

### Great Blue Heron (Ardea herodias)

This large grayish bird with a yellow bill and nearly six-foot wingspan can be seen hunting along the shores of ponds. Herons hunt by standing still or moving slowly to catch unsuspecting fish, frogs, and insects. Herons have a black stripe above the eye and down the front of the neck; their legs and feet are also black. An adult heron may have fancy wispy plumes (feathers) on its head, neck, and back. In flight, the neck is folded. Great blue herons can be seen in the Payne's Creek Wetland area year-round.



### Brown-headed Cowbird (Molothrus ater)

The petite brown-headed cowbird is roughly six and a half inches long. Males have a black body, brown head and dark eyes, while females have a brown streaked body with a pale, grayish-tan head. This species is a brood parasite. A brood parasite does not build nests, incubate eggs or care for hatchlings; it sneaks its eggs in with those of other bird species, such as red-winged blackbirds, yellow warblers, and common yellow-throats. After the eggs hatch, the larger cowbird can often out-do its smaller nest-mates. Brown-headed cowbirds can be seen on the edges of woodlands and around grasslands of the Sacramento River Bend area from March through September.



### Acorn Woodpecker (Melanerpes formicivorus)

This red-capped, white-eyed woodpecker is about eight inches long. Acorn woodpeckers have the unusual characteristic of communal (shared) breeding with one or two males, a harem of females and juveniles from the previous year. They all work together to incubate and feed the young in a shared nest. Another special adaptation of the acorn woodpecker is its collection and storage of acorns in granary trees; the birds drill small holes all over a tree and pound an acorn into each hole, so tightly that even a squirrel can't get them back out. Acorn woodpeckers can be seen in the trees of the Sacramento River Bend area year-round.



### Osprey (Pandion haliaetus)

This large hawk's wingspan can measure up to 72 inches across; you can recognize one in flight by the crook in its long, narrow wings. An osprey's diet consists almost exclusively of fish and the birds are often called fish hawks. The lower surfaces of an osprey's toes are covered with tiny spikes, called spicules, that help it hang onto a fish after it makes a catch. Ospreys have a reversible outer toe, like owls, that allows them to grab a fish with two toes on each side. They also have special plumage (feathers) that



decrease the absorption of water when they plunge into the water after a fish. One of the osprey's most noticeable traits is that it carries a caught fish with the prey's head held forward to reduce air resistance. Ospreys are found in this area from March through November.

### Great Egret (Ardea alba)

This large white wading bird with yellow beak and black legs is a common visitor to the wetlands. These egrets can often be seen standing motionless in a pond while hunting. Don't confuse the great egret with its smaller relative, the snowy egret, which has a black beak and yellow feet. Historically hunted for its plumage, the great egret is now threatened by the destruction of wetlands across the country. Great egrets can be seen in the Paynes Creek wetland area year-round.

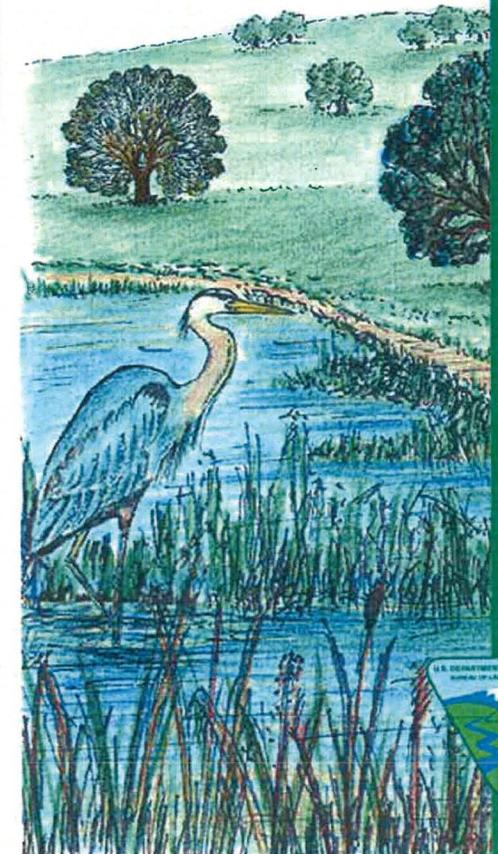


### Turkey Vulture (Cathartes aura)

Turkey vultures, relatives of the California condor, eat a combined diet of meat and vegetation. They do not and cannot kill prey for a meal, as their claws are too weak to tear a fresh carcass, and their beaks aren't properly shaped or strong enough for tearing. Their digestive tracts kill bacteria and viruses which is a crucial ability for a bird that only eats decaying animals. Turkey vultures can often be spotted soaring on updrafts of air, with their wingtips pulled up into a "V" shape, as in the adjacent picture. Turkey vultures can be seen in the Sacramento River Bend area year-round.



# Birds of the Bend



## Paynes Creek Bird List

The Paynes Creek Wetland covers more than 100 of the 17,000 acres of BLM land in the Sacramento River Bend Area. As part of the Pacific Flyway, many migratory waterfowl winter in this part of the Sacramento Valley. These wetlands also attract egrets, herons, raptors, woodpeckers, swallows, warblers, and other songbirds.

The bird checklist below was developed specifically for this site, and may help you identify some common residents of the wetlands and surrounding oak woodlands. Take some time to walk the trails and visit with these beautiful and serene creatures. Please join us in exploring, enjoying, and protecting this excellent birding opportunity.

Cormorants	Season
Double-crested Cormorant	All
Herons	
Green Heron	Sp Su Fa
Snowy Egret	Sp Fa Wi
Great Egret	Sp Fa
Great Blue Heron	All
Ducks and Geese	
Canada Goose	All
Wood Duck	Sp Su Fa
Mallard	All
Gadwall	Sp Fa Wi
Green-winged Teal	Sp Fa
American Wigeon	Sp Fa Wi
Northern Pintail	Sp Fa Wi
Cinnamon Teal	Sp Su Fa
Canvasback	Sp Fa Wi
Redhead	Sp Fa Wi
Common Goldeneye	Fa Wi
Bufflehead	Sp Fa Wi
Common Merganser	All
Ruddy Duck	Fa Wi
Vultures, Hawks, Eagles, and Falcon	
Turkey Vulture	All
Osprey	Sp Su Fa
Northern Harrier	Sp Fa Wi
Bald Eagle	All
Sharp-shinned Hawk	Fa Wi
Cooper's Hawk	Sp Fa Wi
Red-shouldered Hawk	All
Red-tailed Hawk	All
American Kestrel	Sp Fa Wi

Upland Ground Bird and Quail	Season
Ring-necked Pheasant	All
Wild Turkey	All
California Quail	All
Coots and Cranes	
American Coot	All
Sandhill Crane	Sp
Plowers and Sandpipers	
Killdeer	All
Greater Yellowleg	Sp Fa Wi
Spotted Sandpiper	Sp Su
Pigeons and Doves	
Band-tailed Pigeon	Sp Su Fa
Rock Dove	All
Mourning Dove	All
Owls	
Great Horned Owl	All
Western Screech-Owl	All
Hummingbirds	
Black-chinned Hummingbird	Sp Su Fa
Anna's Hummingbird	All
Rufous Hummingbird	Sp Fa
Kingfishers	
Belted Kingfisher	All
Woodpeckers	
Acorn Woodpecker	All
Northern Flicker (red-shafted)	All
Nuttall's Woodpecker	All
Downy Woodpecker	All
Hairy Woodpecker	All
Flycatchers	
Western Wood-Pewee	Sp Su
Black Phoebe	All
Ash-throated Flycatcher	Sp Su
Western Kingbird	Sp Su
Vireos	
Hutton's Vireo	
Cassin's Vireo	
Crows, Jays and Magpies	
Western Scrub-Jay	All
Yellow-billed Magpie	All
American Crow	All
Swallows	
Tree Swallow	Sp Su
Violet-green Swallow	Sp Su
Northern Rough-winged Swallow	Sp Su
Barn Swallow	Sp Su

Babblers, Titmice, Bushtits, Nuthatches	Season
Oak Titmouse	All
Bushtit	All
White-breasted Nuthatch	All
Wrens	
House Wren	Sp Su
Bewick's Wren	All
Marsh Wren	Sp Su
Thrushes	
Western Bluebird	All
American Robin	All
Mockingbirds and Thrashers	
Northern Mockingbird	All
Starlings	
European Starling	All
Wood Warblers	
Orange-crowned Warbler	Sp Su Fa
Yellow-rumped Warbler	All
Yellow Warbler	Sp Su
Wilson's Warbler	Sp Su
Common Yellowthroat	Sp Su
Yellow-breasted Chat	Sp Su
Tanagers	
Western Tanager	Sp Su
Towhees, Sparrows, and Buntings	
California Towhee	All
Spotted Towhee	
Lark Sparrow	Sp Su Fa
White-crowned Sparrow	Sp Fa Wi
Golden-crowned Sparrow	Sp Fa Wi
Dark-eyed Junco (Oregon)	All
Lazuli Bunting	
Grosbeaks	
Black-headed Grosbeak	
Blue Grosbeak	
Blackbirds and Orioles	
Western Meadowlark	All
Red-winged Blackbird	All
Brewer's Blackbird	All
Brown-headed Cowbird	Sp Su
Hooded Oriole	Sp Su
Bullock's Oriole	
Finches	
House Finch	All
Lesser Goldfinch	All
House Sparrow	All

### Leave No Trace

Leave No Trace is a national program that strives to educate visitors about their recreational impacts and techniques to prevent and minimize such impacts on America's public lands. For more information, go to [www.LNT.org](http://www.LNT.org) or call (800) 332-4100.



1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Dispose of waste properly
4. Leave what you find
5. Minimize campfire impact
6. Respect wildlife
7. Be considerate to other visitors

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