

# The



# Cardinal

JUNE - JULY 2025 • [WWW.SAINTPAULBIRDALLIANCE.ORG](http://WWW.SAINTPAULBIRDALLIANCE.ORG) • SAINT PAUL BIRD ALLIANCE

## Warbler Weekend 2025

More than 150 birders identified 24 warbler species among 124 total species at this year's Warbler Weekend, May 9-11. One highlight was the discovery on Sunday morning of a Prothonotary Warbler pair apparently beginning a nest in a hole in the concrete on the Hok-Si-La entrance road bridge! There were outstanding close-up views of a singing male, a preening female, and a territorial dispute when a second male arrived later in the day!

Another surprise was the unexpected shorebird activity, mostly along the south end of Pleasant Valley Lakelet in Frontenac State Park. The mudflats hosted a pair of Short-billed Dowitchers, several Killdeer, and both Lesser and Greater Yellowlegs -- but the star was our first-ever White-Faced Ibis, which hung out in the shallows until Saturday evening!

The Chimney Swifts entertained as well, around 8:35-8:40 each evening. The official counts were 119 on Friday and 101 on Saturday, although the Swifts' concentrated descent is as difficult to count as it is thrilling to watch!

Thank you to Paul Spreitzer, who compiled these stats and summary for our official Warbler Weekend records.

*Photos from Warbler Weekend, clockwise from left: Baltimore Orioles at Sand Point, Frontenac State Park, by Shawyn Domyancich-Lee; Great-Crested Flycatcher by Kevin Nelson; Prothonotary Warbler by Kevin Nelson*



## SAINT PAUL BIRD ALLIANCE

### Welcome!

To the Saint Paul Bird Alliance. We're a chapter of the National Audubon Society. **Our mission** is to engage a diverse community in enjoying, understanding, and protecting birds and the habitats all living beings need to thrive.

The Saint Paul Bird Alliance **welcomes everyone** to become a member or participate in activities as a non-member regardless of their race, color, national origin, religion, disability, gender identity, sexual orientation, marital status or age.

### Get Involved

We are a volunteer organization that relies on people willing to donate their time to our shared mission. Please consider getting involved with volunteer opportunities involved with birding walks, conservation efforts, or other activities. Visit <https://www.saintpaulbirdalliance.org/volunteer/> for a full list of committees and committee chairs, or get in touch with us on our contact page at <https://www.saintpaulbirdalliance.org/contact/>.

### Become a Chapter Member

You are invited to become a Saint Paul Bird Alliance Chapter Member by making a gift of \$25 or more. Your donation goes directly to our chapter's local efforts to educate about, advocate for, and protect our birds. Make a gift online at <https://www.saintpaul-birdalliance.org/get-involved/donate/>.

### About our chapter

Founded in 1945 as the St. Paul Bird Club with 12 members, our chapter now serves the entire East Metro region of the Twin Cities. **Monthly chapter meetings** are held the second Thursday of the month, September-May, and are open to the public.

### Contact Us

If you have a comment or question for a board member or the Cardinal editor, please use the contact form on the website at <https://www.saintpaulbirdalliance.org/contact/>. Your message will be forwarded promptly to the appropriate person.

### Saint Paul Bird Alliance Board

#### President

Kiki Sonnen

#### Vice President

Debbie Brown

#### Treasurer

Neil Carlson

#### Secretary

Amanda Rice

#### Board Directors

Monica Bryand

Craig Cox

Lucas Lin

Owen Stefanich

Welcome to new board members Lucas Lin and Owen Stefanich! Click [here](#) to read the background on all board members.

## The *Cardinal* is Changing!

The *Cardinal* newsletter has been the source of information about Saint Paul birding news for more than 75 years, ever since its creation in 1952. Since then, the newsletter and how we get our information have changed, so that now people more often find out what's happening by checking a website, and organizations send out quick news updates via email and social media.

Following these trends, the *Cardinal* is changing its format and its frequency. This is the last issue in the familiar newsletter format, and instead we will send members and friends the *Cardinal News* as an email with timely and streamlined updates about Saint Paul Bird Alliance (SPBA) activities, with links to more details online. In short, the *Cardinal* is not going away – it is only singing in a different key!

"It has been a pleasure to serve as editor of the *Cardinal* for the last five-plus years," said Martha Douglas, who has encouraged SPBA to make these changes. "When you are responsible for getting the news out, you have to know everything that's happening, and the great variety of activities in which we are involved has made that a lot of fun."

"I also want to thank Laurie Wachter for her wonderful work as the *Cardinal*'s graphic designer. She knows how to find just the right photo or artwork that brings a topic to life and she made the *Cardinal* such a pleasure to read," said Martha.

## Calendar

**Summer and Fall Bird Walks and Field Trips** – Pages 5-11 and online [here](#).

**June 7** – Landscape Revival, where you can buy native plants from multiple growers. 5825 Kelvin Ave. N, Lake Elmo. 9:00 am-1:00 pm.

**June 14** - Ford Area C Birding Outing, with Friends of the Mississippi River. 9-11 am. Details are [here](#).

**June 17, July 22, August 20, September 23, October 22, November 18** – Birds & Beers St. Paul. Back room of Sweeney's Saloon, 96 Dale Street, St. Paul, 5:30-8:30 p. All are welcome!

**July 12** - Annual butterfly count. Page 4.



## Bird's Eye View



Saint Paul Bird Alliance is renowned for events like Warbler Weekend, Christmas Bird Count, field trips, speaker programs and more. We also award small grants to area nonprofits working to improve the environment that birds and all living beings need to thrive. One of these is Frogtown Green, which has received small grants for operational

support from us over several years. This support makes it possible for Frogtown Green to be an effective partner in special projects, including the impressive Macalester Intern Maps Environmental Hazards.

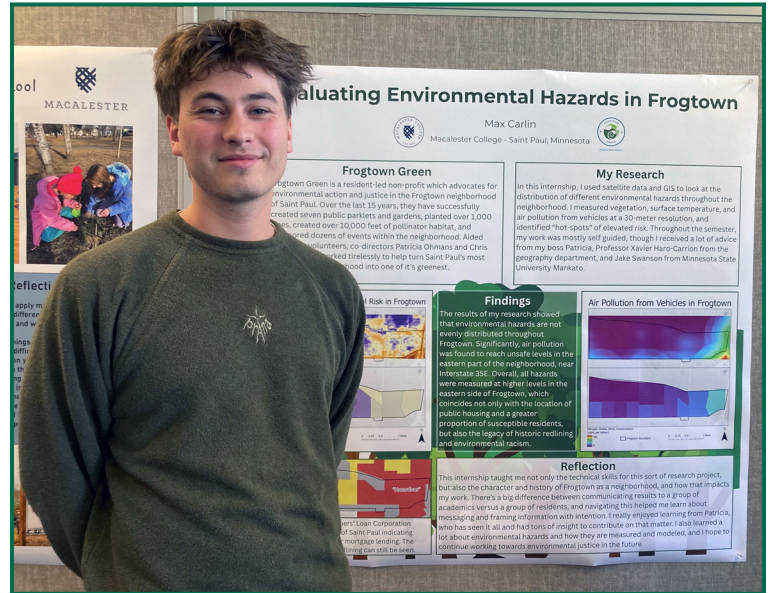
Every year, local college students help further Frogtown Green's mission, bringing their talents to a wide variety of projects. This semester Max Carlin, an environmental studies and geography double major at Macalester College, took on the task of researching and mapping urban heat, tree canopy, and air pollution in Frogtown. Max looked at the "cumulative impact" of increased heat and pollution, mapping areas of the

neighborhood where children and elderly residents are most at risk of health problems. His final report will help guide Frogtown Green's future health advocacy efforts.

Thank you to all who donate to Saint Paul Bird Alliance, making it possible for us to financially support other organizations whose goals are aligned with ours.

Kiki Sonnen

President, Saint Paul Bird Alliance



Max Carlin



Warbler Weekend Photos by Kevin Nelson  
Above: Nashville Warbler; Right: Gray Catbird

## Volunteer with Saint Paul Bird Alliance!

It's a dynamic time for Saint Paul Bird Alliance, with new ideas in the works, new partnerships with like-minded organizations, and new challenges facing everyone who cares about the natural world and our environment. Volunteers are essential to making everything happen and right now we have vacancies in a number of areas.

We need people with many different skills, including communications, web content, program planning, zoom technology, research and analysis, and more! Time commitments vary. This is a great time to get involved and make a difference, while meeting other people who share your interests. Send us a message [here](#) and let's talk.





## Annual Butterfly Count Returns on July 12

By Bob Dunlap

Saint Paul Bird Alliance's annual butterfly count will take place on Saturday, July 12, from 9:45 to 2:00 PM at Arden Hills Army Training Site (AHATS). To register, follow this link: [AHATS Butterfly Count Registration 2025](https://www.wisconsinbutterflies.org/registration). Registration will remain open through **Wednesday, July 9**. A map and other information will be emailed to participants in the days prior to the count. Registrants will be contacted if weather causes a last-minute change of plans.

This annual event is part of the July 4th Butterfly Count coordinated by the [North American Butterfly Association \(NABA\)](https://www.nababutterfly.org/). Saint Paul Bird Alliance pays the NABA count fees, so the count at AHATS is free to all participants.

**DIRECTIONS** Registered participants will meet in the parking lot at the AHATS Arden Hills Readiness Center, 4761 Hamline Avenue North, just north of Highway 96. Drive through the AHATS gate to the Readiness Center, the first building on the left after you enter the training site. Restrooms are available in the Readiness Center.

**DURING THE COUNT** We will carpool to the various sites. Mary Lee, the Environmental Protection Specialist for the National Guard, will again be our great host and tour leader.

**USEFUL INFORMATION TO HELP PREPARE** [www.naba.org](https://www.naba.org) The official website of the North American Butterfly Association. Find everything to do

with these beloved insects: membership options, magazine PDFs, gardening information, checklists, regional information, beautiful photos. A great source of information about butterflies.

[www.wisconsinbutterflies.org](https://www.wisconsinbutterflies.org) An excellent site with species accounts and range maps of all butterflies encountered in Wisconsin; the vast majority of these species are also found in Minnesota.

[www.inaturalist.org](https://www.inaturalist.org) A community science hub for submitting and exploring observations of organisms throughout the world. Over 35,000 observations of butterflies in Minnesota have been submitted to iNaturalist!



*Orange Sulphur nectaring on butterfly weed*  
Photo by Bob Dunlap

**WHAT TO BRING AND WEAR** Be sure to bring plenty of cool drinks, snacks, and a bag lunch. A wide-brimmed hat, lightweight long pants, long-sleeved shirt (for protection from ticks, sun, and sharp grasses), sunscreen, high socks, old sneakers or rubber boots for bog-tromping, and insect repellent are recommended. Binoculars, a camera, and a butterfly field guide are recommended but not required.

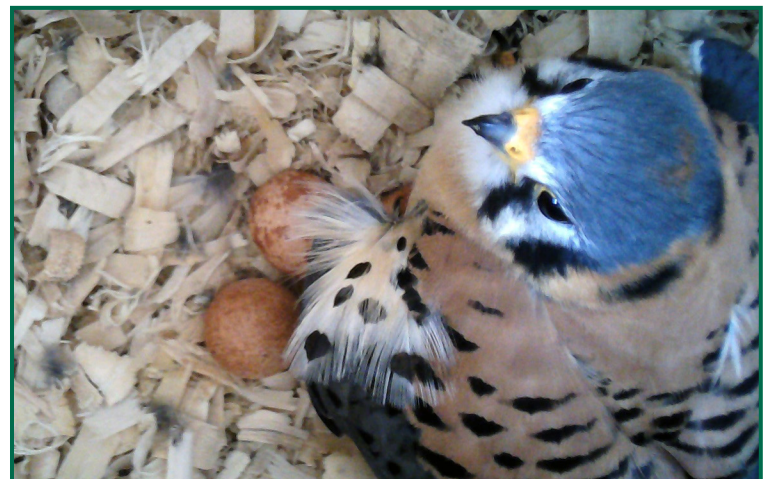
### RECOMMENDED BUTTERFLY FIELD GUIDES

- *Butterflies through Binoculars: The East, A Field Guide to the Butterflies of Eastern North America* by Jeffrey Glassberg
- *Kaufman Field Guide to Butterflies of North America*, by Jim P. Brock and Kenn Kaufman

## New Activity in Kestrel Nest Boxes

Six of the eight American Kestrel nest boxes managed by Saint Paul Bird Alliance volunteers are in use so far this year, including first-time ever nesting in boxes at Tamarack Nature Center and Rice Creek North Regional Park. Boxes at Belwin Conservancy, Glacial Valley, and Afton State Park are repeat successes. This program has produced 132 fledglings since it began in 2012.

"We need more volunteers to monitor nest boxes," said Ed Davies, project coordinator. Weekly in March through July, monitors check from a safe distance on nest box activity and report what they see. If you are interested in helping with this exciting project, contact Ed directly at [eddavies60@gmail.com](mailto:eddavies60@gmail.com).



*An American Kestrel on eggs in a nest box at Afton State Park.*

## TUESDAY MORNING WALKS

*No registration needed. Start times vary. Meet at the site. Bring water, insect repellent and field guide. Contact leaders if you need additional information.*

### **June 3, 7-9 AM: Afton State Park, 50th Street S Parking Lot, Afton, MN 55001**

The Park has a rich variety of habitats and the target bird for this trip is the Dickcissel. Note: trip starts at the **50th Street Parking Lot**.

**DIRECTIONS** Take 94 west from St. Paul to exit MN-95 S/Manning Ave S (exit 253). Travel south for 3.9 mi. Turn left (east) on 40th Street S. Travel 2.4 mi to Trading Post Trail S. Travel 1 mi. Turn left onto 50th Street. Travel 0.9 mi. Afton State Park parking lot on right. 44.87616, -92.79211

**DIFFICULTY** Approximately 1.3 miles on grass and dirt trails. Some gradual small hills. Porta-potty available at parking lot.

**LEADER** Monica Bryand 651-246-5522  
mjrbryand@gmail.com



*Bobolink, photo by Charlie Trapani*

### **June 10, 7-9 AM: Battle Creek Park, 2301 Lower Afton Rd., Maplewood, MN 55119**

A Walk in the Woods - We'll be birding in the wooded area of the park, including recently restored oak savannah. The grassland Bobolink walk is rescheduled for Tuesday, July 1 (see SPBA online event calendar). One way to prep for this walk is to watch [From Bobolinks to Blue Jays - Bird at Battle Creek](#). This trip is offered in collaboration with [Friends of Maplewood Nature](#).

**DIRECTIONS** Meet in the South Battle Creek parking lot. From I-94 E take exit 246B for McKnight Rd S., go 0.2 mi. Merge onto McKnight Rd S, go 1.2 mi. Turn

left (east) onto Lower Afton, go 0.2 mile, turn left into the South Battle Creek Parking lot. 44.933382, -92.999838

**REGISTRATION** None

**DIFFICULTY** Walking 2 miles on paved trail with a few gentle slopes. Porta-potty at the parking lot.

**LEADERS** John Zakelj jzakelj@yahoo.com and Kathy Janis

### **June 17, 7-9 AM: Silverwood Regional Park, 2500 Cty Rd. E, St. Anthony, MN 55421**

Silverwood Park is a beautiful urban park on the shores of Silver Lake. The variety of habitats in the park--oak forest, marsh, grassland, and lakefront--make it a great birding destination, with over 180 different species sighted in the park.

**DIRECTIONS** From 35W, take Cty Rd D/37TH Ave. west, turn north (rt) onto Silver Lake, or, from I-694, take Silver Lake exit, go south. Finally, go west on Cty Rd E for ~1,000 ft, entrance on left. Meet at the large main parking lot. 45.047141, -93.225707

**DIFFICULTY** Approximately 1.5 miles on paved and gravel trails with small, gradual hills or on a level grassy area. Benches available. Indoor restrooms, water, and café on-site.

**LEADERS** Mark Gilbert and Neil Carlson,  
ngcarlson0@gmail.com 763-245-3556

### **June 24, 7-9 AM: Reservoir Woods - Roseville City Park, Larpenteur Ave., 55113**

Summer birding is more relaxed and presents possibilities for observing behaviors different from other times of year. Now they are briefly settled on family territories. Birders have opportunities for lingering identifications and group observations at a summer-time relaxed pace. This slower pace is also ideal for beginning birders to learn and experience the basics to locate, describe, and identify birds.

**DIRECTIONS** Meet at the Roseville Woodview Off-Leash Dog Area parking lot, between Rice and Dale Streets on Larpenteur Ave. (Location listed on eBird hotspots as "Reservoir Woods - Woodview Open Space".) Park snugly in the small parking lot or street park on Mackubin St. directly across Larpenteur from the dog area parking lot. 44.992056, -93.120548

**DIFFICULTY** Approximately 1.2-1.7 miles on paved paths. Small portion on packed dirt paths possible depending on route chosen that day. Moderate decline at the beginning, and incline when returning at the end. Porta potty at the parking area.

**LEADERS** Mark Gilbert and Neil Carlson,  
ngcarlson0@gmail.com 763-245-3556



## TUESDAY MORNING WALKS (continued)

**July 1, 7-9 AM: Bobolinks at Battle Creek Park, 2301 Lower Afton Rd., Maplewood, MN 55119**

The Battle Creek Grassland is a critical nesting area which we have been working to preserve. It is next to Battle Creek Park, managed by Corrections, with restricted public access. Contingent on Corrections approval, we will carpool from the park into a restricted area where we hope to hear and see Bobolinks, Henslow's Sparrows and other grassland birds. One way to prep for this walk is to watch [From Bobolinks to Blue Jays - Bird at Battle Creek](#). This trip is offered in collaboration with [Friends of Maplewood Nature](#).

**DIRECTIONS** Meet in the South Battle Creek parking lot. From I-94 E take exit 246B for McKnight Rd S., go 0.2 mi. Merge onto McKnight Rd S, go 1.2 mi. Turn left (east) onto Lower Afton, go 0.2 mile, turn left into the South Battle Creek Parking lot. 44.933382, -92.999838 ATTN: Details for this trip may change. Check SPAS website before attending.

**INFORMATION** [Venue website](#)

**REGISTRATION** None

**DIFFICULTY** Contingent on Corrections approval to carpool, first hour includes easy walk on flat unpaved trail. Second hour on unpaved hilly trails. Porta-potty at the parking lot.

**LEADER** John Zakelj jzakelj@yahoo.com and Kathy Janis

## MORE BIRDING WALKS AND FIELD TRIPS

### Nesting Areas and Related Happenings at Arden Hills Army Training Site (AHATS)

**1567 Ben Franklin Road, Arden Hills, MN  
Friday, June 6, 7-9 AM**

The Arden Hills Army Training Site (AHATS) is a 2370-acre military training area for the Minnesota National Guard and Minnesota Department of Military Affairs. Its vast area and variety of habitats are also used for environmental and wildlife conservation programs. Over 170 species of birds have been recorded at the site.

June begins summer when territories generally are all set and families are busily growing. In contrast to migration style bird watching, we move to different habitats where the breeding territories are located. We will bird in a guided car caravan, stopping at choice locations. The site has lots of prairie and wooded edges for us to explore for their birding potential.

**DIRECTIONS** Enter the AHATS campus on the Hamline Ave extension just north of MN Hwy 96. Turn left (west) onto Ben Franklin Rd and proceed about ¼ mile to the Ben Franklin gate. Meet inside the gate, roughly at 1567 Ben Franklin Road. We will proceed in a car caravan as group to multiple sites within the property. 45.08330° N, 93.16482° W

**INFORMATION** The site has restricted access. Be prepared to ride in a car caravan with 4 individuals per vehicle. All caravan vehicles will enter and exit the property together.

**REGISTRATION** Registration is required, and **begins March 30**. Attendance is limited to 25 people taken in the order replies are received. Email kryssa.schmidt@gmail.com your mobile phone number with the names of individuals in your party. PLEASE report any changes in numbers right away so those on the waitlist can enjoy this rare opportunity.

**DIFFICULTY** Ride in car caravan, get in and out of vehicles, travel short distances from vehicles on gravel, paved, or grassy surfaces. Outdoor toilets are very widely spaced across the site.

**LEADERS** Mary Lee, AHATS Environmental Protection Specialist, and Rebecca Flood

### Beginning Birding at Battle Creek Park

**2350 Upper Afton Rd, Maplewood, MN 55119  
Sunday, June 15, 8:00-10:00 AM**

Come and learn about birding, including how to use binoculars and a field guide. St. Paul Bird Alliance is collaborating with the [St. Paul Library](#) and the [Urban Birding Collective](#) to offer this beginning birding field trip.



Warbler Weekend Photo by Shawyn Domyancich-Lee:  
Cedar Waxwing at Hok-si-la Park

**DIRECTIONS** From McKnight Rd turn east onto Upper Afton Rd., drive 0.2 mi, turn right, destination will be on the right. Meet at the parking lot next to the off-leash dog park. 44.940752, -93.001840

**INFORMATION** Dress for the weather and wear closed-toe shoes. Bring a brimmed hat, water, sunblock and bug dope. Loaner binoculars will be available.

**REGISTRATION** Required registration and limited to 15 participants. [Registration link available on SPAS website after June 1]

**DIFFICULTY** Approximately 0.7-1 mile on paved and maintained grass surfaces with small gradual hills. Porta Potty is available at dog park. Restrooms available at Park Pavilion across Upper Afton Road.

**LEADER** Monica Bryand 651-246-5522, mjbryand@gmail.com

## Beginning Birding at Phalen and Round Lakes

1980 E. Shore Drive, Maplewood, MN 55109

Saturday, June 28, 8:00 – 10:00 AM

St. Paul Bird Alliance joins with [Friends of Swede Hollow](#) and [Friends of the Parks and Trails of St. Paul and Ramsey County](#) to offer this opportunity to explore the NW corner of Phalen Park including Round Lake. Along the way we'll look for both woodland and water birds. Beginners are most welcome.

**INFORMATION** Bring binoculars and a field guide. A limited number of binoculars can be borrowed from the leader. Dress for the weather and wear comfortable walking shoes. Water and bug dope advised.

**DIRECTIONS** Exit MN-36 onto US-61 South. Go 1.2 miles to Frost Ave. Turn left on to Frost. Go 0.6 miles to traffic circle. Take first exit onto E. Shore Drive. Go 0.2 miles. Turn right to stay on E. Shore Drive. Go 500 ft to parking lot. Meet in parking lot. 44.995550, -93.059734

**REGISTRATION** None

**DIFFICULTY** 1.5 mile asphalt route includes low gradual slopes, Porta Potty at parking lot.

**LEADERS** Kathy Sidles 651-233-6804, Kesid@aol.com and Cathy Croghan

## Beginning Birding at Phalen and Round Lakes

1980 E. Shore Drive, Maplewood, MN 55109

Saturday, July 5, 8:00 – 10:00 AM

Come and learn about birding, including how to use binoculars and a field guide. St. Paul Bird Alliance is collaborating with the [St. Paul Public Library](#) and the [Urban Bird Collective](#) to offer this beginning birding field trip.

**INFORMATION** Dress for the weather and wear closed-toe shoes. Bring a brimmed hat and water; sunblock and bug dope advised. Loaner binoculars will be available.

**DIRECTIONS** Exit MN-36 onto US-61 South. Go 1.2 miles to Frost Ave. Turn left onto Frost. Go 0.6 miles to



*Warbler Weekend Photo by Shawyn Domyancich-Lee: Yellow-bellied Sapsuckers at Sand Point, Frontenac State Park*

traffic circle. Take first exit onto E. Shore Drive. Go 0.2 miles. Turn right to stay on E. Shore Drive. Go 500 ft to parking lot. Meet in boat ramp parking lot. 44.995550, -93.059734

**REGISTRATION** Required registration and limited to 15 participants. [Registration link available on SPBA website after June 1]

**DIFFICULTY** 1.5 mile asphalt route includes low gradual slopes, Porta Potty at parking lot.

**LEADER** Monica Bryand 651-246-5522, mjbryand@gmail.com

## Beginning Birding at Crosby Farm Regional Park

2595 Crosby Farm Rd, St. Paul, MN 55116

Saturday, July 19, 8:00-10:00 AM

St. Paul Bird Alliance is once again partnering with the [St. Paul Public Library](#) to offer a beginning birding field trip. Come and learn about birding, including how to use binoculars and a field guide. Mostly come to have some summer fun outdoors.

**DIRECTIONS** Traveling south on 35E South take exit 103B for MN5/West 7th Street. Turn right onto West 7th, go 0.7 miles. Turn left onto S. Homer St., go 0.3 miles. Turn right onto Shepard Rd., go 1.4 miles. Turn left onto Crosby Farm Rd. Follow road past the marina to end of road. Meet in front of the Pavilion/toilets. 44.897723, -93.165835





*Warbler Weekend Photo by Shawyn Domyancich-Lee:  
Blue-gray Gnatcatcher at Sand Point, Frontenac State  
Park*

**INFORMATION** Dress for the weather and wear closed-toe shoes. Bring a brimmed hat and water; sun-block and bug dope advised. Loaner binoculars will be available.

**REGISTRATION** Required registration and limited to 15 participants. Registration link is available on SPAS website after July 1.

**DIFFICULTY** Variety of natural surfaces, generally level terrain, approximately 2 miles, restrooms at parking lot.

**LEADERS** Linda Whyte 651-815-7045 and Cathy Croghan

## Bruce Vento Trail and Bird Walk

1301 Arlington Ave. E St. Paul, MN 55106  
Saturday, August 9, 8-10 AM

St. Paul Bird Alliance joins with [Friends of Swede Hollow](#) and [Friends of the Parks and Trails of St. Paul and Ramsey County](#) to offer this opportunity to stroll along a portion [Bruce Vento Regional Trail](#). Learn the history of the land, the Trail, and current activities to save this important corridor from transit development. Along the way we'll look for some summer birds. Beginners are most welcome.

**INFORMATION** Bring binoculars if you have them. A limited number of binoculars are available to borrow. Dress for the weather and wear comfortable walking shoes. Water and bug dope advised.

**DIRECTIONS** Meet at the Bergeron Pass Marker 44.984910, -93.045536 on the corner of English St. And Arlington Ave. Street, parking available along the east side of English St.

**REGISTRATION** None.

**DIFFICULTY** Level pathway both paved and natural surfaces. Route approximately 1.5 miles. No toilet.

**LEADERS** Kathy Sidles 651-233-6804 Kesid@aol.com and Cathy Croghan

## Fall Migrants and Grassland Goldenrod at Battle Creek Park

2301 Lower Afton Rd., Maplewood, MN 55119  
Saturday, September 6, 9-11 AM

The Battle Creek Grassland is a critical nesting area which we have been working to preserve. It is next to Battle Creek Park, managed by Corrections, with restricted public access. We will hike on park trails along the western and northern edges of the grassland, where we hope to hear and see migrating fall warblers, sparrows, and hawks, along with the early fall colors of the grassland. One way to prep for this walk is to watch [From Bobolinks to Blue Jays - Bird at Battle Creek](#). This trip is offered in collaboration with [Friends of Maplewood Nature](#)

**DIRECTIONS** Meet in the South Battle Creek parking lot. From I-94 take exit 246B for Mc Knight Rd S., go 0.2 mi. Merge onto McKnight Rd S, go 1.2 mi. Turn left (east) onto Lower Afton, go 0.2 mile, turn left into the South Battle Creek Parking lot. 44.933382, -92.999838

**INFORMATION** [Venue website](#)

**REGISTRATION** None

**DIFFICULTY** Approximately 2-mile hike on unpaved, hilly trails. Porta-potty at the parking lot.

**LEADERS** John Zakelj jzakelj@yahoo.com and Kathy Janis

## Swede Hollow Park – Birding in the Heart of St. Paul

622 Beaumont St, St Paul, MN 55130  
Saturday, September 20, 9:00 - 11:00 AM

Saint Paul Bird Alliance joins with [Friends of Swede Hollow](#) and [Friends of the Parks and Trails of St. Paul and Ramsey County](#) to offer a fall migration birding experience in the heart of St. Paul. Come learn about the history of the site and see what fall migrants might be passing through the Hollow. Those who do not want to walk the route can bring a folding chair and join Kiki Sonnen for a “bird sit” opportunity at the meeting spot.

**INFORMATION** Bring binoculars and a field guide if you have them. Dress for the weather and wear comfortable walking shoes. A limited number of binoculars are available to borrow.

**DIRECTIONS** Meet at the entrance to Drewry Tunnel at Swede Hollow Park across from 622 Beaumont St. East, St. Paul 55130. 44.961473, -93.074421 Off-street parking available at the Hope Community Academy (located in the old Hamm's Brewery Building) at 720 Payne Ave, St. Paul 55130

**REGISTRATION** None

**DIFFICULTY** Approximately 1.5 miles on rolling paved paths. Mostly flat, with a short, moderate decline at the start and incline at the end. No toilet on site.

**LEADERS** Kathy Sidles 651-233-6804 kesid@aol.com and Kiki Sonnen



## Guided Birdwatching for People with Mobility Challenges

### Minnesota Valley National Wildlife Refuge Visitor Center

3815 American Boulevard, East Bloomington, MN, 55425

Sunday, June 1, 11:00 AM-12:30 PM

St. Paul Bird Alliance joins with the [Land of Lakes Bird Alliance](#) to offer this opportunity for spring bird-watching at the feeder, adjacent fields, and nearby overlook. This outing is appropriate for birders with a range of mobility challenges including birders who use wheelchairs, walkers, or canes, as well as those who walk slowly, but all birders are welcome. We expect to see many species of bird at close range. All birders from beginners to experienced are welcome.

**INFORMATION** Binoculars will be available for those who need them. Please dress for the weather.

**DIRECTIONS** We will meet at the bird feeder just behind the MVNWR Visitor Center (no need to enter the building). If it is raining, we will meet inside the Visitor Center. ([map](#)) 44.85993446292338, -93.21629161688313

**REGISTRATION** [Advance registration for this free event is required.](#)

**DIFFICULTY** The path is paved and has curb cuts from the parking lot. The path is wide, flat and there are no slopes. The bird feeder is just 400 feet from the handicap parking spaces. Disability parking spaces are available and accessible portable toilets are located nearby. There are a few benches near the bird feeder, so you may also wish to bring your own folding stool or chair.

If you have questions or concerns, please contact Birdability® Mark Paller ([palle001@umn.edu](mailto:palle001@umn.edu)). More information about Birdability® at <https://www.birdability.org> or contact Mark Paller.

**Please feel free to share this with your friends and family.**

This event is hosted by Land of Lakes Bird Alliance and St. Paul Bird Alliance, and cosponsored by Birdability®

### Sandhill Cranes at Crex Meadows SWA

102 E. Crex Ave., Grantsburg, WI

Tuesday, October 21, 4:00 ~ 8:15 PM

Since historic times, Greater Sandhill Cranes have congregated by the thousands every autumn evening in the marshes and ponds now called Crex Meadows SWA, located on the north side of Grantsburg, WI. People likewise gather to witness the sight of seemingly never-ending strands and haunting sounds as the birds seek and settle in to shelter for the night. Perhaps this is your year to experience anew or again this enduring ritual. Introductory remarks and instructions will begin at 4 p.m. in the parking lot of the Visitor Center at Crex Meadow State Wildlife Area in Grantsburg WI. Destination(s) chosen will depend on CMSWA staff information, recent main roost areas, number of cars in the caravan, and current weather. Most likely either roost sites in Crex Meadows or at Fish Lake will be the general area.

**DIRECTIONS** Take I-35 North to the Rock Creek/Grantsburg Exit #165 (Highway 70), approximately 34 miles from Forest Lake. Take exit 165, turn right (EAST) on Highway 70, go 15 miles to the stop light in Grantsburg, WI. Turn left (NORTH) onto Pine Street. Follow the goose signs through town to the Visitor Center, located on the NE corner of the junction of County Road D

and County Road F. Park and meet in the parking lot. 45.796350, -92.680483

**INSTRUCTIONS** Bring binoculars and a scope if possible. Dress for cooling temperatures during the evening. Consider bug repellant, sunscreen, water, car supper or snack. Group will gather in the parking lot for basic information by the leaders with Q and A. Departure time from the parking lot depends more on weather than conversation. We will caravan from the parking lot and depart as one group at the end of the evening. If destination is in Crex Meadows SWA, carpooling will be strongly encouraged; if destination is Fish Lake SWA all will drive separately.

**REGISTRATION** Register with Louise Eidsmoe 651-231- 0453 [louise.eidsmoe@gmail.com](mailto:louise.eidsmoe@gmail.com)

**DIFFICULTY** Viewing can be improved somewhat by walking the road slowly, staying close beside the cars, so as not to spook the cranes. Primarily a car caravan with some short walks along road. NOTE: Modern restrooms are located in the Visitors Center (715-463-2896) which has limited hours in October.

**LEADERS** Louise Eidsmoe 651-231-0453 [louise.eidsmoe@gmail.com](mailto:louise.eidsmoe@gmail.com) and Chase Davies 651-246-9754 [RockyBirder@gmail.com](mailto:RockyBirder@gmail.com)

## SUNDAY BIKE & BIRD TRIPS FOR 2025!

**Our Bike & Bird roster is rolling out with 5 Sunday morning trips this year  
All led by Sherry Gray**

*Registration is required for all trips and they are limited to 8 participants. Contact Sherry Gray at [sherrygray@yahoo.com](mailto:sherrygray@yahoo.com) to register. Participants will be asked to sign a liability release form at the start of the trip.*

### **Sunday, June 8, 8:00 AM to Noon: Bike & Bird Saint Paul's Como Park and Frogtown Farm, 1360 Lexington Pkwy N, St Paul, MN 55117**

Discover the fun of birding from a bicycle in some of Saint Paul's prime city green spaces. Located 2.5 miles from one another and connected by Lexington Avenue bike path and Minnehaha Avenue bike lanes, Como Park includes a lake, recreational areas (golf, picnic) and the "Audubon Woods;" Frogtown Farm is an urban demonstration farm and park situated on a hilltop with views over the city (<https://www.frogtownfarm.org>). Landscape is urban park and organic farm fields with wooded surrounds. Optional coffee break at Groundswell Café (and they have a bakery), on the corner of Thomas and Hamline.

**LOCATION** Saint Paul, both locations easily accessed by Metro Transit

**DIRECTIONS** Meet in south parking lot at Como Lakeside Pavilion, 1360 Lexington Pkwy N, St Paul, MN 55117. (44.981765236343946, -93.1436632493205) Bus routes 3 and 83

**INFORMATION** Bring bicycle, helmet, binoculars, snacks, sunscreen and water. Leader will bring a scope and first aid kit. Riders encouraged to wear high vis clothing and bring bike lights.

**DIFFICULTY** Easy to moderate. A few short hills, but otherwise a winding, mostly level route. As group will hear and see many birds, riding pace is relaxed. Birders and bicyclists of all levels, including newbies, very welcome to join.

### **Sunday, June 15, 8:00 AM to Noon: Bike & Bird Saint Paul's Creative Enterprise Zone, 993 Hampden Ave. W, St. Paul, MN 55114**

Discover the fun of birding from a bicycle while checking out the public art in a vibrant mixed industrial/residential section of Saint Paul. We will search for urban birds in pocket parks, vacant lots, and along the UMN Transitway and RR tracks while exploring the murals sponsored by the [Chroma Zone Festival](#). The 2024 festival will start September 19 so we will have the opportunity to see the newest murals (and possibly some nervous artists doing final painting), and avoid the crowds. Optional ride after along the Mississippi River to find riverside birds.

**LOCATION** [Saint Paul's Creative Enterprise Zone](#)

**DIRECTIONS** Park nearby or take Metro Transit (Green Line stop: Raymond) and meet on bikes in Hampden Park, 993 Hampden Ave W, St Paul, MN 55114 – **DIRECTLY ACROSS FROM HAMPDEN PARK CO-OP** 44.97000495061184, -93.19900698929779

**INFORMATION** Bring bicycle, helmet, binoculars, lunch, snacks, sunscreen and water. Leader will bring a first aid kit. You may want a camera for the murals.

**DIFFICULTY** Route is level and paved, but mostly on city streets which at times can be high traffic, including very large trucks (semis), so participants encourage to have bike lights and wear high vis clothing. As there are many excellent murals, the pace will be relaxed. Birders, art lovers and bicyclists of all levels, including newbies, very welcome to join.

### **Sunday, June 22, 8:00 AM to Noon: Bike & Bird the Mississippi River levee on the Robert Piram Trail, 380 E. Lafayette Frontage Rd, St. Paul, MN 55107**

Discover the fun of birding from a bicycle along the Mississippi River, riding from the Saint Paul Airport past the Pigs Eye Island SNA Heron Rookery to Kaposia Landing (2.6 miles one way) and the Rock Island Swing Bridge (7.8 mi, one way), visiting prime birding locations for Ramsey and Dakota Counties. Landscape is urban, following both the big river and train tracks from Saint Paul to South Saint Paul, with wetlands at the start (near the airport) and small wooded areas along the way. Option for full day ride continuing to Hastings, including biking through Spring Lake Park.

**LOCATION** See [trail map](#)

**DIRECTIONS** We will start at [Runway 52, 380 E Lafayette Frontage Rd, St Paul, MN 55107](#). (44.93600871167755, -93.0719683383748) If you do not want to bicycle the return from Rock Island Swing Bridge, you will need to arrive at parking area 30 minutes earlier (arrange with ride leader) to shuttle cars.

**INFORMATION** Bring bicycle, helmet with sun visor, binoculars, sunscreen, snacks and water. Scope is optional but could be useful for locating birds on Pigs Eye Island across the river. Leader will bring a scope and first aid kit.

**DIFFICULTY** Easy. Some side trails might have hills, but route is mostly river levee flat. [Optional route to Hastings/Spring Lake Park is hilly and might include a few blocks of on-road riding. As group will





*Photo by Luke Franke*

hear and see many birds, riding pace is relaxed. Birders and bicyclists of all levels, including newbies, very welcome to join.

**Sunday, July 13, 8:00 AM - Noon: Bike & Bird Lilydale Regional Park, Pickerel Lake, and the Big Rivers Regional Trail, 950 Lilydale Rd, St Paul, MN 55118**

Discover the fun of birding from a bicycle along two rivers, starting in Ramsey County at Lilydale Regional Park, along the Mississippi River, and riding into Dakota County on the Big Rivers Rail Trail along the Minnesota River. Route to edge of Snelling State Park in Mendota Heights is about 5 miles one way. Habitats include riverside, lake, wetland, urban forest.

**LOCATION** Lilydale Regional Park, 950 Lilydale Rd, St Paul, MN 55118 (44.917164726895734, -93.12492944537591)

**DIRECTIONS** This park does not have a close bus/transit stop; closest bus is #62. Parking is available.

**INFORMATION** Bring bicycle, helmet, binoculars, lunch, snacks, sunscreen and water. Leader will bring a first aid kit, and may bring a scope. If you plan to add on any hiking or kayaking, bring a bike lock. If you plan to bike entire route, bring a picnic lunch.

**REGISTRATION** Required and limited to 8 participants. Contact [sherrygray@yahoo.com](mailto:sherrygray@yahoo.com) to register. Participants will be asked to sign a liability release form at the start of the trip.

**DIFFICULTY** Route is mostly level and paved, but there may be a city street crossing to access the Big Rivers Regional Trail. The pace will be relaxed. Bird-

ers and bicyclists of all levels, including newbies, very welcome to join.

**LEADER** Sherry Gray [sherrygray@yahoo.com](mailto:sherrygray@yahoo.com)

**Sunday, July 27, 8:00 AM to Noon: Bike & Bird the Vadnais-Snail Lakes & Grass Lake Regional Parks, 4191 Snail Lake Blvd., Shoreview, MN 55126**

Discover the fun of birding from a bicycle on more than 5 miles of mostly level, paved, multi-use trails that connect four lakes in Shoreview: Grass, Snail, Sucker, and Vadnais, all of which are prime birding locations for Ramsey County (top 10 hotspots on eBird). Landscape here is varied and includes lakes, woods, wetlands, and open grassland. Group usually birds Grass and Snail Lakes, then stops at Taste of Scandinavia Bakery (bring bike lock) for brunch or early lunch. Option to continue on to Sucker and Vadnais lakes from the Bakery.

**LOCATION** See [trail map](#)

**DIRECTIONS** Meet in parking lot at Snail Lake picnic area/boat launch/beach parking lot, 4191 Snail Lake Blvd, Shoreview, MN 55126 - 2nd entrance, past Mackubin Street intersection: (45.067178, -93.123040)

**INFORMATION** Bring bicycle, helmet, binoculars, snacks, sunscreen and water. Leader will bring a scope and first aid kit

**DIFFICULTY** Easy to moderate. A few short hills, but otherwise a winding, mostly level route. As group will hear and see many birds, riding pace is relaxed. Birders and bicyclists of all levels, including newbies, very welcome to join.