

1 Loop Road: Sandbank Campsite

Bird the wetlands and boreal forests around the campground. More than a dozen species of warbler may be seen and heard here in summer, and look year-round for boreal specialties like Spruce Grouse, Black-backed Woodpecker, and Boreal Chickadee.

2 Loop Road: Deasey Ponds

Park at the Deasey Ponds Trailhead for a 1.2-mile round-trip walk to the Deasey Ponds. Pass through a mix of forest types, keeping an eye out for Ruffed and Spruce Grouse, warblers, and finches. The ponds themselves may hold American Bittern, Wood Ducks, Common Loons, and other water birds.

3 Loop Road: Lynx Pond

Just past Mile Marker 2 is parking for the short, ADA-accessible Lynx Pond Trail. The habitat here is good for migrant songbirds, including Yellow-bellied and Olive-sided Flycatchers, and the pond has hosted waterfowl including American Black Duck, Common Goldeneye, Ring-necked Duck, and Hooded Merganser.

4 Loop Road: The Overlook

Abundant birdlife may be the only distraction from views at this spectacular overlook just after Mile Marker 6. Elusive Mourning Warblers may be heard singing from the brambles in the meadow, and eagles, hawks, and vultures may be seen soaring over the treelines. Nearby vistas along the Loop Road are also rich in songbirds.

5 Loop Road: Barnard Mountain Trail

The moderate, 4-mile out-and-back Barnard Mountain Trail begins from a parking area just before Mile Marker 12. Birders will cross Katahdin Stream and pass through a variety of habitats with chances at dozens of species of breeding and resident birds before summiting with a dazzling view of Katahdin to the west.

6 Lunksoos Campsites

A boat launch and campground near the historic Lunksoos Camps provides an opportunity for waterfowl like Hooded Merganser and lowland forest birds like Blue-headed and Red-eyed Vireo, Northern Waterthrush, Northern Parula, and Yellow Warbler.

7 Seboeis Unit

The dirt roads of the Seboeis Unit, east of the Penobscot River accessed off Waters Road, provide unparalleled backcountry birding. Follow your eyes and ears to find dozens of species of warblers, sought-after species like Black-billed Cuckoo, Philadelphia Vireo, Least Bittern, and many others.

8 North Gate Area

A number of trails begin at the North Gate, just south of Grand Lake Matagamon, including groomed cross-country ski trails for winter birders. Follow the river for as long as you please, looking for breeding warblers, Bald Eagles, Spotted Sandpipers, Ruffed Grouse, and numerous resident finch species.

Great Birding Spots in the Katahdin Woods and Waters National Monument

Katahdin Woods and Waters National Monument provides convenient access to the birds of Maine's great North Woods. The 87,000 acres of forest, mountains, and waterways in the Monument host more than one hundred bird species. Spring and summer see the returns of dozens of species of migrant songbirds that breed throughout the Monument. Things are quieter in winter, but hardy and sought-after boreal specialties remain, including Spruce Grouse, Boreal Chickadee, and Canada Jay. Most of the best birding sites in the Monument can be accessed by a short trail or from gravel roads, though birders should take care to yield to trucks in both directions, and never park in the road or around blind corners. For the most up to date information on road conditions, park closures and birding resources visit NPS.gov/KAWW or download the NPS app.

