



# Spring Migration in Cabrini Woods

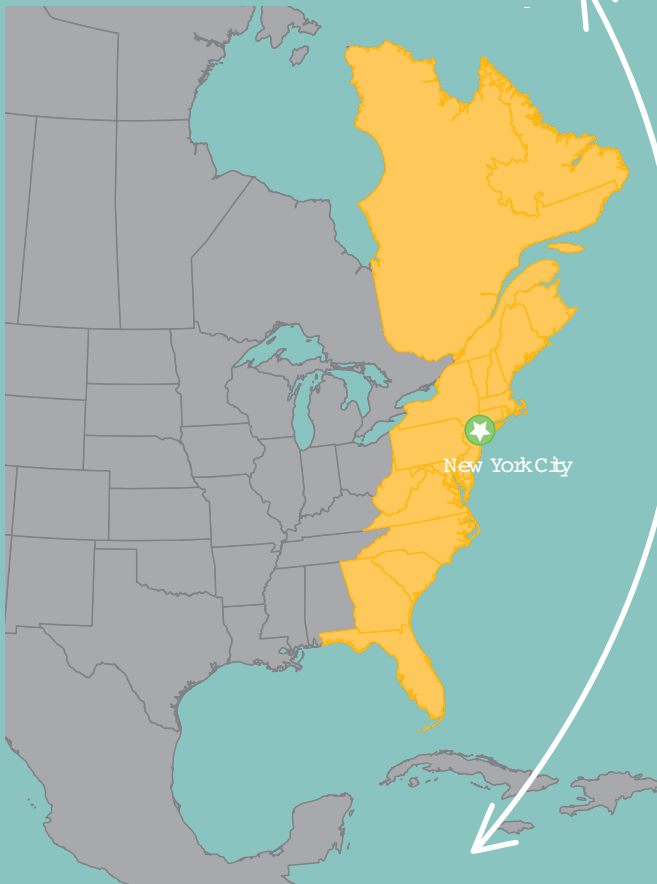
At Fort Tryon Park



**Ages 10+**

**F**ort Tryon Park's Cabrini Woods is located along the Atlantic Flyway, one of four major bird migration paths in the United States. After spending the winter in the south, many birds stop in Cabrini Woods and other natural areas in New York City to breed or refuel before continuing their journey north. Cabrini Woods offers quite the buffet of caterpillars, seeds, nuts, fruits and flowers!

## The Great Atlantic Flyway!



Spring migration season lasts from late February to the first week in June, peaking in early May. However, you can spot birds in Cabrini Woods year-round! **Pro tip:** The best time to see and hear birds is in the early morning and evening.

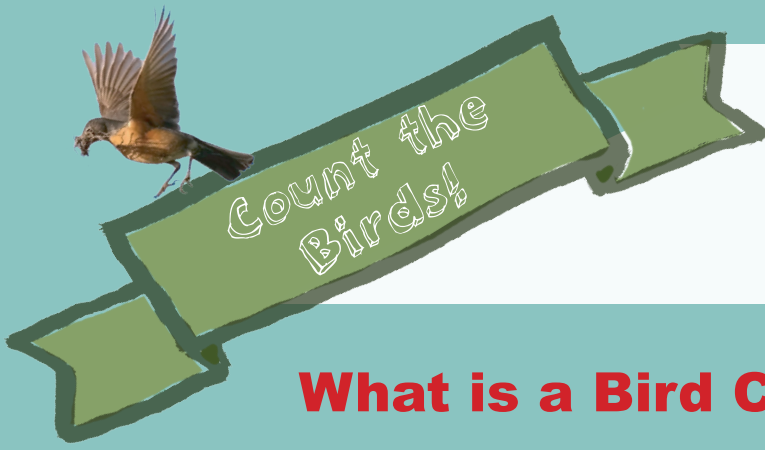
Plan a trip to Cabrini Woods! Start at 190th Street and Cabrini Blvd. Follow the sidewalk bordering the woods north toward the main entrance to Fort Tryon Park. Bring this booklet and your binoculars and see what you can spot!



NYC Parks



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Participate in a scientific bird count! Search for and count these commonly seen birds at Cabrini Woods!  
[FortTryonParkTrust.org](http://FortTryonParkTrust.org)

## What is a Bird Count?

Annual bird counts provide a snapshot of bird populations around the country. They are an important research tool that helps to estimate bird populations, species diversity, and the effects of environmental change.

Join a community of birdwatchers and ornithologists (people who study or are experts on birds) to help Fort Tryon Park better understand our bird populations. As many as 80 different bird species can be seen in Cabrini Woods over the course of a year, and 10 of the more common birds are included in the following table. Use the provided descriptions to help you identify birds that you see. After honing your bird counting skills, you can participate in nationwide counts like The Christmas Bird Count and The Backyard Bird Count hosted by NYC Audobon.



### How to Conduct a Bird Count:

- 1 Print out bird count tables and head to Cabrini Woods.
- 2 From the Cabrini Woods sidewalk starting at 190th Street and Cabrini Blvd., search for the birds pictured in the table. You can search for the birds all at once, or spend 5-10 minutes looking for one bird before moving on to the next. Remember the best time to see birds is in the early morning or evening.
- 3 Make a tally in the space provided for each individual bird that you see of each species. For example, if you see 5 Robins, make 5 tallies in the table.
- 4 After completing your bird count, total all of your tallies. Share your results and the date and time of your count by emailing the total for each species to [cabriniwoodsbirdcount@gmail.com](mailto:cabriniwoodsbirdcount@gmail.com). Results from each count will be calculated and sent to all participants!



<p><b>American Robin</b></p>  <p>Photo by Wild Art / Shutterstock</p>	<p><b>Northern Mockingbird</b></p>  <p>Photo by Stubblefield Photography / Shutterstock</p>	<p><b>Gray Catbird</b></p>  <p>Photo by Steve Byland / Shutterstock</p>	<p><b>Northern Cardinal</b></p>  <p>Photo by Steve Byland / Shutterstock</p>	<p><b>Blue Jay</b></p>  <p>Photo copyright © Beth Bergman, NYC.</p>
<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Grayish brown backs with warm orange breast feathers</li> <li>• A white patch is hidden under their bellies</li> <li>• Females have lighter colored feathers</li> <li>• Seen year-round</li> </ul>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Grayish brown with pale breast</li> <li>• White patches on wings/ tails</li> <li>• Fun Fact: The mockingbird can learn up to 200 songs. Females are attracted to males whose songs have more variety.</li> </ul>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Gray body with black head and tail</li> <li>• Looks similar to Northern Mockingbird, except for red color under its tail</li> <li>• Fun Fact: Catbirds are related to mockingbirds and also copy the songs of other bird species.</li> </ul>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Males are red with black around their bill</li> <li>• Females are mostly tawny with light red tipped wings and tail</li> <li>• Seen year-round</li> </ul>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• White face and underside</li> <li>• Shades of blue, black, and white on top</li> </ul>
<p><b>Tally</b></p>	<p><b>Tally</b></p>	<p><b>Tally</b></p>	<p><b>Tally</b></p>	<p><b>Tally</b></p>
<p><b>Total:</b></p>	<p><b>Total:</b></p>	<p><b>Total:</b></p>	<p><b>Total:</b></p>	<p><b>Total:</b></p>

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

<p><b>Yellow-rumped Warbler</b></p>	 <p>Photo by wildphoto3 / Shutterstock</p>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Grey with yellow patches on face, sides and rump</li> <li>• Females may be brown</li> <li>• Seen in Spring and Fall</li> <li>• Fun Fact: They have the most versatile diet of any warblers. They eat insects, fruit, and wild seeds.</li> </ul>	<p><b>Tally</b></p>		<p><b>Total:</b></p>
<p><b>Red-tailed Hawk</b></p>	 <p>Photo by Chris HIL / Shutterstock</p>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Brown and black with a white chest and brown streaks</li> <li>• Some have a red band on their tail</li> <li>• Look for them flying high above the trees</li> <li>• Seen year-round</li> </ul>	<p><b>Tally</b></p>		<p><b>Total:</b></p>
<p><b>Northern Flicker</b></p>	 <p>Photo by Pacific Northwest Photo / Shutterstock</p>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Brown woodpecker with black spots and bars all over</li> <li>• Red on back of neck</li> <li>• They have bright yellow feathers under their wings</li> <li>• Seen in Spring, Summer, and Fall</li> </ul>	<p><b>Tally</b></p>		<p><b>Total:</b></p>
<p><b>Golden-crowned Kinglet</b></p>	 <p>Photo by Paul Reeves Photography / Shutterstock</p>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Pale olive-gray body with black marks on back</li> <li>• Has a yellow crest; yellow-edged feathers</li> <li>• Seen in Spring and Fall</li> <li>• Fun fact: The Kinglet consumes a diet of mostly insects.</li> </ul>	<p><b>Tally</b></p>		<p><b>Total:</b></p>
<p><b>Red-bellied Woodpecker</b></p>	 <p>Photo copyright © Beth Bergman, NYC.</p>	<p><b>Look for...</b></p> <ul style="list-style-type: none"> <li>• Black and white stripes</li> <li>• Red crown with pale face and chest</li> <li>• Difficult to see in the wild, but can be identified by a pale patch of yellow on its belly</li> <li>• Seen year-round</li> </ul>	<p><b>Tally</b></p>		<p><b>Total:</b></p>

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_