



Birdwatcher's Code

When you go birdwatching, do not harm any birds or other wildlife.

Follow these four golden rules:

1. Try not to disturb the birds you are watching.
2. Don't get too close.
3. Don't approach birds that are on their nests or with their young.
4. It is illegal to collect items such as eggs and nests.

What to Pack

- **Bincoculars:** So that you can study birds from a distance.
- **Notebook & Pens:** For keeping your records and sketching birds.
- **Camera**
- **Bird Field Guide Books:** To help with identification.
- **Insect Repellent**
- **Hat:** To protect you from the sun or rain.
- **Snacks:** In case you get hungry - not the birds!
- **Comfortable Shoes:** Birdwatchers can be outside for a longtime and comfy shoes help make the day relaxing.
- **Backpack:** For all your supplies.



Bird Walk B I N G O

While you are on your journey,
check off the birds you spot!

3 in a row = a BIRD-0!



Cardinal



BlueJay



Robin



Mallard



Canadian Goose



Catbird



Chickadee

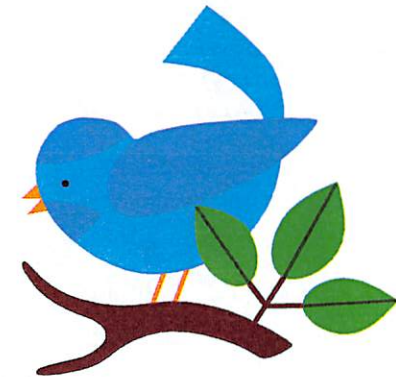


Downy
Woodpecker

Nahanton Nature Center

455 Nahanton Street • Newton Center, MA 02459

SELF-GUIDED BIRDWALKS at Nahanton Park



Setti D. Warren, Mayor
Robert DeRubeis, Commissioner
Judy Dore, Recreation Manager
Holly Peterson, Nature Center Director

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Birding Locations and Birds You Might See:

Some of the best birding locations are in the areas marked on the map as 1, 2, 3 & 4. Below is a list of some of the birds you might see in those areas.



Key:

C: Common

MC: Medium Common

LC: Less Common

1. Woodcock Meadow

- Chickadee **C**
- Mourning Dove **C**
- Robin **C**
- Titmouse **MC**
- Tree Swallow **MC**

2. Charles River

- Baltimore Oriole **MC**
- Canadian Goose **C**
- Downy Woodpecker **C**
- Eastern Phoebe **LC**
- Flicker **MC**
- Grackle **C**
- Mallard **C**
- Red Bellied Woodpecker **MC**
- Red Winged Blackbird **C**

3. Upper Gardens

- American Crow **MC**
- Catbird **C**
- Goldfinch **MC**
- House Finch **MC**
- Mourning Dove **MC**
- Red Breasted Grosbeak **LC**
- Red Eyed Vireo **LC**
- Song Sparrow **C**

4. Lower Gardens

- Bluebird **LC**
- Blue Jay **C**
- Cardinal **C**
- Cowbird **LC**
- Great Crested Flycatcher **LC**
- House Wren **MC**
- Nuthatch **MC**
- Red Tailed Hawk **LC**
- Ruby Crowned Kinglet **LC**



Additional Birdwatching Tips:

- Walk quietly and don't make loud noises.
- Watch where you are walking. Birds can nest on the ground and you don't want to step on the babies.
- Look for movement or bright colors in the trees.
- Listen for bird songs or calls. Your ears can help you locate a bird.

