



Spring Migration in Cabrini Woods

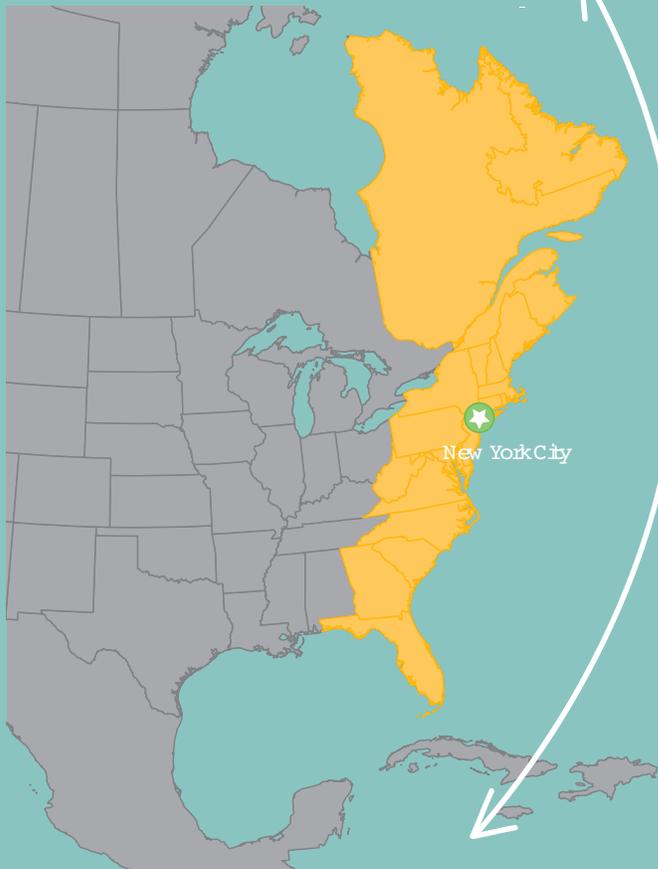
At Fort Tryon Park



Ages 3-10

Fort Tryon Park's Cabrini Woods is located along the Atlantic Flyway, one of four major bird migration paths in the United States. After spending the winter in the south, many birds stop in Cabrini Woods and other natural areas in New York City to breed or refuel before continuing their journey north. Cabrini Woods offers quite the buffet of caterpillars, seeds, nuts, fruits and flowers!

The Great Atlantic Flyway!



Spring migration season lasts from late February to the first week in June, peaking in early May. However, you can spot birds in Cabrini Woods year-round! **Pro tip:** The best time to see and hear birds is in the early morning and evening.

Plan a trip to Cabrini Woods! Start at 190th Street and Cabrini Blvd. Follow the sidewalk bordering the woods north toward the main entrance to Fort Tryon Park. Bring this booklet and your binoculars and see what you can spot!



The Atlantic Flyway Hunt!

Fly like a bird along The Great Atlantic Flyway with this bird-filled scavenger hunt! Search for bird food, habitats, and friends in Fort Tryon Park's Cabrini Woods!
FortTryonParkTrust.org

Fly!

Join the birds visiting Cabrini Woods this spring and fly along the path to the Palisades Overlook in your Warbler costume. As you fly...



The Red Oak

In the spring, oak trees explode in catkins, flowers that caterpillars love. Many birds stop to feast on the caterpillars munching on oak leaves.

Find!

The birds, insects and plants that make up the hearty Cabrini Woods ecosystem.



Spot one of these invertebrates



A Bee



A Caterpillar

Caterpillars may be hard to spot on a green leaf. See if you can find these critters feeding on flowers or leaves.



A Flower

Flowers provide important nectar to birds and insects.



An Earthworm



A Seed



Seeds provide food for birds, squirrels, and other park animals.



Bird's Nest

Bird nests take many forms and can nestle among branches or hang down from a tree.



The Cardinal



A bird eating a meal.



Birds often gain weight after visiting our parks! If you can't find a lurching bird, look for something a bird might eat (flowers, berries, insects).



Yellow Rumped Warbler



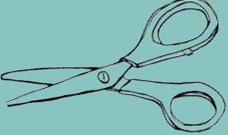
Act Like A Bird!

Family Activity! Create your own Yellow-Rumped Warbler costume using construction paper and come fly in Cabrini Woods. Complete The Atlantic Flyway Scavenger Hunt in your bird costume and see how many fellow Warblers you can spot along Cabrini Woods in Fort Tryon Park!

FortTryonParkTrust.org



Materials

- 1) Light gray, dark gray, and yellow construction paper
- 2) Scissors 
- 3) Tape, glue or a stapler 
- 4) Scrunchies (can also use string or paper strips) 
- 5) Measuring Tape



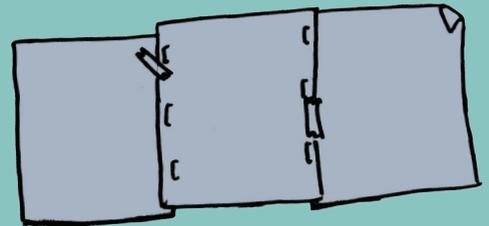
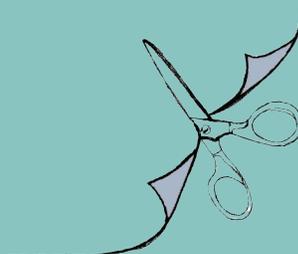
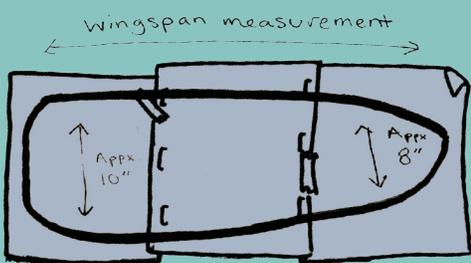
Make your Wings!

- 1) Measure your "wingspan"

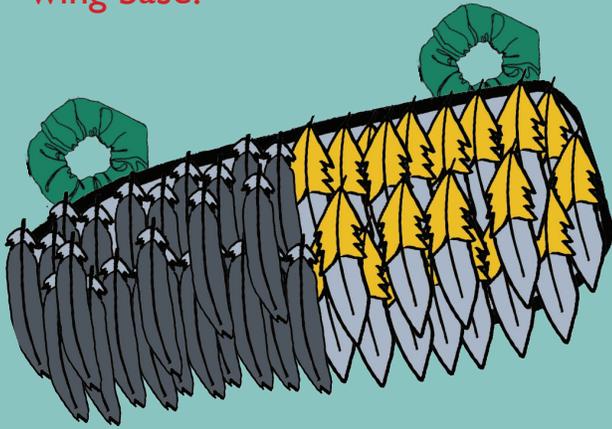


- 2) Tape, staple, or glue 2-3 pieces of construction paper together so that you have one long piece that is 2-4" longer than your "wingspan". This will be the wing base. Repeat step.

- 3) Draw this shape onto both pieces of the wing base. Then cut shape out.



- ④ Use feather patterns (see next page) or draw your own. Decorate your feathers any way you want. Create plenty of feathers to cover the wing base with.
- ⑤ Glue, staple, or tape feathers to the wing base to create your Warbler's wings!
- ⑥ Attach scrunchies/string/paper strips using staples or string to each end of the wing base.



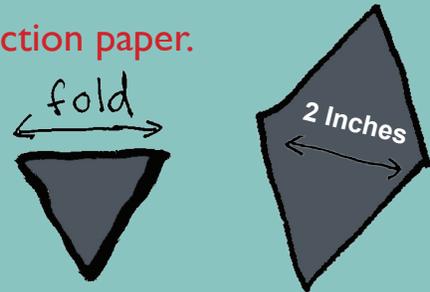
Your Warbler Costume!

Make Your Wearable Beak!

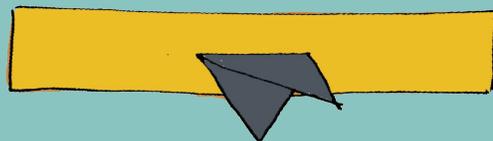
- ① Measure your head circumference with measuring tape. Cut a paper rectangle that measures 2" by the length of your head circumference.



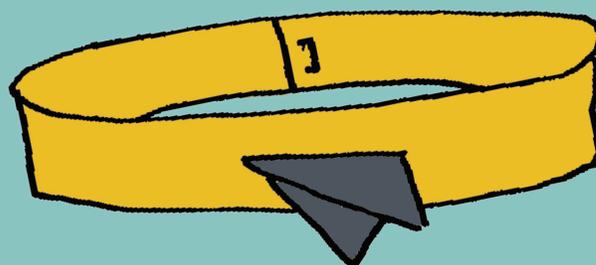
- ② Draw a diamond onto a dark gray piece of construction paper. This will be your beak! Cut out and fold in half.



- ③ Staple or tape diamond to paper band at the beak's fold.



- ④ Attach ends of your paper band together using staples or tape. Then put it over your head to become a bird!



Your Beak!

Feather Patterns!

