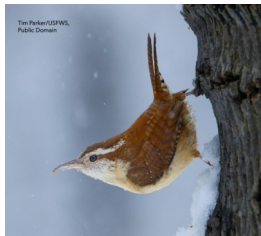


Fields/Brush

Carolina Wren

- Smaller than a sparrow
- White eye strip, down-curved bill
- Very active in low vegetation & very loud



Mourning Dove

- Robin sized with plump body, long pointed tail, small head
- Often perch on wires or dead trees
- May feed in weedy areas or crop fields



Song Sparrow

- Streaks on breast, often with a dark central spot
- Generally flitting through thick vegetation
- Males sing from the tops of shrubs or small trees



Tree Swallow

- Sparrow sized, long pointed wings, short bill
- Swoop over fields eating flying insects
- Frequently perch on electric lines and use artificial nest boxes
- Leave the park to fly south in winter



This brochure contains a **very small** sample of the over **165 species of birds** that have been found at Seven Bends State Park at one time or another. They are arranged by the habitat type where they are most likely to be found and by scanning the QR code you can hear their song.

Birding Tips

- Best time is early morning, but the birds are here all day.
- Try birding different times of year. Some species are here year round, but others are temporary visitors.
- 8 to 10 power binoculars are recommended.
- A good field guide is helpful.
- A birding app on your phone, such as Merlin, can be very helpful.



Seven Bends State Park
2111 S. Hollingsworth Road
Woodstock, VA 22664
Phone (800) 933-7275

Seven Bends State Park

Common Birds of Seven Bends



VIRGINIA STATE PARKS

www.virginiastateparks.gov

River

Canada Goose

- Black neck and head, white chin-strap
- Swimming or loafing in river, grazing in fields, flying overhead in V-formation



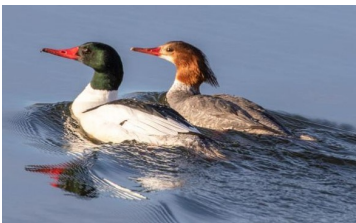
Belted Kingfisher

- Large, crested head, heavy bill
- Loud, rattling call when disturbed
- Dives into the water to catch fish



Common Merganser

- More common here in the winter
- Males have red bill, green head, white body. Females have brown head with shaggy crest
- Frequently dive underwater



Soaring Overhead

Red-tailed Hawk

- Between crow and goose in size
- Often seen soaring or perched in a treetop
- Light below w/ dark belly band, wing tips, & leading edge of wings. Reddish brown tail



Turkey Vulture

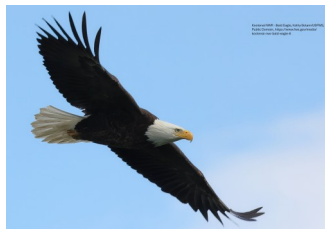
- The size of a goose or larger
- Holds wings in a slight V-shape and wobble with very little flapping when soaring
- Black body, gray flight feathers, red head



- Don't have a song but hiss when disturbed and may make a low nasal whine in flight

Bald Eagle

- Larger than a vulture
- Holds its wings flat when soaring
- Adults - Black body, white head & tail
- Immatures - Mottled brown all over



Forest

Pileated Woodpecker

- Nearly the size of a crow
- Makes loud laughing call



White-breasted Nuthatch

- Sparrow sized
- Chunky body, no-neck appearance
- Busily forages for insects on bark of trees



Red-bellied Woodpecker

- A little bigger than a robin
- Black & white bars on back, red cap, pale front

