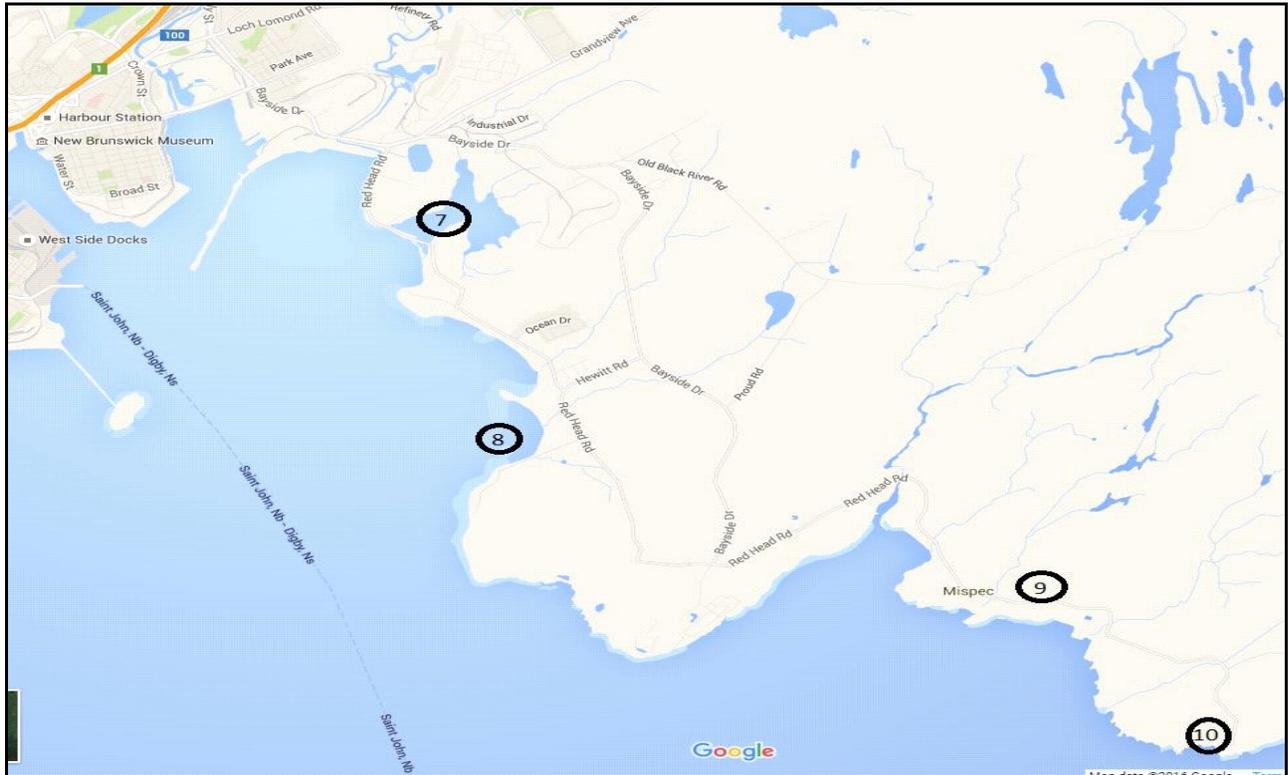


SAINT JOHN EAST - MAP 1B



7. RED HEAD MARSH

From the east end of the Courtenay Bay Causeway turn right onto Bayside Drive and drive for 1.7 km and then turn right onto Redhead Road. Drive for 1.5 km to the Red Head Marsh with parking on the left. It is a cattail marsh that shelters a variety of waterfowl from mid-April to September. The tidal flats on the right side of the road over the breakwater may offer shorebirds from late July to October. Migrating Common Eider and scoter raft offshore in April. A variety of birds have been seen in the marsh including Ring-necked Duck, Pied-billed Grebe, Sora, American Bittern, Green Heron and American Coot. With the removal of the Ducks Unlimited dam the marsh area on the left has seen an increasing number of migrating shorebirds in the mudflats, especially during August and September. Regular sightings include: Semipalmated Sandpipers, Least Sandpipers, White-rumped Sandpipers, Greater and Lesser Yellowlegs, Dunlin, Killdeer, Semipalmated Plovers and Black-bellied Plovers. In recent years sightings have included Stilt Sandpipers, Short-billed Dowitchers, Golden Plovers and Hudsonian Godwit.

An additional access and views of the Red Head Marsh can be found up the road where on the left you will find a small parking lot. A trail heads west from the parking lot to the marsh and then sharply veers right and follows the edge of the marsh through mixed forested areas. The beginning of this trail becomes overgrown especially in the summer and late fall but can be especially good birding in the spring when the grass has not filled in and walking is easier. The trail through the forest is open and easy to walk. A variety of bird species can be found here from spring through fall: warblers, sparrows, woodpeckers, thrush, owls, vireos and flycatchers to name but a few.

8. ANTHONYS COVE

From Red Head Marsh continue east towards Mispic for 3.6 km and then turn right onto Anthonys Cove Road where shorebirds and seabirds may be seen. This road is a dead-end but the first kilometer is along the shore.

9. MISPEC BEACH and NATURE TRAILS

Turning right out of Anthonys Cove Road, travel 6.0 km to a parking area on the right for Mispic Beach. Walking/hiking trails can be located at the west end of the parking area. Waterfowl can be seen offshore and woodland birds can be found along the trails.

10. CAPE SPENCER/MILLICAN LAKE

Millican Lake trail can be found 13.5 km from Red Head Marsh. It starts on the left side of the paved road and follows a rough gravel road through barrens which provide nesting habitat for Palm Warblers and Lincoln Sparrows. There is no off road parking and the trail head is on a turn, therefore birders visiting this trail should avoid parking on the turn as visibility is poor.

Continue along Red Head Road to reach the Cape Spencer Light and possible views of migrating sea ducks and diving birds.