

**Mountains to the Sea**  
**Birding Adventure in Maine**  
**May 26<sup>th</sup> – 31<sup>st</sup>**  
**with Guide Seth Benz**



**Forever Wild** - Baxter State Park surrounds Mt. Katahdin, Maine's highest peak. Nearby, the West Branch of the Penobscot River tumbles out of the North Maine Woods. We'll spend the first half of the tour in the northern forest during the beginning of territorial songbird singing. From there, we move off to the northern portion of **Acadia National Park** and the east coast of Maine. The scenery on this adventure is equal to the variety of birds to be found.

**Video of 2016 tour** - <https://www.youtube.com/watch?v=O2zLXXGWB2Q>

**The Mountains to the Sea tour** begins in Bangor and moves to The North Maine Woods where we'll chase some of Maine's toughest birds, including American Three-toed and Black-backed Woodpeckers. Spruce Grouse and Boreal Chickadees also haunt this locale, and we should witness Fox and Lincoln's Sparrows singing on their territories. We'll have a great chance to snap up some of the tougher warblers, such as Cape May, Blackpoll, Bay-breasted, Tennessee and Mourning, and northern forest flycatchers such as Alder, Least, Yellow-bellied and Olive-sided. At the coast, our priority will be a chartered boat cruise for Atlantic puffins, Razorbill, Common Murre, Common Eider, Arctic and Common terns, and possibly the endangered Roseate Tern as well as other coastal birds and wildlife. This is a 6-day, 5-night tour.

**Day One** begins in Bangor where we'll meet our guides and enjoy a group dinner and stay overnight at a Bangor hotel. Check-in is at 3 PM. Dinner is at 6 PM.

**Day Two** begins with an early breakfast and departure from Bangor, traveling 1.5 hours north to some of best boreal birding in the Maine forest. After check-in at the [Big Moose Inn](#), we'll spend the day birding various hotspots in Baxter State Park. We'll follow dinner with a little moose watching each night.

**Day Three** We'll rise with the sun and head up the west side of Baxter State Park, enjoying the abundance of warblers, thrushes, flycatchers, and finches that breed in the northern Maine forest. This will also be a chance to target any rare woodpeckers or grouse that might be missed on the first day.

**Day Four** begins early again, as we head up the east side of the park to Roaring Brook. Here, we'll enjoy close-ups of moose, chase down Philadelphia Vireos, and search out a few other elusive species. Prior to lunch, we'll finish up with the mountains, and then bird our way to the sea at Acadia National Park, where we'll spend our next two nights enjoying the accommodations and meals at the **Schoodic Institute**. After check-in, we'll tour the Schoodic Auto Loop, hear an introduction to coastal ecology, and get our first glimpse of the expansive Gulf of Maine.

**Day Five** includes a chartered Atlantic puffin boat cruise as we circle Petit Manan Island, one of Maine's breeding colonies of Atlantic Puffins, Razorbills, and terns. The afternoon features a trip to the largest expanse of wild blueberry barrens in North America where we will look for Upland Sandpiper, Vesper Sparrow, and other denizens of this unique habitat. A lobster dinner rounds out this final full day of the tour.



**Day Six** is departure day. We'll have an optional morning bird walk before breakfast. Breakfast will be at 7 AM. Following breakfast everyone will travel to Bangor and the tour end at 10:30 AM.

**Our Guide: Seth Benz** has served as Assistant to the Curator at Hawk Mountain Sanctuary, director of Hog Island Audubon Camp, and is the current director of Schoodic Institute at Acadia National Park's Bird Ecology Program. In his current role, Seth coordinates citizen scientists' efforts to monitor bird migrations, pelagic seabird concentrations, and biodiversity and phenology observations in the Acadia Region. Benz was recently elected to a three-year term on the Maine Bird Records Committee. Seth and wife Sue reside in Belfast, Maine with their Australian Shepherd rescue pooch Beazie.



**Participants** should bring binoculars, and this is a scenic tour for photography. Spotting scopes, guidebooks and extra binoculars will be provided by our guides. This trip will not require strenuous hiking. Hikes will be slow and on level ground. There may be some spots that are muddy, uneven, and slippery. Adequate footwear is advised, but large boots are unnecessary. Mosquitoes and black flies will be present. Insect repellent is suggested. May tends to be cool, sunny, and dry, but conditions in the northern Maine woods are changeable. Dawn temperatures may start in the 40s and reach the 70's by afternoon. Boat tours can be cold and wet. Bring appropriate clothing. Bring an appetite. We don't starve.

**Important details** - This will be a 6-day 5-night trip May 26th – 31st 2023 with the birding tour portion from the 27<sup>th</sup> – 30<sup>th</sup> (we will arrive on the 26<sup>th</sup> and departure will be on the 31st). The cost will be \$1,750 which includes hotel fare for the 26th in Bangor, airport shuttle, as well as five tour nights lodging, all meals from breakfast on 27<sup>th</sup> thru breakfast on the 31st, professional bird guide, park entrance fees, transportation by 15-passenger van, and puffin boat excursion. *The cost does not include airfare* (We fly into Bangor). Deposit of \$800 is due by March 1<sup>st</sup> with the balance due by April 1<sup>st</sup> please make checks payable to CAS or PayPal via the CAS website **(please notify me before using PayPal)**

Your flight on the 26<sup>th</sup> into Bangor, ME will need to be there by late afternoon and your flight home schedule after 10:30AM from Bangor on the 31<sup>st</sup>. You may take any carrier that you wish...using your points, etc... You must arrive on the 26<sup>th</sup> because we'll leave first thing on the 27<sup>th</sup>. It's going to an amazing tour.

Rooms at the Big Moose Inn feature shared baths. **Upgrades to a room with private bath are available for a limited time with an additional fee (2 nights).** Fortunately, due to the schedule of the tour and the time spent in the field, **shared baths are seldom a concern for most people.** Accommodations at SERC (Schoodic Institute) are in shared, multi-bedroom cottages, with kitchen and ample living space. Very nice!

Tour guide: Seth Benz, Director of the **Schoodic Institute Bird Ecology**. This will be our 3<sup>rd</sup> birding trip with Seth. He never disappoints!

**Tour is limited** to 10 participants to insure proper attention.

If interested, please contact Dale Goebel CAS Field Trip Chair at 727-510-1462 or [sheirah11@verizon.net](mailto:sheirah11@verizon.net).