Meet Me in the Meadowlands

The NJSEA offers a number of resources for Meadowlands District municipalities and educational programs for the public. They include:

- Digital mapping services
- Shared heavy equipment pool, including jet-vac truck
- Scientific research and air, soil and water quality testing conducted by the Meadowlands Environmental Research Institute (MERI)
- Guided pontoon boat cruises, canoe tours and nature walks
- More than 21 parks and eight miles of walking and hiking trails
- Annual Butterfly Day
- Year-round environmentally themed workshops and programs for all ages, including animal visits and art work shops

- Science and environmental education programs for students in Grades K-12 focusing on ecology, chemistry, biology, astronomy and natural history
- Public viewing nights and astronomy lessons at the William D. McDowell Observatory
- Annual Halloween Party and Spooky Walk
- The Flyway Gallery, featuring local environmental art exhibits
- Tideland Treasures gift shop, featuring environmentally themed educational products for kids, birding books, home and garden decor, and much more.

About the NJSEA: The New Jersey Sports and Exposition Authority is the planning and zoning agency for the 30.4-square-mile Meadowlands District, comprised of parts of 14 municipalities in Bergen and Hudson counties. In February 2015 the former New Jersey Meadowlands Commission (NJMC) was consolidated into the NJSEA.

Nature programming: In collaboration with the Bergen County Audubon Society, the NJSEA offers free twice monthly nature walks and additional special events. For a complete schedule, go to njmeadowlands.gov and click on "Events." The Sports Authority also offers guided pontoon boat tours and canoe trips of the Hackensack River.

The Meadowlands Nature Blog: meadowblog.net, includes daily updates and great photography of the region's flora and fauna, environmental-themed news and information about NJSEA public programs.

Created in 1969, the NJMC (now NJSEA) has fought to end illegal dumping and encourage appropriate development in the Meadowlands District, and has helped to protect thousands of acres of wetlands and open space. The agency has also developed or contributed to the design of 21 parks throughout the District.

NJSEA
NEW JERSEY SPORTS & EXPOSITION AUTHORITY

New Jersey Sports and Exposition Authority
One DeKorte Park Plaza • P.O. Box 640 • Lyndhurst, New Jersey • 07071
201.460.1700
Website: njsea.com

Meadowlands Environment Center
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201.777.2431
Website: njsea.com/ec

BOTM 2000 512

Come and explore the New Jersey Meadowlands!

Tree Swallow

Black Skimmer

Double-crested Cormorant

Great Egret

Snowy Egret

Northern Pintail

Black-crowned Night Heron

Magnolia Warbler

Peregrine Falcon

Osprey

American Kestral

Greater Yellowlegs

Tricolored Heron

The Meadowlands District is a unique place to watch birds and to explore and discover nature in general. The 19,500-acre region, just six miles from Manhattan, includes salt-and fresh-water wetlands and a variety of uplands on both sides of the Hackensack River.

More than 280 bird species have been reported in the Meadowlands, which is a major stop along the Atlantic Flyway. Most are migrants who spend a few weeks or a few months here, with each season hosting a predominant group.

In the winter, waterfowl, raptors and gulls are present in large numbers. Green-winged Teal congregate in the District's open waters, using Phragmites – the tall, tasseled plants also known as "phrag" or "the common reed" - as a barrier from the cold winter winds.

In the spring, waterfowl and shorebirds stop over as they migrate north to breeding grounds. Tree Swallows seek homes in nest boxes built by volunteer groups.

In the summer, wading birds and songbirds are also present. Double-crested Cormorants perch atop pilings and the remains of old tide gates. Great Blue Herons, egrets and terns feed along shorelines. Yellow-crowned Night Herons, a threatened species in New Jersey, nest in the taller trees.

In the fall, shorebirds, neotropical migrants and many waterfowl stop over as they migrate south.

To add to your bird-watching experience, the NJSEA has compiled this checklist and updates it as often

as possible. You can also join one of NJSEA's twice-monthly free, guided bird walks. Information on these outings is available on our Nature Blog, meadowblog.net, or on the "Events" page at njsea.com.

As you explore the parks, trails and waterways of the Meadowlands District, check off the birds you see. Who knows - you may discover a species that is not currently listed! If you do, take a few minutes to call us at 201-460-1700. We are always interested in new findings.

We wish you happy birding and hope you enjoy your visit to the "real" Meadowlands. It is an amazing natural experience.

Birds of the Meadowlands

SEASONS

Sp	Spring	March - May
Su	Summer	June - July
F	Fall	August - October
W	Winter	November - February

RELATIVE ABUNDANCE

c	Common (should see)
u	Uncommon (might see)
r	Rare (seldom see)
*	Nests in the Meadowlands

LOONS - GREBES - WATERFOWL

	Sp	Su	F	W
Red-throated Loon	r			r
Common Loon	u	u	u	u
Pied-billed Grebe*	u	u	u	r
Horned Grebe	r		r	r
Red-necked Grebe			r	r
Double-crested Cormorant	c	c	c	c
Great Cormorant			r	u
Fulvous Whistling Duck	r	r	r	r
Tundra Swan	r			r
Mute Swan*	c	c	c	c
Snow Goose	u		u	
Brant	u		u	
Canada Goose*	c	c	c	c
Cackling Goose	u		u	u
American Black Duck	c	c	c	c
Eurasian Widgeon				r
Wood Duck*	c	c	c	u
Gadwall*	c	c	c	c
Mallard*	c	c	c	c
Northern Pintail	c		c	c
American Wigeon	u		u	u
Green-winged Teal*	c	c	c	c
Blue-winged Teal*	c	c	c	r
Northern Shoveler	c		c	c
Long-tailed Duck	r		r	r
Surf Scoter	r		r	r
White-winged Scoter	r		r	r
Canvasback	c		u	c
Redhead	r		r	r
Ring-necked Duck	c		u	
Greater Scaup	u		u	u
Lesser Scaup	c		u	c
Common Goldeneye	u		u	u
Bufflehead	u		c	c
Ruddy Duck*	c	c	c	c
Hooded Merganser	c		u	c
Common Merganser	c		c	c
Red-breasted Merganser	u		u	u

GULLS - TERNS - SKIMMERS

	Sp	Su	F	W
Glaucous Gull	r			r
Iceland Gull	r		r	r
Herring Gull	c	c	c	c
Ring-billed Gull	c	c	c	c
Laughing Gull	u	c	c	
Black-headed Gull	r			r
Bonaparte's Gull	r		r	r
Lesser Black-backed Gull	r	r	r	r
Great Black-backed Gull	c	c	c	c
Gull-billed Tern	r	r	r	
Caspian Tern	r	r	r	
Royal Tern	r	r		
Roseate Tern		r		
Common Tern	c	u	u	
Forster's Tern	u	u	u	
Least Tern*	u	u	u	
Black Tern	r		r	r
Black Skimmer		u	r	

HERONS - EGRETS - BITTERN - IBIS

	Sp	Su	F	W
Great Blue Heron	c	c	c	c
Little Blue Heron	u	c	c	
Tricolored Heron	u	u	u	
Great Egret	c	c	c	r
Snowy Egret	c	c	c	r
Cattle Egret	r	r	r	
Black-crowned Night-Heron	c	c	c	u
Yellow-crowned Night-Heron*	r	u	r	
Green Heron*	c	c	c	
Least Bittern*	u	u	u	
American Bittern	u	u	u	u
Glossy Ibis	u	u	u	

PHEASANTS - RAILS - COOTS

	Sp	Su	F	W
Ring-necked Pheasant*	c	c	c	c
Wild Turkey	r	r	r	r
Virginia Rail*	u	u	u	u
King Rail	r	r	r	
Clapper Rail*	u	u	u	u
Sora	u		u	
Yellow Rail	r		r	r
American Coot	c	c	c	c
Common Moorhen*	c	c	c	r

SHOREBIRDS

	Sp	Su	F	W
Black-necked Stilt	r	r		
American Avocet	r	r		
Ruddy Turnstone	r		r	r
Red Knot	r		r	
Black-bellied Plover	c		c	
American Golden Plover	r		u	
Semipalmated Plover	u	c	c	
Killdeer*	c	c	c	u
Short-billed Dowitcher	c	u	c	
Long-billed Dowitcher	u	u	u	
Wilson's Snipe	c		c	r
American Woodcock*	c	u	c	
Willet	r		r	
Hudsonian Godwit		r	r	
Marbled Godwit		r	r	
Greater Yellowlegs	c	c	c	u
Lesser Yellowlegs	c	c	c	r
Solitary Sandpiper	c	c	c	
Upland Sandpiper			r	
Semipalmated Sandpiper	c	c	c	
Sanderling	r		r	
Pectoral Sandpiper	u	u	u	
Buff-breasted Sandpiper	u	u	u	
Ruff	r	r	r	
Stilt Sandpiper	c	u	c	
Curlew Sandpiper		r		
Dunlin	c		c	u
Spotted Sandpiper*	c	c	c	
Western Sandpiper	u	u	u	
Least Sandpiper	c	c	c	
White-rumped Sandpiper	u	u	u	
Baird's Sandpiper			r	
Wilson's Phalarope	r	r	r	
Red-necked Phalarope		u	u	
Red Phalarope	r	r		
Whimbrel	r	r	r	

BIRDS OF PREY

	Sp	Su	F	W
Turkey Vulture	c	c	c	u
Osprey*	c	c	c	
Bald Eagle	r	r	r	u
Northern Harrier*	c	u	c	c
Sharp-shinned Hawk	r		u	r
Cooper's Hawk	r		u	u
Northern Goshawk			r	
Red-shouldered Hawk	r		r	
Broad-winged Hawk	r		r	
Red-tailed Hawk*	c	c	c	c
Rough-legged Hawk	u			c
American Kestrel*	c	c	c	c
Merlin	u		u	u
Peregrine Falcon*	r		r	r
Barn Owl*	u	u	u	u
Eastern Screech Owl*	r	r	r	r
Great Horned Owl*			r	
Snowy Owl				r
Barred Owl	r		r	r
Long-eared Owl			r	u
Short-eared Owl	r		r	u

DOVES - CUCKOOS - WOODPECKERS

	Sp	Su	F	W
Rock Dove*	c	c	c	c
Mourning Dove*	c	c	c	c
Black-billed Cuckoo	u		u	
Yellow-billed Cuckoo*	u		u	
Common Nighthawk	u	u	u	u
Ruby-throated Hummingbird	u		u	
Belted Kingfisher*	u	u	u	r
Red-bellied Woodpecker	u	r	u	u
Red-headed Woodpecker	r		r	r
Yellow-bellied Sapsucker	u		u	
Downy Woodpecker*	c	c	c	c
Hairy Woodpecker*	u	u	u	u
Northern Flicker*	c	u	c	u

PASSERINE (PERCHING) BIRDS

	Sp	Su	F	W
Great Crested Flycatcher	u		u	
Western Kingbird		r	u	
Eastern Kingbird*	c	u	c	
Eastern Phoebe*	u	u	u	
Eastern Wood-Pewee	r		r	
Yellow-bellied Flycatcher	r		r	
Acadian Flycatcher	u	r	u	
Willow Flycatcher*	u	c	u	
Least Flycatcher	u		u	
Horned Lark*	c	u	u	u
Purple Martin	r		r	
Cliff Swallow	r		r	
Barn Swallow*	c	c	c	
Tree Swallow*	c	c	c	
Northern Rough-winged Swallow*	u	u	u	
Bank Swallow	u		u	
Chimney Swift*	u		u	
Blue Jay*	c	c	c	u
American Crow*	c	c	c	c
Fish Crow*	c	c	c	c
Common Raven*	r	r	r	r
Black-capped Chickadee*	c		c	u
Tufted Titmouse*	u		u	u
Red-breasted Nuthatch	r		r	r
White-breasted Nuthatch*	u		u	u
Brown Creeper	u		u	
House Wren*	u	u	u	
Winter Wren	u		u	r
Carolina Wren*	u		u	
Sedge Wren			r	
Marsh Wren*	c	c	c	r
Golden-crowned Kinglet	u		c	
Ruby-crowned Kinglet	c		c	u
Blue-gray Gnatcatcher	u		u	
Brown Thrasher*	c	c	c	
Gray Catbird*	u	u	u	r
Northern Mockingbird*	c	c	c	c
American Robin*	c	c	c	c
Gray-cheeked Thrush	r		r	
Swainson's Thrush	u		u	
Hermit Thrush	u		u	
Veery	u		u	
Wood Thrush	r		r	
American Pipit	u		u	u
Cedar Waxwing*	u		u	u
Northern Shrike				r
Loggerhead Shrike				r
Yellow-throated Vireo		r		
Warbling Vireo*	u		u	
Red-eyed Vireo*	c	c	c	
White-eyed Vireo	u		u	
Blue-headed Vireo	u		u	
Northern Parula	u		u	
Black-throated Green Warbler	u		u	
Blackpoll Warbler	c		c	
Cerulean Warbler	r		r	
Black-and-white Warbler	c		c	
Black-throated Blue Warbler	u		u	
Magnolia Warbler	u		u	
Cape May Warbler	u		u	
Blackburnian Warbler	u		u	
Chestnut-sided Warbler*	u		u	
Bay-breasted Warbler	u		u	
American Redstart	c	u	c	
Pine Warbler	u		u	
Prairie Warbler	u	r	u	
Palm Warbler	c			
Blue-winged Warbler	u		u	
Yellow Warbler*	c	u	c	
Yellow-rumped Warbler	c		c	u
Canada Warbler	u		u	
Mourning Warbler	r		u	
Tennessee Warbler	u		u	
Orange-crowned Warbler			u	
Wilson's Warbler	u		u	
Nashville Warbler	u		u	
Connecticut Warbler	r		r	
Common Yellowthroat*	c	c	c	
Northern Waterthrush	u		u	
Louisiana Waterthrush	u		u	
Ovenbird	c		c	
Yellow-breasted Chat	r		u	
Scarlet Tanager	u		u	
Eastern Towhee	u		u	
American Tree Sparrow	u		u	u
Chipping Sparrow	u	u	u	
Clay-colored Sparrow			r	
Field Sparrow	u		u	u
Vesper Sparrow	r		r	
Savannah Sparrow*	c	c	c	u
Grasshopper Sparrow	r		r	
Saltmarsh Sparrow*	u	u	u	
Seaside Sparrow*	u	u	u	u
Fox Sparrow			u	u
Song Sparrow*	c	c	c	c
Lincoln's Sparrow	u		u	
Swamp Sparrow*	c	c	c	u
White-throated Sparrow	c		c	u
White-crowned Sparrow	u		u	u
Dark-eyed Junco			r	c
Lapland Longspur			r	r
Snow Bunting			u	u
Northern Cardinal*	c	c	c	c
Rose-breasted Grosbeak	u		u	
Blue Grosbeak*	u	u	u	
Indigo Bunting*	u	u	u	
Dickcissel			r	
Bobolink	u	u	u	
Red-winged Blackbird*	c	c	c	u
Eastern Meadowlark	u		u	r
Rusty Blackbird	u		u	u
Common Grackle*	c	c	c	c
Boat-tailed Grackle	r	r	r	r
Brown-headed Cowbird*	c	u	c	u
Orchard Oriole	u	u	u	
Baltimore Oriole	u		u	
Purple Finch	r		r	r
House Finch*	u	u	u	u
Common Redpoll				r
Pine Siskin			r	r
American Goldfinch*	c	c	c	c
European Starling*	c	c	c	c
House Sparrow*	c	c	c	c

SPECIES OF ACCIDENTAL OCCURRENCE

Franklin's Gull • Chuck-Will's-Widow • Thayer's Herring Gull
White Ibis • Ruffed Grouse • Lark Sparrow • Yellow-headed Blackbird
Common Teal • Northern Wheatear • Gyrfalcon

Please report any sighting of birds that are not included in this list by calling 201.460.1700.