

Recommended Birding Areas

The forests, meadows, streams and lakes of Cypress Provincial Park provide food, water, and cover for birds and other wildlife. By visiting different habitats, you will see a greater variety of birds. Although birds may be found throughout the park, the following five locations include a range of habitats and offer a variety of viewing opportunities.

- **Hi-View and Quarry Lookouts** – These roadside areas provide good opportunities to observe the park’s well-known fall hawk migration, especially in September. Sharp-shinned, Cooper’s and Red-tailed hawks can be seen from these locations. Hi-View Lookout also offers good views of birds in the treetops. This viewpoint is at the 2nd switchback on Cypress Bowl Road, 5.3 km from the highway turn-off. Quarry Lookout (Cypress Park Picnic Area) is about 3 km further, just past the 3rd switchback.
- **Yew Lake Wetlands and Old-Growth Loop** – The Yew Lake area is located just beyond Cypress Creek Lodge in the downhill ski area at the end of the road (14.8 km from the highway turn-off). A wheelchair-accessible trail passes through diverse habitats. Frequently observed species include Gray Jay, Steller’s Jay and Red-breasted Sapsucker. The many wildlife trees in this area are used by Hairy Woodpecker, Northern Flicker, and Olive-sided Flycatcher. In summer, Townsend’s Warbler, Black Swift and Vaux’s Swift may be observed.
- **Hollyburn Old-Growth Forests** – The Hollyburn Mountain section of the Baden-Powell Trail and several other hiking trails in the Hollyburn Ridge area provide good opportunities to observe Red-breasted Sapsucker, Chestnut-backed Chickadee, Gray Jay, Winter Wren, and Sooty Grouse. Trails begin near the Hollyburn Ridge cross-country ski area parking lot, 12.8 km from the highway turn-off.
- **Black and Strachan Mountains** – The Yew Lake Lookout above Cabin Lake on Black Mountain offers good fall viewing of hawks as they pass through the Cypress Creek valley. The Howe Sound Crest Trail on the lower slope of Mount Strachan is considered the most consistent site in the Lower Mainland for viewing American Three-toed Woodpecker. Sooty Grouse and migrating hawks can also be seen or heard on the open lower slopes of both mountains. Trails begin near Cypress Creek Lodge in the Cypress Bowl downhill ski area.

- **Baden-Powell Trail** – This 42 km trail extends from Horseshoe Bay/Nelson Canyon in West Vancouver to Deep Cove in North Vancouver. In the park, the trail crosses Black Mountain, Hollyburn’s southwest slope, and Hollyburn Ridge, traversing both the western hemlock and mountain hemlock forest zones. Look for a range of species, including Red-breasted Sapsucker, Hutton’s Vireo, Hermit Thrush, Barred Owl and Red Crossbill.

Viewing Ethics for Conservation

Wildlife viewing demands courtesy and common sense. For the well-being of wildlife and habitats, please follow these guidelines:

- **Be considerate of wildlife** – Use binoculars to view wildlife from a distance rather than approaching too closely.
- **Be considerate of habitat** – Plants and landscape features are important parts of wildlife habitat. Please do not damage or remove them, and stay on designated trails or roads.
- **Be considerate of other people** – Respect private property and the wildlife viewing activities of others.
- **Obey dog regulations** – Dogs can harm wildlife and hinder viewing opportunities.
- **Do not approach young wildlife** – Young birds and animals are rarely “abandoned” or lost. An adult is usually at a safe distance waiting for you to leave.

Tips for Wildlife Viewers

These tips will improve your chances of seeing wildlife in its natural habitats. Remember, wildlife is “wild” and may choose not to be seen.

- **Choose the right season and time of day** – Many species are most active during the cooler morning and evening hours. A hot, dry, sunny afternoon is usually not the best time to look for wildlife.
- **Be patient and quiet** – A bird or animal may be difficult to observe even though you have heard or detected its presence. If you remain still and quiet, wildlife will determine that you are not a threat, and may become active and more visible.
- **Use binoculars or a spotting scope** – Visual aids let you scan wide areas and will increase your chances to observe wildlife without disturbing it.
- **Move slowly and reduce visibility** – Birds and animals will usually sense your presence long before you have sensed theirs. Most animals have a keen sense of hearing and smell, and most birds and large mammals have keen sight.
- **Caution** – Black bears and cougars frequent the park and may be encountered on hiking trails and in open areas.

Cypress Provincial Park Access

Road access is from Highway 1 in West Vancouver. Take Exit #8 (Cypress Bowl Road) and follow the park signs. There are roadside stops and picnic areas at the second and third switchbacks on the Cypress Bowl Road. For the Hollyburn Ridge area, follow the road for 12.8 km and turn right. For the Cypress Bowl area, continue 2 km further to the end of the main road.

The park can also be reached by hiking trails through neighbouring communities (See *Parks and Nature Places Around Vancouver* listed below for bus-to-hiking trails information.). A park map is available on the BC Parks website at www.bcparks.ca and at information kiosks in the park.

Friends of Cypress Provincial Park Society

This registered charitable society was formed in 1990 to help protect Cypress Park’s natural environment and associated values. See www.cypresspark.bc.ca for more park information.

Nature Vancouver

Nature Vancouver (Vancouver Natural History Society) was founded in 1918 to promote the enjoyment of nature and protection of natural areas in the Vancouver area and beyond. See www.naturevancouver.ca for more information.

Recommended books

- *Birds of Southwestern British Columbia*, R. Cannings, T. Aversa, H. Opperman, Heritage House, 2008.
- *Parks and Nature Places Around Vancouver*, Nature Vancouver, Harbour Press, 2009.
- *The Birder’s Guide to the Vancouver Area*, Nature Vancouver, Harbour Press, [currently under revision]. Originally published by Whitecap Books, 2001.

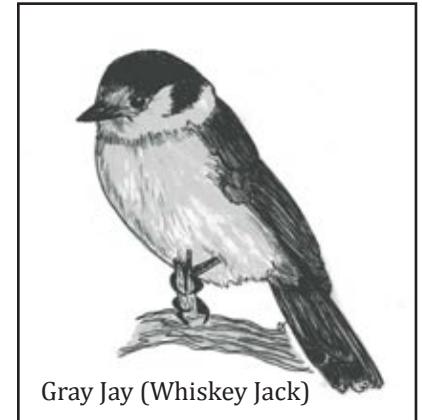
Gray Jay illustration by Chris Tunnoch

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Cypress Provincial Park West Vancouver, British Columbia

BIRD CHECKLIST

by
Friends of Cypress Provincial Park Society
and
Nature Vancouver Birding Section



Gray Jay (Whiskey Jack)

Cypress Provincial Park is located in the North Shore mountains above West Vancouver, and extends beyond the Lions to Deeks Lake. This park of nearly 3000 hectares is named for the yellow-cypress, commonly known as yellow-cedar, a high-elevation tree species. Roadside stops on the access road allow panoramic views of Vancouver and the Strait of Georgia, from Mount Baker to Vancouver Island.

The park’s diverse natural areas include old-growth coniferous forest, second-growth coniferous and deciduous forest, subalpine wetlands, rocky bluffs and mountain-top plateaus. There are also open areas created by ski development.

Recreational opportunities include hiking, wildlife viewing, nature study, snowshoeing, and all forms of skiing and snowboarding. There is a wide range of hiking trails from the 2 km wheelchair-accessible Yew Lake Trail to the rugged 29 km Howe Sound Crest Trail. The park’s diversity of habitats and its many trails provide good opportunities for birding and the observation of other wildlife.

Cypress Provincial Park Bird Checklist

Legend

Seasonal Occurrence

Sp = Spring
S = Summer
F = Fall
W = Winter

Relative Abundance

c = **common**: almost always seen; large numbers
f = **fairly common**: usually observed; moderate numbers
u = **uncommon**: often seen, but not on every visit
r = **rare**: seen a few times each year; may be hard to find
ca = **casual**: few known records; within normal range
ac = **accidental**: only 1 or 2 records; outside normal range

Other Symbols

* = known to breed in checklist area

Family and Species Sp S F W

Waterfowl

Greater White-fronted Goose.....			ac	
Snow Goose.....		r		
Canada Goose.....		r		
Trumpeter Swan.....	ac		r	r
Tundra Swan.....		r	r	
Mallard.....	r	r		
Northern Pintail.....	ac	ac		
Green-winged Teal.....		r		
Ring-necked Duck.....		ac		
Bufflehead.....	r	r		
Barrow's Goldeneye.....			r	
Hooded Merganser.....		ac	r	

Grouse and Ptarmigan

Rock Ptarmigan.....	ca			ca
Sooty Grouse*.....	u	u	u	r

Loons

Common Loon.....		ca	ca	
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Grebes

Pied-billed Grebe.....	r	r		
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Hérons

Great Blue Heron.....	r	r		
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Vultures

Turkey Vulture.....	r	u	r	
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Eagles, Hawks and Allies

Osprey.....		ca		
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Family and Species Sp S F W

Bald Eagle.....	u	u	u	u
Northern Harrier.....		r	r	
Sharp-shinned Hawk.....		r	u	r
Cooper's Hawk.....	r	r	u	r
Northern Goshawk.....		ac	ac	r
Broad-winged Hawk.....			ac	
Red-tailed Hawk*.....	u	u	u	u
Rough-legged Hawk.....			r	
Golden Eagle.....	r	r	r	

Falcons

American Kestrel.....		r	ac	
Merlin.....		ca	ca	
Peregrine Falcon.....		ac	r	

Rails

Virginia Rail.....		ca		
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Plovers and Sandpipers

Killdeer.....	ca			
Spotted Sandpiper.....		r		
Solitary Sandpiper.....		ca	ca	
Lesser Yellowlegs.....			r	

Gulls

Glaucous-winged Gull.....		u	u	
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Alcids

Marbled Murrelet.....		ac		
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Pigeons

Band-tailed Pigeon*.....	u	u	u	
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Owls

Western Screech-Owl*.....	ca	ca	ca	
Great Horned Owl*.....	r	r	r	r
Northern Pygmy-Owl*.....	r	r	r	r
Spotted Owl.....		ac	ac	
Barred Owl*.....	r	r	r	r

Goatsuckers

Common Nighthawk.....		r		
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Swifts

Black Swift*.....	ca	u		
Vaux's Swift*.....	r	u		

Hummingbirds

Ruby-throated Hummingbird.....		ac		
Anna's Hummingbird.....		ca		
Calliope Hummingbird.....		ca		
Rufous Hummingbird*.....	r	f	r	

Kingfishers

Belted Kingfisher.....		r	r	
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Woodpeckers

Williamson's Sapsucker.....		ac		
Red-breasted Sapsucker*.....	u	f	u	u
Downy Woodpecker*.....	r	r	r	r
Hairy Woodpecker*.....	u	u	u	u
Am. Three-toed Woodpecker*.....	r	r	r	r
Northern Flicker*.....	r	f	f	r
Pileated Woodpecker*.....	u	u	u	u

Family and Species Sp S F W

Flycatchers

Olive-sided Flycatcher*.....		u		
Western Wood-Pewee*.....		r		
Willow Flycatcher*.....		f		
Hammond's Flycatcher*.....		f		
Pacific-slope Flycatcher*.....	r	c		
Western Kingbird.....	ac			

Vireos

Cassin's Vireo*.....		u		
Hutton's Vireo*.....	r	r		
Warbling Vireo*.....		f		

Corvids

Gray Jay*.....	r	f	f	f
Steller's Jay*.....	f	c	f	r
Northwestern Crow*.....	c	c	c	c
Common Raven*.....	c	c	c	c

Swallows

N. Rough-winged Swallow.....		r		
Tree Swallow*.....		u		
Violet-green Swallow.....		f		
Barn Swallow.....		c		

Chickadees

Black-capped Chickadee*.....	f	f	f	r
Mountain Chickadee.....			r	ca
Chestnut-backed Chickadee*.....	c	c	c	c
Boreal Chickadee.....				ac

Bushtit

Bushtit.....		r	r	
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Nuthatches

Red-breasted Nuthatch*.....	u	u	u	u
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Tree Creepers

Brown Creeper*.....	u	u	u	u
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Wrens

House Wren.....		ac		
Winter Wren*.....	c	c	c	r

Dippers

American Dipper*.....	r	r	r	
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Kinglets

Golden-crowned Kinglet*.....	f	f	f	f
Ruby-crowned Kinglet.....		f		

Thrushes

Townsend's Solitaire.....	r	r	r	
Swainson's Thrush*.....		c		
Hermit Thrush*.....		c	r	
American Robin*.....	r	c	r	ca
Varied Thrush*.....	c	c	c	u

Mockingbirds

Northern Mockingbird.....		ac		
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Pipits

American Pipit.....	r	ac	r	
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Family and Species Sp S F W

Waxwings

Bohemian Waxwing.....				ac
Cedar Waxwing*.....			u	r

Warblers

Orange-crowned Warbler*.....		f		
Yellow Warbler.....		r		
Magnolia Warbler.....				ac
Yellow-rumped Warbler*.....	f	r	f	
Black-throated Gray Warbler*.....	r	u		
Townsend's Warbler*.....		f		
MacGillivray's Warbler*.....		f		
Wilson's Warbler.....	r	u	r	

Sparrows and Allies

Spotted Towhee*.....	r	f	f	
Savannah Sparrow.....		r	r	
Fox Sparrow*.....		r		
Song Sparrow*.....		c	c	
Lincoln's Sparrow.....	ac			ac
White-crowned Sparrow*.....	r	u	r	
Golden-crowned Sparrow.....		r		
Dark-eyed Junco*.....	f	f	f	f

Cardinals and Allies

Western Tanager*.....		f		
Black-headed Grosbeak*.....		f		

Blackbirds

Brown-headed Cowbird*.....		r		
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Finches, Crossbills and Allies

Gray-crowned Rosy-Finch.....				r
Pine Grosbeak.....				ac
Purple Finch*.....	u	f	u	r
House Finch.....		ca		
Red Crossbill*.....	u	u	u	c
White-winged Crossbill.....	ca	ca	ca	ca
Pine Siskin*.....	c	c	c	c
American Goldfinch.....		ca		
Evening Grosbeak*.....	r	r	r	r

125 Species

This checklist is based on the official taxonomy list (7th edition, 50th supplement), produced by the American Ornithological Society.

Additional sightings should be submitted to the Nature Vancouver Bird Records Committee by calling 604-737-3074 or visit www.naturevancouver.ca.