

## Tips for Bird Watching in Gateway

- ✓ Stay hydrated. Bring plenty of water.
- ✓ Always wear sunscreen.
- ✓ Wear insect repellent. Swatting away flies and mosquitoes may actually scare the birds, not the bugs!
- ✓ Learn to identify poison ivy (pictured below). This native plant is an essential food source for birds, but may cause an itchy rash for humans. Leaves, roots, and berries contain an oil that may cause an allergic reaction when it comes in contact with skin.
- ✓ Dress for the terrain. Walking trails at Gateway may vary from beaches to boardwalks to mudflats and marshes. It is advisable to wear sturdy waterproof shoes for wherever your feet may take you.
- ✓ Check the weather. Layers are essential for both winter and summer hiking.
- ✓ Bring binoculars and keep a field guide handy.
- ✓ Bring a camera. Also, a sketch pad and pencil may come in handy. While waiting to see your favorite bird to fly by, keep yourself busy by sketching your surroundings.
- ✓ Familiarize yourself with the area. Ranger stations and visitor centers provide maps with trails, buildings, and nearby concessions.
- ✓ Stay on designated trails, for your safety and the safety of wildlife.



## Gateway National Recreation Area

Gateway National Recreation Area, which is situated in one of the Nation's most populated and urbanized locales, is rich in nature. Jamaica Bay Wildlife Refuge is an essential stopping point for over 300 different species of migratory birds. Sandy Hook's maritime forest and salt marshes are ideal habitats for shorebirds. Staten Island's fields and waterways are home to a wide variety of feathered friends. There is something for everyone here at Gateway. Take a walk on the wild side and explore the National Park right in your own backyard!



[www.nps.gov/gate/index.htm](http://www.nps.gov/gate/index.htm)

National Park Service  
U.S. Department of the Interior



## Birds of Gateway National Recreation Area





**Osprey**  
Spring/Fall  
\*Wingspan of 4-6 feet!\*



**Black Skimmer**  
\*Watch this bird skim water surface with an open beak!\*Spring/Summer



**Glossy Ibis**  
Spring/Summer

**Tree Swallow**  
Spring/Summer



**Piping Plover**  
Endangered  
Species  
Spring/Summer



**Snowy Owl (Juvenile)**  
\*A rare sight!\*Winter



**Ruddy Duck (Male)**  
Winter



**Common Loon**  
Winter



**Black Crowned Night Heron**  
All Year



**Willet**  
Spring/Summer



**American Oystercatcher (with clam)**  
Spring/Summer



**Green Heron**  
Spring/Summer

