

## Birding Cape Henlopen State Park

- 1. The Point** – the best birding site in the park  
If you're pressed for time this is the place to start. A scope is essential. From Oct. 1 to Feb. 28 you can walk the beach around the point. Walking in the interior dunes is prohibited year-round. **Winter:** loons, gannet, gulls, Great Cormorant (on the breakwaters), Brant, sea ducks, snow bunting, possibly Snowy Owl in irruption years, **Spring:** gulls, terns, shorebirds, Piping Plover, **Summer:** terns, shorebirds, Wilson's Storm-Petrel (ocean side), **Fall:** gulls and terns, migrating seabirds, raptors
- 2. Herring Point** – almost as good as the point  
As good if not better than the point for scanning the ocean for seabirds – it just lacks the bay side flats and breakwaters. A scope is essential. **Winter:** loons, gannet, gulls, sea ducks, Purple Sandpiper on groins, best place in the park to see Lesser Black-backed Gull, **Spring:** gulls and terns, seabirds, **Summer:** usually pretty crowded with people, **Fall:** migrating seabirds, gulls and terns, migrating raptors
- 3. Fishing Pier** – a good place from which to scan the harbor and breakwater  
A good place to scan the sheltered area within the breakwater from late fall to early spring. The rest of the year it is usually pretty crowded with fisherman. See Point above for potential birds.
- 4. Seaside Nature Center** – check the feeders in fall and winter for Brown-headed Nuthatch  
The feeders are usually up and stocked from November to April. Brown-headed Nuthatches are regular visitors to the feeders and often nest along the Seaside Trail that begins and ends here. Purple Finch and Fox Sparrow show up regularly. Other rarities that have been seen here include both crossbills, Pine Siskin, Common Redpoll and Evening Grosbeak.
- 5. Salt Marsh Spur** – a birdy trail through pine forest, forested wetland and salt marsh  
An out and back trail through the heart of the park's pine forest to the salt marsh that borders the Lewes-Rehoboth Canal. Brown-headed Nuthatch can usually be found year-round. **Winter:** Red-breasted Nuthatch, other songbirds, waterfowl, **Spring:** migrating songbirds, marsh birds, shorebirds, **Summer:** breeding songbirds, marsh birds **Fall:** migrating songbirds, migrating raptors.
- 6. Dune Overlook Trail** – a 3-mile Loop through the same habitats as #5  
This 3-mile loop trail winds through pine forest, forested wetland and salt marsh. See #5 for birds that may be encountered.
- 7. Hawk Watch** – the place to go for migrating raptors in spring and fall  
The site of the park's spring and fall hawk watch. Swainson's Hawk has been recorded in fall, Swallow-tailed Kite in spring. Another great spot to scope the ocean for migrating and wintering seabirds and sea ducks.
- 8. Pinelands Trail** – a long winding trail through young pine woods  
Brown-headed Nuthatch can be found here year-round. Look for wintering, migrating and breeding songbirds in season.
- 9. Campground** – stroll through in winter to look for songbirds including Brown-headed Nuthatch  
Best birded in winter when it is closed. Songbirds, including rare winter irruptives may be found here. If you reserve a site from spring through mid-summer Chuck-will's-widow will sing you to sleep.
- 10. Great Dune/Fort Miles** – a fall migrant trap and winter songbird haven  
The dunes and scrub habitat attract fall migrants and mixed songbird flocks in winter. The overlook at the eastern edge of the Great Dune offers spectacular views of the park and ocean across to Cape May. **Winter:** gannet, loons, sea ducks, **Spring:** migrating raptors and songbirds, **Fall:** migrating raptors, songbirds and seabirds.
- 11. Parade Field** – look for field birds in winter and shorebirds and gulls during nor'easters  
A mowed grass field that is covered with park visitors for most of the summer. From late fall to spring may attract plovers, Horned Lark and sparrows. During coastal storms beach and shorebirds often roost here.