Contents

Preface to the Second Edition  xv

INTRODUCTION: WHY GO BIRDING IN MAINE?  1
Basics of Birding in Maine  3
How to Use This Book  5
American Birding Association Code of Birding Ethics  9

1 YORK COUNTY 13
  Derek Lovitch
  Y1  Fort Foster and Seapoint Beach  14
  Y2  Mount Agamenticus  17
  Y3  The Nubble (Cape Neddick)  18
  Y4  Winter Alcid and Harlequin Duck Tour  20
  Y5  Moody-Ogunquit Beach and Beach Plum Farm  22
  Y6  Wells Marshes and Beaches  24
  Y7  Wells Reserve at Laudholm  26
  Y8  First Chance Whale Watch  27
  Y9  Kennebunk Plains  28
  Y10  Sanford Lagoons  31
  Y11  Timber Point and Fortunes Rocks Beach  33
  Y12  Biddeford Pool  35
  Y13  Saco “Yacht Club” and Riverwalk  41
  Y14  Pleasant Point Park  43
  Y15  Waterboro Barrens Preserve  44
  Y16  Killcock Pond Road, and Maynard Marsh and
       Little Ossipee River Wildlife Management Areas  45
  Y17  Sawyer Mountain Loop  48

2 CUMBERLAND COUNTY 51
  Derek Lovitch
  C1  Scarborough Marsh  53
  C2  Crescent Beach and Kettle Cove State Parks  60
<table>
<thead>
<tr>
<th>No.</th>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>c3</td>
<td>Dyer Point and Two Lights State Park</td>
<td>62</td>
</tr>
<tr>
<td>c4</td>
<td>Village Crossings and the Cape Elizabeth Greenbelt Trail</td>
<td>64</td>
</tr>
<tr>
<td>c5</td>
<td>Portland Harbor Winter Gull Loop</td>
<td>65</td>
</tr>
<tr>
<td>c6</td>
<td>The Eastern Promenade</td>
<td>68</td>
</tr>
<tr>
<td>c7</td>
<td>Back Cove</td>
<td>71</td>
</tr>
<tr>
<td>c8</td>
<td>Evergreen Cemetery and Other Urban Sites</td>
<td>73</td>
</tr>
<tr>
<td>c9</td>
<td>Capiscum Pond Park</td>
<td>77</td>
</tr>
<tr>
<td>c10</td>
<td>Odyssey Whalewatch</td>
<td>78</td>
</tr>
<tr>
<td>c11</td>
<td>Casco Bay Islands (especially Peaks Island) and the Mailboat</td>
<td>80</td>
</tr>
<tr>
<td>c12</td>
<td>Riverbank Park and Westbrook Riverwalk</td>
<td>82</td>
</tr>
<tr>
<td>c13</td>
<td>Sebago Lake State Park and the Sebago Lake Loop</td>
<td>83</td>
</tr>
<tr>
<td>c14</td>
<td>Sandy Point Beach, Cousin’s Island</td>
<td>87</td>
</tr>
<tr>
<td>c15</td>
<td>“Greater Yarmouth Goose Fields”</td>
<td>89</td>
</tr>
<tr>
<td>c16</td>
<td>Old Town House Park</td>
<td>91</td>
</tr>
<tr>
<td>c17</td>
<td>Morgan Meadow Wildlife Management Area</td>
<td>92</td>
</tr>
<tr>
<td>c18</td>
<td>Bradbury Mountain State Park and Spring Hawk Watch</td>
<td>93</td>
</tr>
<tr>
<td>c19</td>
<td>Winslow Park and South Freeport</td>
<td>95</td>
</tr>
<tr>
<td>c20</td>
<td>Florida Lake Park</td>
<td>98</td>
</tr>
<tr>
<td>c21</td>
<td>Wharton Point to Simpson Point</td>
<td>100</td>
</tr>
<tr>
<td>c22</td>
<td>Harpswell Neck</td>
<td>102</td>
</tr>
<tr>
<td>c23</td>
<td>Bailey Island</td>
<td>105</td>
</tr>
</tbody>
</table>

**3 Oxford County 107**

*Kirk Betts*

<table>
<thead>
<tr>
<th>No.</th>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>o1</td>
<td>Brownfield Bog</td>
<td>109</td>
</tr>
<tr>
<td>o2</td>
<td>Pleasant Mountain</td>
<td>111</td>
</tr>
<tr>
<td>o3</td>
<td>Fryeburg Harbor Loop</td>
<td>112</td>
</tr>
<tr>
<td>o4</td>
<td>Heald and Bradley Ponds</td>
<td>114</td>
</tr>
<tr>
<td>o5</td>
<td>Streaked Mountain</td>
<td>115</td>
</tr>
<tr>
<td>o6</td>
<td>Virgil Parris Forest (Packard Trail)</td>
<td>116</td>
</tr>
<tr>
<td>o7</td>
<td>Norway Loop</td>
<td>116</td>
</tr>
<tr>
<td>o8</td>
<td>White Mountain National Forest</td>
<td>118</td>
</tr>
<tr>
<td>o9</td>
<td>Mount Will</td>
<td>119</td>
</tr>
<tr>
<td>o10</td>
<td>Rumford Whitecap Mountain</td>
<td>120</td>
</tr>
<tr>
<td>o11</td>
<td>Grafton Notch State Park</td>
<td>121</td>
</tr>
<tr>
<td>o12</td>
<td>Umbagog National Wildlife Refuge</td>
<td>122</td>
</tr>
</tbody>
</table>
ANDROSCOGGIN COUNTY 125
Dan Nickerson

AN1 Androscoggin River Tour, Durham to Lewiston 126
AN2 Beaver Park, Lisbon 129
AN3 Miller Park—Papermill Trail, Ricker Farm, and Androscoggin River Trails 131
AN4 The “Louie” Loop 133
AN5 Range Pond State Park 136
AN6 Lewiston-Auburn Parks and Trails 137
AN7 Auburn North Circuit 141
AN8 Sabattus Pond 144

SAGADAHOC COUNTY 149
John Berry

SA1 Morse Mountain and Seawall Beach 151
SA2 Popham Beach State Park 152
SA3 Reid State Park 155
SA4 New Meadows River 158
SA5 Bath Landfill and Waterfront 158
SA6 Whiskeag Creek Trail (Sewall Woods and Thorne Head) 161
SA7 Bradley Pond 162
SA8 Bisson’s Farm 163
SA9 Cathance Preserve 164
SA10 Merrymeeting Bay (including the Mouth of the Abagadasset River) 165
SA11 Green Point Wildlife Management Area 168

LINCOLN COUNTY 171
Allison Childs Wells and Jeffrey V. Wells

L1 Monhegan Island 172
L2 Boothbay Harbor Loop 177
L3 Cap’n Fish’s Whale Watch 178
L4 Boothbay Center Loop 179
L5 Ocean Point—Linekin Preserve Loop 181
L6 Pemaquid Point Loop 183
L7 Eastern Egg Rock via the Hardy Boat 186
7 KENNEBEC COUNTY 199

Herb Wilson

KE1 Cobbosseecontee Lake 201
KE2 Vaughan Woods 202
KE3 Mill Park and Augusta State Airport (West Augusta) 203
KE4 Viles Arboretum 204
KE5 Hatch Hill Landfill 206
KE6 Messalonskee Lake 208
KE7 Sidney Bog 210
KE8 China Lake 211
KE9 Waterville Loop 213
KE10 Kennebec River 216
KE11 Kennebec Highlands Trails 217
KE12 River Road Farmlands 218

8 KNOX COUNTY 221

Kristen Lindquist

KN1 St. George River in Warren 222
KN2 Weskeag Marsh 223
KN3 Thomaston Waterfront 226
KN4 Owls Head Area Loop 228
KN5 Rockland Breakwater 230
KN6 Vinalhaven Island (and Ferry) 232
KN7 Chickawaukie Lake and Maces Pond 238
KN8 Clarry Hill 239
KN9 Appleton Ridge to the Gibson Preserve 241
KN10 Beech Hill Preserve 243
KN11 Merryspring Nature Center 246
KN12 Camden Harbor 248
KN13 Camden Hills State Park 249
9 WALDO COUNTY  253

Seth Benz

WO1  Fernald’s Neck Preserve  254
WO2  Ducktrap Harbor  256
WO3  Islesboro (Island)  257
WO4  Lake St. George State Park  260
WO5  James Dorso (Ruffingham Meadow) Wildlife Management Area  261
WO6  Belfast Tour  262
WO7  Head of Tide and Stover Preserves  266
WO8  Bog Brook Sanctuary/Sheepscot-Wellspring Land Alliance Properties  269
WO9  Frye Mountain State Wildlife Management Area  270
WO10  Sears Island  272
WO11  Cape Jellison Loop  276
WO12  Sandy Point Beach and Sandy Point Wildlife Management Area  278
WO13  Unity Area  279
WO14  Howard L. Mendall (Marsh Stream) Wildlife Management Area  283

10 HANCOCK COUNTY  285

Rich MacDonald

H1  Deer Isle Tour  287
H2  Blue Hill Peninsula Tour  290
H3  Holbrook Island Sanctuary  292
H4  Acadia National Park Tour (including Park Loop Road)  295
H5  Mount Desert Island (West) Tour  301
H6  East Mount Desert Island Tour  304
H7  Bar Harbor Whale Watch  306
H8  Trenton  308
H9  Schoodic Peninsula Tour  309
H10  Great Pond Mountain Wildlands  311
H11  Ellsworth Tour  312
H12  Route 9, Airline Road ("the Airline") and Stud Mill Road Tour  314
11 FRANKLIN COUNTY 317

Kirk Betts

F1 French Falls Recreation Area 319
F2 Foothills Land Conservancy 320
F3 Whistlestop Trail 321
F4 Mount Blue State Park 322
F5 Perham Stream Birding Trail 323
F6 Saddleback Mountain 324
F7 Rangeley Lakes 326
F8 Rangeley Loop Drive 328
F9 Bald Mountain 331
F10 Boy Scout Road and the Kennebago River 332
F11 Quill Hill 334
F12 Sugarloaf Area 335
F13 Burnt Mountain (aka Burnt Hill) 337

12 SOMERSET COUNTY 339

Ron Joseph

S01 Mill Island Town Park 341
S02 Shawmut Dam 342
S03 Goodwill-Hinckley School Nature Trail, L. C. Bates Museum, and Kennebec Valley Community College Farm Fields 343
S04 Madawaska Bog Wildlife Management Area 344
S05 Gilman Pond Farm and Stream Inlet 345
S06 Long Falls Dam Road 346
S07 Moore Pond 350

13 PENOBSCOT COUNTY 353

Luke Seitz

PE1 Sebasticook Lake 354
PE2 Corinna Marsh 355
PE3 Plymouth Pond 357
PE4 Essex Woods and Marsh 358
PE5 Bangor Waterfront Tour 359
PE6 Cascade and Saxl Marsh 361
PE7 Bangor City Forest and Orono Bog 362
14 WASHINGTON COUNTY 369
Herb Wilson

WN1 Petit Manan National Wildlife Refuge 372
WN2 Southern Washington County Blueberry Barrens 373
WN3 Addison Marsh 374
WN4 Great Wass Island 374
WN5 Roque Bluffs State Park 376
WN6 Machias Loop 376
WN7 Machias Seal Island 378
WN8 Hamilton Cove and Boot Head Preserves 379
WN9 Lubec and the Lubec Bar and Flats 382
WN10 Quoddy Head State Park 385
WN11 Campobello Island 388
WN12 Moosehorn National Wildlife Refuge: Edmunds Division 389
WN13 Pleasant Island–Eastport Loop 390
WN14 Moosehorn National Wildlife Refuge: Baring Division 392
WN15 The Burn Road 393

15 PISCATAQUIS COUNTY 395
Luke Seitz

PS1 Shirley Bog Railroad Bed 397
PS2 Big Moose Mountain 399
PS3 Lily Bay State Park 400
PS4 Kokadjo Area 400
PS5 Golden Road 402
PS6 Harvester Road 403
PS7 Baxter State Park: Nesowadnehunk Campground 407
PS8 Baxter State Park: Roaring Brook Campground and Sandy Stream Pond 408
PS9 Baxter State Park: Mount Katahdin 409
AR01 Mars Hill Pond 414
AR02 Masardis Area 415
AR03 Aroostook State Park 416
AR04 Lake Josephine 417
AR05 Christiana Reservoir 419
AR06 Collins Pond 420
AR07 Limestone / Fort Fairfield Goose Tour 421
AR08 Aroostook National Wildlife Refuge 423
AR09 Stockholm–Van Buren Path 424
AR10 Moscovic Road 426
AR11 Sinclair Area 427
AR12 Square Lake Road 428
AR13 The North Maine Woods 431

17 SPECIES ACCOUNTS 434

Afterword 467
References 469
About the Editor and Contributors 471
Index of Bird Species 477