



The New Jersey Meadowlands Commission Offers:

- 🚤 Pontoon boat cruises and guided canoe tours
- 👶 Children's programs, including our annual Halloween Party and Spooky Walk
- 🎓 School science programs that meet NJ core curriculum standards
- 🦉 Guided birding walks, talks and bird-banding demonstrations
- 🎨 The Flyway Gallery, featuring local environmental artists
- 🖥️ Meadowlands Environment Center's interactive educational displays
- 🌳 Thousands of acres preserved, eight miles of trails, 21 area parks
- 💰 Millions invested in major flood plain management projects
- 🌱 Environmental remediation and enhancement projects
- 🎬 Films, book talks, concerts and other public events
- 💵 Grants, professional help and other direct municipal assistance to help offset property taxes
- 🔬 Scientific research through MERI, the Meadowlands Environmental Research Institute
- 📖 MERI Science Library, open to the public
- 📖 Free trail guides, birding books and other pamphlets
- 🏡 Green building guides, assistance and existing examples
- 🌌 Public viewing nights and astronomy classes at the William D. McDowell Observatory



About the NJMC: The New Jersey Meadowlands Commission is the zoning and regulatory agency for the 30.4-square-mile Meadowlands District, composed of parts of 14 municipalities in Bergen and Hudson counties.

Created in 1969, the NJMC has fought to end illegal dumping, encourage appropriate development, and protect the remaining open space and wetlands. The NJMC has helped preserve thousands of acres and helped create eight miles of trails and 21 parks in the District, and also conducts bird walks, canoe tours and popular pontoon boat cruises on the Hackensack River.

About the NJMC's nature programming: In collaboration with the Bergen County Audubon Society, the NJMC offers free twice monthly bird walks as well as other nature walks and additional special events. For the schedule click the "Events" button at njmeadowlands.gov.

About the NJMC's Nature Blog: The Meadowlands Nature Blog – meadowblog.net – helps the public keep up with events and nature news in the region, featuring daily updates and great photography.



New Jersey Meadowlands Commission
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Come and explore the New Jersey Meadowlands!



The Meadowlands District is a unique place to watch birds and to explore and discover nature in general. The 19,500-acre region, just six miles from Manhattan, includes salt -and fresh-water wetlands and a variety of uplands on both sides of the Hackensack River.

More than 270 bird species have been reported in the Meadowlands, which is a major stop along the Atlantic Flyway. Most are migrants who spend a few weeks or a few months here, with each season hosting a predominant group.

In the winter, waterfowl, raptors and gulls are present in large numbers. Green-winged Teal congregate in the District's open waters, using phragmites – the tall, tasseled plants also known as "phrag" or "the common reed" - as a barrier from the cold winter winds.

In the spring, waterfowl and shorebirds stop over as they migrate north to breeding grounds. Tree Swallows seek homes in nest boxes built by the New Jersey Meadowlands Commission and volunteer groups.

In the summer, wading birds and songbirds are also present. Double-crested Cormorants perch atop pilings and the remains of old tide gates. Great Blue Herons, egrets and terns feed along shorelines. Yellow-crowned Night-Herons, a threatened species in New Jersey, nest in the taller trees.

In the fall, shorebirds, neotropical migrants and many waterfowl stop over as they migrate south.

To add to your bird-watching experience, the NJMC has compiled this checklist and updates it as often as

possible. You can also join one of the Commission's twice-monthly free, guided bird walks. Information on these outings is available on our Nature Blog, meadowblog.net, or on the "Events" page at njmeadowlands.gov.

As you explore the parks, trails and waterways of the Meadowlands District, check off the birds you see. Who knows - you may discover a species that is not currently listed! If you do, take a few minutes to call us. We are always interested in new findings.

We wish you happy birding and hope you enjoy your visit to the "real" Meadowlands. It is an amazing natural experience.

Birds of the Meadowlands

NJMC Web sites:

Our home page: njmeadowlands.gov

Our research arm: meri.njmeadowlands.gov

Our nature blog: meadowblog.net

Our history blog: meadowpast.net

SEASONS

Sp Spring.....March - May
Su Summer.....June - July
F Fall..... August - October
W Winter.....November - February

RELATIVE ABUNDANCE

c Common (should see)
u Uncommon (might see)
r Rare (seldom see)
* Nests in the Meadowlands

LOONS - GREBES - WATERFOWL

	Sp	Su	F	W
<input type="checkbox"/> Red-throated Loon	u		u	
<input type="checkbox"/> Common Loon	u	u	u	u
<input type="checkbox"/> Pied-billed Grebe*	c	c	c	r
<input type="checkbox"/> Horned Grebe	u		u	u
<input type="checkbox"/> Red-necked Grebe			r	r
<input type="checkbox"/> Double-crested Cormorant	c	c	c	c
<input type="checkbox"/> Great Cormorant			r	u
<input type="checkbox"/> Fulvous Whistling Duck	r	r	r	r
<input type="checkbox"/> Tundra Swan	u			c
<input type="checkbox"/> Mute Swan*	c	c	c	c
<input type="checkbox"/> Snow Goose	u		u	
<input type="checkbox"/> Brant	u		u	
<input type="checkbox"/> Canada Goose*	c	c	c	c
<input type="checkbox"/> Cackling Goose*	u		u	u
<input type="checkbox"/> American Black Duck	c	c	c	c
<input type="checkbox"/> Eurasian Widgeon			r	
<input type="checkbox"/> Wood Duck*	c	c	c	u
<input type="checkbox"/> Gadwall*	c	c	c	c
<input type="checkbox"/> Mallard*	c	c	c	c
<input type="checkbox"/> Northern Pintail	c		c	c
<input type="checkbox"/> American Wigeon	c		c	u
<input type="checkbox"/> Green-winged Teal*	c	c	c	c
<input type="checkbox"/> Blue-winged Teal*	c	c	c	r
<input type="checkbox"/> Northern Shoveler	c		c	c
<input type="checkbox"/> Long-tailed Duck	r		r	r
<input type="checkbox"/> Surf Scoter	r		r	r
<input type="checkbox"/> White-winged Scoter	r		r	r
<input type="checkbox"/> Canvasback	c		u	c
<input type="checkbox"/> Redhead	u		u	u
<input type="checkbox"/> Ring-neck Duck	c		u	
<input type="checkbox"/> Greater Scaup	u		u	u
<input type="checkbox"/> Lesser Scaup	c		u	c
<input type="checkbox"/> Common Goldeneye	u		u	u
<input type="checkbox"/> Bufflehead	u		c	c
<input type="checkbox"/> Ruddy Duck*	c	c	c	c
<input type="checkbox"/> Hooded Merganser	c		u	u
<input type="checkbox"/> Common Merganser	c		c	c
<input type="checkbox"/> Red-breasted Merganser	c		c	c

GULLS - TERNS - SKIMMERS

	Sp	Su	F	W
<input type="checkbox"/> Glaucous Gull	r		r	r
<input type="checkbox"/> Iceland Gull	r		r	r
<input type="checkbox"/> Herring Gull	c	c	c	c
<input type="checkbox"/> Ring-billed Gull	c	c	c	c
<input type="checkbox"/> Laughing Gull	u	c	c	
<input type="checkbox"/> Black-headed Gull	r		r	r
<input type="checkbox"/> Bonaparte's Gull	r		r	r
<input type="checkbox"/> Lesser Black-backed Gull	r	r	r	r
<input type="checkbox"/> Great Black-backed Gull	c	c	c	c
<input type="checkbox"/> Gull-billed Tern	r	r	r	
<input type="checkbox"/> Caspian Tern	r	r	r	
<input type="checkbox"/> Royal Tern	r	r		
<input type="checkbox"/> Roseate Tern				
<input type="checkbox"/> Common Tern	c	u	u	
<input type="checkbox"/> Forster's Tern	u	u	u	
<input type="checkbox"/> Least Tern*	u	u	u	
<input type="checkbox"/> Black Tern	r		r	r
<input type="checkbox"/> Black Skimmer		u	c	u

HERONS - EGRETS - BITTERN - IBIS

	Sp	Su	F	W
<input type="checkbox"/> Great Blue Heron	c	c	c	c
<input type="checkbox"/> Little Blue Heron	u	c	c	
<input type="checkbox"/> Tricolored Heron	u	u	u	
<input type="checkbox"/> Great Egret	c	c	c	r
<input type="checkbox"/> Snowy Egret	c	c	c	r
<input type="checkbox"/> Cattle Egret	r	r	r	
<input type="checkbox"/> Black-crowned Night-Heron	c	c	c	u
<input type="checkbox"/> Yellow-crowned Night-Heron*	r	u	r	
<input type="checkbox"/> Green Heron*	c	c	c	
<input type="checkbox"/> Least Bittern*	u	u	u	r
<input type="checkbox"/> American Bittern	u	u	u	u
<input type="checkbox"/> Glossy Ibis	u	u	u	

PHEASANTS - RAILS - COOTS

	Sp	Su	F	W
<input type="checkbox"/> Ring-necked Pheasant*	c	c	c	c
<input type="checkbox"/> Wild Turkey	r	r	r	r
<input type="checkbox"/> Virginia Rail*	u	u	u	u
<input type="checkbox"/> King Rail	u	u	u	u
<input type="checkbox"/> Clapper Rail*	u	u	u	u
<input type="checkbox"/> Sora	u		u	
<input type="checkbox"/> Yellow Rail	r		r	r
<input type="checkbox"/> American Coot	c	c	c	c
<input type="checkbox"/> Common Moorhen*	c	c	c	r

SHOREBIRDS

	Sp	Su	F	W
<input type="checkbox"/> Black-necked Stilt	r		r	
<input type="checkbox"/> American Avocet	r	r		
<input type="checkbox"/> Ruddy Turnstone	r		u	
<input type="checkbox"/> Red Knot	r		r	

<input type="checkbox"/> Black-bellied Plover	c		c	
<input type="checkbox"/> American Golden Plover	r		u	
<input type="checkbox"/> Semipalmated Plover	u	c	c	
<input type="checkbox"/> Killdeer*	c	c	c	u
<input type="checkbox"/> Short-billed Dowitcher	c	u	c	
<input type="checkbox"/> Long-billed Dowitcher	u	u	u	
<input type="checkbox"/> Wilson's Snipe	c		c	r
<input type="checkbox"/> American Woodcock*	c	u	c	
<input type="checkbox"/> Willet	r		r	
<input type="checkbox"/> Hudsonian Godwit			r	
<input type="checkbox"/> Marbled Godwit			r	
<input type="checkbox"/> Greater Yellowlegs	c	c	c	u
<input type="checkbox"/> Lesser Yellowlegs	c	c	c	r
<input type="checkbox"/> Solitary Sandpiper	c	c	c	
<input type="checkbox"/> Upland Sandpiper			r	
<input type="checkbox"/> Semipalmated Sandpiper	c	u	c	
<input type="checkbox"/> Sanderling	r	r		
<input type="checkbox"/> Pectoral Sandpiper	u	u	u	
<input type="checkbox"/> Buff-breasted Sandpiper	u	u	u	
<input type="checkbox"/> Ruff	r	r		
<input type="checkbox"/> Stilt Sandpiper	c	u	c	
<input type="checkbox"/> Curlew Sandpiper			r	
<input type="checkbox"/> Dunlin	c		c	u
<input type="checkbox"/> Spotted Sandpiper*	c	c	c	
<input type="checkbox"/> Western Sandpiper	u	u		
<input type="checkbox"/> Least Sandpiper	c	c	c	
<input type="checkbox"/> White-rumped Sandpiper	u	u	u	
<input type="checkbox"/> Baird's Sandpiper			r	
<input type="checkbox"/> Wilson's Phalarope	u	u	u	
<input type="checkbox"/> Red-necked Phalarope			u	
<input type="checkbox"/> Red Phalarope	r	r	r	
<input type="checkbox"/> Whimbrel	r	r	r	

BIRDS OF PREY

	Sp	Su	F	W
<input type="checkbox"/> Turkey Vulture	c	c	c	u
<input type="checkbox"/> Osprey*	c	c	c	
<input type="checkbox"/> Bald Eagle	r	r	r	u
<input type="checkbox"/> Northern Harrier*	c	u	c	c
<input type="checkbox"/> Sharp-shinned Hawk	r		u	r
<input type="checkbox"/> Cooper's Hawk	r		u	u
<input type="checkbox"/> Northern Goshawk			r	
<input type="checkbox"/> Red-shouldered Hawk	r		r	
<input type="checkbox"/> Broad-winged Hawk	r		r	
<input type="checkbox"/> Red-tailed Hawk*	c	c	c	c
<input type="checkbox"/> Rough-legged Hawk	u			c
<input type="checkbox"/> American Kestrel*	c	c	c	c
<input type="checkbox"/> Merlin	u		u	u
<input type="checkbox"/> Peregrine Falcon*	r		r	r
<input type="checkbox"/> Barn Owl*	u	u	u	u
<input type="checkbox"/> Eastern Screech Owl*	u	u	u	u
<input type="checkbox"/> Great Horned Owl			r	
<input type="checkbox"/> Snowy Owl			r	
<input type="checkbox"/> Barred Owl	r	r	r	u
<input type="checkbox"/> Long-eared Owl			u	u
<input type="checkbox"/> Short-eared Owl	r		r	u

DOVES - CUCKOOS - WOODPECKERS

	Sp	Su	F	W
<input type="checkbox"/> Rock Dove*	c	c	c	c
<input type="checkbox"/> Mourning Dove*	c	c	c	c
<input type="checkbox"/> Black-billed Cuckoo	u		u	
<input type="checkbox"/> Yellow-billed Cuckoo*	u		u	
<input type="checkbox"/> Common Nighthawk	u	u	u	u
<input type="checkbox"/> Ruby-throated Hummingbird	u	u	u	r
<input type="checkbox"/> Belted Kingfisher*	u	u	u	r
<input type="checkbox"/> Red-headed Woodpecker	u		u	u
<input type="checkbox"/> Yellow-bellied Sapsucker	u		u	
<input type="checkbox"/> Downy Woodpecker*	c	c	c	c
<input type="checkbox"/> Hairy Woodpecker*	u	u	u	u
<input type="checkbox"/> Northern Flicker*	c	u	c	u

PASSERINE (PERCHING) BIRDS

	Sp	Su	F	W
<input type="checkbox"/> Great Crested Flycatcher	u		u	
<input type="checkbox"/> Western Kingbird		r		
<input type="checkbox"/> Eastern Kingbird*	c	u	c	
<input type="checkbox"/> Eastern Phoebe*	u	u	u	
<input type="checkbox"/> Eastern Pewee	r		u	
<input type="checkbox"/> Yellow-bellied Flycatcher	r		r	
<input type="checkbox"/> Acadian Flycatcher	u	r	u	u
<input type="checkbox"/> Willow Flycatcher*	u	c	u	
<input type="checkbox"/> Least Flycatcher	u		u	
<input type="checkbox"/> Horned Lark*	c	u	u	u
<input type="checkbox"/> Purple Martin	r		r	
<input type="checkbox"/> Cliff Swallow	r		r	
<input type="checkbox"/> Barn Swallow*	c	c	c	c
<input type="checkbox"/> Tree Swallow*	c	c	c	c
<input type="checkbox"/> Northern Rough-winged Swallow*	u	u	u	u
<input type="checkbox"/> Bank Swallow	u		u	
<input type="checkbox"/> Chimney Swift	u		u	
<input type="checkbox"/> Blue Jay*	c	c	c	u
<input type="checkbox"/> American Crow*	c	c	c	c
<input type="checkbox"/> Fish Crow*	c	c	c	c
<input type="checkbox"/> Common Raven*	r		r	r
<input type="checkbox"/> Black-capped Chickadee*	c		c	u
<input type="checkbox"/> Tufted Titmouse*	u		u	u
<input type="checkbox"/> Red-breasted Nuthatch	u		u	u
<input type="checkbox"/> White-breasted Nuthatch*	u		u	u
<input type="checkbox"/> Brown Creeper	u		u	
<input type="checkbox"/> House Wren*	u	u	u	
<input type="checkbox"/> Winter Wren	u		u	r
<input type="checkbox"/> Carolina Wren*	u		u	
<input type="checkbox"/> Sedge Wren			r	
<input type="checkbox"/> Marsh Wren*	c	c	c	r

<input type="checkbox"/> Golden-crowned Kinglet	u		c	
<input type="checkbox"/> Ruby crowned Kinglet	c		c	u
<input type="checkbox"/> Blue-gray Gnatcatcher	u		u	
<input type="checkbox"/> Brown Thrasher*	c	c	c	
<input type="checkbox"/> Gray Catbird*	u		u	r
<input type="checkbox"/> Northern Mockingbird*	c	c	c	u
<input type="checkbox"/> American Robin*	c	c	c	
<input type="checkbox"/> Gray-cheeked Thrush	r		r	
<input type="checkbox"/> Swainson's Thrush	u		u	
<input type="checkbox"/> Hermit Thrush	u		u	
<input type="checkbox"/> Veery	u		u	
<input type="checkbox"/> Wood Thrush	u		u	
<input type="checkbox"/> American Pipit	u		u	u
<input type="checkbox"/> Cedar Waxwing	u		u	u
<input type="checkbox"/> Northern Shrike				r
<input type="checkbox"/> Loggerhead Shrike			r	
<input type="checkbox"/> Yellow-throated Vireo	r			
<input type="checkbox"/> Warbling Vireo	u		u	
<input type="checkbox"/> Red-eyed Vireo*	c	c	c	
<input type="checkbox"/> White-eyed Vireo	u		u	
<input type="checkbox"/> Blue-headed Vireo*	u		u	
<input type="checkbox"/> Northern Parula	u		u	
<input type="checkbox"/> Black-throated Green Warbler	u		u	
<input type="checkbox"/> Blackpoll Warbler	c		c	
<input type="checkbox"/> Cerulean Warbler	r		r	
<input type="checkbox"/> Black-and-white Warbler	c		c	
<input type="checkbox"/> Black-throated Blue Warbler	u		u	
<input type="checkbox"/> Magnolia Warbler	u		u	
<input type="checkbox"/> Cape May Warbler	u		u	
<input type="checkbox"/> Blackburnian Warbler	u		u	
<input type="checkbox"/> Chestnut-sided Warbler*	u		u	
<input type="checkbox"/> Bay-breasted Warbler	u		u	
<input type="checkbox"/> American Redstart	c	u	c	
<input type="checkbox"/> Pine Warbler	u		u	
<input type="checkbox"/> Prairie Warbler	u	r	u	
<input type="checkbox"/> Palm Warbler	c		u	
<input type="checkbox"/> Blue-winged Warbler	u		u	
<input type="checkbox"/> Yellow Warbler*	c	u	u	
<input type="checkbox"/> Yellow-rumped Warbler	c		c	u
<input type="checkbox"/> Canada Warbler	u		u	
<input type="checkbox"/> Mourning Warbler	r		u	
<input type="checkbox"/> Tennessee Warbler	u		u	
<input type="checkbox"/> Orange-crowned Warbler			u	
<input type="checkbox"/> Wilson's Warbler	u		u	
<input type="checkbox"/> Nashville Warbler	u		u	
<input type="checkbox"/> Connecticut Warbler	r		r	
<input type="checkbox"/> Common Yellowthroat*	c	c	c	
<input type="checkbox"/> Northern Waterthrush	u		u	
<input type="checkbox"/> Louisiana Waterthrush	u		u	
<input type="checkbox"/> Ovenbird	c		c	
<input type="checkbox"/> Yellow-breasted Chat	r		u	
<input type="checkbox"/> Scarlet Tanager	u		u	
<input type="checkbox"/> Eastern Towhee	u		u	
<input type="checkbox"/> American Tree Sparrow	u		u	u
<input type="checkbox"/> Chipping Sparrow		u	u	
<input type="checkbox"/> Clay-colored Sparrow		r		
<input type="checkbox"/> Field Sparrow	u		u	u
<input type="checkbox"/> Vesper Sparrow	r		r	
<input type="checkbox"/> Savannah Sparrow*	c	c	c	u
<input type="checkbox"/> Grasshopper Sparrow	r		r	
<input type="checkbox"/> Salt Marsh Sharp-tailed Sparrow*	u	u	u	
<input type="checkbox"/> Seaside Sparrow*	u	u	u	
<input type="checkbox"/> Fox Sparrow		u	u	
<input type="checkbox"/> Song Sparrow*	c	c	c	u
<input type="checkbox"/> Lincoln's Sparrow	u		u	
<input type="checkbox"/> Swamp Sparrow*	c	c	c	u
<input type="checkbox"/> White-throated Sparrow	c		c	u
<input type="checkbox"/> White-crowned Sparrow	u		u	u
<input type="checkbox"/> Dark-eyed Junco	c		c	u
<input type="checkbox"/> Lapland Longspur		r	r	
<input type="checkbox"/> Snow Bunting			u	u
<input type="checkbox"/> Northern Cardinal*	c	c	c	c
<input type="checkbox"/> Rose-breasted Grosbeak	u		u	
<input type="checkbox"/> Blue Grosbeak*	u	u	u	
<input type="checkbox"/> Indigo Bunting*	u	u	u	
<input type="checkbox"/> Dickcissel			r	
<input type="checkbox"/> Bobolink	u	u	u	
<input type="checkbox"/> Red-winged Blackbird*	c	c	c	u
<input type="checkbox"/> Eastern Meadowlark	u		u	
<input type="checkbox"/> Rusty Blackbird	u		u	r
<input type="checkbox"/> Common Grackle*	c	c	c	c
<input type="checkbox"/> Boat-tailed Grackle	r	r	r	
<input type="checkbox"/> Brown-headed Cowbird	c	c	c	
<input type="checkbox"/> Orchard Oriole	u	u	u	
<input type="checkbox"/> Baltimore Oriole	u	u	u	
<input type="checkbox"/> Purple Finch	r		r	r
<input type="checkbox"/> House Finch*	u	u	u	u
<input type="checkbox"/> Common Redpoll			r	r
<input type="checkbox"/> Pine Siskin			r	r
<input type="checkbox"/> American Goldfinch*	c	c	c	c
<input type="checkbox"/> European Starling*	c	c	c	c
<input type="checkbox"/> House Sparrow*	c	c	c	c

SPECIES OF ACCIDENTAL OCCURRENCE

Franklin's Gull • Chuck-Will's-Widow • Thayer's Herring Gull
White Ibis • Ruffed Grouse • Lark Sparrow • Yellow-headed Blackbird
Common Teal • Northern Wheatear