



Birdwatching at Limantour

A short walk from the parking lot will find you surrounded by Limintour's ponds and marshes, creating a virtual paradise for those seeking waterfowl. The wetlands, which are surrounded by coastal strand, coastal scrub and woodlands, also provide a fairly protective area for several songbirds.

Trails lead down to Muddy Hollow Pond or out to the end of Limantour Spit. Pick up the Muddy Hollow trail to the right of the outhouses and follow it through saltmarsh and coastal scrub. Late fall and early winter offer the best opportunities for viewing a variety of ducks including the Ring-necked duck and the American Wigeon. Continue your exploration on the Limantour Spit trail which begins to the right (west,) just before the main trail to the beach cuts through the dunes. Explore the dunes, Drake's Bay, and Limantour Estero for shorebirds, loons, snowy plovers, Brown and White Pelicans, and harbor seals hauled out on sandbars.

Resident Birds (Present all year - numbers vary)

Black Phoebe
Marsh Wren
Bewick's Wren
Wrentit
Common Yellowthroat
White-Crowned Sparrow
Song Sparrow
Double-crested Cormorant
Pied-billed Grebe
Black-Crowned Night-Heron
Great-blue Heron
Snowy Egret
Wood Duck
Long-billed Curlew
Belted Kingfisher
Snowy Plover

Summer Birds

Pied-billed Grebe
American Coot
Osprey
Cinnamon Teal
American Bittern
Virginia Rail
Sora
Brown Pelican
Green-backed Heron

Winter Birds

Red-throated Loon
Pacific Loon
Common Loon
Horned Grebe
Red-necked Grebe
Western Grebe
Clark's Grebe
Canada Goose
Green-winged Teal
Mallard
Northern Pintail
Gadwall
American Wigeon
Canvasback
Ring-necked Duck

Winter Birds cont.

Greater Scaup
Lesser Scaup
Common Goldeneye
White-winged Scoter
Bufflehead
Red-breasted Merganser
Ruddy Duck
Black-bellied Plover
Sanderling
Western Sandpiper
Common Snipe
Pine Siskin
Ruby-crowned Kinglet
Yellow-rumped Warbler

Migrants

White Pelican
Brant Goose
Short-billed Dowitcher
Red-necked Phalarope



Birdwatching at Bear Valley

The Bear Valley area surrounds the park's main Visitor Center. Check inside with the park rangers to learn about recent interesting sightings. The Bear Valley Visitor Center also contains an exhibit focusing on park wildlife and their habitats, a nice bookstore with maps, local checklists and books, as well as accessible restrooms.

From the Visitor Center, proceed in any direction for an excellent day of birding. For instance, across the road, to the east, is a picnic area beneath majestic Douglas firs laden with the acorn woodpecker's handiwork. Just beyond that is the Earthquake Trail, an accessible ½ mile loop, which parallels a riparian woodland of alders and willows.

The Woodpecker Trail and the Bear Valley Trail begin at the south end of the parking lot. The Woodpecker Trail (1 mile loop) winds through dense forests and open fields. For those with a little more time, the Bear Valley Trail (4 miles one-way) creates a bird watching corridor all the way to the ocean as it passes through riparian zones, fields, forests and coastal scrub.

Resident Birds (present all year - numbers vary)

Turkey Vulture
White-tailed Kite
Red-shouldered Hawk
Red-tailed Hawk
American Kestrel
California Quail
Band-tailed Pigeon
Barn Owl
Great-Horned Owl
Western Screech Owl
Anna's Hummingbird
Acorn Woodpecker(abundant)
Nuttall's Woodpecker
Downy Woodpecker
Hairy Woodpecker
Black Phoebe
Steller's Jay
Scrub Jay
American Crow

Resident Birds (continued)

Common Raven
Chestnut-backed Chickadee
Bushtit
Pygmy Nuthatch
Brown Creeper
Bewick's Wren
Winter Wren
Western Bluebird
Golden-crowned Kinglet
Hutton's Vireo
Spotted Towhee
California Towhee
Song Sparrow
Dark-eyed Junco
Brewer's Blackbird
Purple Finch
House Finche
Pine Siskin
Black Phoebe

Summer Birds

Great-blue Heron
Osprey
Allen's Hummingbird
Olive-sided Flycatcher
Pacific Slope Flycatcher
Western Wood Pewee
Tree Swallow
Barn Swallow
Cliff Swallow
Violet-green Swallow
Swainson's Thrush
Warbling Vireo
Wilson's Warbler
Orange-crowned Warbler
Black-headed Grosbeak
American Goldfinch
Bullock's Oriole

Winter Birds

Cooper's Hawk
Sharp-shinned Hawk
Merlin
Say's Phoebe
Red-breasted Nuthatch
Ruby-crowned Kinglet
Hermit Thrush
Varied Thrush
Yellow-rumped Warbler
Golden-crowned Sparrow
White-crowned Sparrow
Lincoln's Sparrow
Fox Sparrow
Red-Winged Blackbird
Tri-colored Blackbird

Migrants

Ash-throated Flycatcher
Cedar Waxwing
Cassin's Vireo
Yellow Warbler
Western Tanager
Black-throated Gray Warbler