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!

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!
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...

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

- Spot one of these invertebrates
- A Caterpillar
- A Flower
- A Seed
- Bird’s Nest

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.

- Oak tree photo by Zerbor / Shutterstock; oak leaf and pignut hickory illustrations by Trudy Smoke; flowering branch photo by Leslie Day; northern cardinal photo by Steve Byland / Shutterstock; American robin photo by Annette Shaff / Shutterstock; male yellow-rumped warbler photo by wildphoto3 / Shutterstock; female yellow-rumped warbler photo by Chesapeake Images / Shutterstock
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.

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!

Drawings by Eva Neves
Feather Patterns!