres of forests and fields, including several trails that offer extensive ocean views. In May, there is often opportunity to enjoy an influx of summer warblers before the wintering sea ducks have departed northward. June and July are promising for many of Maine's summer songbirds.

DIRECTIONS:

From Brunswick, take Route 123 (Harpswell Road) south 6.1 miles, turn left onto Mountain Road, proceed 2.7 miles and turn right onto Route 24 (Harpswell Island Road). Proceed another 2.6 miles and turn right on Bayview Road. The entrance is 0.8 miles from the intersection and the parking lot is another 0.2 miles. From Cook's Corner on Route 1, take Route 24 for 11.25 miles all the way to the right turn on Bayview Road.

J F M A M J J A S O N D



21. HAMILTON AUDUBON SANCTUARY

Hamilton Audubon Sanctuary has a mile of trails through open meadows and mixed woodland along a peninsula in the New Meadows River. Common songbirds are plentiful. The cove can be good for Common Eiders with young in early summer and Snowy Egrets in late summer. At low tide, check mud flats for shorebirds.

DIRECTIONS:

Take the New Meadows exit off Route 1 and turn left onto New Meadows Road, which turns into Foster Point Road after the stop sign. The sanctuary is 4 miles from Route 1 and 3 miles from the beginning of Foster Point Road.

J F M A M J J A S O N D



22. THORNE HEAD PRESERVE

Thorne Head Preserve, under the protection of Kennebec Estuary Land Trust, is rich in common warblers and vireos. Blackburnian Warblers are noteworthy. The paths are easy, providing level walking under a canopy of mature trees.

DIRECTIONS:

From downtown Bath, follow High Street north 2 miles to the end.

J F M A M J J A S O N D



23. POPHAM BEACH STATE PARK

Popham Beach State Park is extraordinary year-round. In winter, expect Common and Red-throated Loons, eiders, scoters, grebes, mergansers, Buffleheads, and Long-tailed Ducks. Horned Larks and Snow Buntings may forage on the beach. Also look for Northern Shrikes and crossbills. In summer, Piping Plovers and Least Terns sometimes breed. Common, Arctic, and Roseate Terns forage offshore. The salt marsh is habitat for Great

Blue Herons and Snowy Egrets. American Bitterns, Green Herons and Black-crowned Night-Herons; and Great Egrets turn up regularly. Saltmarsh and Nelson's Sharp-tailed Sparrows are possible. Sandpipers and plovers stop during migration. Before leaving the area, continue on Route 209 to the end. Fort Popham has guarded the entrance to the Kennebec River since the U.S. Civil War and provides another sheltered spot to scan for Long-tailed Ducks, Buffleheads, goldeneyes, and terns.

DIRECTIONS:

From Bath, proceed south on Route 209 toward Phippsburg. At 11 miles, turn left and continue following Route 209 to the park entrance at 15 miles.

J F M A M J J A S O N D



24. REID STATE PARK

Reid State Park provides outstanding birding in all seasons. It is ideal for wintering scoters, mergansers, grebes, Long-tailed Ducks, and Black Guillemots. King Eiders have turned up among the rafts of Common Eiders. Purple Sandpipers are common on the rocks at both ends of the beach. Exercise caution when Piping Plovers and Least Terns are nesting in summer.

DIRECTIONS:

From Woolwich (on the east side of the Kennebec River from Bath) take Route 127 south through Arrowsic and Georgetown 10.7 miles to the right turn toward the park. Follow to the gate.

J F M A M J J A S O N D



25. LOBSTER COVE MEADOW

Lobster Cove Meadow in Boothbay is the most productive of several properties owned by the Boothbay Region Land Trust. The combination of ATV trails and footpaths winds through a mature softwood forest of white pine and spruce, following the slope downward through an open grassy meadow dotted with ancient apple trees, until reaching an extensive marsh. Twenty-one warbler species have been observed on the property. Green Herons, Least Bitterns, Virginia Rails, and Soras have been found in the marsh.

DIRECTIONS:

From the intersection of Routes 27 and 96 in Boothbay Harbor, take Route 96 for 0.4 miles. Turn right onto Eastern Avenue for 0.1 miles. Look for a small parking lot on the left at the trail entrance. The trail begins to the left of a private residence.

J F M A M J J A S O N D



26. PEMAQUID POINT

Pemaquid Point extends well into the Atlantic Ocean. From the lighthouse, Common Eiders and Black Guillemots are usually observable. Common Loons, scoters, and Red-necked and Horned Grebes are regular in winter, and a King Eider is possible. In summer, shearwaters sometimes approach land. In migration season, this is an ideal place to observe Northern Gannets. Parasitic and Pomarine Jaegers are seen annually. Check both the fields and the surrounding trees for unusual migrants, especially in autumn.

DIRECTIONS:

From Route 1, there are two roads that lead to Pemaquid Point. From the south, the more direct choice is Route 129 from Damariscotta, bearing right onto Route 130 through Bristol, on through New Harbor and on to Pemaquid. From this direction, it is just shy of 12 miles to Pemaquid from Route 1A. From the north, take Route 32 south from Waldoboro. At the end of 19.7 miles, it will intersect with Route 130 in New Harbor, and the total distance to Pemaquid will be 22.6 miles.

J F M A M J J A S O N D



27. EASTERN EGG ROCK

Eastern Egg Rock is an 11-acre island located six miles from New Harbor. Common, Arctic, and Roseate Tern colonies are also established on the island and it is one of the most reliable places to see Roseate Terns in Maine. The island is visited every day during puffin season by The Hardy Boat, which is docked at New Harbor. See www.hardyboat.com or call 1-800-2-PUFFIN. Cap'n Fish circles the island three times a week from Boothbay Harbor. See www.mainewhales.com or call 800-633-0860. The Monhegan Boat Line in Port Clyde visits the island five times a during the puffin season, mid-June through August. See www.monheganboat.com/puffin.html or call 207-372-8848.

J F M A M J J A S O N D



28. MONHEGAN ISLAND

Monhegan Island is a famous migrant trap and the birds often descend into the village itself. Though the island is only one square mile in size, 17 miles of interwoven trails crisscross it. Northern Gannets, and perhaps Parasitic or Pomarine Jaegers, are seen from the cliffs. Breeding Common Eiders and Black Guillemots surround the island. Peak birding occurs during the last three weeks of May and from late August through early October. A morning might turn up 20 different species of warbler. Blackpolls are summer breeders. Sharp-shinned Hawks, American Kestrels, Merlins, and Peregrine Falcons follow coastal migration routes and often get caught out on the island. Three boats provide ferry service to the island. The Monhegan Boat Line (www.monheganboat.com) departs from Port Clyde and provides three daily trips in summer, two daily in spring and fall, and three trips a week in winter. Call 207-372-8848. Hardy Boat Cruises (www.hardyboat.com) provides two daily trips in summer and one daily trip in spring, departing from New Harbor. Call 800-278-3346.

The Balmy Days II (www.balmydayscruises.com) makes daily round trips from Boothbay Harbor and also offers an additional half-hour cruise around the island in the afternoon. Call 800-298-2284. All three boats pass close enough to nesting islands to assure sightings of terns. Wilson's Storm-Petrels move into the waters in June, while Great and Sooty Shearwaters are sometimes seen.

J F M A M J J A S O N D



29. GREAT SALT BAY FARM

Great Salt Bay Farm sits atop 115 acres of former farmland overlooking the Damariscotta River. A restored marsh is breeding habitat for American Black Ducks, Wood Ducks, and Hooded Mergansers, while other waterfowl are present in migration. Green Herons, and American Bitterns are common and readily observable. Virginia Rails and Marsh Wrens may be heard at any time through summer. Ospreys and Bald Eagles are common sights over the nearby river.

DIRECTIONS:

Great Salt Bay Farm is located on Belvedere Road off Route 1 (the blinking yellow light about 1 mile north of the Damariscotta exit).

J F M A M J J A S O N D



30. WESKEAG MARSH

Weskeag Marsh in South Thomaston is one of Maine's best birding marshes. The state manages 537 of these acres as the R. Waldo Tyler Wildlife Management Area. Weskeag Marsh is noted for waders, waterfowl, and shorebirds. It is the northernmost site where the breeding ranges of Nelson's and Saltmarsh Sharp-tailed Sparrows overlap, though the former is seen more often. A general view of the marsh can be enjoyed from the small parking area where Buttermilk Lane crosses the Weskeag flowage. Avoid tramping into the wetland areas. It is usually possible

to locate the Nelson's Sharp-tailed Sparrows where the stream crosses under the main road. Good views can also be had from the adjacent slopes of the hayfield and the Maine Department of Inland Fisheries and Wildlife is currently forging plans for better access.

DIRECTIONS:

From Route 1 in Thomaston, turn onto Buttermilk Road and in 0.8 miles look for the parking turn at the marsh.

J F M A M J J A S O N D

31. BEECH HILL PRESERVE

Beech Hill Preserve is a 295-acre property of the Coastal Mountains Land Trust. It conserves the only bald hilltop in the area, including an old stone building at the summit that is on the National Register of Historic Places. The preferred trail begins in mature woods among Hermit Thrushes and Ovenbirds, later traversing a large area of regenerating forest that provides habitat for many Eastern Towhees, Catbirds, and Song Sparrows. Field and Savannah Sparrows are known nesters in the grassland near the summit. Yellow, Chestnut-sided, and Prairie Warbler sightings are possible. Snowy and Short-eared Owls have been noted around the summit in the off-season. Snow Buntings are possible from early autumn through winter.

DIRECTIONS:

From southbound on Route 1, pass Route 90 in West Rockport and turn right just beyond Fresh Off The Farm onto Rockville Street. Turn right again, following Rockville Street 0.75 miles to the trailhead parking lot. From northbound on Route 1, turn left onto South Street and follow 1.3 miles to Rockville Street. Turn right onto Rockville Street and look for the parking lot ahead.

J F M A M J J A S O N D



32. CAMDEN HILLS STATE PARK

Camden Hills State Park provides over 25 miles of trail across a series of peaks, marching through mixed forest. Views of Penobscot Bay are stunning. Maine’s common bird species are found throughout the park. The summits of Mt. Megunticook and Mt. Battie are fruitful during hawk migration.

DIRECTIONS:

The entrance is prominently marked on Route 1 north of Camden.



33. THE SHEEPSHOT WELLSRING LAND ALLIANCE

The Sheepscot Wellspring Land Alliance is a relatively new land trust that offers hiking trails through mixed forest habitat in Montville. The forest is such an equal mix of hard and softwood trees that species common to both forest types are often found here.

DIRECTIONS:

All trails are on Halldale Road. The main trail enters the woods just before a pond, located 0.5 miles west of the intersection with Route 220 (South Mountain Valley Road). Park on the shoulder. The trail loops around the pond, and a more distant marsh, returning to Halldale Road 0.25 miles west of the entrance.



34. BELFAST HARBOR

Belfast Harbor is productive year-round but particularly in winter, when it is one of the prime spots to look for Iceland and Glaucous gulls and Barrow’s Goldeneyes. Scan from the harbor pier itself and the footbridge off Water Street.

DIRECTIONS:

Route 1 skirts Belfast. From the south, exit onto Northport Avenue and follow into town where it becomes High Street. In the center of town, turn right onto Main Street,

and the Town Pier is at the bottom of the street. From the north, exit onto Route 137 after crossing the Passagassawaukeag Bridge, turn left onto High Street, and left again onto Main Street, following to the end.



35. SEARS ISLAND

Sears Island is a good spot for strolling and birding. A paved road runs up the spine of the island, but there are also several paths that are the remnants of the old farm roads that once crisscrossed the island. A variety of warblers and sparrows are common in summer. Also check for gulls, sea ducks, and shorebirds along the causeway to the island.

DIRECTIONS:

From Route 1, turn onto Sears Island Road 2 miles north of Searsport. Follow a short distance to the gate.



36. FORT POINT STATE PARK

Fort Point State Park marks the site of a colonial fort guarding the Penobscot River. It sits in a spruce-fir forest that encourages songbird variety, which can be enjoyed by walking the mile-long entrance road. The park itself overlooks the bay, which is a good spot to look for loons, sea ducks, and eagles. The pier on the north edge of the park is a good place to look for Ruddy Ducks in the off-season. The gate is closed in winter, but visitors may park and walk from the entrance.

DIRECTIONS:

From Route 1 in Stockton Springs, follow the signs 3.1 miles to the park, along Cape Jellison Road, bearing left at the split.

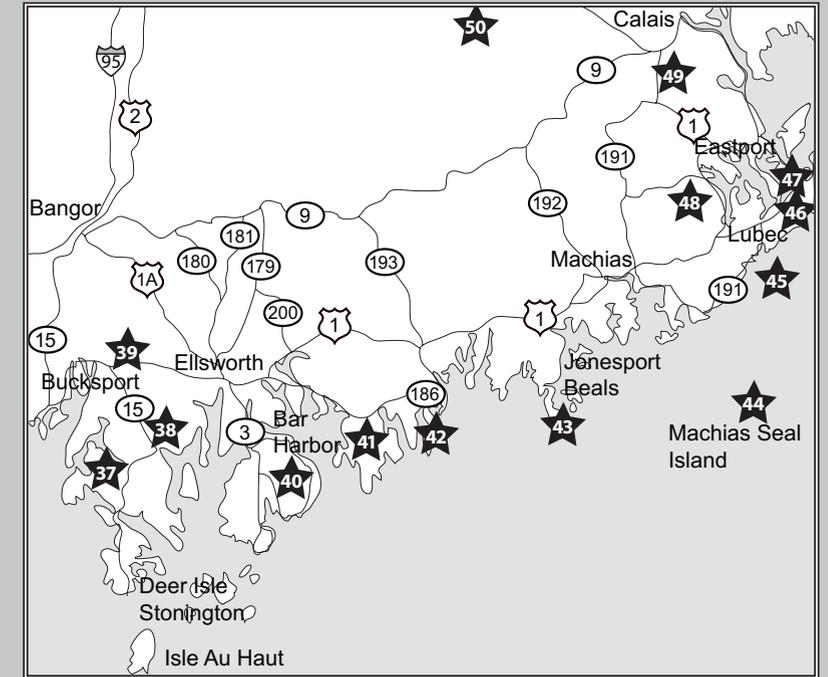


DOWNEAST AND ACADIA

MAP D

With its cold nutrient-rich seawater, high tidal ranges, and coastal spruce forest, this is the true boreal coast that harbors a rich array of seabirds, waterfowl, and breeding warblers. The large tracts of forest, large lakes, and blueberry barrens of the interior invite exploring for northern birds.

FOR MORE INFORMATION ON DOWNEAST AND ACADIA VISIT WWW.DOWNEASTACADIA.COM



Map D DOWNEAST AND ACADIA

37. HOLBROOK ISLAND SANCTUARY STATE PARK

Holbrook Island Sanctuary State Park is a network of old roads, paths, and animal trails ideal for birding. There are a variety of ponds, marshes, forests, and shoreline that can take a full day to explore. Maps and a local bird checklist are available at the visitor’s center. Check Smith Cove for Bald Eagles, Ospreys, Great Blue Herons, and a variety of bay ducks. The quick hike to the summit of Backwoods Mountain passes through wooded uplands filled with common songbirds. The Beaver Flowage Trail is easy but often wet, offering warblers and songbirds that

favor secondary growth. Canada Warblers are to be found in the low thickets bordering the wet areas.

DIRECTIONS:

From Route 176 in Brooksville, turn north onto Cape Rosier Road. Proceed 1.5 miles and watch for a small sign that indicates the right turn onto Back Road. Continue less than a mile and turn right again onto Indian Bar Road.



38. BLUE HILL MOUNTAIN

Blue Hill Mountain is a hill of multiple uses, all of which make it ideal for birding. Much of the hill is maintained for blueberries and open grassland, making it one of the better places to find Field Sparrows, Eastern Towhees, 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. In autumn, migrating raptors glide across Blue Hill Bay from the peaks of Acadia National Park and pass the summit. The most commonly used trail ascends the summit from Mountain Road, where a parking lot is available at the trailhead.

DIRECTIONS:

Look for Mountain Road stretching between Routes 15 and 172 just north of Blue Hill Village.



39. THE WILDLANDS

The Wildlands consists of 4,300 acres preserved by the Great Pond Mountain Conservation Trust for multiple use, including biking, horseback riding, cross-country skiing, and birding. Surveys have turned up Whip-poor-wills, Northern Saw-whet Owls, Ruffed Grouse, American Woodcocks, and plenty of songbirds. The viewshed is extensive and the regrowth areas are productive and varied. There are two sections. Hothole Valley is the larger at 3,420 acres. From the trailhead on Route 1, a gravel road runs through the center, with a number of foot trails leading from it. The Dead River Section is 875 wooded acres sandwiched between Great Pond Mountain and the Dead River Flowage. Choose the former for upland birds in dry habitat. Choose the latter for wetland birds, including those to be found in “Hellbottom Swamp.” Otters and beavers are among the possible sightings there, and moose may be encountered in either area.

DIRECTIONS:

From Route 1, access the Dead River Section via boat launch at Craig Brook National Fish Hatchery on Alamoosook Lake or on foot from Don Fish Trail, 0.5 miles past the Hatchery. The parking lot and trailhead for the Hothole Valley section are on Route 1, just west of the intersection with Route 176. There is also a North Gate on Bald Mountain Road in Dedham.



40. ACADIA NATIONAL PARK (MOUNT DESERT ISLAND)

Acadia National Park (Mount Desert Island) provides maps and information at its visitors center on Route 3 just before Bar Harbor. The park’s network of hiking trails and carriage paths augments the birding available by car along the loop road. Some of the prime sites include:

Thompson Island – Best in winter when eiders, mergansers, goldeneyes, and other waterfowl are present, sometimes in large numbers at high tide. View from the picnic area (gated in winter).

Park Loop Road – Pullouts and picnic areas provide good general birding. The road is closed in winter, except for the popular section between the entrance station and Otter Cliff, which includes Sand Beach and Thunder Hole. Sea ducks and Purple Sandpipers are noteworthy along this section in winter. The winter access is marked by a small sign in front of the Ocean Drive Dairy Bar south of Bar Harbor on Route 3.

Sieur de Monts – A botanical garden and set of hiking paths make it one of the best places in the park for songbird variety.

Precipice Trail – Peregrine Falcons nest on the cliffs in early summer. Rangers with spotting scopes can help visitors spot the birds.

Cadillac Mountain – A premier hawk-watching site in autumn, with rangers stationed to assist. In summer, Eastern Towhees and Dark-eyed Juncos breed around the summit.

Jordan Pond – The trails and carriage paths in this area are good for songbirds.

Beech Mountain – A short hike to exposed ledges provides access to excellent hawk-watching in September.

Seawall – A prominent rock beach in Manset is excellent for sea ducks in all seasons, especially winter. Watch for Purple Sandpipers.

Wonderland and Ship Harbor Trails – Excellent for warblers; crossbills are uncommon in irruptive years.

All harbors on the island have Black Guillemots in summer and Long-tailed Ducks in winter. The view from the Bar Harbor pier is particularly productive. Also check the Bar Harbor sand bar at high tide in winter for sea ducks.

Whale-watch boats encounter many pelagic birds. Watch for Great, Sooty, and Manx Shearwaters, Wilson’s and Leach’s Storm-Petrels, Red-necked and Red Phalaropes, Parasitic and Pomarine Jaegers, Northern Gannets and Northern Fulmars.

DIRECTIONS:

I-95 north to Augusta, then Route 3 east to Ellsworth and on to Mount Desert Island. Alternate route: I-95 north to Bangor, Route 1A east to Ellsworth, then Route 3 to Mount Desert Island.



41. ACADIA NATIONAL PARK (SCHOODIC POINT)

Acadia National Park (Schoodic Point) does not have a visitor center. Sea ducks are plentiful around the loop road, and there are many pullouts. Purple Sandpipers are regularly encountered along the rocky shore in winter. Warblers in summer and finches in winter may be expected in the spruce trees, while crossbills are a good bet in irruptive years.

Frazer Point – The open space and low shrubbery are good for warblers, and the picnic area provides a wide-open look at the channel where winter sea ducks are often visible.

Schoodic Head – The access road has produced Black-backed Woodpeckers (rare), and occasional Spruce Grouses have been noted on the summit. The road is closed in winter but even in summer, birders often elect to park at the bottom and hike the length.

Arey Cove – The cove just before Schoodic Point is good for sea ducks, particularly in winter.

Schoodic Point – Close views of eiders, mergansers, guillemots, and scoters are possible, along with wintering Harlequin Ducks and Buffleheads. Scan for distant Northern Gannets at any time except mid-winter.

Blueberry Hill – Scan for sea ducks. Thick-billed Murres are sometimes seen in winter. Great Cormorants are noteworthy in winter, Double-crested in summer.

DIRECTIONS:

From Ellsworth, continue on Route 1 for 19 miles to West Gouldsboro. Turn right onto Route 186 toward Winter Harbor. Proceed approximately 6 miles to a right that leads to the Schoodic Park area.



42. PETIT MANAN

Petit Manan is part of the Maine Coastal Islands National Wildlife Refuge. The Birch Point Trail begins near the parking lot, where a kiosk provides trail guides and bird lists. The trail gently slopes over a variety of habitat, including some boreal areas where Spruce Grouse are occasionally encountered. The Hollingworth Trail is a more rugged 1.5 mile round-trip that leads to the eastern shore of the point. Driving or walking from the entry parking lot for about half a mile reaches this trail. From the shore, sea ducks and Laughing Gulls are likely. Petit Manan Island is offshore, home to Maine’s second tallest lighthouse and a robust Atlantic Puffin colony.

DIRECTIONS:

Petit Manan peninsula lies at the end of Pigeon Hill Road. The turn onto Pigeon Hill Road from Route 1 is small and not well marked. It is 2.2 miles south of Milbridge or 2.9 miles north of Steuben on Route 1. Follow Pigeon Hill Road through a tiny village and fishing community to its termination at the refuge.



43. GREAT WASS ISLAND

Great Wass Island contains an excellent preserve of The Nature Conservancy. It 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. Common Loons and sea ducks are regular along the shoreline. In any season, harbor seals haul out in great numbers off Cape Cove. One trail exits the parking lot, diverging into two: the Mud Hole Trail and the Little Cape Point Trail 100 yards later. The left fork (Mud Hole) meanders through spruce and fir for 1.5 miles until it reaches a narrow cove. From here it winds east until reaching Mud Hole Point. The right fork wanders 2 miles through a jack pine, spruce, and fir forest carpeted in thick moss. After about a mile, open ledges offer a glimpse of the preserve’s best bog areas. It is possible to do both trails as a loop. A cairn and a red marker indicate the shoreline terminus for each trail. Walk the shoreline between them for a loop of about 5 miles.

DIRECTIONS:

Proceed through Jonesport, then Beals, and continue across the causeway to Great Wass Island. After 3 miles on a small road, look for the parking lot for The Nature Conservancy on the left.



44. MACHIAS SEAL ISLAND

Machias Seal Island is the best offshore birding experience in Maine. The island is famous for its large Atlantic Puffin colony, but Razorbills and Common Murres are also plentiful. When conditions permit, it is possible to land on the island and watch the birds closely from blinds. Captain Andy Patterson operates the Bold Coast Charter Company out of Cutler. Info at www.boldeast.com and 1-207-259-4484.



45. CUTLER UNIT - BOLD COAST TRAILS

Cutler Unit - Bold Coast Trails are on Maine Public Reserve Land in Cutler. These hiking trails are extraordinary and seldom crowded, traversing some of the best boreal habitat in the state. Boreal Chickadees, Spruce Grouse and coniferous-loving warblers are present. Nearly 200 species have been recorded on or near this 2,190-acre unit, including Merlin, Peregrine Falcon, and six owl species. Not only Common Eiders and Black Guillemots are easily observed from the coastal trail but also seals, porpoises, and sometimes whales. Black bear, moose, deer, bobcat, and coyote inhabit the preserve. Good footwear and adequate hiking ability required.

DIRECTIONS:

The Bold Coast Trails are located along Route 191, three miles north of Cutler.



46. QUODDY HEAD STATE PARK

Quoddy Head State Park is home to one of Maine’s best-known lighthouses, located on the easternmost point in the United States. While eiders, loons, guillemots, and mergansers are regular treats, Razorbills are occasionally seen in all seasons. Scan Sail Rock for Double-crested Cormorants in summer, Black-legged Kittiwakes in autumn, and Great Cormorants in winter. Boreal Chickadees are sometimes encountered in the parking lot. While the park contains 4.5 miles of trails, the Bog Trail is particularly exceptional, with breeding Yellow-bellied Flycatchers, Palm Warblers, and Lincoln’s Sparrows.

DIRECTIONS:

Follow Route 189 toward Lubec 9.6 miles from the intersection with Route 1 in Whiting. Turn right on South Lubec Road and follow to the end. From Route 191 via the Boot Cove Road, bear left 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.



47. SOUTH LUBEC SAND BAR

South Lubec Sand Bar is one of Maine’s best places to witness shorebird migration. The best period is from the second week of August through Labor Day weekend. Semipalmated Sandpipers and Plovers are the most numerous, with fewer numbers of Least and White-rumped Sandpipers. Pectoral Sandpipers are few but noticeable as they tower above their cousins. Black-bellied Plovers are plentiful and American Golden Plovers can often be found in their midst. Short-billed Dowitchers and Red Knots also occur regularly. The near sections of the sand bar are clearly posted as no trespassing and must be respected. It is permissible to park in the parking area, walk directly to the beach, and then down the beach to state land. If the parking area is full, please return later. Always view the birds from a distance. Never approach or disturb roosting birds.

DIRECTIONS:

From South Lubec Road, look for Bar Road leading to the beach. Park only in the parking area. Go directly to the beach, avoiding private property. Only the south end of the bar is owned by the state.



48. MOOSEHORN NATIONAL WILDLIFE REFUGE, EDMUNDS DIVISION

Moosehorn National Wildlife Refuge, Edmunds Division, is primarily a loop of dirt roads that navigate mixed woodland and managed wetlands. Unusual northern forest warblers and Boreal Chickadees are present in small numbers. Common warblers, flycatchers, thrushes, and woodpeckers are abundant. Wetlands may contain American Black Ducks, Hooded Mergansers, and Ring-necked Ducks. Watch for Northern Goshawks. The South Trail Road turns west from Route 1 just south of Cobscook Bay State Park. The North Trail Road likewise turns west about a mile north of the park. Both are marked with small signs and kiosks. At the far end of South Trail Road, Crane Mill Road stretches northwest to connect the two.

DIRECTIONS:

The South Trail Road is almost 4 miles north of the Route 1 intersection with Route 189. The North Trail Road is a mile farther north.



49. MOOSEHORN NATIONAL WILDLIFE REFUGE, BARING DIVISION

Moosehorn National Wildlife Refuge, Baring Division, was originally established to promote habitat for game birds, primarily American Woodcock and waterfowl. Over 220 species have been identified here. Approximately one-third of the refuge is part of the National Wilderness Preservation System. A kiosk at the visitors center has maps, bird lists, and information. There are many management roads throughout the refuge, which provide excellent bird hiking. Moose are seen regularly. Four natural lakes and 50 restored wetlands harbor an abundance of waterfowl, as well as Soras and Virginia Rails, and Marsh Wrens. Ospreys and Bald Eagles are common.

DIRECTIONS:

The refuge is obvious from Route 1 in Baring. The visitors center and most of the trails are reached from the Charlotte Road. Follow the signs.



50. DOWNEAST LAKES LAND TRUST

Downeast Lakes Land Trust in interior Washington County conserves 27,000 acres for multiple uses, including hiking and canoeing access. The Little Mayberry Cove Trail begins at the outlet dam and follows the shoreline for 2.5 miles through mature hemlock forest. Black-throated Blue Warblers, Scarlet Tanagers, and Eastern Wood-Pewees are common. The Pocumcus Lake Trail provides two loops: one loop is 1.3 miles long, the other 3.6 miles. This 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, the white pines harbor Pine Warblers and any damp tangle within the forest is likely to shelter a Canada Warbler. It's a good trail for Ruffed Grouse and moose. The trailhead is located 7.5 miles from Grand Lake Stream on the Fourth Lake Road. Wabassus Landing at Mile 6 deserves a visit. Check the flowage on both sides of the road for waterfowl. Walk the short road to the landing for warblers, thrushes, kinglets, and nuthatches.

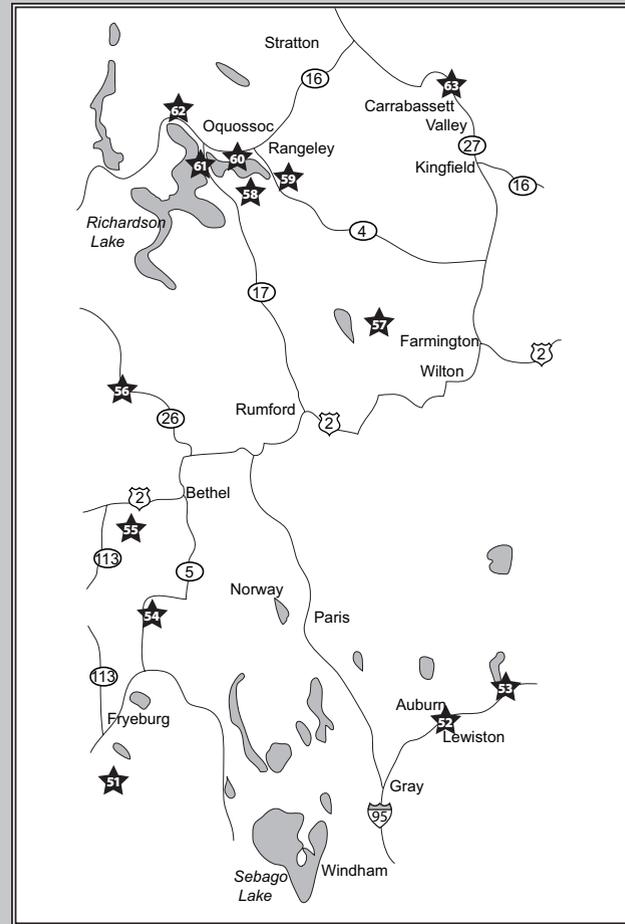
DIRECTIONS:

From Route 1 in Indian Township, 2 miles north of Princeton, turn west onto Grand Lake Stream Road and follow to the village. The land trust office is in the center of the village, opposite the convenience store. Additional maps and information are available during business hours, and at www.downeastlakes.org.



MAINE'S LAKES AND MOUNTAINS

MAP E



The eastern flank of the White Mountains and their foothills drain seaward through hundreds of lakes and wetlands in this diverse wooded region. The birdlife here reflects the transition of forest types, from high-elevation spruce forest to the bottomland hardwoods along its many rivers.

FOR MORE INFORMATION ON MAINE'S LAKES AND MOUNTAINS VISIT
WWW.MAINELAKESANDMOUNTAINS.COM

Map E MAINE'S LAKES AND MOUNTAINS

51. BROWNFIELD BOG

Brownfield Bog is valued by Maine birders because it contains species more common to southern New England. It is the most reliable Maine location to find Yellow-throated Vireos and Blue-gray Gnatcatchers. Yellow-billed and Black-billed Cuckoos are also present. The bog is part of the Saco River complex and has been improved for waterfowl management. Least Bitterns, Wilson's Snipes, and Virginia Rails reside among the reeds.

DIRECTIONS:

From Route 5/113 in Brownfield, turn east on Route 160 (Denmark Road). Blinking traffic lights protect this intersection of several roads. Proceed 1.4 miles and turn onto Lord's Hill Road, then an immediate left onto Bog Lane. (There is no other sign to indicate the property.)



52. THORNCRAG NATURE PRESERVE

Thorncrag Nature Preserve overlooks Lewiston from the highest point in the city. The Stanton Bird Club has managed this 310-acre preserve for over 80 years and maintains 3 miles of easy trail. A variety of Maine's common songbirds are present.

DIRECTIONS:

The sanctuary is reached from Sabattus Street (Route 126) on the east side of Lewiston. Look for the Hannaford Supermarket and turn onto Highland Spring Road adjacent to it. One trail entrance is at the end of Highland Spring Road, or turn left onto Montello Street, right onto East Avenue, and park at the end near the Montello Heights Reservoir.



53. SABATTUS POND

Sabattus Pond is remarkable in autumn when water levels are drawn down, exposing extensive mud flats. Surprising numbers of Semipalmated, Least, and White-rumped Sandpipers are joined by Pectoral Sandpipers, Black-bellied Plovers, Greater Yellowlegs, Short-billed Dowitchers, Killdeer, and later-arriving Dunlins. Stay alert for American Golden Plovers and Sanderlings. As the shorebirds depart, waterfowl move in. From October until freeze-up, regulars include Mallards, American Black Ducks, Ruddy Ducks, Hooded Mergansers, Common Goldeneyes, Green-winged Teals, American Wigeons, Northern Pintails, Ring-necked Ducks, both species of scaup, and American Coots. Even saltwater migrants are possible. Most of the available birding is from a small park and boat launch called Martin Point on the southwestern corner of the pond.

DIRECTIONS:

From the Maine Turnpike, take Exit 86 (ME 9 / Sabattus) and head west on Route 9. In 1.3 miles, Route 9 will turn left. Instead, proceed straight through the light for another 0.3 miles to Sabattus, and then turn right on Elm Street and right again on Lake Street to the park at Martin Point.



54. THE GREATER LOVELL LAND TRUST

The Greater Lovell Land Trust has built an inventory of birding opportunities in Western Maine. Sucker Brook Preserve is a 32-acre nature trail in Lovell. It begins and ends on Horseshoe Pond Road. The trail is best known for its profusion of Cardinal Flowers in August, but birders will find it more productive from April through July. Many common warblers, woodpeckers, and flycatchers nest within the preserve. There is a viewing platform that overlooks a bog.

DIRECTIONS:

From Route 5, take the West Lovell Road over the Narrows, past the Kezar Lake Marina. Bear left onto Foxboro Road, then right at New Road. Turn right at Horseshoe Pond Road.

The Heald Pond Preserve trail follows a jeep path, skirting the west side of Heald Pond, good for common warblers and thrushes. The Bradley Pond Preserve is part of the same parcel as Heald Pond but the access trail begins from a different parking lot. It loops through hardwood forest that leads hikers around a woodland bog.

DIRECTIONS:

From Route 5, turn east onto Slab City Road. The 2.4-mile Heald loop trail begins on Slab City Road 500 feet west of the Fairburn parking area at the south end of Heald Pond. The Bradley Pond Trail is reached via Heald Pond Road just a little farther down Slab City Road.



Evening Grosbeak

55. THE WHITE MOUNTAIN NATIONAL FOREST

The White Mountain National Forest extends across the New Hampshire border into Maine. Route 113 skirts the west side, passing through Evans Notch and providing access to scenic overlooks, trailheads, and campgrounds. Crocker Pond is a small campground (7 sites) on the east side of the forest. The access road and many of the wetlands in this area are extraordinarily rich, both in birds and moose. An auto tour begins at Patte Brook, where tour maps are normally stocked. Patte Marsh is a 45-acre wetland improved by the U.S. Forest Service and Ducks Unlimited. Waterfowl can be abundant in spring and fall. The road ends at Crocker Pond. Bird the access road, the parking area, and the Round Pond trail located beyond the parking area.

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.



56. GRAFTON NOTCH STATE PARK

Grafton Notch State Park is very popular with hikers. The Appalachian Trail twists over some of the prettiest summits in Maine, including Old Speck and Baldpate Mountains. Between the peaks, Bear River plummets alongside Route 26 through scenic drops like “Screw Auger Falls,” “Mother Walker Falls Gorge,” and “Moose Cave Gorge.” At the Appalachian Trail parking lot, Philadelphia Vireos dominate the dawn chorus. Peregrine Falcons nest on the cliffs. Spruce Meadow Picnic Area begins a transition to boreal habitat at the northern end of the park. Boreal Chickadees can be found here. This zone extends for another three miles beyond the park boundary, which can be scouted for Black-backed Woodpeckers. At higher elevations of the park, encounters include Gray Jays, Spruce Grouse,

Yellow-bellied Flycatchers, Bay-breasted Warblers, and Blackpolls. Bicknell’s Thrushes are present throughout the krummholz zone of the Mahoosuc Range.

DIRECTIONS:

The park sits astride Route 26 between Grafton and Newry.



57. MT. BLUE STATE PARK

Mt. Blue State Park is second only to Baxter State Park as the largest state park in Maine. It contains several hiking peaks and a lakefront camping area. Center Hill is a short, interpretive trail reached shortly after driving into the park. It features breeding Hermit Thrushes and Winter Wrens. Many common warblers are easily located, and Scarlet Tanagers are often audible from the parking lot.

DIRECTIONS:

From Route 2 in Wilton, turn onto Route 156 and follow the signs to the park in Weld.



58. RANGELEY LAKE STATE PARK

Rangeley Lake State Park is popular primarily for camping and swimming, but a trail winds along the edge that yields many of Maine’s common songbirds.

DIRECTIONS:

From Route 4, turn onto South Shore Drive — approximately 5 miles on right. From Route 17, turn onto South Shore Drive — approximately 3 miles on left.



59. SADDLEBACK MOUNTAIN

Saddleback Mountain is a large ski area on the outskirts of Rangeley. It is also the most reliable place to find Bicknell’s

Thrush, though the climb is very strenuous and unsuitable for many people. Saddleback Mountain management is accustomed to hikers accessing the summit via their ski trails and has marked the proper route. Check for a hiking trail map at the base lodge. Once above 2,500 feet, birders are free to enjoy Blackpolls, Bay-breasted Warblers, Boreal Chickadees, Gray Jays, and Spruce Grouse. The Bicknell’s Thrush is notorious for singing only at dawn and dusk, but its call notes may occur at any time.

DIRECTIONS:

From Route 4 just south of Rangeley, turn onto Dallas Hill Road and follow the signs.



60. HUNTER COVE

Hunter Cove is a property of the Rangeley Lakes Heritage Trust. Several trails wander through mixed habitat to a cove on Rangeley Lake. A thick stand of young spruce near the parking lot sometimes harbors Boreal Chickadees. Blackburnian Warblers are common over the first few hundred yards of the trail, and Cape May Warblers have appeared annually.

DIRECTIONS:

The entrance is on the west side of Route 4 between Rangeley and Oquossoc, at the foot of Dodge Pond Hill opposite Dodge Pond.



61. BALD MOUNTAIN

Bald Mountain is a 2,443-foot knob that separates Rangeley and Mooselookmeguntic Lakes. There is an observation tower on top that assures a superb 360-degree view. The bottom two-thirds of the ascent passes through mature hardwood forest. After 45 minutes of hiking, the

forest begins its transition to balsam fir and spruce where boreal species become more familiar.

DIRECTIONS:

The trailhead is on Bald Hill Road less than a mile from the end of Route 4 in Oquossoc.



62. BOY SCOUT ROAD

Boy Scout Road is another project of the Rangeley Lakes Heritage Trust. This dead-end, dirt road provides excellent birding through a mixture of habitats. Most of its 3-mile length shadows an alder stream, beginning in deciduous forest but changing to mixed habitat and then thick spruce over a relatively short distance. Boreal Chickadees and Gray Jays are resident, and other northern birds are likely.

DIRECTIONS:

The Boy Scout Road is on the east side of Route 16, just 1.3 miles after its split with Route 4 in Oquossoc.



63. BIGELOW PRESERVE

Bigelow Preserve features outstanding hiking trails. During an ascent of the various peaks, habitats change rapidly and a great assortment of forest birds are found. Above 3,000 feet, look and listen for Bicknell's Thrushes. Bigelow Mountain is a strenuous, all-day hike well worth the effort.

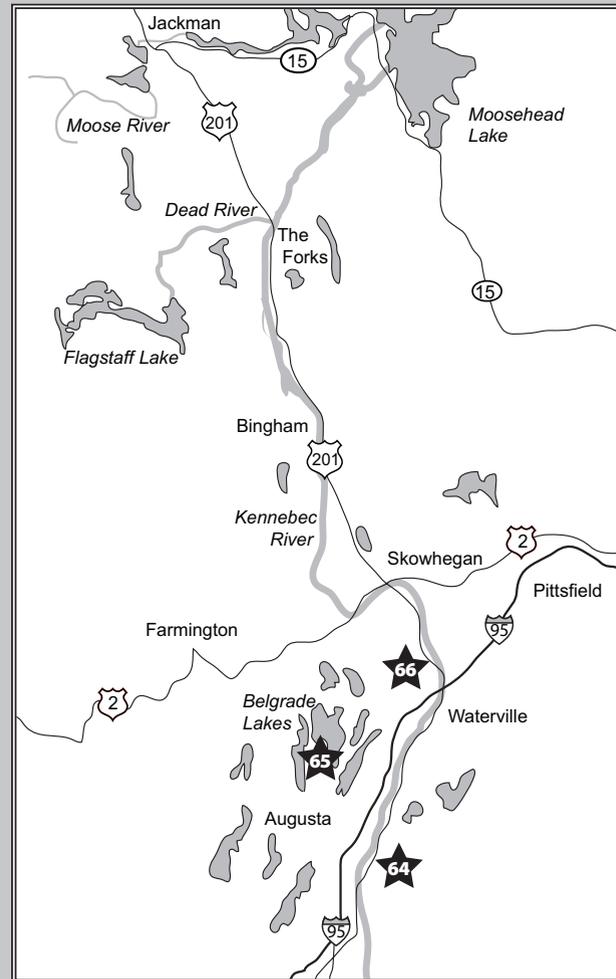
DIRECTIONS:

A major trailhead is located prominently on Route 27, which accesses all trails on both sides of the road. An alternative set of trailheads is located within the Bigelow Preserve on Stratton Pond Brook Road, marked by a small sign.



THE KENNEBEC VALLEY

MAP F



From the broad Kennebec River Valley lowlands to the high peaks of the Western Mountains, this region offers habitats for a broad cross-section of bird species.

FOR MORE INFORMATION ON THE KENNEBEC VALLEY
VISIT WWW.KENNEBECVALLEY.ORG

Map F THE KENNEBEC VALLEY

64. VILES ARBORETUM

Viles Arboretum is Augusta's best birding spot. Two dozen warbler species pass through, and many common species linger to breed. Bobolinks and Savannah Sparrows nest in the grasslands. Wilson's Snipes and Soras are in the wetlands. Expect orioles, tanagers, and flycatchers. Maps and bird lists are available at Viles Visitor Center, open Mon-Fri, 8am-4:30pm.

DIRECTIONS:

In Augusta, on the east side of the Kennebec River, follow Hospital Street (Route 9) one mile to the visitors center on the left.



65. THE KENNEBEC VALLEY

The Kennebec Valley include the highest peaks in Kennebec County, several streams, many wetlands, and five undeveloped ponds. It is a great example of a mature hardwood forest, preferred by Wood Thrushes. The area is interwoven with old logging roads, hiking paths, and multiuse trails. The Kennebec Valley Trail serves as the backbone of the main preserve. It runs along the ridge in front of the higher peaks and connects the access trails to the many other footpaths. Vienna Mountain is the tallest peak and its exposed summit can present fair hawk watching in September. French Mountain Trail is an easy hike through varied habitat that supports many common songbirds. The Sanders Hill Loop is one of the best birding trails because it crosses several habitats in rapid succession. Blueberry Hill is a pleasant picnic spot that requires only a few minutes to appreciate. Round Top Trail begins at the southern end of the preserve and packs good birds and views over a relatively short hike. Full trail maps are on sale at local stores in the area.



66. THE GOOD WILL-HINCKLEY SCHOOL

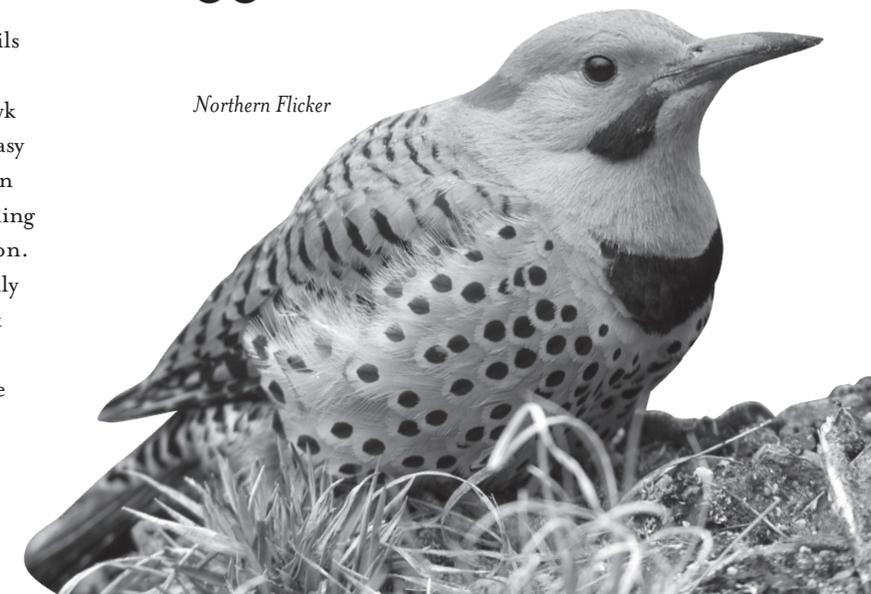
The Good Will-Hinckley School campus was built with walking trails and arboretums that start behind the L. C. Bates Museum. The Dartmouth Trail is nearly a mile long and returns via the Bowdoin Trail. There are several side trails, cut-offs, and extensions that provide alternative paths. Black-throated Green and Blackburnian Warblers, Northern Parulas, Winter Wrens, Hermit Thrushes, and Eastern Wood-Pewees are normally easy to find in the woods. Wood Thrushes and Brown Creepers are present in smaller numbers. Side trails that lead to the adjacent fields provide an opportunity to find Bobolinks, Indigo Buntings, Northern Harriers, and Wild Turkeys. Check the farm pond for Warbling Vireos, Soras, American Bitterns, and Wilson's Snipes. The museum features a mounted display of Maine birds and 19 dioramas of native species in their habitats by Impressionist artist Charles D. Hubbard. The museum organizes programs, tours, and bird walks on the property, and is open Wednesday through Sunday (closed Sunday in winter).

DIRECTIONS:

From Exit 113 off the Maine Turnpike (I-95) turn north toward Skowhegan. The campus is about 5.5 miles on the left.

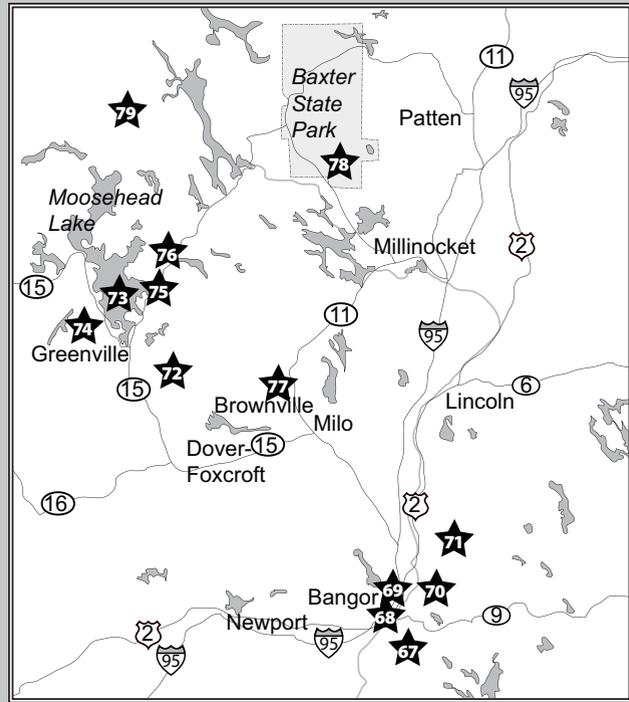


Northern Flicker



The Maine Highlands - Bangor, Katahdin, Moosehead Lake

MAP G



Rolling forested uplands interspersed with hundreds of large lakes surrounding the distinct cluster of mountains in Baxter State Park are home to a characteristic suite of northern woodland and water birds in this large and sparsely populated region.

FOR MORE INFORMATION ON
THE MAINE HIGHLANDS - BANGOR, KATAHDIN, MOOSEHEAD LAKE
VISIT WWW.THEMAINEHIGHLANDS.COM

Map G THE MAINE HIGHLANDS - BANGOR, KATAHDIN, MOOSEHEAD LAKE

67. FIELDS POND AUDUBON CENTER

Fields Pond Audubon Center is open to visitors from dawn to dusk. The center includes 192 acres of fields, wetlands, forest, lakeshore frontage, and a 22-acre island. Bluebird boxes ring the fields where Bobolinks and Savannah Sparrows can also be found. The shrubs and woodlands produce sightings of most common songbirds, while Sora, Virginia Rail, and American Bittern calls can be heard from the marsh. The nearby Sedgeunkedunk Stream Marsh is one of the best places in the area for early spring waterfowl, many of which remain to nest. Continue along Fields Pond Road to reach the marsh.

DIRECTIONS:

From I-95, take exit 45 to I-395 towards Brewer. Proceed over the Penobscot River, and then take the Parkway South exit from I-395. Turn left from the exit and continue on Parkway South to a four-way junction. Turn left on Elm Street, which becomes Wiswell Road in about a mile. Continue on Wiswell Road to Fields Pond Road, turn right, and follow to the well-marked center on the left.



68. THE BANGOR CITY FOREST AND ORONO BOG BOARDWALK

The Bangor City Forest and Orono Bog Boardwalk are included in a 650-acre forest tract owned by the city of Bangor. It highlights 9 miles of hiking and biking trails and about 4 miles of access roads, with close and easy views of many songbirds. The boardwalk is a spectacular 4,200-foot long platform through a raised peat bog. Look for Lincoln's Sparrow and Palm Warblers amid the unusual plants that make the bog so interesting. The boardwalk is closed in winter.

DIRECTIONS:

From the end of Hogan Road after the Bangor Mall, turn right onto Stillwater Avenue, and then travel about 1.3 miles to Tripp Drive. (You will see small signs for the Bangor City Forest and the Bog Boardwalk.) Park in the lot at the end of Tripp Drive.



69. NEWMAN HILL PRESERVE

Newman Hill Preserve is also known locally as the Taylor Bait Farm. Its shallow ponds attract waterfowl in the spring and shorebirds in the fall. The first pond is less than a mile along Taylor Road. A second pond is reached by walking past the gate that marks the end of legal parking and past the private house on the right. Beyond it there is a third pond often worth checking. Park only where designated along the first pond and stay on marked trails. A footpath also winds over Newman Hill, which is well marked beyond the first pond.

DIRECTIONS:

From the Bangor Mall, go north on Stillwater Avenue to Forest Avenue. Turn left, proceed 1.4 miles, and turn right onto Taylor Road. Go north on Stillwater Avenue to Forest Avenue. Turn left, proceed 1.4 miles, and turn right onto Taylor Road.



70. LEONARD'S MILLS

Leonard's Mills is a living-history sawmill museum. While the museum complex is interesting to birders, the one-mile access road is particularly worthy. This lightly traveled dirt road traverses several habitats in rapid succession through the Penobscot Experimental Forest. It is a warbler-rich environment in May and June, with the particular species changing as the access road passes from secondary growth, then conifers, over wetlands beneath a power line, and finally into the mature forest around the mill.

DIRECTIONS:

Located on Route 178 in Bradley, halfway between Brewer and Milford. Watch for the sign. Park at either end of the access road. A large parking area is available at the mill.



71. SUNKHAZE MEADOWS NATIONAL WILDLIFE REFUGE

Sunkhaze Meadows National Wildlife Refuge is a vast expanse of peat land, marsh, and wetland forest, though the interior is largely accessible only by canoe. It is breeding habitat for waterfowl, wading birds, and several unusual species. The Carter Meadow Road offers an excellent 2-mile loop hike to an observation platform overlooking the entire wet meadow. A parking area and kiosk are just north of the entrance. The Oak Point Trail is about 1.5 miles long, wet in spring, but with boardwalks to help in the most challenging places. The Johnson Brook Trail loops for about 3 miles through upland forest. A parking lot and map kiosk serve this trailhead. Both trails begin on the County Road. The Buzzy Brook Trail System is accessed from the Stud Mill Road close to where the power lines cross. The trail begins within the gated McLaughlin Road. Some of the best birding is done right from the County Road, which circumnavigates the refuge, and from the Stud Mill Road. The latter is a major logging truck route with substantial pockets of boreal forest over its length. It offers the best chance at northern species close to Bangor, including Boreal Chickadees, Gray Jays, Spruce Grouse, and Black-backed Woodpeckers.

DIRECTIONS:

To reach the southern half of the refuge, take the County Road from U.S. 2 in the center of Milford. To reach the northern half of the refuge, follow U.S. 2 north to Costigan and turn right onto Greenfield Road. Take the first right, proceed for about 0.5 miles, and then turn left onto the Stud Mill Road. Continue on the Stud Mill Road for about two miles to the refuge boundary.



72. BORESTONE MOUNTAIN

Borestone Mountain is a unique Maine Audubon sanctuary that includes a popular hiking mountain with breathtaking views, three crystal clear ponds, and an Adirondack style lodge used for nature-based programs and education. A transition of bird species occurs during the ascent, with numerous Blackburnian Warblers at lower elevations and the chance of Northern Goshawks higher on the mountain. Northern warblers and other songbirds are found around the visitors center on Sunrise Pond, two-thirds of the way up the peak.

DIRECTIONS:

Just after passing north through Monson, bear right onto the Elliotsville Road. Follow 7.5 miles to Big Wilson Stream Bridge. Turn left at intersection and follow signs another mile to Borestone parking lot.



73. MOOSEHEAD LAKE

Moosehead Lake is the largest eastern lake within the borders of one state. It is surrounded by private forestland that is accessible to the public, unless otherwise posted. This network of river trails and logging roads is in the heart of the forest transition zone, making it a good area for boreal species not easily found elsewhere. Moose are plentiful in the area, often in roadways. Obey signs, respect private property, and follow the working forest rules of the road. Because the area has a long tourism tradition, it is a particularly good place to plan a birding adventure.

DIRECTIONS:

Take I-95 north to Newport Exit 157. In Newport, take Route 7 to Dexter. In Dexter, take Route 23 to Guilford. In Guilford, take a left to get on Route 15 north to Greenville. From Bangor, take Broadway (Route 15) to Greenville.



74. BIG MOOSE MOUNTAIN

Big Moose Mountain is a relatively short and steep ascent through rich birding habitat, transitioning from the Scarlet Tanagers of hardwood forest through zones of balsam fir and stunted spruce over the 90-minute climb. Blackpolls, Bay-breasted Warblers, Yellow-bellied Flycatchers, Boreal Chickadees, and Spruce Grouse are found near the summit. Bicknell's Thrush is a reclusive breeder. The mountain is part of the Little Moose Unit of Maine Public Reserve Land, where other hiking trails and campsites are available. The access road is lightly traveled and good for birding.

DIRECTIONS:

Follow Route 15 3.5 miles north of Greenville Junction and turn west onto the North Road into the Little Moose Unit.



75. LILY BAY STATE PARK

Lily Bay State Park is one of Maine's most popular camping parks. It contains a fine assortment of songbirds throughout. Pine Warblers are common in the white pines near lakeside. From Lily Bay to Kokadjo, the roadside is prone to moose sightings, particularly around dusk.

DIRECTIONS:

The park is on the east side of the lake, 8.7 miles from Greenville on the Lily Bay Road.



76. KOKADJO

Kokadjo is a tiny community on First Roach Pond east of Moosehead Lake. Barn, Tree, and Cliff Swallows flood the sky here, and local birdfeeders attract finches, sparrows, and other seedeaters. For several miles north of Kokadjo, including small side roads and the road east to Second

Roach Pond, there are extensive spruce forests very good for the boreal specialties. Listen for Cape May and Bay-breasted Warblers, Lincoln's Sparrows, and Gray Jays. Harvested areas that are regenerating with maple and brambles may contain a Mourning Warbler.

DIRECTIONS:

On the east side of Moosehead Lake, drive 18.5 miles north of Greenville.



77. DEMONSTRATION FOREST

Demonstration Forest is a project of the Piscataquis County Soil & Water Conservation District. It is well hidden and lightly visited, making it attractive to birders. The 180-acre tract is managed to demonstrate varying forestry practices, which also encourages bird diversity. Several loop trails traverse differing habitats, though most of it is mature canopy forest. Ruffed Grouse is an irregular resident of the Shelterwood Trail.

DIRECTIONS:

From I-95, take Exit 199 in Alton and follow Route 16 to Milo. In Milo, turn right onto Route 11 and follow to Brownville. Turn left onto High Street and continue north past the Moses Greenleaf Monument along the Williamsburg Road. After the road turns to dirt and passes several mobile homes, the forest is 0.6 miles ahead across Penobscot Indian land, marked by a large sign. From the north in Brownville Junction, turn west onto Van Horne Road, then right onto Williamsburg Road.



78. BAXTER STATE PARK

Baxter State Park is the brightest jewel in Maine's crown, keeping 209,000 acres forever wild. It contains Mt. Katahdin, Maine's highest peak at 5,271 feet. There are 205 miles of hiking trails through every possible inland habitat. The road passing through the park is



Short-eared Owl

limited to 20 MPH, and birders can expect to take all day to explore. Pine Warblers are abundant at Togue Pond. Roaring Brook is noteworthy for Philadelphia Vireos and Least Flycatchers. Bay-breasted Warblers are seen regularly from Katahdin Stream to Kidney Pond and in all boreal areas. Nesowadnehunk Field Campground may produce Merlins and, for the next 4 miles, the road becomes very boreal – good for Blackpolls, Yellow-bellied Flycatchers, Boreal Chickadees, Spruce Grouse, Gray Jays, and uncommon Black-backed Woodpeckers. Bicknell's Thrush is possible at elevation, especially above Chimney Pond Campground, and American Pipits breed on the tablelands of Mt. Katahdin. Warblers and thrushes are abundant throughout the park.

DIRECTIONS:

South entrance: from I-95, take Exit 244, turn west on Route 11/157, and follow through Millinocket along Route 157 to the park. North entrance: from I-95, take Exit 264, turn west toward Sherman. Continue on Route 11 north through Patten, and then turn left on Route 159 toward Shin Pond. Follow to the park.



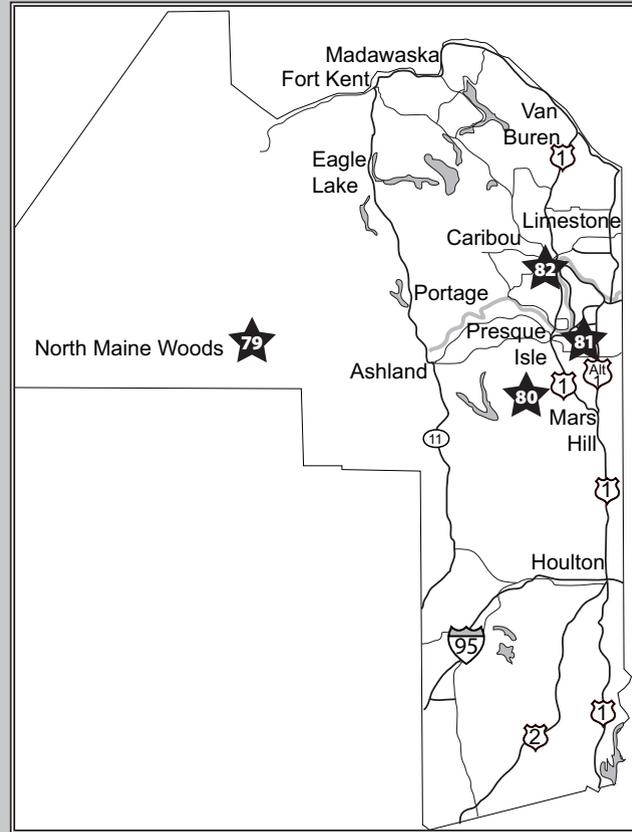
79. THE NORTH WOODS

The North Woods constitutes the region west of Baxter State Park and north of Moosehead Lake. It is comprised of 3,500,000 acres under multiple owners, much of it managed by North Maine Woods, Inc. Birders who venture into this region are participating in a centuries-old tradition of public access on private lands and must recognize this is a working forest and respect its rules. Besides the myriad of undeveloped lakes and streams, there are many boreal areas that are home to the most desirable northern birds. There are two distinct sections. The bulk of these lands lie north of Moosehead Lake. Another section between Millinocket and Greenville is managed separately and is called the Jo-Mary/Katahdin Ironworks Area. It contains popular hiking trails, Maine public reserve lands, and several sporting camps owned by the Appalachian Mountain Club. There are multiple entrances to these regions where gated checkpoints collect day use fees and provide maps and information. See www.northmainewoods.org.

J F M A M J J A S O N D

AROOSTOOK COUNTY

MAP H



Larger than Connecticut and Rhode Island combined, "The County" combines huge tracts of both northern forest and farm fields more expansive than anywhere else in New England. The birdlife of this vast region has a distinctly Canadian aspect, mirroring that of the provinces that surround it on three sides.

FOR MORE INFORMATION ON AROOSTOOK COUNTY VISIT
WWW.VISITAROOSTOOK.COM

Map H AROOSTOOK COUNTY

80. AROOSTOOK STATE PARK

Aroostook State Park was the first state park established in Maine in 1938. Today its expanded 800 acres offers a beach, two peaks, miles of nature trails, and idyllic camping. The park features a good variety of common songbirds. Echo Lake is productive for diving ducks and gulls.

DIRECTIONS:

From Route 1, approximately 3 miles before Presque Isle, turn onto Spragueville Road. This road may not be marked, but it is near the Aroostook Union Grange building. There is also a road sign pointing toward the Transatlantic Balloon Flight site. In just a little over a mile, turn left onto State Park Road. From Presque Isle, follow Chapman Road to Niles Road and continue to a right turn onto State Park Road.

J F M A M J J A S O N D

81. LAKE JOSEPHINE AND CHRISTINA RESERVOIR

Lake Josephine and Christina Reservoir are owned by McCain Foods, one of the chief potato processors in Maine. Both are extraordinary for an abundance and variety of waterfowl, including ducks that rarely breed in Maine such as Redheads, Northern Shovelers, and Ruddy Ducks. Look for shorebirds in migration. Birders have permission to view from the road around the pond. Avoid active farming and harvest operations. Christina Reservoir is bounded by a dike that provides multiple observation points. The brush along the water's edge and the trees behind the dike are excellent for warblers and sparrows.

DIRECTIONS:

From Presque Isle, take Route 10 at Academy Street east toward Easton. At 1.4 miles, bear left onto Conant Road. In about 4 miles, turn right onto Station Road, then left onto Richardson Road to get to the main gate for a pass. The access for Lake Josephine

is also on Station Road, just before the wood yard. A perimeter road follows the dike around the south and east side and exits north through a farm field. (Avoid when active.) Christina Reservoir is on Conant Road, 2 miles beyond the Station Road turnoff. Park at the entrance road and hike the levee on foot.

J F M A M J J A S O N D

82. COLLINS POND

Collins Pond in Caribou is particularly productive in late summer and autumn. The autumn abundance of Canada Geese encourages many other species of waterfowl and shorebirds, despite the popularity of the park's walking trail. Hooded Mergansers and Ruddy Ducks join the more common waterfowl, while Short-billed Dowitchers and Greater and Lesser Yellowlegs number among the shorebirds.

DIRECTIONS:

A couple miles before Caribou, traffic splits into two parallel routes along Routes 1 and 164. Prefer Route 164 to Collins Pond, turning left onto Roberts Street just before the center of town and proceeding to the Lions Club Park.

J F M A M J J A S O N D

CODE OF BIRDING ETHICS

Respecting the welfare of birds and their environments should always be a priority consideration of every birder. The American Birding Association has developed a code of ethics as guiding principles for birders.

To avoid stressing birds or exposing them to danger, exercise restraint during observation, photography, and sound recording.

Limit the use of recordings and other methods of attracting birds, and never use such methods in heavily birded areas for attracting any species that is listed as Threatened, Endangered, or of Special Concern.

Keep well back from nests and nesting colonies, roosts, display areas, and important feeding sites. If there is a need for extended presence in such an area, try to use a blind or hide, and take advantage of natural cover. Use artificial light sparingly for filming or photography, especially for close-ups.

Before advertising the presence of a rare bird, evaluate the potential for disturbance to the bird, its surroundings, and other people in the area. Proceed only if access is controlled, disturbance can be minimized, and permission has been obtained from landowners. The sites of rare nesting birds should be divulged only to the proper conservation authorities.

Stay on roads, trails, and paths where they exist; otherwise, keep habitat disturbance to a minimum.

Respect the law and the rights of others. Do not enter private property without the owner's explicit permission. Follow all laws, rules, and regulations governing use of the roads and public areas.

Practice common courtesy in contacts with other people. Your exemplary behavior will generate good will with birders and non-birders alike.

TRAVEL TIPS IN THE MAINE WOODS

One of Maine's most attractive features to birds and travelers alike is its forest. In fact, woods cover more than 90 percent of the state. With this in mind, birders can take some basic travel precautions to help ensure a safe and enjoyable trip.

BUGS

The forest that provides the great breeding habitat for so many birds also supplies them with an abundant food source: insects, particularly black flies, mosquitoes and deer flies. Although the period when these pests are most bothersome is relatively short—usually from the second half of May through June—it is also the height of the breeding season when birds are their most conspicuous. Carrying repellent and wearing field clothes that allow you to cover up will make birding in the woods much more comfortable.



Bay-breasted Warbler

MOOSE

Maine has a very healthy moose population, making the chances of seeing these magnificent animals fairly good, especially in the northern and eastern parts of the state. While this is great for wildlife-watching, it also presents potentially hazardous situations for motorists. Moose often come out onto roadways to seek respite from the biting insects, to take advantage of the easy travel corridors, or to lick road salt. At night, their dark coat and lack of reflective eyeshine render them almost invisible to the driver in a rapidly moving vehicle. The seriousness of a moose collision cannot be overstated. Be alert!

LOGGING ROADS

Northern Maine is crisscrossed by thousands of miles of private logging roads that permit public access to many remote and beautiful places that can be great for birding. When traveling these gravel roads, it is vital to remember they were built for hauling logs. Normal rules of the road do not apply here. Logging trucks have the right of way at all times, and they are often heavily loaded and moving very fast. Move well to the side to allow them to pass and pull off the road completely when stopping. Motorcycles and bicycles are not permitted beyond the staffed checkpoint gates, even if they are just strapped to the outside of a vehicle. Services in Maine's working forest are few and far between if available at all. Do not expect phone service. Signage along this road network has improved but is irregular and sometimes confusing. Maps and atlases are available at most checkpoints. The Delorme Maine Atlas and Gazetteer is a worthwhile investment.

LEAVE NO TRACE

Plan Ahead and Prepare

Leave What You Find

Travel and Camp on Durable Surfaces

Minimize Campfire Impacts

Respect Wildlife

Dispose of Waste Properly

Be Considerate of Other Visitors



Black-backed Woodpecker

BIRDS OF MAINE Checklist

GEESE and DUCKS (*TINAMIDAE*)

- Snow Goose
- Canada Goose
- Brant
- Tundra Swan
- Wood Duck
- Gadwall
- American Wigeon
- American Black Duck
- Mallard
- Blue-winged Teal
- Northern Shoveler
- Northern Pintail
- Green-winged Teal
- Canvasback
- Ring-necked Duck
- Greater Scaup
- Lesser Scaup
- King Eider
- Common Eider
- Harlequin Duck
- Surf Scoter
- White-winged Scoter
- Black Scoter
- Long-tailed Duck
- Bufflehead
- Common Goldeneye
- Barrow's Goldeneye
- Hooded Merganser
- Common Merganser
- Red-breasted Merganser
- Ruddy Duck

GROUSE (*PHASIANIDAE*)

- Ring-necked Pheasant
- Ruffed Grouse
- Spruce Grouse
- Wild Turkey

LOONS (*GAVIIDAE*)

- Red-throated Loon
- Pacific Loon
- Common Loon

GREBES (*PODICIPEDIDAE*)

- Pied-billed Grebe
- Horned Grebe
- Red-necked Grebe

SHEARWATERS (*PROCELLARIIDAE*)

- Northern Fulmar
- Cory's Shearwater
- Great Shearwater
- Sooty Shearwater
- Manx Shearwater

STORM-PETRELS (*HYDROBATIDAE*)

- Wilson's Storm-Petrel
- Leach's Storm-Petrel

BOOBIES (*SULIDAE*)

- Northern Gannet

CORMORANTS (*PHALACROCORACIDAE*)

- Double-crested Cormorant
- Great Cormorant

BITTERNS and HERONS (*ARDEIDAE*)

- American Bittern
- Least Bittern
- Great Blue Heron
- Great Egret
- Snowy Egret
- Little Blue Heron
- Tricolored Heron
- Green Heron
- Black-crowned Night-Heron
- Yellow-crowned Night-Heron

IBISES (*THRESKIORNITHIDAE*)

- Glossy Ibis

VULTURES (*CATHARTIDAE*)

- Turkey Vulture

HAWKS and EAGLES (*ACCIPITRIDAE*)

- Osprey
- Bald Eagle
- Northern Harrier
- Sharp-shinned Hawk
- Cooper's Hawk
- Northern Goshawk
- Red-shouldered Hawk
- Broad-winged Hawk
- Red-tailed Hawk
- Rough-legged Hawk
- Golden Eagle

FALCONS (*FALCONIDAE*)

- American Kestrel
- Merlin
- Gyrfalcon
- Peregrine Falcon

RAILS and ALLIES (*RALLIDAE*)

- Virginia Rail
- Sora
- Common Moorhen
- American Coot

CRANES (*GRUIDAE*)

- Sandhill Crane

PLOVERS (*CHARADRIIDAE*)

- Black-bellied Plover
- American Golden-Plover
- Semipalmated Plover
- Piping Plover
- Killdeer

OYSTERCATCHERS (*HAEMATOPODIDAE*)

- American Oystercatcher

SANDPIPERS (*SCOLOPACIDAE*)

- Greater Yellowlegs
- Lesser Yellowlegs
- Solitary Sandpiper
- Willet
- Spotted Sandpiper
- Upland Sandpiper
- Whimbrel
- Hudsonian Godwit
- Ruddy Turnstone
- Red Knot
- Sanderling
- Semipalmated Sandpiper
- Western Sandpiper
- Least Sandpiper
- White-rumped Sandpiper
- Baird's Sandpiper
- Pectoral Sandpiper
- Purple Sandpiper
- Dunlin
- Stilt Sandpiper
- Buff-breasted Sandpiper
- Short-billed Dowitcher
- Wilson's Snipe
- American Woodcock

WILSON'S PHALAROPE

- Wilson's Phalarope
- Red-necked Phalarope
- Red Phalarope

GULLS and TERNs (*LARIDAE*)

- Great Skua
- Pomarine Jaeger
- Parasitic Jaeger
- Laughing Gull
- Little Gull
- Black-headed Gull
- Bonaparte's Gull
- Ring-billed Gull
- Herring Gull
- Iceland Gull
- Lesser Black-backed Gull
- Glaucous Gull
- Great Black-backed Gull
- Black-legged Kittiwake
- Caspian Tern
- Roseate Tern
- Common Tern
- Arctic Tern
- Forster's Tern
- Least Tern
- Black Tern

ALCIDS (*ALCIDAE*)

- Dovekie
- Common Murre
- Thick-billed Murre
- Razorbill
- Black Guillemot
- Atlantic Puffin

PIGEONS and DOVES (*COLUMBIDAE*)

- Rock Pigeon
- Mourning Dove

CUCKOOS (*CUCULIDAE*)

- Black-billed Cuckoo
- Yellow-billed Cuckoo

OWLS (*STRIGIDAE*)

- Great Horned Owl
- Snowy Owl
- Northern Hawk Owl
- Barred Owl
- Long-eared Owl
- Short-eared Owl
- Northern Saw-whet Owl

NIGHTJARS (*CAPRIMULGIDAE*)

- Common Nighthawk
- Whip-poor-will

SWIFTS (*APODIDAE*)

- Chimney Swift

HUMMINGBIRDS (*TROCHILIDAE*)

- Ruby-throated Hummingbird

KINGFISHERS (*ALCEDINIDAE*)

- Belted Kingfisher

WOODPECKERS (*PICIDAE*)

- Red-headed Woodpecker
- Red-bellied Woodpecker
- Yellow-bellied Sapsucker
- Downy Woodpecker
- Hairy Woodpecker
- Am. Three-toed Woodpecker
- Black-backed Woodpecker
- Northern Flicker
- Pileated Woodpecker

FLYCATCHERS (*FLUVICOLINAE*)

- Olive-sided Flycatcher
- Eastern Wood-Pewee
- Yellow-bellied Flycatcher
- Alder Flycatcher
- Willow Flycatcher
- Least Flycatcher
- Eastern Phoebe
- Great Crested Flycatcher
- Eastern Kingbird

SHRIKES (*LANIIDAE*)

- Northern Shrike

VIREOS (*VIREONIDAE*)

- White-eyed Vireo
- Yellow-throated Vireo
- Blue-headed Vireo
- Warbling Vireo
- Philadelphia Vireo
- Red-eyed Vireo

JAYS and CROWS (*CORVIDAE*)

- Gray Jay
- Blue Jay
- American Crow
- Fish Crow
- Common Raven

LARKS (*ALAUDIDAE*)

- Horned Lark

SWALLOWS (*HIRUNDINIDAE*)

- Purple Martin
- Tree Swallow
- N. Rough-winged Swallow
- Bank Swallow
- Cliff Swallow
- Barn Swallow

CHICKADEES (*PARIDAE*)

- Black-capped Chickadee
- Boreal Chickadee
- Tufted Titmouse

NUTHATCHES (*SITTIDAE*)

- Red-breasted Nuthatch
- White-breasted Nuthatch

CREEPERS (*CERTHIDAE*)

- Brown Creeper

WRENS (*TROGLODYTIDAE*)

- Carolina Wren
- House Wren
- Winter Wren
- Sedge Wren
- Marsh Wren

KINGLETS (*REGULIDAE*)

- Golden-crowned Kinglet
- Ruby-crowned Kinglet

GNATCATCHERS (*SYLVIIDAE*)

- Blue-gray Gnatcatcher

THRUSHES (*TURDIDAE*)

- Eastern Bluebird
- Veery
- Gray-cheeked Thrush
- Bicknell's Thrush
- Swainson's Thrush
- Hermit Thrush
- Wood Thrush
- American Robin

MIMICS (*MIMIDAE*)

- Gray Catbird
- Northern Mockingbird
- Brown Thrasher

STARLINGS (*STURNIDAE*)

- European Starling

PIPITS (*MOTACILLIDAE*)

- American Pipit

WAXWINGS (*BOMBYCILLIDAE*)

- Bohemian Waxwing
- Cedar Waxwing

WOOD WARBLERS (*PARULIDAE*)

- Blue-winged Warbler
- Tennessee Warbler
- Orange-crowned Warbler
- Nashville Warbler
- Northern Parula
- Yellow Warbler
- Chestnut-sided Warbler
- Magnolia Warbler
- Cape May Warbler
- Black-throated Blue Warbler
- Yellow-rumped Warbler
- Black-throated Green Warbler
- Blackburnian Warbler
- Pine Warbler
- Prairie Warbler
- Palm Warbler
- Bay-breasted Warbler
- Blackpoll Warbler
- Black-and-white Warbler
- American Redstart
- Ovenbird
- Northern Waterthrush
- Louisiana Waterthrush
- Mourning Warbler
- Common Yellowthroat
- Wilson's Warbler
- Canada Warbler
- Yellow-breasted Chat

TANAGERS (*THRAUPIDAE*)

- Scarlet Tanager

NEW WORLD SPARROWS (*EMBERIZIDAE*)

- Eastern Towhee
- American Tree Sparrow
- Chipping Sparrow
- Clay-colored Sparrow
- Field Sparrow
- Lark Sparrow
- Vesper Sparrow

Savannah Sparrow

- Savannah Sparrow
- Grasshopper Sparrow
- Nelson's Sharp-tailed Sparrow
- Saltmarsh Sharp-tailed Sparrow
- Fox Sparrow
- Song Sparrow
- Lincoln's Sparrow
- Swamp Sparrow
- White-throated Sparrow
- White-crowned Sparrow
- Dark-eyed Junco
- Lapland Longspur
- Snow Bunting

CARDINALS and ALLIES (*CARDINALIDAE*)

- Northern Cardinal
- Rose-breasted Grosbeak
- Blue Grosbeak
- Indigo Bunting
- Dickcissel

BLACKBIRDS (*ICTERIDAE*)

- Bobolink
- Red-winged Blackbird
- Eastern Meadowlark
- Yellow-headed Blackbird
- Rusty Blackbird
- Common Grackle
- Brown-headed Cowbird
- Orchard Oriole
- Baltimore Oriole
- Pine Grosbeak
- Purple Finch
- House Finch
- Red Crossbill
- White-winged Crossbill
- Common Redpoll
- Pine Siskin
- American Goldfinch
- Evening Grosbeak

OLD WORLD SPARROWS (*PASSERIDAE*)

- House Sparrow