

## Where to Look

Although birds can be found anywhere in the forest, certain species can most easily be seen in different layers within the forest.

It helps to have binoculars to see birds in the canopy like the Scarlet Tanager, White-eyed Vireo and Northern Parula.

### Canopy



### Understory



In the understory layer you might see Downy Woodpecker, White-breasted Nuthatch, Eastern Phoebe, Cardinal, Blue Jay, Carolina Chickadee, Black and White Warbler, or even a Screech Owl.

### Scrub

Birds like Carolina Wren, Eastern Towhee, and Mockingbird prefer the dense thicket of the scrub layer.



### Forest Floor

The forest floor is the best place to spot Brown Thrasher, Wood Thrush, Ovenbird, Mourning Dove and Wild Turkey.

**Close your eyes for 1 minute...  
How many different birds can you hear?**



**TRACK and KIP**  
want You to become a  
**Trail TRACKer**



Thank you for joining us on the trail today.

We want you to join the Trail **TRACKer** Team. It's fun, healthy and free. Best of all, by keeping TRACK of your trails on our website, you can earn prizes. For more information about the Trail TRACKer Team, other TRACK Trail adventures near you, or for general information about the Kids in Parks program, please visit our website at:

[www.kidsinparks.com](http://www.kidsinparks.com)

The TRACK Trail program is part of the larger **Kids in Parks** initiative sponsored by the Blue Ridge Parkway Foundation, the Blue Ridge Parkway and the Blue Cross and Blue Shield of North Carolina Foundation. Working together with Pisgah National Forest, the Appalachian Regional Commission, the National Park Foundation and other partners throughout the community, our mission is to increase physical activity of children and their families, improve nutritional choices, and get kids outdoors.

*Kids in Parks...*

*for the Health of our Kids, our Communities and our Mountains.*



Pisgah National Forest TRACK Trail Sponsors



Pisgah National  
Forest



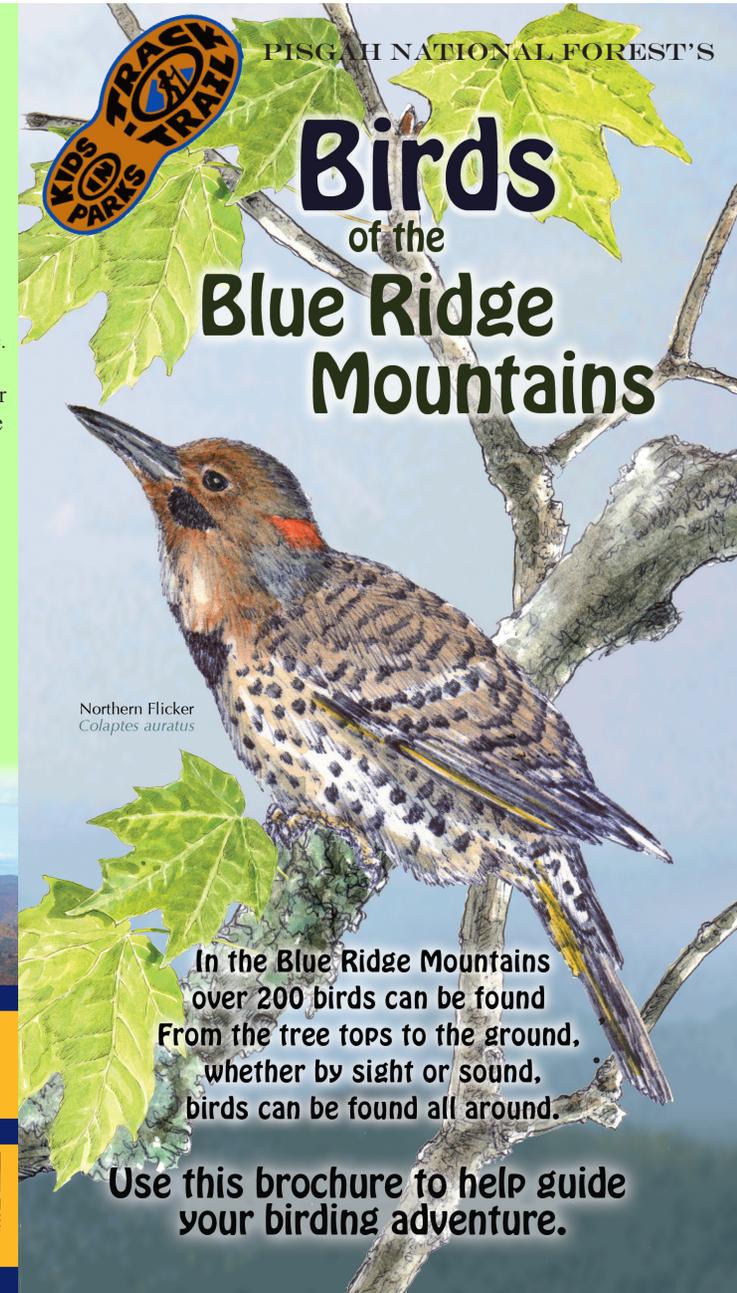
Founding Kids in Parks Sponsors



BlueCross BlueShield  
of North Carolina | Foundation



An independent licensee of the Blue Cross and Blue Shield Association



PISGAH NATIONAL FOREST'S

# Birds of the Blue Ridge Mountains

Northern Flicker  
*Colaptes auratus*

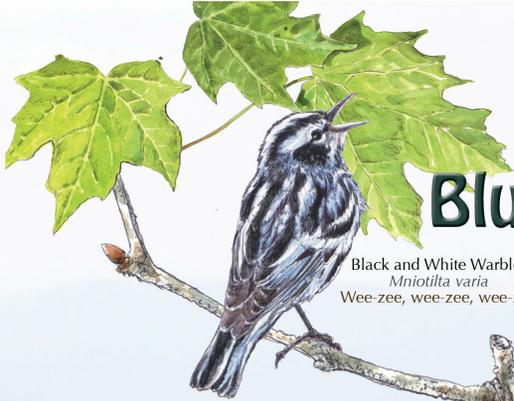
**In the Blue Ridge Mountains  
over 200 birds can be found  
From the tree tops to the ground,  
whether by sight or sound,  
birds can be found all around.**

**Use this brochure to help guide  
your birding adventure.**

# Birds of the Blue Ridge Mountains



Ruby-throated Hummingbird  
*Archilochus colubris*  
tchew, given sotly



Black and White Warbler  
*Mniotilta varia*  
Wee-zee, wee-zee, wee-zee



Eastern Towhee  
*Pipilo erythrophthalmus*  
Drink your tea-eeeeee  
(last note trilled)



Carolina Wren  
*Thryothorus ludovicianus*  
Choooble-dee  
(varied triplet phrases)



Wood Thrush  
*Hylocichla mustelina*  
E-oh-lay  
(flute-like, last tone trilly)



Downy Woodpecker  
*Picoides pubescens*  
Pik, pik, pik



Scarlet Tanager  
*Piranga olivacea*  
Querit queer query querit queer  
(raspy)

Northern Parula  
*Parula americana*  
Fast rising Zeeeeeeeeee  
(buzzy)-tsyoo



Mourning Dove  
*Zenaidura macroura*  
Woo-oo, woo-woo-woo



Mockingbird  
*Mimus polyglottos*  
Original and mimicked phrases  
repeated tirelessly



Eastern Phoebe  
*Sayornis phoebe*  
Fee-bee (repeated)



White-breasted Nuthatch  
*Sitta carolinensis*  
Anh-anh-anh (nasally)



Blue Jay  
*Cyanocitta cristata*  
Varied raucous calls



Ovenbird  
*Seiurus aurocapillus*  
Tcher, tcher, tcher

Designed and Illustrated by  
David Williams • Wingin' It Works