

## Audubon BirdLoop Rules and Code of Ethics

1. Leave no trace of your presence. Take only pictures. Leave only footprints.
2. Stay on roads, trails, and paths where they exist; otherwise keep habitat disturbance to a minimum.
3. Dogs must be on leash in all areas of the BirdLoop except within the Off-leash Dog Area. Scoop laws are in effect everywhere.
4. Bicycles are not permitted on these trails.
5. Please use the trails for quiet observation of the natural world. Birders may be anywhere on these trails, quietly looking at a bird, perhaps a rare bird. Lots of movement or noise would disrupt this experience. Running is not recommended.
6. Avoid stressing birds or exposing them to danger, exercise restraint and caution during observation, photography, sound recording or filming.
7. Limit the use of recordings and other methods of attracting birds.

### Membership Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

- \$25 Web Member (no newsletter)
- \$35 Corvid Club
- \$100 Goldfinch Club
- \$250 Heron Club
- \$500 Osprey Club
- \$1000 Lifetime Membership

Enclosed is my check payable to EAS.

Please charge my account

Card No. \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_



The mission of the Eastside Audubon Society is to protect, preserve and enhance natural ecosystems and our community for the benefit of birds, other wildlife and people.

Eastside Audubon was formed in 1980 and has grown to more than 900 members. If you are concerned about the environment and/or if you enjoy birds and nature, Audubon is for you!

Our Conservation Committee is active in habitat restoration and advocating on behalf of birds and wildlife on the local, state and national levels.

Our Youth Education Committee gives presentations for schools, environmental camps, science fairs and youth groups. We also provide summer camp scholarships, teacher grants and a college scholarship.

Our Adult Education Committee hosts birding classes. Monthly evening programs feature speakers on birds, wildlife, plants, conservation issues and travel.

Our knowledgeable members lead birding field trips, nature walks and native plant walks throughout the year. Destinations include wildlife refuges, local parks, ocean beaches, mountains, forest, deserts and wetlands.

Guests are encouraged to join us for a birding, nature or native plant trip or monthly program. For more information, go to: [www.eastsideaudubon.org](http://www.eastsideaudubon.org).

Eastside Audubon Society  
P.O. Box 3115  
Kirkland, WA 98083-3115  
425-576-8805

For details on membership or to join online, go to: [www.eastsideaudubon.org](http://www.eastsideaudubon.org) and click on [Join Now!](#)

Yellow Warbler image on cover by Larry Engels  
Illustrated map by Linda Feltner  
Interior photos by Sunny Walter

## Audubon BirdLoop Project

In July 2006, King County awarded a two-year, \$100,000 grant to Eastside Audubon Society (EAS) to upgrade the interpretive trail into a world-class BirdLoop. EAS has matched this grant with volunteer hours and money.

Since March, 2006, BirdLoop work parties have been held on the first Saturday of the month. More than 200 volunteers from Eastside Audubon, the community, and Microsoft Day of Caring events have invested greater than 2000 hours of service on the BirdLoop project.

In the meadow, we removed invasive species such as Scotch Broom and Reed Canary Grass, along with blackberry vines that were choking out native trees and shrubs. We also planted hundreds of native trees, bushes, grasses and ground cover in at least ten areas.

Five interpretive signs with lovely artwork were commissioned and installed along the BirdLoop. We also refurbished two county transit kiosks for the Meadow and River entrances to the BirdLoop. The EAS Photography Group donated bird images for our posters.

We developed two trail extensions to move the BirdLoop route further from the dog area so our visitors can enjoy the birds in greater quiet. A gate was installed between the dog area and the meadow. The boardwalk was also extended to keep our feet dry during the winter rains.

Finally, for our bike racks, we commissioned a beautiful sculpture showing a heron in the reeds.

King County may award us more funds for future work, and we expect our first Saturday work parties to continue for the foreseeable future. Please join us!



# Audubon BirdLoop at Marymoor Park



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King County Parks **Your Big Backyard** King County



## Audubon BirdLoop at Marymoor Park

More than 200 species of birds have been observed at Marymoor Park over the years. The Audubon BirdLoop features the best birding opportunities in the park. On early morning walks, at least 50 species can be seen at any time of year, with spring and fall totals often approaching 65-70. Midday walks are less productive, but some birds are active all day.

In summer, the park is host to many breeding species, including Pied-billed Grebe, Wood Duck, Bald Eagle, Red-tailed Hawk, Barn Owl, Virginia Rail, Rufous Hummingbird, Willow Flycatcher, Red-eyed and Warbling Vireos, Bewick's and Marsh Wrens, Swainson's Thrush, Cedar Waxwing, Yellow Warbler, Common Yellowthroat, Savannah Sparrow and Black-headed Grosbeak.



In winter, the river and lake are host to more than 15 species of waterfowl. Large flocks of sparrows may be seen on the ground near the parking lots.

Huge flocks of geese spend their time feeding in the grassy soccer fields; look for Cackling, White-fronted and Snow geese among the Canada Geese.

The trail description below starts at the Meadow Kiosk in Parking Lot G and follows a clockwise direction. Start your walk by checking the thistle-covered mounds by the kiosk for finches. [To enjoy an early morning walk along the river, start at the River Kiosk in Lot D and work backwards through the directions.]

### Grassy Meadow Trail (0.3 miles)

The BirdLoop runs along the edge of the Grassy Meadow, home to many Savannah Sparrow in summer. Check out the new native plants set along the fence just for birds. Note also the native plants that have replaced many of the invasive species (blackberry, Reed Canary Grass and Scotch Broom) in the meadow.



In winter, look for Northern Shrike and Western Meadowlark. The meadow is also used by Northern Harriers in migration and by Short-eared Owls in fall and winter.

You can also walk the back meadow trail, a good place to see Savannah Sparrow, Tree Swallow and an occasional coyote.

### Foot Bridge to Lake (0.3 miles)

After you leave the meadow, you will cross a small footbridge and twist your way through some low shrubbery in the Mysterious Thicket. Be on the lookout for Long-tailed Weasel near the footbridge and birds which occasionally fill the thicket beyond the bridge.

Enter the Sheltering Forest and pass by a stand of tall trees which can be very good in summer for Black-headed Grosbeak and Swainson's Thrush.

A boardwalk winds through the Rich Marsh out to a platform overlooking Lake Sammamish. This lush cattail marsh is good for Marsh Wren and Virginia Rail. During May, June and July, you can usually see a male Rufous Hummingbird perched on one of the short trees.

At the lake platform, scan the waters for Western, Horned and Pied-billed Grebes and Common Loon; and check the trees across the lake for Bald Eagle. Gulls, Harriers or Osprey may also be seen. In winter, look for just about any species of duck. In summer, watch for dragonflies skimming across the lily pads.

Two Purple Martin gourds were installed just off the platform in April, 2008; within a week martins and swallows were using them for nests.

### Marsh and Forest River Trail (0.3 miles)

From the lake platform, head northwest on the boardwalk along the Sammamish River and through the Sheltering Forest to the gate. This is a good place to find both Red-eyed and Warbling Vireo, as well as Western Wood-Pewee. In winter, check the larger trees for roosting Great Blue Heron.

In summer look for Spotted Sandpiper on the lily pads. Tree Swallows, Green Heron and Wood Duck also nest nearby. During late spring and summer, check the area toward the end of the wooden boardwalk for Wilson's and Yellow Warbler, Cedar Waxwing, Red-breasted Sapsucker and Downy Woodpecker.

Just before the gate into the Off-leash Dog Area, you can either turn right and follow the Forest Trail back to the meadow (0.25 miles) or leave the natural area via the signed gate.

### River Corridor (0.5 miles)

The trail north of the gate runs through the dog area along the River Corridor, a lush riparian habitat. This area is good for sparrows in winter and for Willow Flycatcher, Common Yellowthroat and Wilson's and Orange-crowned Warbler in spring and summer. Western Tanagers are often seen here in migration.

The river is a good place to see ducks, coots, grebe, Belted Kingfisher, Green Heron, Wilson's Snipe and American Bittern. Check the air above for five species of swallow in spring and summer and for Vaux's Swift in June. Watch for migrating Sockeye Salmon from August to December.

### River Kiosk to Meadow Kiosk (0.35 miles)

Turn right at the kiosk in Lot D to return to the starting point in Lot G via the community gardens and "Snag Row." Birds use the cottonwood snags for perching and may also find food on the snags. Birds forage, nest and rest on the ground and in scrub in the snag area. You may also see Eastern Gray Squirrel and Cottontail Rabbit. Both Canada and Cackling Geese feed in the soccer fields.

### Conifer Grove Loop (0.4 miles)

For a side trip around the Conifer Grove, continue across Parking Lot D instead. The loop trail takes you past the Clise Mansion and the windmill. Here you find Chestnut-backed Chickadee, Golden-crowned Kinglet and Townsend's Warbler. In the evening, check the cedars near the windmill for Barn Owl.



Paintings by Linda M. Felner ©